



# Cooking from the Farmers' Market (Williams-Sonoma)

Jodi Liano, Tasha De Serio, Jennifer Maiser

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Cooking from the Farmers' Market (Williams-Sonoma) Jodi Liano, Tasha De Serio, Jennifer Maiser The oft-heard mantra, "Eat Seasonally, Locally, and Organically" need not be daunting. Nor should eating more fresh fruits and vegetables. Williams-Sonoma *Cooking from the Farmers' Market* makes both notions easily achievable for today's busy home cook.

From small towns to big cities, people all over the world love shopping at the farmers' market. The first tender asparagus of spring, the juicy peaches of summer, the sweet butternut squash of autumn, bright winter citrus fruits: local farmstands invariably have the best-tasting produce available each season.

Williams-Sonoma *Cooking from the Farmers' Market* will show you how easy and satisfying it is to practice "farm-to-table cooking" in your own home. Recipes span all courses of a meal from mouthwatering appetizers such as crisp bruschetta with spicy broccoli rabe; starters such as lemony mixed bean salad or creamy cauliflower soup; main dishes like decadent tomato and mozzarella tart or juicy pork tenderloin topped with tangy rhubarb chutney; and to end the meal, tender cornmeal shortcake piled with fragrant strawberries or luscious sour cherry pie.

The book opens with an information-packed section that includes tips for shopping and seasonal produce buying charts. Complete descriptions of over 100 vegetables and fruits—from beans and peas to leafy greens to berries and stone fruits—provide information on the peak season for each, as well as how to select, store, and work with all your favorites.

Three simple recipes follow the description of a vegetable or fruit, with each carefully crafted recipe using only a handful of other ingredients in order to showcase the produce at its best. With this book as a guide, you'll know exactly how to put delicious, seasonal meals on your table throughout the year. Filled with lavish photographs and more than 245 inspiring recipes written by seasoned experts, this book drives home the notion that, when you choose the best quality ingredients, little effort is needed in the kitchen to help them shine.

This essential guide to produce illuminates how to identify, select, and prepare over 100 types of fruits and vegetables fresh from the market, with more than 245 recipes, including one for each ingredient. Enjoying a farmers' market meal is only three steps away: shop for what's fresh; cook with inspiration from these pages; and eat the delicious results.

- Features over 100 types of fruits and vegetables
- More than 245 recipes for every course showcasing seasonal flavors
- Tips for shopping at the farmers' market
- Guide to selecting and storing fresh produce



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