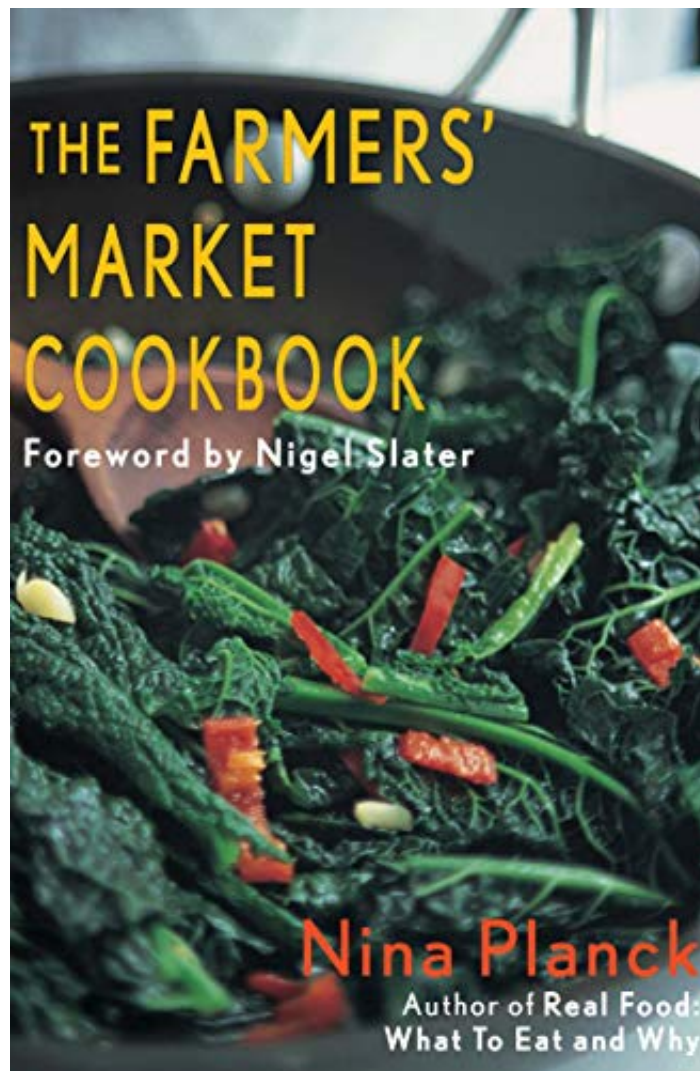


# The Farmers' Market Cookbook

*by*

Dee McCaffrey



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## Synopsis

“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.

























## **What people say about this book**

Brian J Boyle, "Leave and Love the Kindle version on our kitchen counter!. Great healthy, hearty and tasty recipes that perfectly fit our unwritten motto of:"Buy locally, Eat globally."Great foodie fun for a great foodie price."

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