



The Sunset Edible Garden Cookbook: Fresh, Healthy Cooking from the Garden

Editors of Sunset Magazine

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The Sunset Edible Garden Cookbook: Fresh, Healthy Cooking from the Garden Editors of Sunset Magazine

With the movement toward healthier and "greener" living, it's no wonder that eating and growing fresh produce has gained such popularity. While the West Coast may have started the edible garden craze, the rest of the nation is quickly catching on to this delicious and nutritionally beneficial trend that allows for the joy of growing fresh edibles. Here to help gardeners enjoy a healthier lifestyle is *Sunset Edible Garden Cookbook* with detailed gardening advice and over 150 recipes using luscious homegrown fruits and vegetables. This cookbook combines *Sunset's* fast recipes with practical gardening tips that will garner beautiful, delicious produce year after year from coast-to-coast. *Sunset* has inspired millions of readers to partake in food that is not only great tasting but also intrinsically healthy. Thus, with this amazing follow-up to the *Western Garden Book of Edibles*, *Sunset* shows step by step how to cultivate a garden, celebrate the season's bounty, and enjoy healthy recipes using garden-fresh produce at the dinner table. The *Edible Garden Cookbook* features include:

- Beautiful, full-color photographs to accompany each recipe
- Over 180 recipes using the most popular backyard produce, from tomatoes to corn to zucchini to lettuces
- Harvesting and storing tips help identify the right way to pick and preserve freshness
- Nutritional data comes with every recipe and is given for each crop, too

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Alice Winfield:

Exactly why? Because this The Sunset Edible Garden Cookbook: Fresh, Healthy Cooking from the Garden is an unordinary book that the inside of the reserve waiting for you to snap this but latter it will distress you with the secret that inside. Reading this book alongside it was fantastic author who write the book in such wonderful way makes the content on the inside easier to understand, entertaining technique but still convey the meaning entirely. So , it is good for you for not hesitating having this ever again or you going to regret it. This amazing book will give you a lot of gains than the other book have got such as help improving your talent and your critical thinking means. So , still want to delay having that book? If I were being you I will go to the e-book store hurriedly.

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