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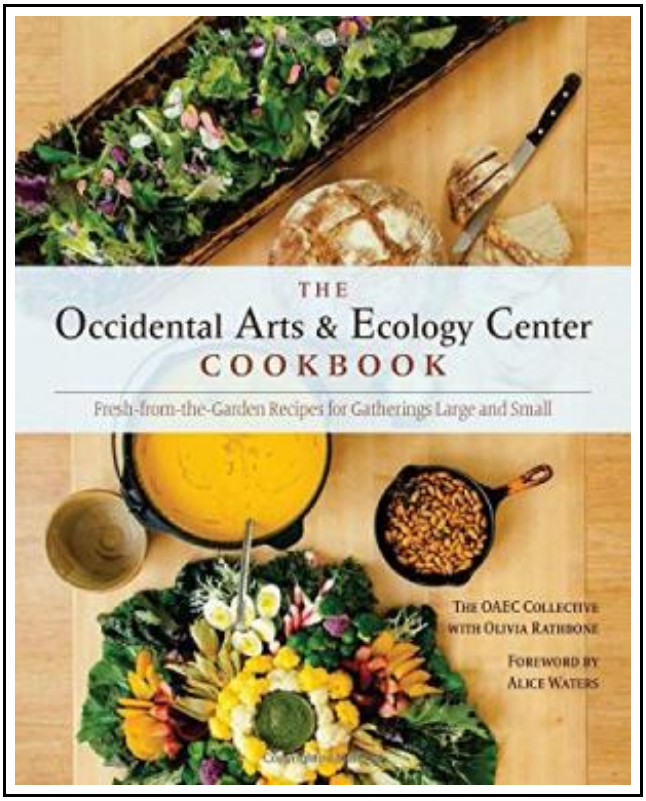

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Chelsea Green Publishing Co, United States, 2015. Hardback. Book Condition: New. 257 x 203 mm. Language: English . Brand New Book. Celebrating biodiversity through the Mother Garden s collection of rare, open-pollinated varieties and wild edibles from OAEC s ecological preserve More than anything, food brings us together as families and as communities. So there is no better place to begin creating a healthier and sustainable community than around a shared table. The Occidental Arts and Ecology Center Cookbook is a beautifully illustrated collection of 200 unique and delicious vegetarian recipes from the renowned California-based farm, educational retreat center, and eco-thinktank. OAEC has a passionate ethos about eating seasonally, and this book shows readers how to cook based on what is available in the garden. This unique cookbook incorporates ingredients from all seasons, including weeds, flowers, herbs, nuts, fruits, mushrooms, and other forages. The recipes also include the quantities and measurements necessary to cook for a crowd making each dish perfect to cook at home, or to share at parties, potlucks, and community events. With sample seasonal menus to inspire cooks throughout the year, The OAEC Cookbook offers a wide range of recipes such as: Carrot and Chamomile Soup, Summer Squash Ribbons with Purple Shiso, Roasted Asparagus and Nettle Risotto with Pea Tendrils, and Pepita-Encrusted Squash Blossoms Stuffed with Goat Cheese and Mint. There are cold vegetable plates for warm summer picnics, and readers will learn how to create delicious salad dressing recipes for garden-fresh greens, including Loquat Ginger, Golden Tomato Cumin, and Preserved Lemon Brine. There are comfort foods like pots of savory Biodiversity Beans and Winter Sourdough Pizza, and warming snacks like Toasted Hazelnuts with Thyme. Readers can top a plate of veggie sides with a generous dollop of one of OAEC s famous sauces and pestos, and...

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