



Pick Fresh Cookbook: Creating Irresistible Dishes from the Best Seasonal Produce

By -

Oxmoor House, Incorporated, United States, 2013. Paperback. Book Condition: New. 239 x 226 mm. Language: English . Brand New Book. In 288 pages, Cooking Light Pick Fresh Cookbook will share the secrets to buying, growing, and cooking your favorite fresh fruits, vegetables, and herbs. Bursting with beautiful color photographs, this book is an invaluable resource for home cooks, novice gardeners, and food lovers alike. Cooking Light Pick Fresh Cookbook includes: Cooking Light Pick Fresh Cookbook features Fruits, Veggies, Herbs: Dedicated chapters guide you through choosing, storing, growing and preparing flavorful recipes using the freshest ingredients Expert Tips: Teaches you how to grow your own produce virtually anywhere Season-to-Season Garden Plans: Provides the basics on starting your garden, plus easy-to-follow instructions for maintaining and caring for your garden 200 Full-Color Photos and 150 Delicious Recipes For Food Lovers: Utilize the fresh taste of the seasons best produce in your dishes from delicious appetizers and sides, to supremely fresh salads and main dishes, and delectable desserts Complete Nutritional Analysis: Each recipe includes a list of the key nutrients, vitamins and minerals FoodCorps Guide to Connecting Kids with Fresh Produce: Cooking Light s media partner FoodCorps shares the three pillars for teaching gardening...



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