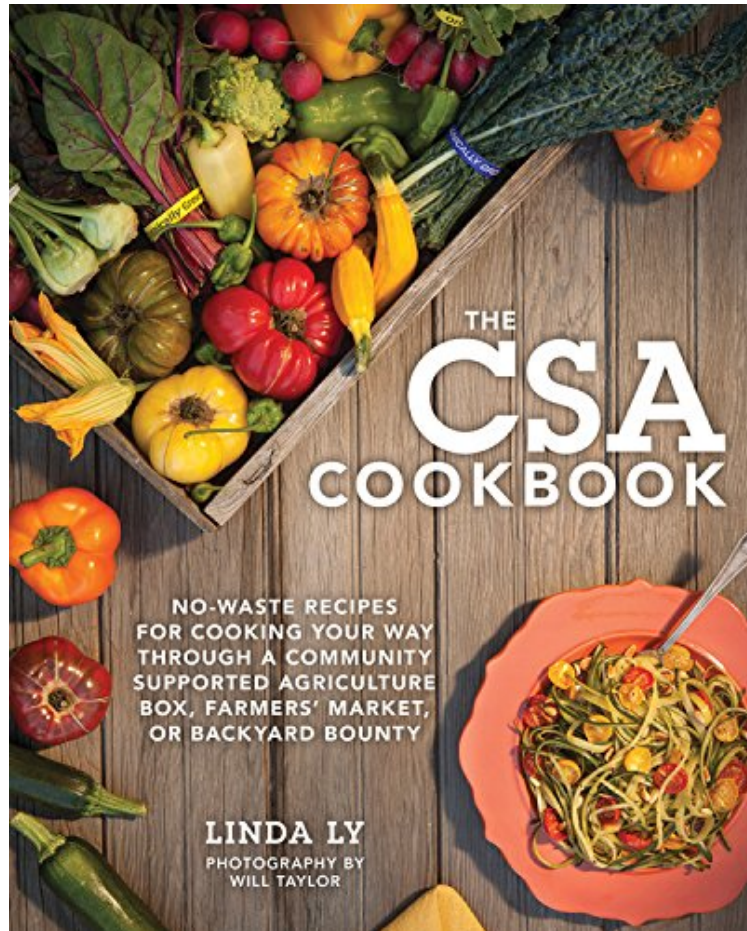


(Free pdf) The CSA Cookbook: No-Waste Recipes for Cooking Your Way Through a Community Supported Agriculture Box, Farmers' Market, or Backyard Bounty

# The CSA Cookbook: No-Waste Recipes for Cooking Your Way Through a Community Supported Agriculture Box, Farmers' Market, or Backyard Bounty

Linda Ly

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**Linda Ly : The CSA Cookbook: No-Waste Recipes for Cooking Your Way Through a Community Supported Agriculture Box, Farmers' Market, or Backyard Bounty** before purchasing it in order to gage whether or not it would be worth my time, and all praised The CSA Cookbook: No-Waste Recipes for Cooking Your Way Through a Community Supported Agriculture Box, Farmers' Market, or Backyard Bounty:

11 of 11 people found the following review helpful. I love vegetables, but I never seem to have any ...By LOLI love vegetables, but I never seem to have any great ideas for preparing them or what at all to do with some of the more uncommon one. This book fills a much needed gap. There is a great section on different vegetables, how to store, cut etc. It also gives a great chart for making stock and another for pesto! Then the recipes are divided by type, which

makes it easy to find when you are working with a specific vegetable: tomatoes and peppers, leafy greens, peas and beans, bulbs and stems, roots and tubers, melons and gourds, and flowers and herbs. I also found the recipes to be very interesting and not overly complicated. You will find recipes for all courses such as skillet eggs poached in serrano tomato, chard steak hummus, kickin broccoli mac and cheese, fennel apple and celery slaw, roasted beet and carrot salad with creamy goat cheese, watermelon rind kimchi, zucchini noodles with roasted tomatoes, pesto and pinenuts, bibimbap, drunken pumpkin chili and all in herb dressing. Everything sounds delicious and you can find something to do with almost anything you bring home or receive in your CSA box. While it has a good index, its not great. That is the only flaw that I have found with the book.12 of 12 people found the following review helpful. This cookbook is fantastic! Recipes are easy to followBy NatAttackThis cookbook is fantastic! Recipes are easy to follow, and the author provides thorough descriptions for everything. There's even a section in the beginning of the book on the best way to store everything! The author uses ALL parts of the plants, which I appreciate (e.g., there are recipes using potato greens, watermelon rind, etc). Also, there are a lot of vegetarian recipes. In fact, even the recipes with meat seem to work with the produce instead of overpowering it. Lastly, I LOVE that she uses the full fat versions when it comes to products (e.g., milk, cheeses). If you are looking for an easy-to-follow recipe book that focuses on whole-food ingredients without sacrificing flavor or creativity then this book is for you.9 of 9 people found the following review helpful. This Is The Book I've Been Waiting For!By JennyI decided to buy this book as a birthday gift to myself and I'm so glad that I did! I love the way this book is structured. Linda starts with the basics, and one of the topics she covered was how to actually store veggies so they last as long as possible. I always forget how to properly store produce so it's nice to have this information handy.I also enjoy the fresh approach of categorizing recipes by produce such as leafy greens, bulbs and stems, roots tubers. Flipping through the pages, I'm excited to start cooking. These recipes don't look complicated, but the finished meals look like they came from an expert chef. If you're not familiar with some of the food items (e.g., pickled nasturtium pods), Linda explains how to use them and what to pair them with. And although the focus of the book is on veggies, many of the recipes incorporate meat so you have many meal options. All of the meals just look amazingly comforting and hearty. The pictures in the book are stunning!This book made me really appreciate the versatility of vegetables. Linda shows you that veggies are more than just ingredients in a salad or saut. As someone who likes to garden, it's empowering to know how I can really take advantage of all parts of a vegetable. This is the way I want to eat!

Make the most of your CSA membershipor your garden harvestwith simple yet bold, inventive yet nourishing meals from acclaimed blogger Linda Ly.Community Supported Agriculture (CSA) programs have connected farms to consumers and made people more in tune with where their food comes from, but still leave many stumped beyond the conventional uses for their produce. How many times has a CSA share arrived with things you've never seen before or not known what to do with?The CSA Cookbook will help you cook your way through a CSA box (or farmers' market or backyard bounty) with 105 seasonal recipes that utilize every edible part of the plant, from leaves and flowers to stems and seeds. Think of it as a nose-to-tail approachfor vegetables!With innovative ideas for preparing the lesser-known but no-less-delicious parts of plants, tips for using the odds and ends of vegetables, and easy preservation techniques, Linda Ly helps you get from farm to table without a fuss. Chapters include tomatoes and peppers, leafy greens, peas and beans, bulbs and stems, roots and tubers, melons and gourds, and flowers and herbs. You'll find globally-inspired, vegetable-focused recipes that turn a single plant into several mealstake squash, for instance. This year-round vegetable brings a variety of tastes and textures to the table: Sicilian Squash Shoot Soup, Squash Blossom and Roasted Poblano Tacos, Autumn Acorn Squash Stuffed with Kale, Cranberries, and Walnuts, and Toasted Pumpkin Seeds. If you grow your own food at home, you might be surprised to learn you can eat the leaves from your pepper plants, or pickle the seed pods from your radishes.The CSA Cookbook aims to inspire curiosity in the garden and creativity in the kitchen. You'll look at vegetables in a whole new way and think twice before you discard your kitchen "scraps"!

"Ly's given a whole generation new ways to re-imagine the backyard garden, and now she's given us a fresh and uniquely delicious take on modern farm food. A fearless cook who wastes nothing, her nourishing dishes fit the bill for weeknight suppers or when you need something tasty and satisfying to feed a hungry crowd." - Edible Media"One of my favorite sayings is, 'Use it up, wear it out, make it do, or do without.' What appeals to me about this phrase is the idea that everything is useful. And that's why I like The CSA Cookbook so much. Many of Linda's dishes utilize the oft discarded parts of vegetables such as tomato leaves, radish greens and carrot tops. More than just being efficient, these recipes encourage us to explore the flavors and uses of every edible part of a plant. This book will completely change the way you look at vegetables." - P. Allen Smith, author of P. Allen Smith's Seasonal Recipes from the Garden "The CSA Cookbook shows you how to use everything your vegetables offer, whether they come from your CSA or your garden. After all, why throw away what's edible when it can offer so much in the kitchen?" - Deborah Madison, author of Vegetable Literacy: Cooking and Gardening with Twelve Families from the Edible Plant Kingdom "I love this cookbook. From herb flowers to carrot tops to watermelon rind, Linda has a beautiful sensibility for using

the whole vegetable. In her hands, familiar ingredients from the garden and the greenmarket take on rich and unexpected flavors." - Louisa Shafia, author of *Lucid Food: Cooking for an Eco-Conscious Life* "The CSA Cookbook is the book I've long been searching for but haven't been able to find, chock full of clever, economical, and tasty ways to use up otherwise composted or discarded produce. Without a doubt, Linda has penned the ideal literary accompaniment to anyone with a CSA subscription or who simply has been seeking creative ways of using up all those bits and bobs you haven't known what to do with." - Ashley English, author of *Handmade Gatherings: Recipes and Crafts for Seasonal Celebrations and Potluck Parties* "The CSA Cookbook takes an inventive approach to farm-focused, seasonal cooking with bright and vibrant recipes that leave you excited by what might arrive in your CSA box next." - Jennifer McGruther, author of *The Nourished Kitchen* "This is a must-have book for home cooks who prepare and serve fresh, healthy food raised in healthy soil. Linda's enticing recipes use every part of a beet or broccoli or leek to provide the rich garden experience we all want." - Joanne Neft, author of *The Art of Real Food* "You will have so many why-didn't-I-think-of-that moments as you cook your way through this inspired book. Linda translates the nose-to-tail ethos into garden speak so well that the only thing to go hungry will be your compost pile." - Ian Knauer, author of *The Farm: Rustic Recipes for a Year of Incredible Food* "Linda's expertise as a passionate gardener shows through in every one of her unique, seasonal dishes. More than a collection of well-photographed whole foods recipes, The CSA Cookbook is a guide to sustainable cooking. After learning about the culinary possibilities of tomato leaves, chard stalks, and kale buds, one is guaranteed to be inspired by Linda's wise top-to-tail approach to vegetables. - Anya Kassoff, author of *The Vibrant Table: Recipes from My Always Vegetarian, Mostly Vegan, and Sometimes Raw Kitchen* We are excited to use The CSA Cookbook in our own kitchen. Filled with tips on preparing the entire vegetable from roots to tops and substituting one vegetable for another to make use of whatever is available, the book will surely inspire people to use their CSA produce to the fullest extent. The abundance of colorful photos and detailed instructions make the recipes easily achievable for the growing number of CSA members or anyone else with access to fresh produce. It is a wonderful resource for gardeners, chefs, and home cooks alike. - Jere Gettle, owner of Baker Creek Heirloom Seeds and author of *The Heirloom Life Gardener* About the Author Linda Ly is the blogger behind the award-winning [gardenbetty.com](http://gardenbetty.com), called the "Best in Gardening" by *Country Living* and deemed a go-to source for all things green by HGTV. As a member of Slow Food USA, Linda delights in growing, harvesting, preserving, and cooking all the food that comes from the earth. She pulls endless inspiration from her modern homestead by the sea, which she shares with her husband, a pair of pugs, and a flock of chickens. When she's not digging in the dirt, she's seeking adventure on the road with her love of offshore winds, epic powder, empty trails, and hidden hot springs.