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Titolo	Earth eats : real food green living / / Annie Corrigan with Daniel Orr
Pubbl/distr/stampa	Bloomington : , : Indiana University Press, , [2017] ©2017
ISBN	0-253-02629-6
Descrizione fisica	1 online resource (296 pages) : color illustrations
Disciplina	641.3/02
Soggetti	Natural foods Local foods Sustainable living
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Includes index.
Nota di contenuto	Spring -- Summer -- Fall -- Winter.
Sommario/riassunto	"Focusing on local products, sustainability, and popular farm-to-fork dining trends, Earth Eats: Real Food Green Living compiles the best recipes, tips, and tricks to plant, harvest, and prepare local food. Along with renowned chef Daniel Orr, Earth Eats radio host Annie Corrigan presents tips, grouped by season, on keeping your farm or garden in top form, finding the best in-season produce at your local farmers' market, and stocking your kitchen effectively. The market section showcases what locally produced food will be available throughout the year, and the kitchen section is amply stuffed with more than 200 delicious, original, and tested recipes, reflecting the dishes that can be made with these local foods. In addition to tips and recipes, Corrigan and Orr profile individuals who are on the front lines of the changing food ecosystem, detailing the challenges they and the local food movement face. With more than 80 color photos, Earth Eats showcases local food at its finest and features everything the local grower and food enthusiast needs to know all year round, including how to cook up a healthy compost heap, nurture a failing bee colony, create an all-natural deer repellent, and ferment delicious vegetables."--