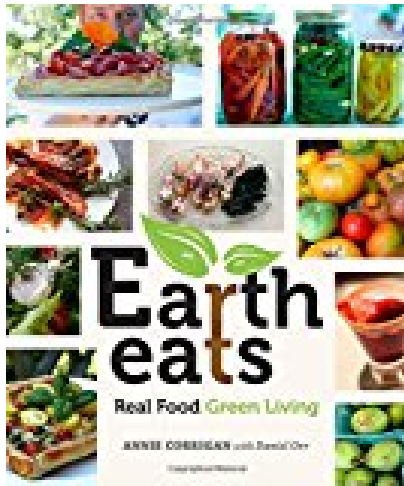


Earth Eats Real Food Green Living



BOOK DETAILS

- Author : Annie Corrigan
- Pages : 296 Pages
- Publisher : Indiana University Press
- Language : English
- ISBN : 0253026296

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BOOK SYNOPSIS

Focusing on local products, sustainability, and popular farm-to-fork dining trends, *Earth Eats: Real Food Green Living* compiles the best recipes, tips, and tricks to plant, harvest, and prepare local food. Along with renowned chef Daniel Orr, *Earth Eats* radio host Annie Corrigan presents tips, grouped by season, on keeping your farm or garden in top form, finding the best in-season produce at your local farmers' market, and stocking your kitchen effectively. The book showcases what locally produced food will be available in each season and is amply stuffed with more than 200 delicious, original, and tested recipes, reflecting the dishes that can be made with these local foods. In addition to tips and recipes, Corrigan and Orr profile individuals who are on the front lines of the changing food ecosystem, detailing the challenges they and the local food movement face. With more than 80 color photos, *Earth Eats* showcases local food at its finest and features everything the local grower and food enthusiast needs to know all year round, including how to cook up a healthy compost heap, nurture a failing bee colony, create an all-natural deer repellent, and ferment delicious vegetables.

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