

The Friendly Vegetable Book'

written by Tina Deubert 2004 and produced by Common Cause. This is a colourful book full of quick and easy recipes for family meals using vegetables and fruit that can be sourced locally. 12,000 copies were printed and distributed to schools, families, and projects around East Sussex and various counties across England. "...it de-mystified vegetables.." "...using vegetables I had never thought of before.." There are no more copies left but we aim to put the recipes on the web site in the near future.

Good Food For All

50 delicious recipes using fresh seasonal produce. How to adapt familiar recipes for more variety, snacks, sweet things and lunch box ideas.

This new colourful book of recipes for family meals uses vegetables and fruit that can be sourced locally. All are easy, quick and inexpensive.

The RRP is £6, but projects and schools can buy the book at reduced prices depending upon location and objectives.

The Friendly Vegetable Book was written by Tina Deubert of Common Cause as part of the East Sussex Food and Health Partnership, funded by the New Opportunities Fund and the Co-operative Group.

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- Age Concern East Sussex
- Bexhill & Rother Primary Care Trust
- Common Cause Co-operative Ltd.
- East Sussex County Council
- Hailsham East Community Partnership
- National Farmers Union South East
- Sussex Rural Community Council
- Sussex Downs & Weald Primary Care Trust
- The Co-operative Group
- The Countryside Agency
- Thrive

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