



In Season: Cooking with Vegetables and Fruits

Sarah Raven

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Here Sarah Raven, a leading proponent of the local foods movement, shows how to make the most of fresh produce, whether from your own garden, your local farmers' market or the grocery. Taking us through the year in six seasonal chunks of two months each, she highlights the best vegetables, fruits, and herbs from each period, throwing in tidbits she's learned firsthand from her own garden. The more than 250 simple and delicious recipes borrow from different cuisines and include such inventive dishes as Cranberry Bean Hummus; Squid, Pea, and Chorizo Stew; Basil Custard; Zucchini Chutney; Saute of Peas and Lettuce; Penne with Preserved Lemon and Avocado; and Pears Poached in Saffron Syrup. While some recipes are ideal for vegetarians, there are many designed to bring out the best in meat, poultry, and seafood. In Season will inspire a new appreciation of fresh produce and will be an indispensable addition to every serious cook's shelves.

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