



# **From Seed to Skillet: A Guide to Growing, Tending, Harvesting, and Cooking Up Fresh, Healthy Food to Share with People You Love**

*Jimmy Williams, Susan Heeger*

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Jimmy Williams learned all about vegetable gardening at the knee of his grandmother, a South Carolina native from a traditional Gullah community whose members were descendents of Caribbean slaves. He pays homage to his family history in this inspiring step-by-step guide to designing and planting a backyard vegetable garden and growing one's own food. With this essential garden manual, home gardeners can learn how easy it is to plan a garden, design and construct growing beds, tend the crop without using harmful chemicals, harvest gorgeous vegetables, and cook a delicious feast using Jimmy's favorite family recipes.

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