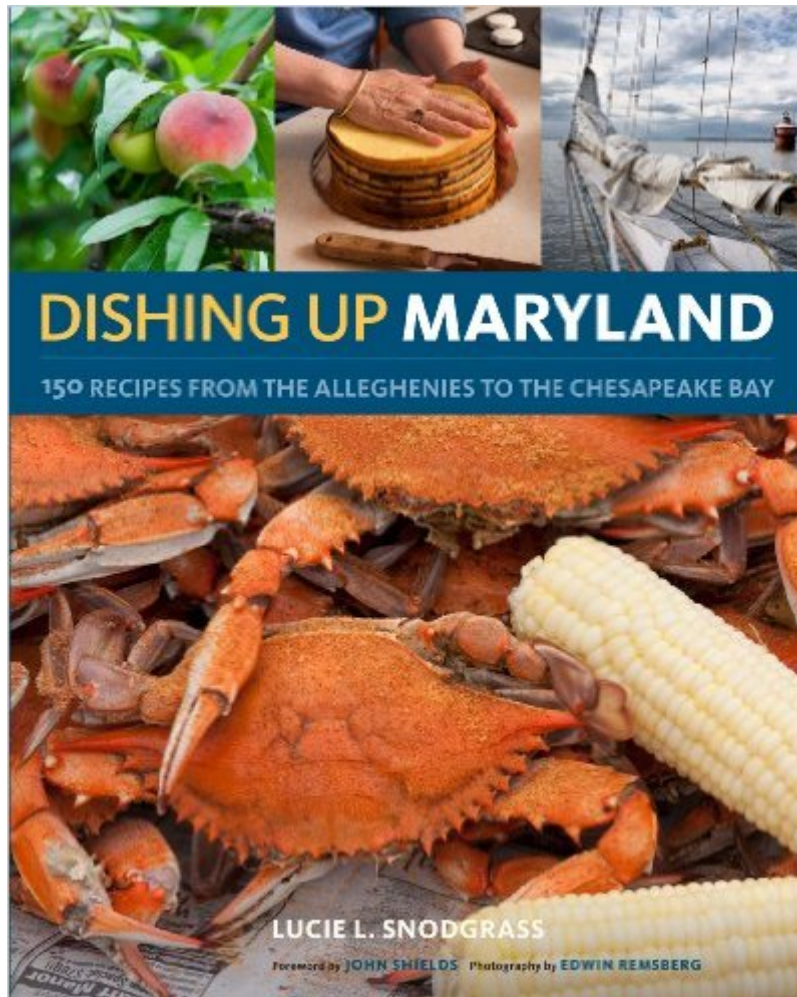


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# Dishing Up® Maryland: 150 Recipes From The Alleghenies To The Chesapeake Bay



## Synopsis

From the Chesapeake to the Alleghenies, Maryland offers a rich diversity of native foods and traditions. Lucy L. Snodgrass's compilation of 150 delicious recipes from the Old Line State's most celebrated chefs will have you feasting on Corn and Quinoa Salad with Lemon Mint Dressing, Smith Island Cake, and of course crab cooked every which way. This fun guide includes profiles of local food producers and mouthwatering photographs that will inspire you to cook up a taste of Maryland, wherever you live.

## Book Information

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## Customer Reviews

When I heard about Dishing Up Maryland by Lucie Snodgrass, this is what I expected: A few recipes, a few pictures, and a list of where you can find things in Maryland (including a map and contact information), possibly even a list of farmer's markets or websites that will direct you to them. I also expected the author to talk about CSAs and possibly even list some of them or include a website. What I expected is not what this cookbook is---BUT that's okay. I still love it! This cookbook is a treasure whether you live in Maryland or in the surrounding areas, or you once lived in Maryland (it will evoke nostalgic feelings in your heart), or you live somewhere else and you are a firm believer in local agriculture and are encouraged to hear the stories of small farmers and cooks who believe in the same things. So, what is in this cookbook?+ A lot of wonderful pictures+ Recipes that will make your mouth water--they will make you want to cook, and of course to eat as well!+ Recipes

separated by season to make it easier to use the special fruits and vegetables that are available in Maryland at different times of the year.+ Stories about cooks, inn keepers, farmers, and crabbers in Maryland+ Interesting information about fruits and vegetables (I learned a lot about asparagus and soft-shelled crabs!)+ An alphabetized list of some of the farms in Maryland. I assume that there are more. I know there are more that have CSAs locally in Harford County that weren't listed, so that leads me to assume that this is only a partial list.The recipes are not ones that you will generally make any night of the week (though some of them are) if you have kids, like I do.

Let me start off my saying that you don't need to live in Maryland or even be from Maryland to benefit from the newest cookbook out of Storey Publishing. Dishing Up Maryland, written by Lucie Snodgrass, is a complete joy to read, both for its recipes and the stories of the Maryland farmers that live the life most of us only dream of.Lucie Snodgrass was locally grown in the Baltimore Region. In her time, she has watched Maryland agriculture flourish and fade, then reseed itself with a new, younger generation of family farms. Inside Dishing Up Maryland, between the incredibly fresh and healthy recipes, lies the wonderful stories of the farmers and watermen that work hard to grow the food we call 'American.' It draws attention to the fact that there is so much local food available, more than we even realize. It works as a guide to the locally grown foods of Maryland, as much as a cookbook. Serving to inspire us to shop, cook and eat more locally and seasonally grown foods. Heck, you may even go out and plant your own garden, or take up canning and freezing as many seasonal foods as possible after you start reading this book.Now like I started out saying, you don't need to live in Maryland to gain from this book. Even though our growing zones may be different, our choice of fruits and vegetables are pretty close to the same. We all have access to asparagus, corn, tomatoes, fresh greens, broccoli, etc. etc. And most of us are not that far from a source of locally grown, grass-fed meats and eggs. I believe the only ingredients that could be a challenge for some of us to obtain would be the fresh seafood.Thankfully, Dishing Up Maryland is not a seafood cookbook.

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