



How To Fix a Leek and Other Food From Your Farmers' Market

Sandra Garson

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This is a go-to guidebook for anyone who needs to eat. Moving monthly through the growing season from May ramps to November heritage turkeys, it serves wisdom on how to find and fix fresh food fitting for good health. Item by item, it answers questions you might have about how to choose, store or prepare whatever you find at a farmers' market. Each page is spiced with news about health benefits, history and traditional ways other cultures cook--perfect table talk ingredients. And each is garnished with a deliciously simple recipe. There's also a glossary of terms to help you understand what words like "artisan" and "Organic" really mean, and a look at the history and value of farmers' markets in America.

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