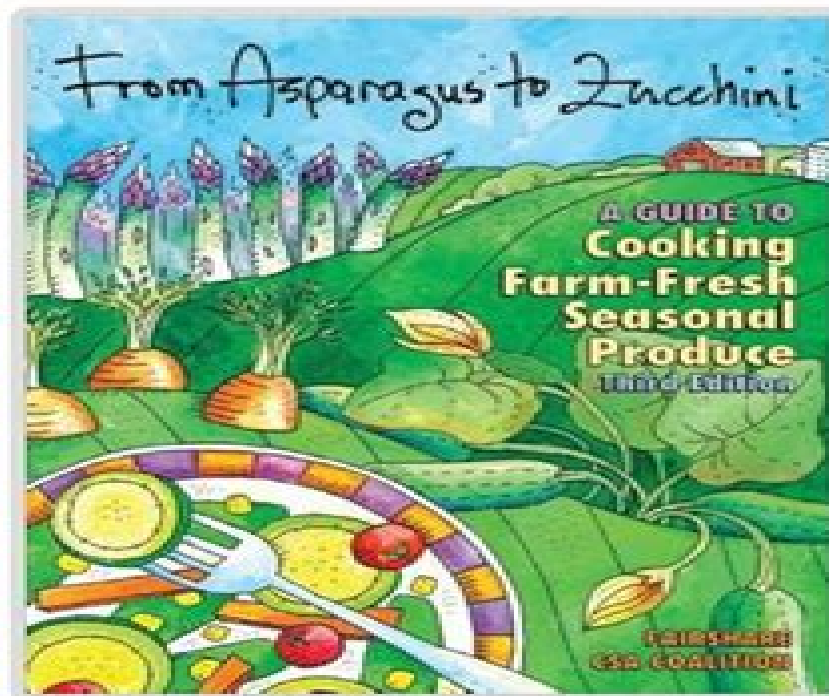


From Asparagus to Zucchini: A Guide to Cooking Farm-Fresh Seasonal Produce, 3rd Edition (PDF)

(FairShare CSA Coalition)



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Cooking Farm Fresh Guide Produce

Julia Shanks, Brett Grohsgal



Cooking Farm Fresh Guide Produce:

From Asparagus to Zucchini Fairshare CSA Coalition (Madison, Wis.), 2004 Ever wonder how you'll ever be able to use all your vegetables? *From Asparagus to Zucchini* answers the question of what to do with your armloads of greens, exotic herbs, and the never before seen vegetables with recipes that are as concise and doable as they are appealing. Created for and by Community Supported Agriculture (CSA) members, the book is an indispensable tool for anyone who wants to eat seasonally and locally. Organized by vegetable, fifty-three in all, each section includes nutritional, historical, and storage information as well as cooking tips. With more than 420 original recipes created, tested, and enjoyed by chefs, CSA members, and farmers, you'll never be without a delicious recipe to make the most of the season's bounty. The best part is that lesser known vegetables like burdock and kohlrabi have more recipes, not fewer. *From Asparagus to Zucchini* is more than just a cookbook. Also included are essays that address the larger picture of sustainable agriculture, how our food choices fit into our economy, environment, and community, and more information on home food preservation and how to help kids appreciate and even eat their vegetables. Readers will find an extensive resource section and recipe index to round out this unique resource. With this book, prepare to awaken and reaffirm your dedication to enjoying the unique flavors of local foods while nourishing the life of sustainable family farms.

From Asparagus to Zucchini, 2004 This cookbook compiled by members of the sustainable agriculture community features new and updated recipes along with information on the nutrition, storage, and history of more than 50 vegetables and herbs. The book contains 420 recipes, including contributions from well-known chefs and supporters of the sustainable agriculture movement.

The Farmers Market Cookbook Julia Shanks, Brett Grohsgal, 2016-04 This cookbook is a celebration of the small farmer's labor of love, showing off every crop at its best. Includes detailed produce descriptions, storage tips, preparation techniques, and over 200 simple and delicious recipes.

From Field to Fork Barrett Williams, ChatGPT, 2025-09-09 Unlock the vibrant journey from field to fork and immerse yourself in the world of sustainable agriculture and local culinary arts. This engaging eBook offers a captivating guide for anyone passionate about connecting with where their food truly comes from and embracing the farm-to-table lifestyle. Start your adventure by exploring the fundamental principles of sustainable agriculture and discover the secrets that local farmers hold about seasonal planting cycles and soil health. Dive into the heart of the countryside as you learn to build meaningful relationships with local farmers by partaking in farmers markets and Community Supported Agriculture (CSA) programs. Prepare yourself for enlightening farm visits where you'll gain insights on etiquette and the essential questions to pose to your local growers. Witness firsthand the life cycle of farm produce, from the delicate process of seed selection and germination right through to harvesting techniques that ensure peak freshness and flavor. Transform your kitchen into a temple of taste with chapters dedicated to cooking with fresh local ingredients. Learn to harness the power of seasonality, implement basic cooking techniques, and discover quick recipes that bring out the best in farm-fresh produce. Classic farm recipes are explored with a

modern twist making sure every part of the produce is utilized Explore a world of traditional farm to table recipes and learn the art of pairing produce with complementary ingredients Ignite your creativity with experiments in herbs and spices to elevate each dish Dive into cultural influences that shape local cuisine and discover the joy of participating in farm produce workshops and classes Finally embrace the ethos of sustainability and ethical eating by learning how to reduce food waste and advocate for local food systems From Field to Fork is your essential roadmap to not only savoring the taste of fresh produce but also forging a deeper connection with the earth and the community around you Discover how to make a lasting impact with each meal nurturing both your body and the world at large **The Minnesota Farmers Market Cookbook**

Tricia Cornell,2014-03-15 Contains more than 80 recipes from local chefs vendors and other champions of local seasonal eating as well as profiles of market foods and suggestions on how to choose the best plus maps and a directory of the state s markets *Kids Cook Farm-fresh Food* Sibella Kraus,2002 **The Northwest Vegetarian Cookbook** Debra

Daniels-Zeller,2010-05-21 From wild chanterelle mushrooms and Walla Walla onions to marionberries and hazelnuts the Pacific Northwest produces some of the country s most delicious food The Northwest Vegetarian Cookbook features 200 fresh accessible recipes that celebrate these unique flavors It also profiles twelve growers and beekeepers of Oregon and Washington through inspiring essays that transport the reader to the farm where food is picked from trees bushes and vines Debra Daniels Zeller has created a great culinary reference and an introduction to the bounty of local markets with tips on how to buy and store seasonal produce Includes breakfast foods year round salads soups and breads starters and sides entrees and desserts Readers will walk away from this book and straight to the local farmers market with recipes for each season and every part of the day **The Farmers' Market Cookbook** Nina Planck,2013-09-03 A celebration of fruit and

vegetable treasures packed with clear concise recipes written in a no nonsense style Farmers Weekly No one knows fresh vegetables like Nina Planck She grew up in Virginia picking tomatoes corn beans melons and more on the family farm and selling it all at nascent farmers markets From the age of nine she s answered every question urban and country eaters have about produce In 1999 Nina found herself living in London and homesick for local food she started London s first farmers market In The Farmers Market Cookbook Nina explains what the farmer knows about every vegetable from asparagus to zucchini and what the cook needs to know In more than thirty chapters each dedicated to cooking with the freshest fruits and vegetables Nina offers simple and delicious recipes for beef pork chicken and fish as well as a passel of ideas for perfect side dishes soups and desserts all with produce in the lead role Try Roast Pork Chops with Apple Horseradish Stuffing Blueberry Almond Crisp and Risotto with Oyster Mushrooms Nina also offers tips only farmers would know kitchen strategies options for a surplus advice on what to buy at the market and when what to look for in an eggplant or a blueberry and how to keep it all fresh As informative as it is beautiful The Farmers Market Cookbook is perfect for any cook who has stared helplessly at fresh produce praying for inspiration Foreword by Nigel Slater English food writer journalist and broadcaster **Bounty**

from the Box Mi Ae Lipe, 2015-09 Bounty from the Box The CSA Farm Cookbook is your guide to enjoying over 90 different crops grown by community supported agriculture CSA farms across North America With this book you'll never wonder what to do with your CSA box again Wilkinson Family Farms Anita Wilkinson, 2008-10-23 Fresh corn cut right off the cob a bushel of peas fresh baked blueberries muffins from those berries you just picked no this is not a scene from days gone by it is still possible to get that fresh taste you remember as a child For areas that have local Farmers Markets you know the food you are buying is fresh and local This book will help even the novice at preserving foods to be able to easily prepare and preserve fresh healthy foods for your family This easy step by step book will show you what type of produce is best for preserving what equipment you will need for freezing as well as for canning your fresh fruits and vegetables Try the recipes which are made from those fresh fruits and vegetables It is important these days that we know where and how our food is processed With all the scares over the past several years isn't it time we take charge of what we put on the table for our family *The regional travel guide for Gradsko (North Macedonia)*, 2025-09-25 Farm Fresh North Carolina Diane Daniel, 2011-03-07 In the first statewide guidebook of its kind Farm Fresh North Carolina takes readers on a lively tour of more than 425 farms produce stands farmers markets wineries children friendly pumpkin patches and corn mazes pick your own orchards restaurants bed and breakfasts agricultural festivals and more all open to the public and personally vetted by travel writer Diane Daniel Daniel's animated knowledgeable recommendations will give food lovers families locals and travelers the inspiration and resources they need to cut a fresh Christmas tree pick a peck of apples take a fall hay ride sample wine from locally harvested grapes or spend the night on a working farm Sidebars offer information about the state's agricultural history politics and eccentricities while twenty recipes gathered from North Carolina farmers innkeepers and chefs provide delicious ways to use the day's pickings Emphasizing farms and establishments that are independent sustainable and active in public education and conservation this delightful guidebook will help North Carolinians and visitors discover how the burgeoning farm movement has become a bridge between North Carolina's past and present The publication of this book was supported by a grant from the Golden LEAF Foundation Southern Gateways Guide is a registered trademark of the University of North Carolina Press **The budget & backpacker guide for Moldova**, 2025-09-24 *Taste of Home Farm Fresh Favorites* Taste of Home, 2012-04-12 Now fresh picked flavor can be part of every meal you serve with this beautiful Taste of Home Farm Fresh Favorites Cookbook With 300 recipes for the most popular produce including corn tomatoes peppers apples berries and much more plus methods for freezing and canning to help help you preserve its goodness this book will help you get more nutritious healthy vegetables and fruits into your meals and help you save money by preserving them yourself Recipes Include Fresh Strawberry Pie Cheese Tortellini with Tomatoes and Corn Watermelon Salsa Asparagus Chicken Fajitas Strawberry Basil Vinegar Cherry Almond Preserves Rhubarb Marmalade Homemade Canned Spaghetti Sauce Asparagus Leek Soup Zucchini Pizza Crust New York State Guide to Farm Fresh

Products ,1999 **Farmers' Guide** ,1897 **Cooking from the Farmers' Market (Williams-Sonoma)** Jodi Liano,Tasha De Serio,Jennifer Maiser,2010-06-15 The oft heard mantra Eat Seasonally Locally and Organically need not be daunting Nor should eating more fresh fruits and vegetables Williams Sonoma Cooking from the Farmers Market makes both notions easily achievable for today s busy home cook From small towns to big cities people all over the world love shopping at the farmers market The first tender asparagus of spring the juicy peaches of summer the sweet butternut squash of autumn bright winter citrus fruits local farmstands invariably have the best tasting produce available each season Williams Sonoma Cooking from the Farmers Market will show you how easy and satisfying it is to practice farm to table cooking in your own home Recipes span all courses of a meal from mouthwatering appetizers such as crisp bruschetta with spicy broccoli rabe starters such as lemony mixed bean salad or creamy cauliflower soup main dishes like decadent tomato and mozzarella tart or juicy pork tenderloin topped with tangy rhubarb chutney and to end the meal tender cornmeal shortcake piled with fragrant strawberries or luscious sour cherry pie The book opens with an information packed section that includes tips for shopping and seasonal produce buying charts Complete descriptions of over 100 vegetables and fruits from beans and peas to leafy greens to berries and stone fruits provide information on the peak season for each as well as how to select store and work with all your favorites Three simple recipes follow the description of a vegetable or fruit with each carefully crafted recipe using only a handful of other ingredients in order to showcase the produce at its best With this book as a guide you ll know exactly how to put delicious seasonal meals on your table throughout the year Filled with lavish photographs and more than 245 inspiring recipes written by seasoned experts this book drives home the notion that when you choose the best quality ingredients little effort is needed in the kitchen to help them shine This essential guide to produce illuminates how to identify select and prepare over 100 types of fruits and vegetables fresh from the market with more than 245 recipes including one for each ingredient Enjoying a farmers market meal is only three steps away shop for what s fresh cook with inspiration from these pages and eat the delicious results Features over 100 types of fruits and vegetables More than 245 recipes for every course showcasing seasonal flavors Tips for shopping at the farmers market Guide to selecting and storing fresh produce

The Maine Organic Farmer & Gardener ,1996 **Got Access?** ,2012 **Forthcoming Books** Rose Army,2004

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