



The Farmer's Kitchen: The Ultimate Guide to Enjoying Your CSA and Farmers' Market Foods

Julia Shanks, Brett Grohsgal

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Eating seasonally can indeed be a challenge — especially now that we can have anything we want anytime by heading to the supermarket. But making the effort to rise to that challenge can be a source of great satisfaction. Eating locally engages our powers of creativity, learning, and experimentation. Who would have guessed that fresh kohlrabi and okra could please so many grown-ups, that greens and sliced turnips right out of the fields could so easily draw kids away from packaged snacks?

The Farmer's Kitchen offers up a larder of over 300 professionally tested recipes, ranging from traditional Southern-inspired favorites (like Braised Collard Greens) to innovative preparations of unconventional plants (like sorrel and tomatillos). *The Farmer's Kitchen* is organized with the cook in mind, with indexes categorized by ingredient and by course. Full of practical insights from field to fork, this cookbook celebrates the small farmer's labor of love with recipes that showcase every crop at its best.

Julia Shanks and Brett Grohsgal share their combined 35 years of experience growing, cooking and eating a glorious range of seasonal specialties to this approachable cookbook, now fully revised with beautiful botanical sketches by Genevieve Goldleaf of produce and preparation. *The Farmer's Kitchen* is designed to help you understand each harvest's season, how to choose truly ripe produce, and the best ways to store a cornucopia of vegetables, fruits, roots, and rhizomes. Cited as a reference in Michelle Obama's, *American Grown*, *The Farmer's Kitchen* is indispensable for CSA members, farmer's market aficionados, and anyone who wants to appreciate fresh food at its best.

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