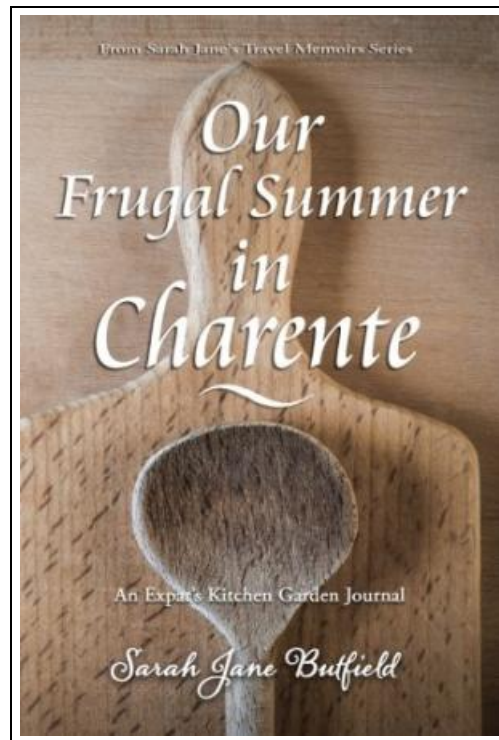


## Our Frugal Summer in Charente: An Expats Kitchen Garden Journal



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CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 108 pages. Dimensions: 9.0in. x 6.0in. x 0.2in. Our Frugal Summer in Charente: An Expats Kitchen Garden Journal Meet Sarah Jane, a woman with a reputation for culinary catastrophe who tries to keep her family fed in challenging circumstances in rural France. Frugal living was not part of the plan when they arrived from Australia to undertake the renovation of a quaint cottage in the Charente. However, when life throws them a curve-ball the challenge was set. How to survive in France with very little money and two Australian cattle dogs. The answer came in the form of 5 chickens, 4 ducks and a vegetable garden! The frugal plan was to save money by any means possible, to enable any money they could earn to be invested into continuing the renovation of the cottage. In true Good Life style Sarah Jane attacks this challenge head on by keeping some small livestock and converting a garden, that resembled a meadow, into a French potager or kitchen garden. The French tradition of using produce from their potagers is renowned for enabling families to create meals that are healthy, cost effective and simple. There are 31 recipes for a variety of food and drinks, included in a month by month account, of how they transformed a neglected garden into a frugal yet productive expat kitchen garden. This item ships from La Vergne, TN. Paperback.



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