

# *Tastes from Valley to Bluff*

## THE FEATHERSTONE FARM COOKBOOK

**By Mi Ae Lipe**

**ISBN: 978-1-4276-2205-1**

**\$24.95**

**Published 2008, 416 pages, 8½ x 11 inches,  
paperback with comb binding**

*Tastes from Valley to Bluff: The Featherstone Farm Cookbook* is your delightfully indispensable guide to selecting, cooking, and enjoying over 50 different fruits, vegetables, and herbs that Featherstone Farm of Rushford, Minnesota, organically raises for both its community-supported agriculture (CSA) program and retail outlets in the Upper Midwest.

Whether you buy your vegetables through a CSA subscription, or from a farmers market or your local grocery store, you will truly enjoy—and constantly use—this book. Arranged by season, *Tastes* is a truly major resource, with 416 pages containing nearly 300 recipes for appetizers, side dishes, soups, salads, sandwiches, main dishes, condiments, dressings, desserts, kid-friendly dishes, and beverages. Over 200 of its recipes are vegetarian, 111 vegan.

Each crop features comprehensive, practical information on its history, nutrition, selection, storage, trimming, cleaning, preservation, and cooking techniques. Also included are hundreds of serving suggestions, cooking tips, handy equivalent measurements, substitutions, and lists of complementary foods, herbs, and seasonings. An extensive appendix of resources invites further exploration.

Far more than just a cookbook, *Tastes* also features fun trivia, witty quotations, beautiful illustrations, and many informative, thought-provoking articles about farm life, the environmental and nutritional advantages of growing and eating organically, and crop-specific topics. *Tastes* promises to be a reference you will turn to again and again!

*A portion of the proceeds from the sale of this book will go to help Featherstone Farm, which suffered heavy crop losses in last fall's floods.*

**Now Available at the Birchwood Cafe!**

