



Farmer's Market Cooking

Sally Ann Berk

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Here is everything you need to know to shop for, store, cook and eat the freshest foods. This useful directory features an ingredient-by-ingredient guide to the foods found at the local farmer's market, including vegetables, fruits, grains, herbs, breads, dairy, fish, meat and poultry. Packed with information including nutritional content, what to look for, whether to refrigerate or freeze, shelf life and season, the book features color photographs throughout and with more than 100 recipes keyed to the ingredients.

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