



Nuestro frugal verano en Charente (Spanish Edition)

Sarah Jane Butfield

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Conozca a Sarah Jane, una mujer famosa por sus desastres culinarios que intenta alimentar a su familia en circunstancias extremas en una zona campestre de Francia.

La vida frugal no era parte del plan cuando Sarah Jane llegó desde Australia y comenzó la restauración de su pintoresca casa de campo en Charente.

Sin embargo, cuando las circunstancias de la vida la tomaron por sorpresa, el desafío estaba planteado: cómo sobrevivir en Francia, junto a su familia, con poco dinero y dos perros pastores australianos.

La respuesta llegó de la mano de 5 pollos, 4 patos y un huerto casero. El plan de economía consistió en ahorrar dinero por cualquier medio posible para invertirlo en la renovación de la casa de campo.

Con un verdadero estilo "La vida de los Good", al igual que el programa de TV de los años 70, Sarah Jane enfrenta de lleno el desafío criando unos cuantos animales y transformando un jardín que más bien parecía un pastizal en un pequeño huerto o granja francesa.

En Francia es famosa la tradición familiar de aprovechar el producto de pequeños huertos caseros para obtener alimentos saludables, simples y de bajo costo.

En este libro encontrará más de 30 recetas para una gran variedad de alimentos y bebidas, incluyendo un detalle mes a mes de cómo Sarah y su familia transformaron un jardín abandonado en el frugal pero productivo huerto casero de una expatriada.

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