



La huerta gourmet (Spanish Edition)

Liliana González Revro

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¿Qué tan difícil es encontrar cilantro o ajedrea en una despensa? ¿Cuántas veces debimos revolver en un cajón de verdulería en busca de un tomate sin golpes y de perfecto color? ¿Cuántas dudas nos generan las hojas de una lechuga que no sabemos con qué productos fue tratada? La cocina gourmet requiere de ingredientes especiales, exóticos o poco frecuentes, pero también de vegetales frescos, de intenso sabor y perfecto estado de conservación. Es por estos motivos que el amante de la gastronomía debe encontrar un modo sencillo y efectivo de asegurarse sus insumos. Cultivar una huerta en casa donde predominen ingredientes como el cilantro, el tomillo y otras hierbas, así como vegetales frescos y sin pesticidas ni químicos, suma sabor, calidad y nutrición a nuestra mesa. Además, representa una actividad placentera, que recupera el contacto del ser humano con la naturaleza y el lazo entre lo que comemos y la tierra que nos da la vida.

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