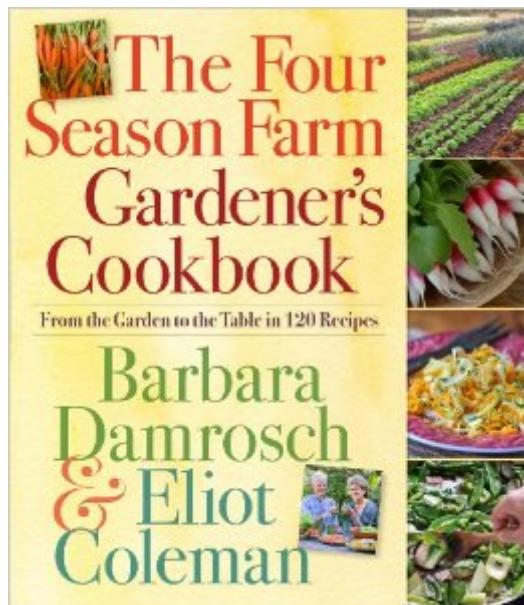


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# The Four Season Farm Gardener's Cookbook



## Synopsis

Barbara Damrosch and Eliot Coleman are America's foremost organic gardeners and authorities. Barbara is the author of *The Garden Primer*, and Eliot wrote the bible for organic gardening, *The New Organic Grower*. Today they are the face of the locavore movement, working through their extraordinary Four Season Farm in Maine. And now they've written the book on how to grow what you eat, and cook what you grow. *The Four Season Farm Gardener's Cookbook* is two books in one. It's a complete four-season cookbook with 120 recipes from Barbara, a master cook as well as master gardener, who shows how to maximize the fruits and vegetables of your labors, from *Stuffed Squash Blossom Fritters* to *Red Thai Curry with Fall Vegetables* to *Hazelnut Torte with Summer Berries*. And it's a step-by-step garden guide that works no matter how big or small your plot, with easy-to-follow instructions and plans for different gardens. It covers size of the garden, nourishing the soil, planning ahead, and the importance of rotating crops—yes, even in your backyard. And, at the core, individual instructions on the crops, from the hardy and healthful cabbage family to fourteen essential culinary herbs. Eating doesn't get any more local than your own backyard.

## Book Information

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## Customer Reviews

I wanted to like this book. I own every book Eliot Coleman has published, and I've been expanding a garden which will eventually grow most of my own vegetables in an average sized suburban yard based on his techniques. I highly recommend them. But reading through his books I frequently

come across vegetable I've never heard about (tatsoi, anyone?) and my hope was that this book would be a systematic, season-based guide to cooking from the gardening plans laid out in Coleman's books, with ideas to use the less common vegetables. It isn't, unfortunately. It is a decent collection of a few recipes using fresh ingredients from a garden, but it isn't particularly innovative as a cookbook. And about 60% of the book is gardening instruction, mostly a rehash of the techniques laid out in Coleman's books, though this time with color line drawings instead of black and white. I didn't need that. If you haven't read any of Eliot Coleman's work (start with *Four-Season Harvest* if you are interested) and are interested in growing vegetables year round, and you don't have any of Alice Waters' season based cookbooks (start with *The Art of Simple Food*, it's amazing), this is probably a decent purchase. If, like me, you already have a few cookbooks focused on seasonal cooking, and you already own some books on year-round gardening, then you don't need this.

I really like this book and feel that this book, more than other Coleman books, nails the needs of home gardeners wanting to experiment with extended season gardening. I like the garden layouts and crop rotation plans, the chicksaw, the portable greenhouse, and the plant recommendations. I've been vegie and flower gardening for 30+ years and this book just leapfrogged my gardening approach by a good amount. It's one thing to have ideas and completely another to have specific recommendations when trying something new, like 4-season gardening. I have yet to try the recipes but it's great to have tasty-reading ideas for new crops like mache and claytonia, plants I'm planning on growing this season but have yet to eat. Doesn't have the great garden-table yield info that 'Victory Garden Cookbook' has (my must own garden-to-table recipe book) but I'm looking forward to cooking my way through the recipes this coming season. Overall, this book rocks my gardening world and I am grateful to the authors for it.

This is a fantastic book! Yes, I have other books that Barbara and Eliot have written, but in my opinion this one is their best yet! It takes all the knowledge that the two of them have aquired over the many years that the two of them have been gardening and puts it ALL into an enjoyable and easy to read form. Like some have said, it's two books in one! It starts out with everything a beginning or even seasoned gardener needs to know on building the soil, feeding the plants, suggestions on what seeds to plant, when to plant, etc.... They tell you how to garden year round, no matter where you might live, in any climate. How to build your own simple greenhouse and other season extenders and the list goes on and on! And then Barbara even shares lots of receipes that

she has developed, to eat fresh from your garden, year round! What more could anyone ask for!? If you can only buy one vegetable gardening book, this should be the one you get!

So much more than a cookbook! Easy to follow information on growing crops from seed to harvest, cold frameshoop houses, pest control ,for all 4 seasons.II own a lot of garden books and this by far the most informative on all garden questions and the photos arebeautiful!I highly recommend this to all my fellow gardners (so they won't "borrow" mine!!!

Barbara and Eliot show a maturity in their approach to sharing with readers their avid love of gardening as they combine their growing and harvesting with the complementary actions of cooking and eating! Their writing has become more seasoned and focused as work has elapsed through time. I strongly recommend the purchase of the book as you will find it well thumbed and satisfying. It is filled with great illustrations and easily understood directions. enjoy the work; celebrate the harvest; share a table with those you love.

This is the proverbial all-in-one-book.Everything you will ever need to know about planting, harvesting, and cooking the bounty of the garden. It is excellently written, clear but honest while being entertaining, and the color photos throughout are dazzling. The recipes tend to be a little more meat-oriented than I had expected, but most are elegant and creative. The book can be confusing when recommending what species of vegetables to plant, as there are so many factors to consider. Want a beet that winters over well? That's good to eat right out of the ground, or that looks painterly on the plate? I scratch my head, but better too much information than not enough.The chief plus of this book is the way it inspires. Just leafing through it makes you want to run out and weed.

This is a must have cookbook/gardening book. I bought it after watching Barbara Damrosch on a segment of AM Northwest (a local tv show) showing some wonderful sounding recipes. Well they really are. Everything I've tried has been excellent.

A nifty book that fits well with the shifting focus onto whole and organic foods. The author's describe how to create a garden, what to grow, how to harvest it, and then how to cook it in tasty and healthful dishes. The book is lavishly and beautifully illustrated. A must own for any gardener and those interested in cooking wholesome, organic foods for their families.

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