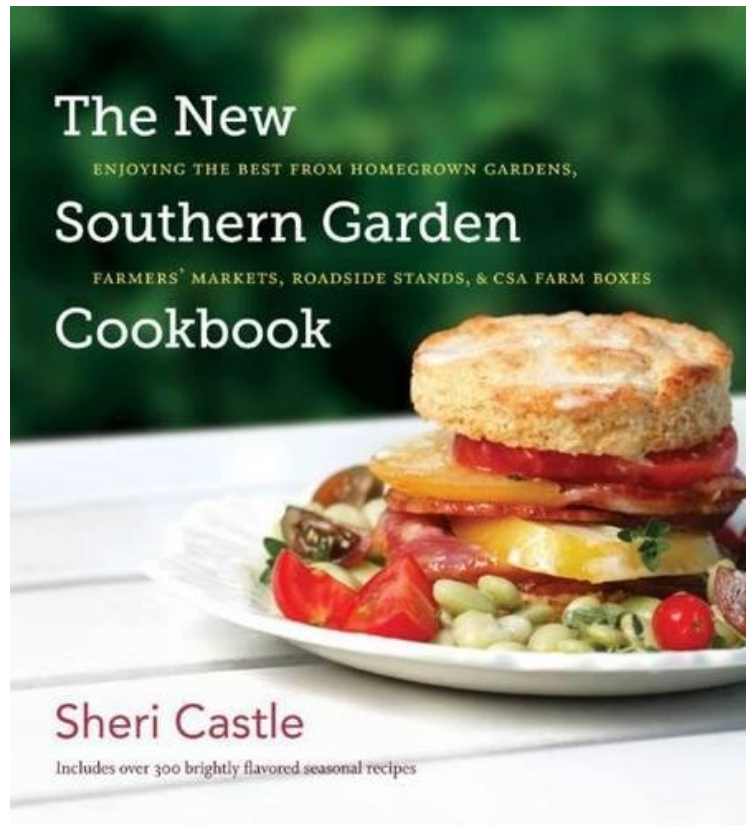


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The New Southern Garden Cookbook: Enjoying the Best from Homegrown Gardens, Farmers' Markets, Roadside Stands, and CSA Farm Boxes

Sheri Castle

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Sheri Castle : The New Southern Garden Cookbook: Enjoying the Best from Homegrown Gardens, Farmers' Markets, Roadside Stands, and CSA Farm Boxes before purchasing it in order to gage whether or not it would be worth my time, and all praised The New Southern Garden Cookbook: Enjoying the Best from Homegrown Gardens, Farmers' Markets, Roadside Stands, and CSA Farm Boxes:

1 of 1 people found the following review helpful. Wonderful and Helpful!By Joan HendrixI live in rural Arkansas and joined a CSA last spring. I wish I bought this book sooner! It is well written and the recipes I've tried so far have all worked well. Some recipes will take major planning since the ingredients are not readily available, Gruyere cheese, for example, is 40 miles away. Same goes for Kalamata olives. I am not from this area and my weekly bags of mystery greens would have between more easily handled if I'd bought this book earlier. I only wish this book had photos of the various greens because I spent a lot of time on Google!3 of 3 people found the following review helpful. Great

resource, also for those far from the South. This book is a wealth of information and inspiration, the recipes both creative and straightforward. An example from the chapter on blackberries -- blackberry BBQ sauce, blackberry and buttermilk sherbet, blackberry and oatmeal breakfast brl ... Yes, please! The writing is terrific, too -- e.g., on the unsuitability of an ingredient: "...skim milk is puny, meager and inadequate." Very helpfully organized by ingredient, although right now I am reading cover to cover . One last note: Despite the title, almost all ingredients should be easily accessible almost anywhere in the U.S. 8 of 8 people found the following review helpful. Delicious and innovative. First, the recipes are wonderful and quite doable. The author uses fresh, seasonal ingredients in lots of different ways--always with great results. This is my first year participating in a CSA, and this book has helped me learn what to do with produce I was previously unfamiliar with. The real beauty of this book, however, lies in the anecdotes and descriptions included with virtually every recipe. This is a cookbook that reads more like a humorous Southern novel!

In *The New Southern Garden Cookbook*, Sheri Castle aims to make "what's in season" the answer to "what's for dinner?" This timely cookbook, with dishes for omnivores and vegetarians alike, celebrates and promotes delicious, healthful homemade meals centered on the diverse array of seasonal fruits and vegetables grown in the South, and in most of the rest of the nation as well. Increased attention to the health benefits and environmental advantages of eating locally, Castle notes, is inspiring Americans to partake of the garden by raising their own kitchen plots, visiting area farmers' markets and pick-your-own farms, and signing up for CSA (Community Supported Agriculture) boxes from local growers. *The New Southern Garden Cookbook* offers over 300 brightly flavored recipes that will inspire beginning and experienced cooks, southern or otherwise, to take advantage of seasonal delights. Castle has organized the cookbook alphabetically by type of vegetable or fruit, building on the premise that when cooking with fresh produce, the ingredient, not the recipe, is the wiser starting point. While some dishes are inspired by traditional southern recipes, many reveal the goodness of gardens in new, contemporary ways. Peppered with tips, hints, and great stories, these pages make for good food and a good read.

She formulates realistic recipes in her well-equipped but ordinary home kitchen. The proof of this pudding is in the produce: fresh, with reverence and flair. Y'all dig in.--*The Pilot* A must-have cookbook for backyard gardeners and farmers' market aficionados alike.--*Taste of the South* If it has to do with vegetables, this cookbook is a great resource. . . . I have a feeling I'm going to be going back to this cookbook again and again.--*S. Krishna's Books* Comprehensive [and] wonderfully chatty.--*Miriam Rubin, Pittsburgh Post-Gazette* Celebrates a diverse array of seasonal fruits and vegetables.--*People Country* Sheri Castle offers a vision for Southern cuisine that's based wholly on locally grown, seasonal foods. . . . The ingredient lists are seductive on their own, but Sheri is a warm and engaging writer with the kind of practical wisdom that enlightens any kitchen.--*Oxford American* A celebration of fresh seasonal fruits and vegetables, from apples and asparagus to winter squash and zucchini.--*New York Times Book* If you see the garden as an extension of your kitchen, and if you happen to appreciate a Southern sensibility. . . you'll be happy with the vegetable-focused recipes.--*The Washington Post* I appreciate Castle's ingredient-first philosophy, and as a lifelong Northeasterner, she helps breach the gap and makes Southern cooking approachable and even more universal.--*Epicurious* The Epi Log This cookbook (organized by types of vegetables and fruits) helps foodies, whether they live in the South or not, build meals on seasonal, homegrown vegetables. . . . Now get yourself back to the garden.--*The Houston Chronicle* Features produce that flourish in the South (think cucumbers and onions or savory smoked ham) but are nevertheless suitable for seasonal cooking across the country.--*ForeWord s* This homage to Southern produce walks the reader through more than 300 recipes featuring the best the South has to offer.--*Georgia Magazine* Whether you have a garden, a farm share, or are just looking for a new way to cook broccoli, Sheri Castle will guide you through the seasons. . . . Castle mines the world for flavors.--*Cookbook Digest* Lovely.--*Damon Lee Fowler, Savannah Morning News* A recommended cookbook of 2011.--*The Washington Post* A jewel.--*Moreton Neal, MetroMag* A "New Southern Cookbook We Love" Editor's Pick and Southern Living Test Kitchen Approved!--*Southern Living* Timely in that it taps into the booming locally grown food movement and celebrates the pleasures of fresh, seasonal food. . . . Written in a casual, conversational style that gives the reader the feeling of being in a cozy kitchen listening to Castle as she cooks.--*The Mountain Times* A go-to guide for how to cook those fruits and vegetables--from Jerusalem artichokes to persimmons--that intrigue you at the farmers market but leave you stumped in the kitchen. . . . Regardless of whether your 'garden' is a pot of herbs growing on a back porch, a half-acre garden plot or a farmers market, Castle's book can help you cook whatever you buy, grow or pick yourself.--*Raleigh News Observer* The New Southern Garden Cookbook is a resource that no gardening Southern cook should be without.--*The Midwest Book* Recipes ripe from the plant.--*Durham Herald-Sun* Inspired by the bounty from our Southern soil, seasoned author Sheri Castle challenges chefs to think fresh. . . . The book is a perfect marriage of recipes and stories, blending practical tips and delightful anecdotes into a collection that's as much a narrative as it is a recipe guide.--*SavorNC Magazine* You can find other great Southern recipes from Sheri's book. I'll certainly vouch for them!--*Nola.com* "Everything New Orleans" blog Sheri Castle captures the essence of fresh, vegetable-friendly cooking. Discover more than 300 recipes

that make vegetables the main attraction.--Better Homes and Gardens Sheri Castle's *The New Southern Garden Cookbook* is a superb addition to the canon of invaluable southern cookbooks. By focusing on what grows in the South, Castle has written an asparagus-to-zucchini compendium of delectable recipes with deep southern soul. But this volume is so much more than a stellar kitchen reference; interwoven throughout is Castle's own narrative--of a North Carolina gal who found her way home through cooking and gardening--told in an engaging, encouraging voice that home cooks will enjoy having close to the stove.--Matt Lee and Ted Lee, authors of *The Lee Bros. Simple Fresh Southern*Sheri Castle takes a spectacular approach to southern cooking! Here, vegetables become the focus, rather than the garnish--returning us to a healthier and more sustainable way to eat and live. These beautiful recipes taste like the South and are enriched by Sheri's belief that, for southern food to be fully appreciated, its story must be told.--Sam Beall, proprietor of Blackberry Farm, Walland, TennesseeBarbecue garners more ink. Fried chicken tops more deathbed requests. But we southerners have long defined our great workaday cooks by their expertise with vegetables. In the hands of Sheri Castle, garden goods get their due, through recipes for Blasted Asparagus, Shell Bean Gratin, and Creamed Collard and Country Ham Pot Pie.--John T. Edge, series editor of *Cornbread Nation: The Best of Southern Food Writing*From the Inside FlapCastle aims to make "what's in season" the answer to "what's for dinner?" This timely cookbook, with over 300 dishes for omnivores and vegetarians alike, celebrates and promotes the delicious, healthful homemade meals made possible by the diverse array of seasonal fruits and vegetables grown in the South, and most of the rest of the nation as well.