

Vegetable Bliss: Simple Seed-to-table Inspiration - Julie Sochacki

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vegetable bliss [vej-tuh-buhl blis], n. 1. extreme enjoyment and ecstasy when preparing and eating locally grown vegetables. 2. intense pleasure and satisfaction when selecting veggies from farmer's markets, community-supported farms or your own garden. Imagine every Community Supported Agriculture (CSA) member happily enjoying their share knowing exactly what to do with every vegetable from greens to garlic scapes and from parsnips to kohlrabi. Imagine a guidebook for farmer's market goers and gardeners that satiate their desire to enjoy just-picked veggies without heavy sauces and complicated ingredients. Please welcome Vegetable Bliss-Simple seed to table inspiration. All of the recipes included in this book are plant-based and naturally wheat, dairy, sugar and meat free! And many of these tips come straight from community-supported farms! Author: Sochacki, Julie Publisher: Balboa Press Illustration: N Language: ENG Title: Vegetable Bliss: Simple Seed-to-Table Inspiration Pages: 00000 (Encrypted PDF) On Sale: 2012-07-03 SKU-13/ISBN: 9781452554266 Category: Cooking : General

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