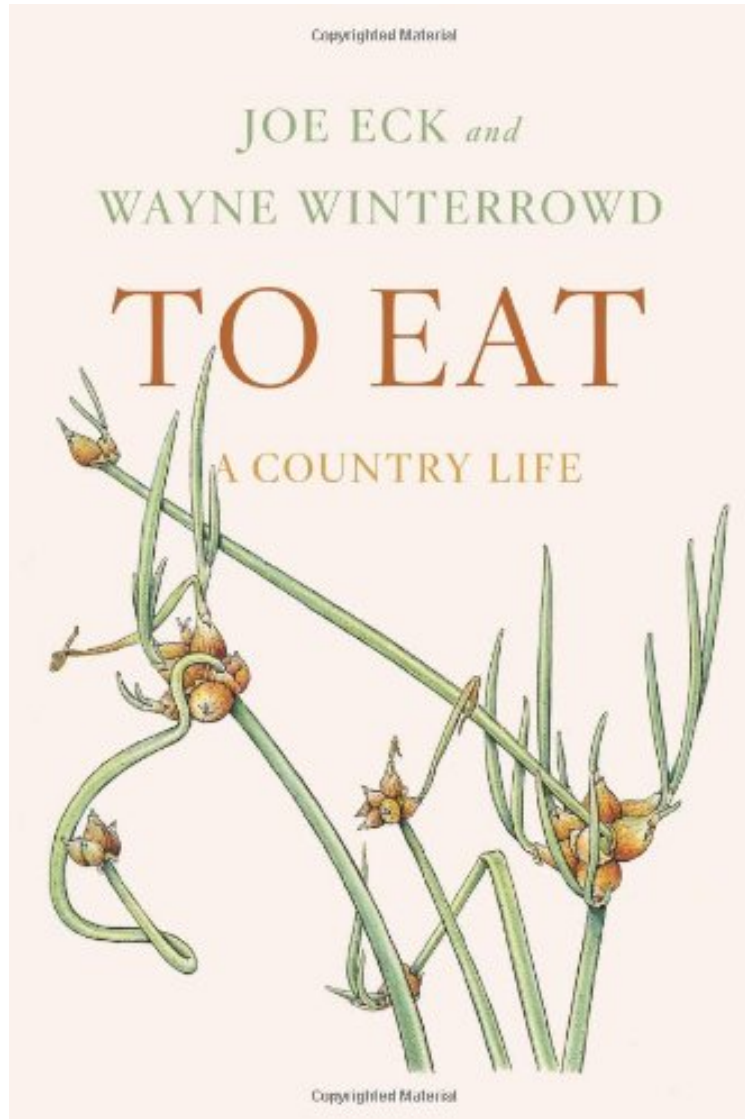


[Ebook pdf] To Eat: A Country Life

## To Eat: A Country Life

*Joe Eck, Wayne Winterrowd*

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**Joe Eck, Wayne Winterrowd : To Eat: A Country Life** before purchasing it in order to gage whether or not it would be worth my time, and all praised To Eat: A Country Life:

7 of 7 people found the following review helpful. Plentitude--- A Mostly Vegetable Love, Generously SharedBy OwlMortgage the cat, if you must, to get this gentle book. You will be reading mostly about a country life in Vermont; about two lives intertwined for over 40 years; about what was grown on their Vermont farm, North Hill; and, when it comes to eating, about a mostly vegetable love. The country life unfolded on the farm created by Joe Eck and Wayne Winterrowd, located near a village settled in the older time by the likes of the Birches and the Bramberries and then by

Italians drawn to the furniture factory. In earlier books, such as "Our Lives in Gardens," Joe and Wayne (one gets to a first-name basis with writers who tell of raising chickens in their parquet-floored first home, once the ballroom of a Boston mansion) have shared their gardening knowledge in efforts to live, seasonally, from their land. And their curiosity (as insatiable as that of the Elephant's Child), their triumphs (including growing the rare blue Himalayan poppy), and their lives (with tantalizing mentions of wines eating). Much of North Hill was described in "Our Lives in Gardens"---rock gardens and roses, plantings, friends, and feastings through the unmistakable seasons of Vermont. "To Eat" shares in closer focus the foods they grew and some of what they did with this bounty. They honor the piggery with comments on our linguistic transitions from pig to pork, from living animal to (in this case) Chicharrones, and do eloquent homage to the cowery, from veal to Coda alla Vaccinera. A three page chapter celebrates the hens, who become (as old hens), Chicken Stew with Unborn Eggs. This is a relatively slender book totalling 194 pages. It offers the three proteinaceous chapters (pig, cow, hen) plus 29 chapters on veggies grown in their garden, from Asparagus and Apples to Tomatoes and Wild Herbs. Most chapters are brief, two or three pages. Of these, only eleven have recipes as such, although ten or so more describe what sound like delectable presentations one may or may not consider recipes. About half of all the recipes, all Italian, are credited to a highly regarded chef, Beatrice Tosti di Valminuta. She writes with charm, vivacity, and admirable precision. Thus, this is not a cookbook. Do not expect sensuously photographed recipes, nor in most cases, elaborate recipes. To Joe and Wayne, proper veggie storing cleaning, butter and herbs, presentations in cherished wood and pottery bowls, those gifts of dear friends, and treasured memories of finds from travels make the feast. There is, however, a unique modernization of an ancient Roman recipe (given first in Latin) of figpeckers asparagus that is elaborate enough for chefly interest! Expect, for every chapter, Bobbi Angell's masterfully composed, exquisite pen-and-ink rendered drawings of the vegetable being celebrated, such as the slender rectangle portraying the leek, its mysterious tangle of roots, its sturdy yet slender stalk, its twisting ribbons of leaves (p.80). Angell's rendition of the surface of oranges could make Durer envious, so well observed and rendered are these mini-moonscapes. Each drawing is a gem, a work of artistry and love. Although this is not a how-to book on gardening, still expect a good harvest of stories and many nuggets of information about growing vegetables under Vermont conditions and generally useful tips. Less experienced gardeners may appreciate knowing, for example, that one can safely thin seedlings by slipping the index third finger on the ground, seedling between, scissors-fashion, then plucking it out with the other hand, leaving the babies on either side safely undisturbed. In most cases, say the authors, add to the evening's salad. Not, perhaps, much new for the more experienced backyard farmer. Expect, perhaps most of all, the wisdom, beauty, and caring Joe and Wayne created, often, particularly in the earlier chapters, writing with the perfect word and a worthy thought. Thus, with regard to having plenty to give, "It is never a pound-for-pound exchange, and very seldom does one package exchange hands with another. Rather, it is in the nature of a free gift for a free gift, from time to time, as one had something to offer. As such, it is a vital cement to a community already strong in its intrinsic values." (p. 77) The values offered by "To Eat" and their three other books are values many of us share, or want to. Through their gift to us of their lives shared through their books, we are brought into this community. And with Joe, we mourn Wayne's November 2010 passing which is felt perhaps particularly in the style, tone, and content of the later chapters and the afterword. We celebrate Memory, in that a life continues so long as it is remembered. Thank you, Joe and Wayne, for the plentitude---your lovely word---generously shared. Readers may find "To Eat" similiar to Eck and Winterrowd's "Living Seasonally," their sumptuous book about their kitchen garden. "To Eat" is briefer with fewer individual cultivars discussed and with drawings rather than photographs. It is considerably cheaper, at \$16 or so compared to \$60.0 of 0 people found the following review helpful. I loved this book By Nom de plume I loved this book. It is a combination love story and escape to the wonderful and challenging gardener's life in Vermont. In a recent trip we visited the home of Joe Eck. His partner is gone now, but having read some of his books I could walk the paths and enjoy the arches made of saplings, etc. that together they built over the years. I dream of having a cresto plant. To someone without those interests I'm not sure it would be that wonderful. Oh, and they even have recipes! 1 of 1 people found the following review helpful. Very highly reviewed, merely not my favorite By B. Frei I respect the author's work, and I bought this title for a friend, who loves it. Many people who've read it rate it very highly, and I understand why. Most likely most foodie readers will enjoy it, too.

A memorable book about the path food travels from garden to table A celebration of life together, a tribute to an utterly unique garden, a wonderfully idiosyncratic guide for cooks and gardeners interested in exploring the possibilities of farm-to-table living To Eat is all of these things and more. In 1974, Joe Eck and Wayne Winterrowd moved from Boston to southern Vermont, where they became the proprietors of a twenty-eight-acre patch of wilderness. The land was forested, overgrown, and wild, complete with a stream. Today, North Hill's seven carefully cultivated acres open to visitors during the warmer months are an internationally renowned garden. In the intervening years, both the garden and the gardening books (A Year at North Hill, Living Seasonally, Our Life in Gardens) Eck and Winterrowd created together have been acclaimed in many forms, including in the pages of The New York Times. They were at work on To Eat which also includes recipes from the renowned chef and restaurateur Beatrice Tosti di Valminuta and beautiful

illustrations from their long-time collaborator Bobbi Angell when Winterrowd passed away, in 2010. Informative, funny, and moving, the delights within a runaway bull; a recipe for crisp, fatty chicharrones; a personal history of the Egyptian onion; a hymn to the magic of lettuce are sure to make *To Eat* a book readers return to again and again.

From Booklist A pig named Morose, a bull called Hadrian, recipes for carrot cake and oxtail stew, the advantages of cold storage, and the appeal of cippolini onions. Such is the evidence of a life lived well and deliberately, a commitment Eck and his partner, Winterrowd, made early on in their 42-year personal and professional relationship. In this bittersweet memoir, Eck's preface reveals that Winterrowd died before the book was completed; the afterword should come complete with hankies. In between are endearing and educational glimpses into their gardening practices and gustatory preferences, their peripatetic journeys and permanent joys. Compost is dug, seed catalogs studied, sapling trees planted with the most hopeful of intentions. Readers will delight in this exuberant paean to the pleasures and benefits of growing one's own food, elegiac homage to how Eck and Winterrowd celebrated the bounty such labors bestowed, and Eck's reflections on daily changes and seasonal challenges at Vermont's North Hill Farm. Eck and Winterrowd will inspire even the most reluctant gardeners to take steps to harvest a more rewarding life. --Carol Haggas

The vegetable garden at North Hill always enchants me, and therefore it is a particular pleasure to read of its bounty in this last collaboration between Joe and Wayne. Page Dickey, author of *Embroidered Ground* *To Eat: A Country Life*, Joe Eck and Wayne Winterrowd's last book together (Winterrowd died in 2010), is an artful tribute to their 7-acre southern Vermont garden and their passion for raising, preparing and eating food together. Even lettuce becomes luxuriant in their exuberant and informative hands. Bobbi Angell's drawings and Beatrice Tosti di Valminuta's recipes, along with Eck and Winterrowd's elegant prose, take readers through the northern New England seasons, featuring one food per chapter. The book is seasoned with history, anecdotes and abundant practical advice, and with reverence for land and tradition: the deepest reward of a country life is that its deliberate embrace of a small conserving ethic opens one to the rhythms, values, habits and flavors of another time.' Whether or not you garden, *To Eat* is a vicarious pleasure. Deb Baker, *The Concord Monitor*

Part memoir, part cookbook, part gardening book, *To Eat: A Country Life* is a delight. Fans of the authors' previous books, among them *A Year at North Hill: Four Seasons in a Vermont Garden* and *Our Life in Gardens*, will find similar rewards in the latest offering in which educated musings on country life and growing tips are delivered in prose more akin to poetry and literature . . . They, and their writing, are to gardening what M.F.K. Fisher was to food: a revelation . . . The book brings both laughter and tears. The afterword is particularly solemn. Wayne Winterrowd died in 2010 in the middle of writing the book, and it will be the last joint effort by the pair. Loss, in life and in the garden, is a bitter truth. Erinn Beth Langille, *Macleans*

For foodies as much as for gardeners, this savory collection of anecdotes about farming is a testament to the joy and reward of labor and achievement. Authors Joe Eck and Wayne Winterrowd describe how they spent decades raising various crops in southern Vermont. They offer tips on soil as well as recipes for preparing fresh-grown food. It is hard not to appreciate beets or salivate over illustrator Bobbi Angell's descriptions of Winterrowd's blueberry pie. Gary M. Kramer, *Instinct Magazine*

These elegant reflections on gardening and the vegetables and fruits they grow, harvest, and eat over four seasons offer a joyous celebration of our connection to food and the Earth . . . Gardeners and cooks should have a copy of this book, beautifully illustrated by Bobbi Angell and with recipes by Beatrice Tosti di Valminuta, in their kitchens, next to their garden tools, or on their nightstands. Publishers Weekly

A pig named Morose, a bull called Hadrian, recipes for carrot cake and oxtail stew, the advantages of cold storage, and the appeal of cippolini onions. Such is the evidence of a life lived well and deliberately, a commitment Eck and his partner, Winterrowd, made early on in their 42-year personal and professional relationship. In this bittersweet memoir, Eck's preface reveals that Winterrowd died before the book was completed; the afterword should come complete with hankies. In between are endearing and educational glimpses into their gardening practices and gustatory preferences, their peripatetic journeys and permanent joys . . . Readers will delight in this exuberant paean to the pleasures and benefits of growing one's own food, elegiac homage to how Eck and Winterrowd celebrated the bounty such labors bestowed, and Eck's reflections on daily changes and seasonal challenges at Vermont's North Hill Farm. Eck and Winterrowd will inspire even the most reluctant gardeners to take steps to harvest a more rewarding life. Carol Haggas, Booklist

Here, the authors plant a lifetime of knowledge in this collection of short essays, each one focused on a different edible product of their land and labor. Far from the popular trend of urbanites-turned-farmers-turned-writers, however, Eck and Winterrowd bring more than 40 years of experience to the table, championing "the vital human need" to witness hard work and achievement united by dirt and patience. Unlike other textbook-dry treatises on the do's and don'ts of gardening, the writing here is as rich as dark soil. Mixed in with cultural and botanical histories of apples, asparagus and beets are practical tips and gardening secrets for the seasoned and beginner gardener alike. The authors colorfully render daily life with the companionship of pigs, hens and cows, and the home cook finds bounty here too; rare recipes, sourced from Italian grandmothers, first-century cookbooks and other corners of the authors' well-traveled lives, pepper the pages. Eck and Winterrowd celebrate good eating and good living with a kind of reverence reminiscent of Wendell Berry and a sensuality that evokes M.F.K. Fisher. Notably, Winterrowd died before the book's publication, and Eck's obvious grief and heartache strike a quiet but heavy chord. It's a memoir about

falling in love continuously, season after season, and a lesson in caring tenderly for each other and the land. Full and fragrant, this book will satisfy the appetite of anyone with a taste for simple pleasures. KirkusA beautiful, passionately conceived memoir steeped in flora, fauna, and a cornucopia of fruits and vegetables, all cultivated with enduring love and tenderness. Jim Piechota, The Bay Area ReporterAn unusual and introspective guide to growing and cooking one's own food filled with anecdotes of [the authors'] remarkable journey back to the earth. Amy J. Barry, The Day[To Eat is] a tribute to gardening and to knowing what's really on your plate . . . Partly a love letter to the earth, and partly a paeon to good eating, To Eat is one of those delicious little books that, like a great meal, you'll want to savor. With the circumspection of veteran gardeners, New England authors Joe Eck and the late Wayne Winterrowd share their observations about growing plants, livestock, and together. I took great delight in their quietly humorous stories of being gentlemen farmers; if you're a gardener, you'll find solid tips in each quick-to-read chapter and if you're a gourmand, you'll drool at the recipes here, too. At just under two hundred pages, this book will last you through two or three quick lunches or meal-preps, and it may give you some new ideas. So grab To Eat and take a bite. Terri Schlichenmeyer, Naples Daily News[To Eat is a] delightful discussion of various vegetables, poultry and animals on their North Hill Farm in Vermont. Included are several intriguing recipes. The book is filled with great advice--based on 30 years experience--for growing leeks, Meyer lemons, fingerling potatoes, Belgian endive, Egyptian onions and the more mundane but essential carrots, chard, radishes and cucumbers. It's a book you can savor chapter by chapter, visualizing a huge garden atop a Vermont hill nestled next to the chicken coop and the barn for the pigs and cattle. Cheryl B. Wilson, Daily New Hampshire GazetteAbout the AuthorJoe Eck and Wayne Winterrowd are the coauthors of Our Life in Gardens, The Year at North Hill: Four Seasons in a Vermont Garden, and Living Seasonally: The Kitchen and the Table at North Hill. They are cofounders of the garden design firm North Hill. Eck lives in Vermont; Winterrowd died in 2010. Bobbi Angell is the illustrator of To Eat.