



Local Flavors: Cooking and Eating from America's Farmers' Markets

Deborah Madison

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First published in hardcover in 2002, *Local Flavors* was a book ahead of its time. Now, imported food scares and a countrywide infatuation with fresh, local, organic produce has caught up with this groundbreaking cookbook, available for the first time in paperback.

Deborah Madison celebrates the glories of the farmers' markets of America in a richly illustrated collection of seasonal recipes for a profusion of produce grown coast to coast. As more and more people shun industrially produced foods and instead choose to go local and organic, this is the ideal cookbook to capitalize on a major and growing trend.

Local Flavors emphasizes seasonal, regional ingredients found in farmers' markets and roadside farm stands and awakens the reader to the real joy of making a direct connection with the food we eat and the person who grows it. Deborah Madison's 350 full-flavored recipes and accompanying menus include dishes as diverse as Pea and Spinach Soup with Coconut Milk; Rustic Onion Tart with Walnuts; Risotto with Sorrel; Mustard Greens Braised with Ginger, Cilantro, and Rice; Poached Chicken with Leeks and Salsa Verde; Soy Glazed Sweet Potatoes; Cherry Apricot Crisp; and Plum Kuchen with Crushed Walnut Topping.

Covering markets around the country from Vermont to Hawaii, Deborah Madison reveals the astonishing range of produce and other foods available and the sheer pleasure of shopping for them. A celebration of farmers and their bounty, **Local Flavors** is a must-have cookbook for anyone who loves fresh, seasonal food simply and imaginatively prepared.

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Typically the book Local Flavors: Cooking and Eating from America's Farmers' Markets has a lot of information on it. So when you read this book you can get a lot of help. The book was written by the very famous author. Tom makes some research prior to write this book. This specific book very easy to read you will get the point easily after perusing this book.

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