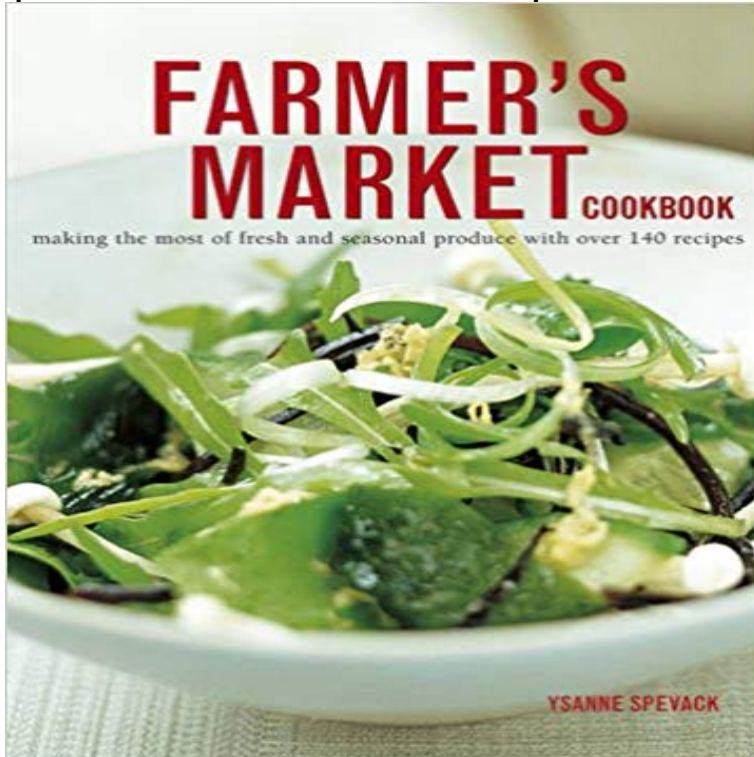


Farmers Market Cookbook: Making the most of fresh and seasonal produce with over 140 recipes



A visual encyclopedia features the exciting range of fresh and store-cupboard organic ingredients available from farmers markets and supermarkets. There is detailed information on how their health benefits are superior to conventionally grown foodstuffs. Fruit and vegetables, meat, poultry, fish, herbs and seasonings are discussed. All the recipes are as delicious as they are healthy, and there are suggestions for all kinds of meals from light lunches to special occasion dinner parties.

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