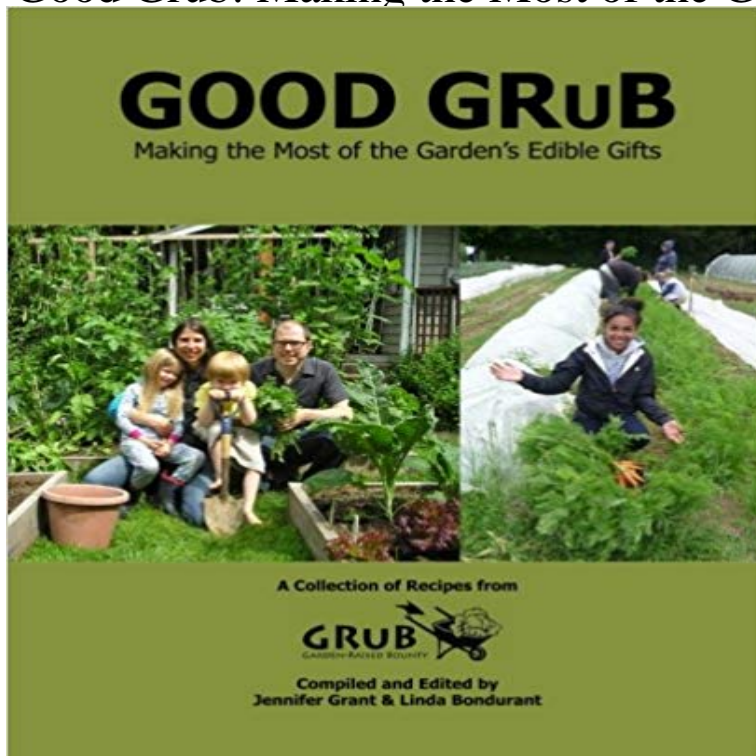


## Good Grub: Making the Most of the Gardens Edible Gifts



Welcome to Backyard Gardening and Home Cooking! At GRuB, we believe that good food is a basic human right. Growing, eating and gathering around healthy food is a simple and powerful way to connect people to each other and to important work in our community. We hope you, your family, and your neighbors see your garden as the beginning of a new way to build connections with one another. As your seeds sprout and grow into hearty vegetables and you harvest the fruits of your labor together, you can look forward to cooking delicious meals using some of the fabulous recipes we've compiled in this cookbook. The proceeds from this book will go to support our work with low-income youth and families in our community. Happy Cooking! Love, GRuB

**WHATS INSIDE:** Overrun with zucchini? Too many tomatoes? Wondering how that innocent package of seeds or those vegetable starts turned into the bushels of produce filling your garden? Have no fear. GOOD GRuB will help you take advantage of your garden's bounty. Packed with 240 tasty recipes, the chapters are organized by vegetable families to make finding that just right recipe quick and easy. Try dishes like Arugula & Beet Salad, Summer Vegetable Pie, and Zucchini Lasagna. Warm yourself up with Pumpkin Caraway Soup, Creamy Carrot Soup, or North African Stew. Appetizers, beverages, breads, and desserts are among the recipes that round out the collection, all using fresh produce from the garden. There are also chapters devoted to fruits, herbs, and edible flowers, and one that will help you create gifts using garden ingredients. The final chapter, The Cooks Helpers, includes such helpful information as culinary terms, food equivalents, substitutions, and stocking the pantry. From Easy Tomato Sauce to Rhubarb Crumble, you are sure to find both old favorites and new winners in this collection.

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