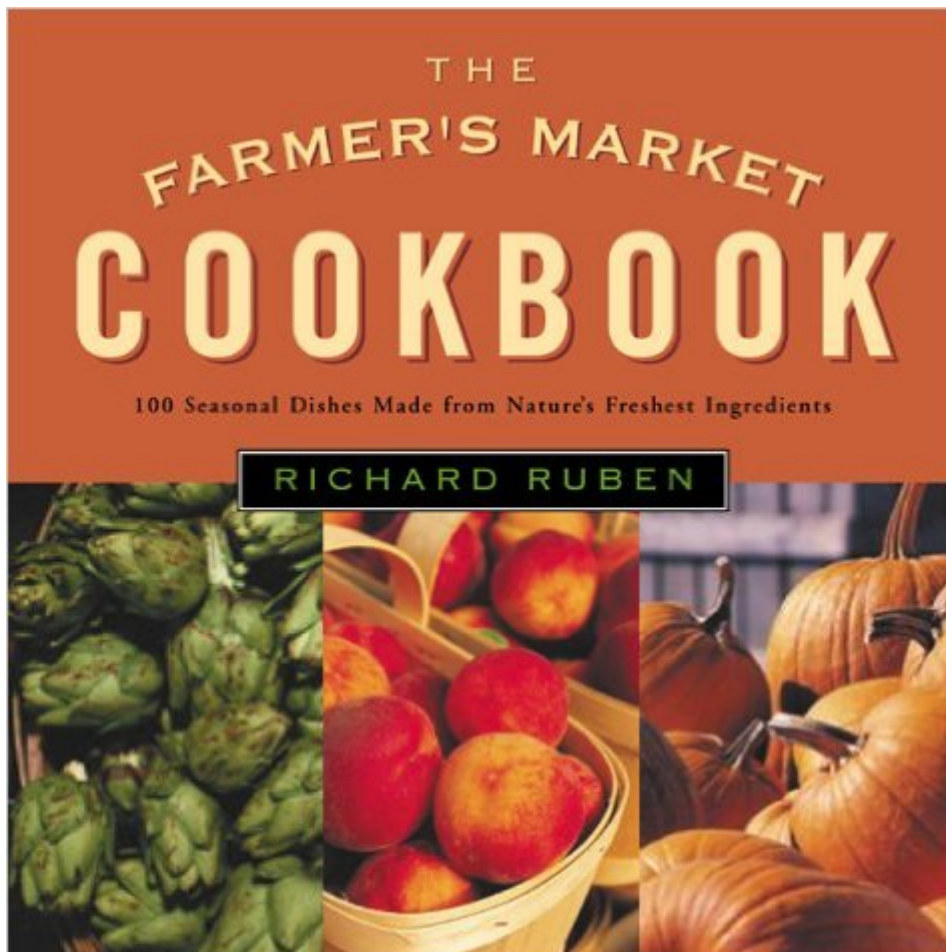


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# The Farmer's Market Cookbook: Seasonal Dishes Made From Nature's Freshest Ingredients



## Synopsis

100 recipes for cooking fresh from your local market - be it farm stand or grocer's aisle. Cooking seasonally means having a keen eye and a sensitive nose as you traverse the aisles of nature's store. The harbingers of each season are color-coded - spring's plate is drenched with verdant tender stalks and gentle herbs; summer is resplendent with myriad bold reds, oranges, and yellows; autumn is rich with umber root vegetables and a second booray of green leaves. Understanding this spectrum is an essential starting point to setting a menu. THE FARMER'S MARKET COOKBOOK helps the cook do just that as it pays homage to nature and the wonderful palette she offers. The book will guide the home cook through the ripening seasons and serve as a road map allowing the reader to navigate any local market. Chef Richard Ruben offers dozens of simple, elegant recipes that celebrate the gifts of nature's cycle including: - fiddlehead fern risotto - fried green tomatoes - lamb marinated in tropical juice - rhubarb and almond crisp - strawberry tomato salsa - chilled cucumber/mint soup - grilled chicken breast - lemon verbena sorbet with summer squash - ginger butternut soup - curried brussels sprouts - apple crisp towers Ruben also provides additional information on the origin and proper selection of produce, hints for putting up flavored vinegars and oils, and historical facts about food. THE FARMER'S MARKET COOKBOOK presents an original approach to modern cuisine that hearkens back to a simpler time when the land around us provided our meals, while also helping to fulfill our eclectic current cravings.

## Book Information

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## Customer Reviews

Richard Ruben is that rare being--a chef who can write well, bringing his passion for the bounty of nature's markets to the page as well as to the table. With prose that is as beautiful as it is informative, chef/teacher/poet/philosopher Ruben takes us on a culinary tour of the seasons via the farmer's market that brings all of nature's best to our tables. With stunning recipes and lyrical prose, Ruben shares his love affair with lavender and verbena in recipes such as Lavender Ricotta Cake and Sweet Potatoes Braised with Lemon Verbena. His extensive knowledge of world cuisine comes into play in the many exotic creations like Green Rice, and Apple Shochu, a Japanese distilled spirit infused with apple. Although the book can be wonderfully playful, Ruben also offers practical knowledge in comprehensive lists of seasonal vegetables, fruits, and herbs; hints for putting up flavored vinegars and oils; and tips on how to understand the color-coded spectrum of each season's offerings, including how to select produce properly. Like the evocative haiku sprinkled throughout this lovely book's pages, Ruben's recipes resonate with an appreciation of nature and its offerings, bringing fresh food from the market to the table in dishes that will delight everyone's palate and spirit. This will be the book I give as a gift to everyone I know who loves to eat and cook. It's a blessing that will grace anyone's table.

This is a cookbook that people who really love food in it's purest form must have. Richard Ruben translates his enthusiasm for the farmer's (or ethnic) market into simple recipes with sophisticated flavors that sing. His approach to food re-affirms that old adage, simple is better. As you read through his personal collection of recipes, you want to make every one. But must do so season by season to get the best results. In this day and age of hundreds of cookbooks, Ruben distinguishes himself quietly and with authority, reminiscent of the early days of Alice Waters when passion for food and the best ingredients were the only motivators. If I could only have one cookbook and a market, it would certainly be this one. **BUY THIS BOOK FOR THE SUMMER** and continue to use it through fall and winter...

This book has simple, but flavorful recipes. The recipes are something I imagine rich people in San Francisco eating at a garden party or a summer solstice dinner. The author has a genuine love of food, and it shows. There are little sprinkles of his prose throughout the book, that capture the feel of the seasons.

This cookbook is magnificent! Fun, wittily written, simple to follow, Richard Ruben focuses on enjoying the fresh goodness the earth offers us in each season. It's about tasting and exploring

what's in front of us, presented by the growers themselves. Easy-to-follow recipes, ideas, charts, seasonal suggestions....it's great. I'm not much of a cook and I used this book to wow a dinner party with pheasant, curried brussel sprouts, & individual squashes stuffed with fennel, apples, & carrots. It's a valuable, exciting, DELICIOUS standout in a crowded field.

I am fortunate to have met and assisted Chef Richard Ruben in Atlanta Georgia. He is extremely knowledgeable in the nutritional values of fresh vegetables, herbs and spices. This is a great book to have in your kitchen.

My daughter lives in New York City and goes to the green market several times a week to buy fresh veggies, etc. for her growing family. She loves these cookbooks, so therefore I keep sending them to her as they become available-thanks to the great authors!!

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