



New Jersey Fresh: Four Seasons from Farm to Table (American Palate)

Rachel Weston

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New Jersey's bounty is ripe for the picking. The state boasts thousands of thriving farms, hundreds of CSAs, dozens of community farmers' markets and countless residents dedicated to the locavore lifestyle. Jersey food writer and chef Rachel J. Weston takes a seasonal tour of the state, showcasing the bounty that its down-to-earth farmers, creative artisan producers and innovative chefs produce for their patrons throughout the year. See how globally inspired cuisine representing New Jersey's diverse population is created and adapted using locally sourced products. Savor a juicy August peach, pucker up for a tart cranberry in October and nourish body and soul with local bok choy, asparagus and tomatoes. With local recipes for every season, this book shows why New Jersey is the Garden State.



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