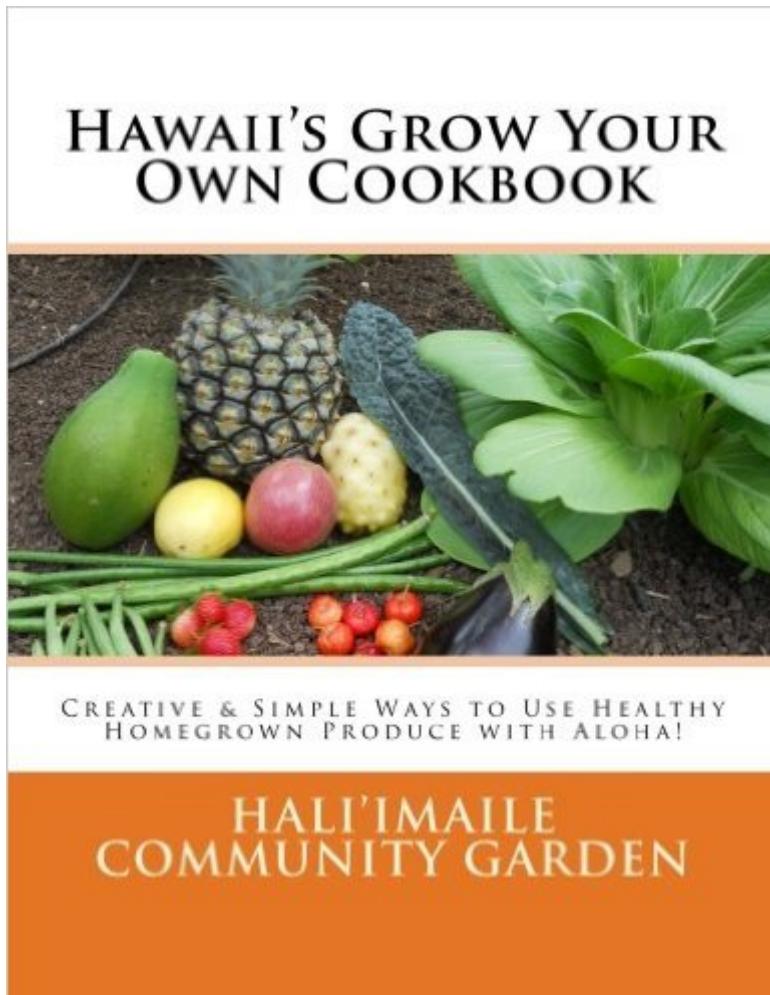


The book was found

Hawaii's Grow Your Own Cookbook: Creative & Simple Ways To Use Healthy Homegrown Produce With Aloha!



Synopsis

The Hawaiian word for food is kau kau [cow cow]. With a source for a bounty of wonderful, organic produce available from our gardens, we turned to discovering the delicious and healthful ways to lovingly prepare it. These inspiring recipes come from individual community garden members at Haliâ™imaile Community Garden. A variety of styles from traditional American food to Hawaiian Cuisine, these recipes reflect a passion, wisdom, fellowship, and inspiration for our love of healthful kau kau!

Book Information

Paperback: 90 pages

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Average Customer Review: 5.0 out of 5 starsÂ See all reviewsÂ (1 customer review)

Best Sellers Rank: #1,708,799 in Books (See Top 100 in Books) #118 inÂ Books > Cookbooks, Food & Wine > Regional & International > U.S. Regional > Hawaii

Customer Reviews

These recipes are delicious! Most of them are very easy to make. I especially like the chard pie and sage cheese scone recipes. I've never seen scones disappear off the plate faster! The Hawaiian Cuisine section has all the classic Hawaiian recipes that we love, including Kalua Pork & Cabbage. I have a garden going now and it's good to have some new ways to use the vegetables.

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