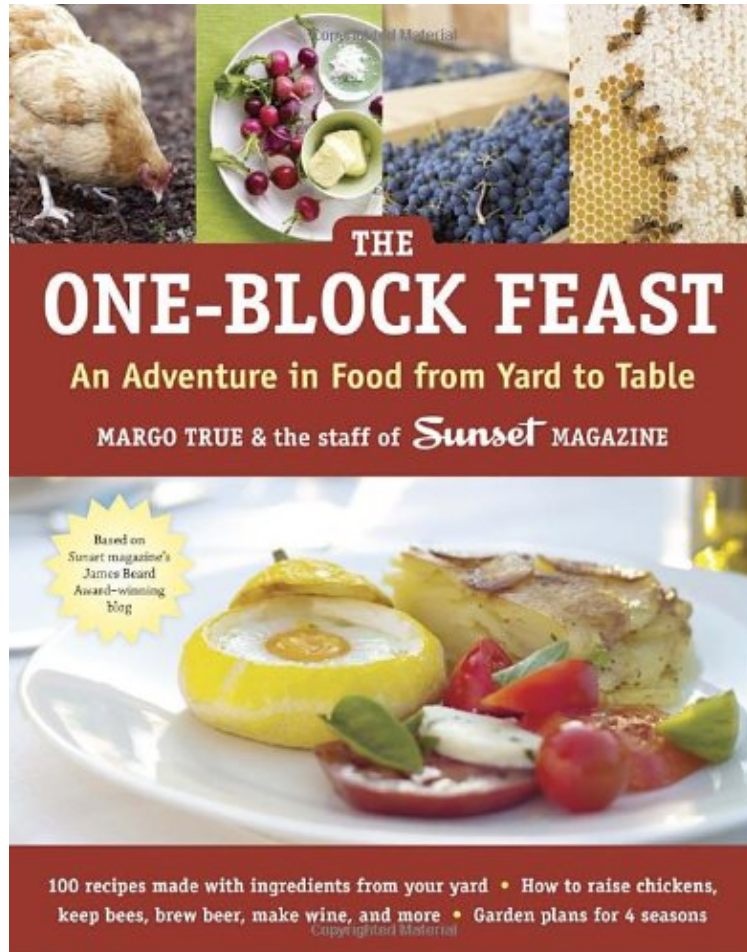



The One-Block Feast: An Adventure in Food from Yard to Table

Margo True, Staff of Sunset Magazine
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Margo True, Staff of Sunset Magazine : The One-Block Feast: An Adventure in Food from Yard to Table
before purchasing it in order to gage whether or not it would be worth my time, and all praised The One-Block Feast: An Adventure in Food from Yard to Table:

Based on the James Beard Awardwinning blog The One-Block Diet, this all-in-one home gardening, do-it-yourself guide and cookbook shows you how to transform a backyard or garden into a self-sufficient locavores paradise. When Margo True and her fellow staffers at Northern Californiabased Sunset magazine walked around the grounds of their Menlo Park office, they saw more than just a lawn and some gardens. Instead, they saw a fresh, bountiful food source, the makings for intrepid edible projects, and a series of seasonal feastsall just waiting to happen. The One-Block Feast is the story of how True and her team took an inspired idea and transformed it into an ambitious commitment: to create four feasts over the course of a year, using only what could be grown or raised in their backyard-sized plot. She

candidly shares the groups many successes and often humorous setbacks as they try their hands at chicken farming, cheese making, olive pressing, home brewing, bee keeping, winemaking, and more. Grouped into gardening, project, and recipe guides for each season, *The One-Block Feast* is a complete resource for planning an eco-friendly kitchen garden; making your own pantry staples for year-round cooking and gifts; raising bees, chickens, and even a cow; and creating made-from-scratch meals from ingredients youve grown yourself. Chapters are organized by season, each featuring a planting plan and crop-by-crop instructions, an account of how that seasons projects played out for the Sunset team, and a multicourse dinner menu composed of imaginative, appealing, and ultra-resourceful vegetarian recipes, such as: Butternut Squash Gnocchi with Chard and Sage Brown Butter Egg and Gouda Crepes Whole Wheat Pizzas with Roasted Vegetables and Homemade Cheeses Fresh Corn Soup with Zucchini Blossoms Braised Winter Greens with Preserved Lemons and Red Chile Summer Lemongrass Custards Honey Ice Cream Generously illustrated and easy to follow, this ultimate resource for todays urban homesteader will inspire you to take eating local to a whole new level.