



The Four Season Farm Gardener's Cookbook

Barbara Damrosch, Eliot Coleman

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Barbara Damrosch and Eliot Coleman are America's foremost organic gardeners and authorities. Barbara is the author of *The Garden Primer*, and Eliot wrote the bible for organic gardening, *The New Organic Grower*. Today they are the face of the locavore movement, working through their extraordinary Four Season Farm in Maine. And now they've written the book on how to grow what you eat, and cook what you grow.

The *Four Season Farm Gardener's Cookbook* is two books in one. It's a complete four-season cookbook with 120 recipes from Barbara, a master cook as well as master gardener, who shows how to maximize the fruits and vegetables of your labors, from Stuffed Squash Blossom Fritters to Red Thai Curry with Fall Vegetables to Hazelnut Torte with Summer Berries.

And it's a step-by-step garden guide that works no matter how big or small your plot, with easy-to-follow instructions and plans for different gardens. It covers size of the garden, nourishing the soil, planning ahead, and the importance of rotating crops yes, even in your backyard. And, at the core, individual instructions on the crops, from the hardy and healthful cabbage family to fourteen essential culinary herbs.

Eating doesn't get any more local than your own backyard.

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