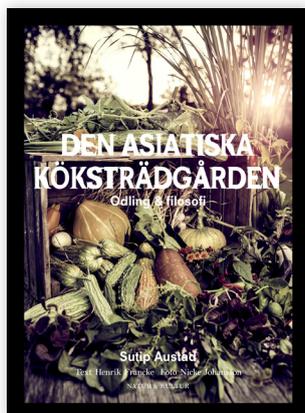


# THE ASIAN KITCHEN GARDEN – PHILOSOPHY & CULTIVATION



## Contents

Preface Stefan Karlsson  
Preface Sutip  
Under cover of the bamboo forest  
My cultivating philosophy  
An Asian kitchen garden  
Aubergine  
Bitter melon  
Chilli  
Lemon Beebrush  
Lemongrass  
Daikon radish  
Ginger  
Bur gourd  
Chinese broccoli  
Chinese chrysanthemum  
Chinese spring onion  
Chinese gherkin  
Chinese spinach  
Coriander  
Lime  
Malabar spinach  
Mini salad onion  
Mint  
New Zealand spinach  
Pak choi  
Edible flowers  
Red amaranth  
Watercress  
Thai basil  
Thyme  
Winter squash  
Garlic  
Bean sprouts  
Recipes

## Den asiatiska köksträdgården – filosofi & odling

Sutip Austad & Henrik Francke

175 x 240, 144 p

*An interest in plants has pursued Thai Sutip Austad throughout her life – from her tough early years as a child slave, in her meeting with Scandinavian nature and culture, to her own plantation on the Swedish west coast. In cultivation Sutip has found both her living and personal harmony.*

In *The Asian kitchen garden* she shares her story and philosophy of cultivation, and shows how we can grow exciting Asian vegetables and spices like ginger, lemongrass, bitter melon, coriander, chilli, pak choi and Malabar spinach. It works fine to create a dazzling Asian kitchen garden even in the North – Sutip gives tips on fun and easy-to-grow plants, some are best off in the greenhouse and others thrive in the vegetable patch or in a pot.

Starting off in the Thai kitchen the home grown harvest is prepared in over 30 recipes.



## About the authors

**Sutip Austad** has for over 20 years cultivated ecological food on her farm in Spekeröd outside Stenungsund. By working together with some of Sweden's best chefs she has established herself as a respected cultivator who always does it her own way.



**Henrik Francke** is a freelance writer who writes for magazines and newspapers, and for a number of years he is creative director for the magazine *Gourmet*.



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