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## Learn the art of perfect vegetable cooking – competition

Posted on 25 April, 2011 by Tschaka Rousse! [Leave a comment](#)

**We are now entering into the full bloom of Spring** and it's great to see the GoodnessDirect chilled shelves filling up with new [organic vegetables](#).

The funny thing is that not a lot of people really know which vegetables are best to supply the nutrients we need: '5-a-day', 'eat your greens' and 'plenty of colours' is about as far as it goes.

Well, a lovely new book is now available to help us get the best out of our veg – and so healthy cooking is suddenly within everyone's reach.

The book is called '[How To Cook Fresh Vegetables Simply Nowadays?](#)' and it includes 95 recipes. I'm fortunate enough to have a copy to give away free. If you are interested in the chance of winning a book then send me an [email](#) with your name and address. (UK addresses only, competition closes Thursday 28th April 2011)