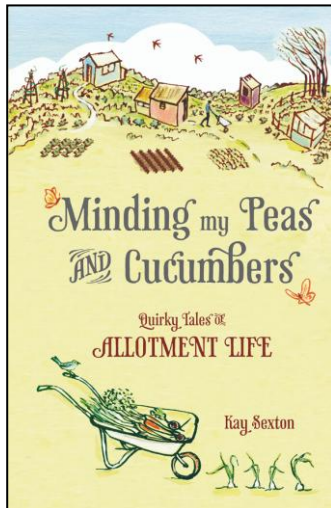


Summersdale New Book Press Release
Novice allotment holder discovers "the good life" has its ups and downs
PUBLICATION DATE: 7 MARCH 2011

Allotments are hot news in recession hit Britain!

With half of local authorities reporting allotment waiting lists of more than 200 names (and with 4,300 people waiting for an allotment in London alone)* Kay Sexton's revelations from her own allotment couldn't be more timely...



Minding My Peas and Cucumbers

Quirky Tales of Allotment Life

Kay Sexton

ISBN: 978 1 84024 135 1 Hardback 208 pages £9.99 March 2011

When **Kay Sexton** becomes the proud holder of an allotment, she hopes it will be her first foray towards self-sufficiency for her family. Instead, she finds herself in a strange and hostile world of arcane rules and regulations, and hose-pipe standoffs.

After a rocky start, she finds her mud-caked Wellingtoned feet and successfully navigates her way through allotment-keeping: battling Biblical scale pest invasions; learning the dark arts of the competitive vegetable grower, such as strawberry dyeing and onion buffing; practicing ninja-like disappearing acts to avoid yet another free cucumber from a neighbouring gardener; and learning what to do with an over-achieving courgette patch.

Witty, well-observed and with mouth-watering recipes, this is the perfect book for anyone who dreams of a slice of the good life.

Kay Sexton left school with no discernable qualifications and has had a plethora of jobs ranging from glamour model, mortician's assistant, dental receptionist, chambermaid and nudist camp agony aunt. But eventually she had to enter the real world and chose to become a charity administrator.

This worthy path was entirely derailed in 2003 when she was invited to write a short story about trees for a charity anthology, the story was never used but she needed to produce some return for the two days leave that her trustees had given her to write it, so she sent it to a magazine. It was accepted. Somewhat sceptical, she wrote another (in her lunch break) and emailed it to a different magazine. It too, was accepted. Three weeks later she handed in her notice, telling the charity's trustees that she was off to become a writer. Since that fateful day Kay has been a prolific writer and a finalist for several awards including the *Sunday Times* Short Story Award 2010.

Notes to Editors: *Minding My Peas and Cucumbers* is published by Summersdale and available through all good bookshops and internet booksellers or by telephoning Summersdale. **For further information or to be put in touch with the author** please contact Dean Chant on 01243 771 107 or dean@summersdale.com

* Figures taken from www.independent.co.uk



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