

Vegetable Literacy Cooking And Gardening With Twelve Families From The Edible Plant Kingdom With Over 300 Deliciously Simple Recipes

Vegetarian Cooking for Everyone Deborah Madison 2007 Recipes to make many vegetarian dishes.

The Magic of Sensible Dieting Bella Tindale, RN 2015-01-22 A lot of people attempt to lose weight only to find they cannot stick to a diet because it involves too many restrictions, such as counting calories and eating ridiculously small portions. With an easy-to-follow method and simple strategies, author Bella Tindale proves that dieting doesn't have to be so difficult. In *The Magic of Sensible Dieting*, she offers a no nonsense, flexible approach that's adapted to each person's needs. This guide covers all aspects of dieting, including exercise and healthy food choices, providing the tools to transform your body. From macronutrients to metabolism, *The Magic of Sensible Dieting* explains everything you need to know to achieve your weight loss goal and maintain your new body shape. Non-judgmental, understanding, and empowering, Tindale outlines a method that includes all aspects of dieting and at the same time debunks some common myths. Giving you renewed energy and motivation, Tindale's strategy will help you achieve your weight loss goal while improving your

overall health and well-being.

Compost City Rebecca Louie 2015-05-19 The ultimate guide to individual- and community-scale composting in small urban spaces—with illustrations, expert tips, fun DIY projects, and much more. These days, everyone's talking about compost. Along with backyard chickeners, balcony beekeepers, rooftop farmers, and community gardeners, urban composters are part of a bumper crop of pioneers who are redefining the green space of crowded towns and cities. You may think you need a big yard to compost. Think again. *Compost City* teaches you how to easily choose and care for a compost system that fits perfectly into your (tiny) space, (busy) schedule, and (multifaceted) lifestyle. Whether you live in a cramped apartment or a sprawling town house, or you dream of composting in a shared space with a group of friends or colleagues, *Compost City* provides simple and effective indoor and outdoor composting options. Packed with research, expert testimonies, and a healthy dose of humor, this guide will help you:

- Compost your food scraps and yard waste with ease
- Ease your fears of backbreaking labor, obnoxious odors, big messes, and creepy crawlies (hint: you can compost successfully without any of the above!)
- Convince compost-wary family, friends, neighbors, and community leaders to green-light your compost dreams

Compost City serves all eco-curious citizens from casual hobbyists to staunch activists. So put your compost cap on. Whether you compost one tea bag or whole honking barrelfuls of scraps at a time, you're about to have a whole lot of fun.

Food Literacy Helen Vidgen 2016-04-14 Globally, the food system and the relationship of the individual to that system, continues to change and grow in complexity. Eating is an everyday event that is part of everyone's lives. There are many commentaries on the nature of these changes to what, where and how we eat and their socio-cultural, environmental, educational, economic and

health consequences. Among this discussion, the term "food literacy" has emerged to acknowledge the broad role food and eating play in our lives and the empowerment that comes from meeting food needs well. In this book, contributors from Australia, China, United Kingdom and North America provide a review of international research on food literacy and how this can be applied in schools, health care settings and public education and communication at the individual, group and population level. These varying perspectives will give the reader an introduction to this emerging concept. The book gathers current insights and provides a platform for discussion to further understanding and application in this field. It stimulates the reader to conceptualise what food literacy means to their practice and to critically review its potential contribution to a range of outcomes.

The Furniture Bible Christophe Pourny 2014-11-04 A Wall Street Journal Top 10 Crucial Home & Design Book for Beginners A Library Journal Best Book of the Year An Amazon Best Book of the Month Christophe Pourny learned the art of furniture restoration in his father's atelier in the South of France. In this, his first book, he teaches readers everything they need to know about the provenance and history of furniture, as well as how to restore, update, and care for their furniture—from antiques to midcentury pieces, family heirlooms or funky flea-market finds. The heart of the book is an overview of Pourny's favorite techniques—ceruse, vernis anglais, and water gilding, among many others—with full-color step-by-step photographs to ensure that readers can easily replicate each refinishing technique at home. Pourny brings these techniques to life with a chapter devoted to real-world refinishing projects, from a veneered table to an ebonized desk, a gilt frame to a painted northern European hutch. Rounding out this comprehensive guide is care and maintenance information, including how to properly clean leather, polish hardware, fix a broken leg, and replace felt pads, as well as recipes to make your own wax, shellac, varnish, stain, and more.

An Onion in My Pocket Deborah Madison 2020-11-10 As a groundbreaking chef and beloved cookbook author, Deborah Madison—“The Queen of Greens” (The Washington Post)—has profoundly changed the way generations of Americans think about cooking with vegetables, helping to transform “vegetarian” from a dirty word into a mainstream way of eating. But before she became a household name, Madison spent almost twenty years at the Zen Center in the midst of counterculture San Francisco. In this warm, candid, and refreshingly funny memoir, she tells the story of her life in food—and with it, the story of the vegetarian movement—for the very first time. From her childhood in Northern California’s Big Ag heartland to sitting sesshin for hours on end at the Tassajara monastery; from her work in the kitchen of the then-new Chez Panisse to the birth of food TV to the age of farmers’ markets everywhere, *An Onion in My Pocket* is a deeply personal look at the rise of vegetable-forward cooking and a manifesto for how to eat (and live) well today.

The Chicago Food Encyclopedia Carol Haddix 2017-08-16 The Chicago Food Encyclopedia is a far-ranging portrait of an American culinary paradise. Hundreds of entries deliver all of the visionary restauranteurs, Michelin superstars, beloved haunts, and food companies of today and yesterday. More than 100 sumptuous images include thirty full-color photographs that transport readers to dining rooms and food stands across the city. Throughout, a roster of writers, scholars, and industry experts pays tribute to an expansive--and still expanding--food history that not only helped build Chicago but fed a growing nation. Pizza. Alinea. Wrigley Spearmint. Soul food. Rick Bayless. Hot Dogs. Koreatown. Everest. All served up A-Z, and all part of the ultimate reference on Chicago and its food.

Food at Work Christopher Wanjek 2005 This volume establishes a clear link between good nutrition and high productivity. It demonstrates that ensuring that workers have access to nutritious, safe and

affordable food, an adequate meal break, and decent conditions for eating is not only socially important and economically viable but a profitable business practice, too. Food at Work sets out key points for designing a meal program, presenting a multitude of "food solutions" including canteens, meal or food vouchers, mess rooms and kitchenettes, and partnerships with local vendors. Through case studies from a variety of enterprises in twenty-eight industrialized and developing countries, the book offers valuable practical food solutions that can be adapted to workplaces of different sizes and with different budgets.

Organic Gardening For Dummies Ann Whitman 2009-03-09 Organic Gardening For Dummies, 2nd Edition shows readers the way to ensure a healthy harvest from their environmentally friendly garden. It covers information on the newest and safest natural fertilizers and pest control methods, composting, cultivation without chemicals, and how to battle plant diseases. It also has information on updated equipment and resources. It helps readers plant organically year-round, using herbs, fruits, vegetables, lawn care, trees and shrubs, and flowers. The tips and techniques included in Organic Gardening For Dummies, 2nd Edition are intended to reduce a garden's impact on both the environment and the wallet.

Ad Hoc at Home Thomas Keller 2009-11-06 Thomas Keller shares family-style recipes that you can make any or every day. In the book every home cook has been waiting for, the revered Thomas Keller turns his imagination to the American comfort foods closest to his heart—flaky biscuits, chicken pot pies, New England clam bakes, and cherry pies so delicious and redolent of childhood that they give Proust's madeleines a run for their money. Keller, whose restaurants The French Laundry in Yountville, California, and Per Se in New York have revolutionized American haute cuisine, is equally adept at turning out simpler fare. In Ad Hoc at Home—a cookbook inspired by the

menu of his casual restaurant Ad Hoc in Yountville—he showcases more than 200 recipes for family-style meals. This is Keller at his most playful, serving up such truck-stop classics as Potato Hash with Bacon and Melted Onions and grilled-cheese sandwiches, and heartier fare including beef Stroganoff and roasted spring leg of lamb. In fun, full-color photographs, the great chef gives step-by-step lessons in kitchen basics— here is Keller teaching how to perfectly shape a basic hamburger, truss a chicken, or dress a salad. Best of all, where Keller’s previous best-selling cookbooks were for the ambitious advanced cook, Ad Hoc at Home is filled with quicker and easier recipes that will be embraced by both kitchen novices and more experienced cooks who want the ultimate recipes for American comfort-food classics.

Cuisine and Culture Linda Civitello 2011-03-29 An illuminating account of how history shapes our diets—now in a new revised and updated Third Edition Why did the ancient Romans believe cinnamon grew in swamps guarded by giant killer bats? How did African cultures imported by slavery influence cooking in the American South? What does the 700-seat McDonald's in Beijing serve in the age of globalization? With the answers to these and many more such questions, Cuisine and Culture, Third Edition presents an engaging, entertaining, and informative exploration of the interactions among history, culture, and food. From prehistory and the earliest societies in the Fertile Crescent to today's celebrity chefs, Cuisine and Culture, Third Edition presents a multicultural and multiethnic approach to understanding how and why major historical events have affected and defined the culinary traditions in different societies. Now revised and updated, this Third Edition is more comprehensive and insightful than ever before. Covers prehistory through the present day—from the discovery of fire to the emergence of television cooking shows Explores how history, culture, politics, sociology, and religion have determined how and what people have eaten

through the ages Includes a sampling of recipes and menus from different historical periods and cultures Features French and Italian pronunciation guides, a chronology of food books and cookbooks of historical importance, and an extensive bibliography Includes all-new content on technology, food marketing, celebrity chefs and cooking television shows, and Canadian cuisine. Complete with revealing historical photographs and illustrations, *Cuisine and Culture* is an essential introduction to food history for students, history buffs, and food lovers.

The Forest Feast Gatherings Erin Gleeson 2016-09-27 The New York Times–bestselling author of *The Forest Feast* returns with a gorgeously illustrated volume of 100 new vegetarian recipes for entertaining. When food photographer Erin Gleeson left New York City to live in a cabin in the woods of northern California, she embarked on a culinary adventure of vegetable-centric, seasonal cooking. In *The Forest Feast Gatherings*, she shares simple, healthy recipes that are easy enough to prepare after a long day at work, yet impressive enough for a party. Along with her visually stunning photography and watercolors, Erin handwrites each recipe to create diagram-like, step-by-step instructions that are vibrant, unique, and easy to cook from. She also offers guidance on hosting casual yet thoughtful get-togethers from start to finish. The book offers 100 new, innovative vegetarian recipes that serve 6 to 8, along with some fan favorites from the blog, arranged in a series of artfully designed menus that are tailored around specific occasions—whether a summer dinner party, a laid-back brunch, a vegan and gluten-free gathering, or holiday cocktails.

Vegetable Literacy Deborah Madison 2013-03-12 In her latest cookbook, Deborah Madison, America's leading authority on vegetarian cooking and author of *Vegetarian Cooking for Everyone*, reveals the surprising relationships between vegetables, edible flowers, and herbs within the same botanical families, and how understanding these connections can help home cooks see everyday

vegetables in new light. For over three decades, Deborah Madison has been at the vanguard of the vegetarian cooking movement, authoring classic books on the subject and emboldening millions of readers to cook simple, elegant, plant-based food. This groundbreaking new cookbook is Madison's crowning achievement: a celebration of the diversity of the plant kingdom, and an exploration of the fascinating relationships between vegetables, edible flowers, herbs, and familiar wild plants within the same botanical families. Destined to become the new standard reference for cooking vegetables, *Vegetable Literacy* shows cooks that, because of their shared characteristics, vegetables within the same family can be used interchangeably in cooking. It presents an entirely new way of looking at vegetables, drawing on Madison's deep knowledge of cooking, gardening, and botany. For example, knowing that dill, chervil, cumin, parsley, coriander, anise, lovage, and caraway come from the umbellifer family makes it clear why they're such good matches for carrots, also a member of that family. With more than 300 classic and exquisitely simple recipes, Madison brings this wealth of information together in dishes that highlight a world of complementary flavors. Griddled Artichokes with Tarragon Mayonnaise, Tomato Soup and Cilantro with Black Quinoa, Tuscan Kale Salad with Slivered Brussels Sprouts and Sesame Dressing, Kohlrabi Slaw with Frizzy Mustard Greens, and Fresh Peas with Sage on Baked Ricotta showcase combinations that are simultaneously familiar and revelatory. Inspiring improvisation in the kitchen and curiosity in the garden, *Vegetable Literacy*—an unparalleled look at culinary vegetables and plants—will forever change the way we eat and cook.

In Winter's Kitchen Beth Dooley 2015-11-16 The award-winning cookbook author “personalizes the path from farm to fork with heart and skill” in a combination of “memoir, history and guidebook” (*Wall Street Journal*). The James Beard Award-winning author of such beloved cookbooks as *Sweet Nature* and *The Sioux Chef's Indigenous Kitchen* explores how the “food revolution” can take root in

the northern heartland in this inspiring food memoir. In *Winter's Kitchen* reveals how a food movement with deep roots in the Heartland could feed the entire country, rather than just a smattering of neighborhoods and restaurants. Through the lens of a single thanksgiving meal, Beth Dooley discovers that a locally-sourced winter diet is not only possible—it can also be delicious. With chapters on apples, wheat, turkey, wild rice, and more, Dooley weaves together personal remembrances, environmental awareness, and the joy of cooking foods grown or raised not far from her Minnesota home.

Indigenous Peoples' Food Systems & Well-being Harriet V. Kuhnlein 2013 Throughout the 10 years of this research we have shown the strength and promise of local traditional food systems to improve health and well-being.

Fast Food Nation Eric Schlosser 2012 Explores the homogenization of American culture and the impact of the fast food industry on modern-day health, economy, politics, popular culture, entertainment, and food production.

Vegetable Soups from Deborah Madison's Kitchen Deborah Madison 2012-06-06 In *Vegetable Soups from Deborah Madison's Kitchen*, America's favorite vegetarian cookbook author presents more than 100 inventive and straightforward soup recipes guaranteed to satisfy appetites all year long. Deborah Madison has shown millions of Americans how to turn vegetables and other healthful ingredients into culinary triumphs. In her newest collection of recipes, She serves up a selection of soups ranging from stylish first courses to substantial one-bowl meals. Madison begins with a soup-making primer and streamlined recipes for vegetable stocks and broths (such as the Hearty Mushroom Broth), which serve as the foundation for many of the recipes that follow, for those who wish to make their own. Soups like the Mexican Tomato Broth with Avocado and Lime can start a

supper or stand alone as a simple, light meal. Cooks looking for heartier choices will find satisfying dishes such as Potato and Green Chile Stew with Cilantro Cream or grain-based soups like the Wild Rice Chowder. Organized by seasons, the recipes make the most of the produce—from a springtime Fennel and Almond Soup with Saffron and Ricotta Dumplings to a deeply flavorful autumnal Roasted Squash, Pear and Ginger Soup. When time just isn't available and prepared soups take the place of home made, Madison offers a battery of suggestions for how to make them your own with simple additions from delicious oils and herbs to an invigorating Cilantro Salsa. Featuring fifty stunning full-color photographs by Laurie Smith, serving suggestions, wine notes, and a host of ideas for creative finishing touches including caramelized pear “croutons” and souffléed cheese toasts, this friendly soup lover's guide gives the reader a hundred delicious ways to enjoy the benefits and flavors of vegetables by the bowlful throughout the seasons.

An Edible History of Humanity Tom Standage 2010-05-03 A lighthearted chronicle of how foods have transformed human culture throughout the ages traces the barley- and wheat-driven early civilizations of the near East through the corn and potato industries in America.

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.

Bitters Brad Thomas Parsons 2011-11-01 Gone are the days when a lonely bottle of Angostura bitters held court behind the bar. A cocktail renaissance has swept across the country, inspiring in bartenders and their thirsty patrons a new fascination with the ingredients, techniques, and traditions that make the American cocktail so special. And few ingredients have as rich a history or serve as fundamental a role in our beverage heritage as bitters. Author and bitters enthusiast Brad

Thomas Parsons traces the history of the world's most storied elixir, from its earliest "snake oil" days to its near evaporation after Prohibition to its ascension as a beloved (and at times obsessed-over) ingredient on the contemporary bar scene. Parsons writes from the front lines of the bitters boom, where he has access to the best and boldest new brands and flavors, the most innovative artisanal producers, and insider knowledge of the bitters-making process. Whether you're a professional looking to take your game to the next level or just a DIY-type interested in homemade potables, *Bitters* has a dozen recipes for customized blends--ranging from Apple to Coffee-Pecan to Root Beer bitters--as well as tips on sourcing ingredients and step-by-step instructions fit for amateur and seasoned food crafters alike. Also featured are more than seventy cocktail recipes that showcase bitters' diversity and versatility: classics like the Manhattan (if you ever get one without bitters, send it back), old-guard favorites like the Martinez, contemporary drinks from Parsons's own repertoire like the Shady Lane, plus one-of-a-kind libations from the country's most pioneering bartenders. Last but not least, there is a full chapter on cooking with bitters, with a dozen recipes for sweet and savory bitters-infused dishes. Part recipe book, part project guide, part barman's manifesto, *Bitters* is a celebration of good cocktails made well, and of the once-forgotten but blessedly rediscovered virtues of bitters.

Brassicas Laura B. Russell 2014-04-08 A cookbook showcasing 80 recipes for the most popular of the world's healthiest vegetables--kale, cauliflower, broccoli, brussels sprouts, cabbage, leafy greens, and more--tailored to accommodate special diets such as gluten-free, dairy-free, vegetarian, and vegan. The eighty inventive, flavorful recipes presented in *Brassicas* play to each vegetable's strengths, favoring techniques that celebrate their intrinsic flavors instead of masking them by blanketing under layers of cheese or boiling. Think of the inherent sweetness that can be coaxed

from perfectly roasted Brussels sprouts, or the bright, peppery punch of a watercress and arugula salad. Straightforward cooking methods like roasting, sautéing, pickling, and wilting transform brassicas into satisfying dishes, such as Cauliflower Hummus, Spicy Kale Fried Rice, Roasted Brussels Sprouts with Parmesan Crust, and Broccoli and Pepper Jack Frittata. These recipes also maintain the vegetables' stellar nutritional properties. High in vitamins and minerals, fiber, phytochemicals, and glucosinolates, brassicas have been shown to act as antioxidants, anticarcinogenics, anti-inflammatories, and liver detoxifiers, and have many other health benefits. The beauty of these "superfoods" is on full display in Brassicas; exquisite photographs of brassica varieties in their raw forms—roots, stems, leaves, flowers, and buds—can be found throughout, helping you identify Lacinato kale from curly kale or mustard greens from collard greens at the farmers' market or grocery store. For those who observe certain dietary restrictions, author Laura B. Russell provides alternatives and tips to accommodate gluten-free, soy-free, vegetarian, and vegan diets. Equipped with complete selection, storage, washing, and prepping instructions, you can enjoy more of these nutritional powerhouses—from the commonplace kale to the more adventurous bok choy or mizuna—in your everyday meals.

Indigenous Peoples' Food Systems Harriet V. Kuhnlein 2009 Today, globalisation and homogenisation have replaced local food cultures. The 12 case studies presented in this book show the wealth of knowledge in indigenous communities in diverse ecosystems, the richness of their food resources, the inherent strengths of the local traditional food systems, how people think about and use these foods, the influx of industrial and purchased food, and the circumstances of the nutrition transition in indigenous communities. The unique styles of conceptualising food systems and writing about them were preserved. Photographs and tables accompany each chapter.

Local Flavors Deborah Madison 2012-06-27 First published in hardcover in 2002, *Local Flavors* was a book ahead of its time. Now, imported food scares and a countrywide infatuation with fresh, local, organic produce has caught up with this groundbreaking cookbook, available for the first time in paperback. Deborah Madison celebrates the glories of the farmers' markets of America in a richly illustrated collection of seasonal recipes for a profusion of produce grown coast to coast. As more and more people shun industrially produced foods and instead choose to go local and organic, this is the ideal cookbook to capitalize on a major and growing trend. *Local Flavors* emphasizes seasonal, regional ingredients found in farmers' markets and roadside farm stands and awakens the reader to the real joy of making a direct connection with the food we eat and the person who grows it. Deborah Madison's 350 full-flavored recipes and accompanying menus include dishes as diverse as Pea and Spinach Soup with Coconut Milk; Rustic Onion Tart with Walnuts; Risotto with Sorrel; Mustard Greens Braised with Ginger, Cilantro, and Rice; Poached Chicken with Leeks and Salsa Verde; Soy Glazed Sweet Potatoes; Cherry Apricot Crisp; and Plum Kuchen with Crushed Walnut Topping. Covering markets around the country from Vermont to Hawaii, Deborah Madison reveals the astonishing range of produce and other foods available and the sheer pleasure of shopping for them. A celebration of farmers and their bounty, *Local Flavors* is a must-have cookbook for anyone who loves fresh, seasonal food simply and imaginatively prepared.

The Book of Greens Jenn Louis 2017-04-11 From one of Portland, Oregon's most acclaimed chefs comes an IACP award-winning encyclopedic reference to the world of greens, with more than 175 creative recipes for every meal of the day. For any home cook who is stuck in a "three-green rut"—who wants to cook healthy, delicious, vegetable-focused meals, but is tired of predictable salads with kale, lettuce, cabbage, and the other usual suspects—*The Book of Greens* has the

solution. Chef Jenn Louis has compiled more than 175 recipes for simple, show-stopping fare, from snacks to soups to mains (and even breakfast and dessert) that will inspire you to reach for new greens at the farmers' market, or use your old standbys in new ways. Organized alphabetically by green, each entry features information on seasonality, nutrition, and prep and storage tips, along with recipes like Grilled Cabbage with Miso and Lime, Radish Greens and Mango Smoothie, and Pasta Dough with Tomato Leaves. Winner of the 2018 International Association of Culinary Professionals (IACP) Cookbook Award for "Health & Special Diet" category Finalist for the 2018 James Beard Foundation Book Awards for "Vegetable-Focused Cooking" category

Vegetable Literacy Deborah Madison 2013-03-12 In her latest cookbook, Deborah Madison, America's leading authority on vegetarian cooking and author of *Vegetarian Cooking for Everyone*, reveals the surprising relationships between vegetables, edible flowers, and herbs within the same botanical families, and how understanding these connections can help home cooks see everyday vegetables in new light. Destined to become the new standard reference for cooking vegetables, *Vegetable Literacy*, by revered chef Deborah Madison, shows cooks that vegetables within the same family, because of their shared characteristics, can be used interchangeably in cooking. For example, knowing that dill, chervil, cumin, parsley, coriander, anise, and caraway come from the umbellifer family makes it clear why they're such good matches for carrots, also an umbel. With stunning images from the team behind Canal House cookbooks and website, and 150 classic and exquisitely simple recipes, such as Savoy Cabbage on Rye Toast with Gruyère Cheese; Carrots with Caraway Seed, Garlic, and Parsley; and Pan-fried Sunchokes with Walnut Sauce and Sunflower Sprouts; Madison brings this wealth of information together in dishes that highlight a world of complementary flavors.

The Fresh & Green Table Susie Middleton 2012-06-08 The author of *Fast, Fresh & Green* presents cooking techniques and seventy-five seasonal veggie recipes—ideal on Meatless Mondays or any day of the week. Susie Middleton, former editor of *Fine Cooking*, offers up a whole new cook's repertoire by shifting the focus to vegetables as the main course of the meal. Brimming with strategies, techniques, and seventy-five peerless recipes for cooking vegetables in every season, this is the perfect book for the millions who have embraced Meatless Mondays and anyone who appreciates good, fresh food. Brightly illustrated with fifty color photographs and enlivened by the author's energizing voice, *Fresh & Green Table* offers recipes from vibrant soups and salads to luscious grilled pizzas and tarts loaded with green goodness—in an unparalleled source of instruction and inspiration.

The Future is an Ancient Lake Caterina Batello 2004 This art book contains over 350 color photographs by Marzio Marzot, documenting information on traditional food production systems, scientific details and notes from a journey through one of the world's outstanding region: the Lake Chad Basin in Africa. It provides an insight into the life and customs of the local farmers, fishermen and pastoralists who foster, maintain and utilize biodiversity in their traditional agricultural systems, thereby deploying the knowledge and techniques that they have accumulated over many centuries. FAO promotes the sharing of experiences and awareness related to the role of rural people in conserving and sustainably using agricultural biodiversity. Building on the local knowledge and social organization of farmers is indispensable. The images in this book are a tribute to the knowledge and work of farmers and their care for the land.

Vegetarian Suppers from Deborah Madison's Kitchen Deborah Madison 2012-06-06 The author of the bestselling cookbook classic, *Vegetarian Cooking for Everyone* and the forthcoming *In My*

Kitchen, solves the perennial question of what to cook for dinner in her first collection of suppertime solutions, with more than 100 inspiring recipes to enjoy every night of the week. What's for supper? For vegetarians and health-conscious nonvegetarians, the quest for recipes that don't call for meat often can seem daunting. Focusing on recipes for a relaxing evening, Deborah Madison has created an innovative array of main dishes for casual dining. Unfussy but creative, the recipes in *Vegetarian Suppers* from Deborah Madison's Kitchen will bring joy to your table in the form of simple, wholesome, and delicious main dish meals. These are recipes to savor throughout the week—quick weekday meals as well as more leisurely weekend or company fare—and throughout the year. The emphasis is on freshness and seasonality in recipes for savory pies and gratins, vegetable stews and braises, pasta and vegetable dishes, crepes and fritters, delicious new ways to use tofu and tempeh, egg dishes that make a supper, hearty cool-weather as well as light warm-weather meals, and a delightful assortment of sandwich suppers. Recipes include such imaginative and irresistible dishes as Masa Crêpes with Chard, Chiles, and Cilantro; Spicy Tofu with Thai Basil and Coconut Rice Cakes; Lemony Risotto Croquettes with Slivered Snow Peas, Asparagus, and Leeks; and Gnocchi with Winter Squash and Seared Radicchio. Vegan variations are given throughout, so whether you are a committed vegetarian or a “vegophile” like Deborah Madison herself, you'll find recipes in this wonderful new collection you will want to cook again and again. I love supper. It's friendly and relaxed. It's easy to invite people over for supper, for there's a quality of comfort that isn't always there with dinner, a meal that suggests more serious culinary expectations—truly a joy to meet, but not all the time. Supper, on the other hand, is for when friends happen to run into each other at the farmers' market or drop in from out of town. Supper is for Sunday night or a Thursday. Supper can be impromptu, it can be potluck, and it can break the formality of a classic menu. With supper,

there's a willingness to make do with what's available and to cook and eat simply. It can also be special and beautifully crafted if that's what you want. —from the Introduction

Roots Diane Morgan 2012-09-26 Contains information on familiar and exotic root vegetables and includes recipes featuring each vegetable, including horseradish vinaigrette, stir-fried lotus root and snow peas, and yuca chips.

Oh She Glows Every Day Angela Liddon 2016-09-06 An instant New York Times bestseller! Angela Liddon's eagerly awaited follow-up to the New York Times bestseller *The Oh She Glows Cookbook*, featuring more than one hundred quick-and-easy whole-foods, plant-based recipes to keep you glowing every day of the year. Angela Liddon's irresistible and foolproof recipes have become the gold standard for plant-based cooking. Her phenomenally popular blog and New York Times–bestselling debut, *The Oh She Glows Cookbook*, have amassed millions of fans eager for her latest collection of creative and accessible recipes. Now, in this highly anticipated follow-up cookbook, Liddon shares wildly delicious recipes that are perfect for busy lifestyles, promising to make plant-based eating convenient every day of the week—including holidays and special occasions! Filled with more than one hundred family-friendly recipes everyone will love, like Oh Em Gee Veggie Burgers, Fusilli Lentil-Mushroom Bolognese, and Ultimate Flourless Brownies, *Oh She Glows Every Day* also includes useful information on essential pantry ingredients and tips on making recipes kid-, allergy-, and freezer-friendly. A beautiful go-to cookbook from one of the Internet's most beloved cooking stars, *Oh She Glows Every Day* proves that it's possible to cook simple, nourishing, and tasty meals—even on a busy schedule.

Gaining Ground Forrest Pritchard 2013-05-21 One fateful day in 1996, upon discovering that five freight cars' worth of glittering corn have reaped a tiny profit of \$18.16, young Forrest Pritchard

undertakes to save his family's farm. What ensues—through hilarious encounters with all manner of livestock and colorful local characters—is a crash course in sustainable agriculture. Pritchard's biggest ally is his renegade father, who initially questions his career choice and eschews organic foods for sugary mainstream fare; but just when the farm starts to turn heads at local markets, his father's health takes a turn for the worse. With poetry and humor, this timely memoir tugs on the heartstrings and feeds the soul long after the last page is turned.

The Little Book of Living Small Laura Fenton 2020-06-08 A comprehensive guide to small-space secrets and real-life solutions for living in 1,200 square feet or less. The Little Book of Living Small shows readers how to make the most of limited square footage—with grace and style—and serves as the cheerleader readers need to help themselves feel satisfied and proud of their choice to live with less. In addition to exploring both the motivation behind choosing to live in a small space, as well as the practical, everyday advice for managing a tight footprint, The Little Book of Living Small also includes case studies: 12 style-savvy, small-space dwellers open their doors and share their design secrets. Author Laura Fenton covers a range of homes including studio apartments, one- and two-bedroom houses, a tiny house, a co-living space, and even whole houses. Stylistically these homes range from urban, rural, minimalist, and country, with the unifying thread that they are all real homes of less than 1,200 square feet that offer clever solutions that readers can use in their own homes. Laura Fenton is the lifestyle director at Parents magazine. With more than fifteen years of experience, her work has appeared in major publications including Better Homes & Gardens, Country Living, Good Housekeeping, and on leading home websites including Remodelista.com, HGTV.com, ElleDecor.com, HouseBeautiful.com, Refinery29, and elsewhere. Through her writing she has explored the topic of living small for more than a decade. She lives small with her husband,

a photographer, and their son in Jackson Heights, Queens, in New York.

In My Kitchen Deborah Madison 2017-03-28 Finalist for the 2018 James Beard Foundation Book Awards for "Vegetable-Focused Cooking" category From the foremost authority on vegetarian cooking and one of the most trusted voices in food comes a carefully curated and updated collection of 100 favorite and most inspired recipes, reflecting how Deborah Madison loves to cook now. Deborah Madison's newest book shares 100 beloved and innovative recipes from her vast repertoire, all pared down to the key ingredients needed to achieve delicious, nuanced flavor, with simplified preparations. *In My Kitchen* is a vegetable-forward cookbook organized alphabetically and featuring recipes like Roasted Jerusalem Artichoke Soup with Sunflower Sprouts; Fennel Shaved with Tarragon and Walnuts; and Olive Oil, Almond, and Blood Orange Cake. With dozens of tips for building onto, scaling back, and creating menus around, Deborah's recipes have a modular quality that makes them particularly easy to use. Perfect for both weeknight dinners and special occasions, this book will delight longtime fans and newcomers to Madison--and anyone who loves fresh, flavorful cooking. Filled with Deborah's writerly, evocative prose, this book is not just the go-to kitchen reference for vegetable-focused cooking, but also a book with which to curl up and enjoy reading. Lavishly photographed, with an approachable, intimate package, this is the must-have collection of modern vegetarian recipes from a beloved authority.

The Food You Crave Ellie Krieger 2008 Krieger, host of Food Networks "Healthy Appetite," is a proponent of good, fresh food, simply but deliciously prepared. Each of the 200 recipes contains a complete nutritional breakdown, as well as tips on ingredients and techniques for eating smart and eating well.

The Craft and Science of Coffee Britta Folmer 2016-12-16 *The Craft and Science of Coffee* follows

the coffee plant from its origins in East Africa to its current role as a global product that influences millions of lives through sustainable development, economics, and consumer desire. For most, coffee is a beloved beverage. However, for some it is also an object of scientific study, and for others it is approached as a craft, both building on skills and experience. By combining the research and insights of the scientific community and expertise of the crafts people, this unique book brings readers into a sustained and inclusive conversation, one where academic and industrial thought leaders, coffee farmers, and baristas are quoted, each informing and enriching each other. This unusual approach guides the reader on a journey from coffee farmer to roaster, market analyst to barista, in a style that is both rigorous and experience based, universally relevant and personally engaging. From on-farming processes to consumer benefits, the reader is given a deeper appreciation and understanding of coffee's complexity and is invited to form their own educated opinions on the ever changing situation, including potential routes to further shape the coffee future in a responsible manner. Presents a novel synthesis of coffee research and real-world experience that aids understanding, appreciation, and potential action. Includes contributions from a multitude of experts who address complex subjects with a conversational approach. Provides expert discourse on the coffee value chain, from agricultural and production practices, sustainability, post-harvest processing, and quality aspects to the economic analysis of the consumer value proposition. Engages with the key challenges of future coffee production and potential solutions.

The Heart of the Plate Mollie Katzen 2013-09-17 Delightfully unfussy meatless meals from the author of Moosewood Cookbook! With The Moosewood Cookbook, Mollie Katzen changed the way a generation cooked and brought vegetarian cuisine into the mainstream. In The Heart of the Plate, she completely reinvents the vegetarian repertoire, unveiling a collection of beautiful, healthful, and

unfussy dishes—her “absolutely most loved.” Her new cuisine is light, sharp, simple, and modular; her inimitable voice is as personal, helpful, clear, and funny as ever. Whether it’s a salad of kale and angel hair pasta with orange chili oil or a seasonal autumn lasagna, these dishes are celebrations of vegetables. They feature layered dishes that juxtapose colors and textures: orange rice with black beans, or tiny buttermilk corn cakes on a Peruvian potato stew. Suppers from the oven, like vegetable pizza and mushroom popover pie, are comforting but never stodgy. Burgers and savory pancakes—from eggplant Parmesan burgers to zucchini ricotta cloud cakes—make weeknight dinners fresh and exciting. “Optional Enhancements” allow cooks to customize every recipe. The Heart of the Plate is vibrantly illustrated with photographs and original watercolors by the author herself.

Golden Gate Gardening, 30th Anniversary Edition Pam Peirce 2023-08-15 “For vegetable gardening in the Bay Area, Golden Gate Gardening is indispensable—if you buy one gardening book, this is the one.” --Michael Pollan This fully revised fourth edition of the ultimate food gardening bible for Central and Northern Californians includes updates that address changes in climate, crop availability and sources, and pest management strategies, and includes expanded help for inland, hot summer gardeners. The gardening guide has become a perennial seller, beloved by both new and experienced gardeners for its friendly, practical advice on how to grow fresh produce all year long. Expert author Pam Peirce shows how to use the unique local conditions of climate, soil, and rainfall to grow both common and unusual vegetables, herbs, edible flowers, cut flowers, and fruit from trees and shrubs including berries, citrus and avocados for your kitchen garden. This encyclopedic guide covers all the bases, including what to plant in every season, how to select varieties, assess a microclimate, organize a garden, manage pests and weeds safely and effectively,

attract beneficial creatures, conserve water, improve soil, make compost, harvest wisely, and garden in containers. It includes delicious, seasonal garden-to-table recipes and an essay on learning to eat from a garden. Charts, sidebars, illustrations, maps, resource lists, and cross references make it easy for readers to find the information they need. This vegetable gardening book will especially help readers in the San Francisco Bay Area and in California coastal areas from Humboldt County south to San Luis Obispo, as well as those in nearby mild-winter inland climates (including Alameda, San Mateo, Marin, Santa Clara, Monterey, and Santa Cruz counties).

A Curious History of Vegetables Wolf D. Storl 2016-06-14 Featuring gardening tips, recipes, and beautiful full-color pencil drawings of each vegetable, this book for farm-to-fork aficionados and gardeners with an esoteric bent explores the secret history of 48 well known and rare vegetables, examining their symbolism, astrological connections, healing properties, and overall character. A fascinating introduction to vegetable gardening and cooking, *A Curious History of Vegetables* sets horticulture in its historical, cultural, and cosmological contexts. The author offers his deep understanding of the theory of biodynamic gardening and useful tips on light and warmth, ground covers, composts, crop rotation and weeds. Woven in with folk tales and stories from history, each entry also includes delicious historical recipes for each vegetable. From the Trade Paperback edition.

Cooking for the Specific Carbohydrate Diet Erica Kerwien 2013-04-23 DELICIOUS DISHES FOR A COMFY BELLY Do Crohn's disease, IBS, celiac disease, ulcerative colitis or other digestive issues keep you from enjoying your favorite foods? Then pick up this book and leave the pain and frustration behind. *Cooking for the Specific Carbohydrate Diet* provides over 100 belly-friendly recipes that please the palate while soothing your stomach, including: • Blueberry Coffee Cake •

Cinnamon Raisin Bread • Quiche • Pizza • Chicken Pot Pie • Dirty Rice • Butter Biscuits • Kale Onion Tart • Stuffed Bell Peppers • “Oatmeal” Cookies • Lemon Pound Cake • Pumpkin Pie Cooking for the Specific Carbohydrate Diet also serves up tips for eating smart, healthy and even indulgently despite a sensitive stomach — all brought to you by popular Comfy Belly blogger Erica Kerwien. As a mom caring for a son with Crohn’s, she has firsthand knowledge of what works and what doesn’t for both taste and digestion.

Almost Meatless Joy Manning 2009 "A collection of sixty-plus recipes that deemphasize the use of meat, with tips for buying quality beef, poultry, fish, and more on a budget and cooking with them healthfully"--Provided by publisher.

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