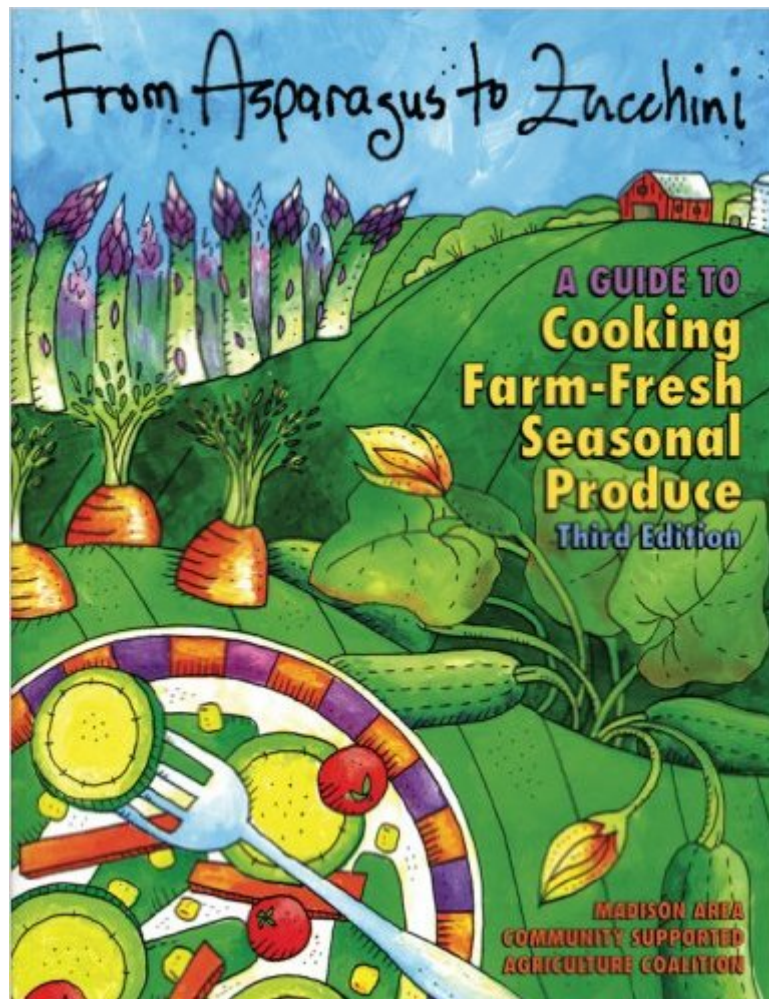


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# From Asparagus To Zucchini: A Guide To Cooking Farm-Fresh Seasonal Produce, 3rd Edition



## Synopsis

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.

## Book Information

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## Customer Reviews

When I decided to invest in a CSA for the first time, I found myself drowning in lettuce, squash, and

other vegetables and herbs that half the time I didn't even recognize. Sadly, many weeks I could not get to all of them before both getting a new week's worth of vegetables and having to discard the first. So, I went without for a year. Last year I subsisted on both what my garden brought and what I acquired at the farmer's markets. I did realize that I was not really branching out of those chosen few loves and missed the variety the CSA gave. This book is produced by the Madison (WI) Area Community Supported Agriculture Coalition, obviously a group that knows what they are talking about! They call it a "recipe-resource book," which I think is an apt description, as this is more than just a cookbook. Each vegetable is listed alphabetically and includes about 4-10 recipes contributed by members of the CSA, plus additional tips for cooking and storage. This is a definite boon when you get hints about storing your greens in a bag with a paper towel to lengthen storage time, or herbs that you can dry, freeze, or preserve in oil. A "Seasonal Combinations" chapter shows you how to use multiple vegetables and herbs that may be in season at the same time and has a separate section of kid-friendly recipes. I found the resources in the back of the book to go far beyond what you expect in a cookbook, showing the true range of what CSAs will do. Contacts for finding farmer's markets, cookbooks, and other reference works for gardening and composting are included. While some of the organizations listed are located in the Midwest states, there are several from all over the United States and internationally.

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