

# The Four Season Farm Gardener's Cookbook

*By Barbara Damrosch, Eliot Coleman*

Barbara Damrosch and Eliot Coleman are America's foremost organic gardeners and authorities. Barbara is the author of *The Garden Primer*, and Eliot wrote the bible for organic gardening, *The New Organic Grower*. Today they are the face of the locavore movement, working through their extraordinary Four Season Farm in Maine. And now they've written the book on how to grow what you eat, and cook what you grow.

The *Four Season Farm Gardener's Cookbook* is two books in one. It's a complete four-season cookbook with 120 recipes from Barbara, a master cook as well as master gardener, who shows how to maximize the fruits and vegetables of your labors, from Stuffed Squash Blossom Fritters to Red Thai Curry with Fall Vegetables to Hazelnut Torte with Summer Berries.

And it's a step-by-step garden guide that works no matter how big or small your plot, with easy-to-follow instructions and plans for different gardens. It covers size of the garden, nourishing the soil, planning ahead, and the importance of rotating crops—yes, even in your backyard. And, at the core, individual instructions on the crops, from the hardy and healthful cabbage family to fourteen essential culinary herbs.

Eating doesn't get any more local than your own backyard.

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## The Four Season Farm Gardener's Cookbook Summary Details

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editorial:

About the Author

Barbara Damrosch is one of the nation's most respected garden experts and writers. She is the author of *Theme Gardens* and *The Garden Primer* and writes a weekly column for *The Washington Post* called "A Cook's Garden." She appeared as a regular correspondent on the PBS series *The Victory Garden*, and co-hosted the series *Gardening Naturally* for The Learning Channel. She is the co-owner, with her husband, Eliot Coleman, of Four Season Farm, an experimental market garden in Harborside, Maine, that is a nationally recognized model of small-scale sustainable agriculture.

Eliot Coleman started Four Season Farm in 1968 and soon after became a leading figure in the organic movement. He has written and spoken extensively on the subject of organic agriculture for 40 years and is the author of *The New Organic Grower*, *Four-Season Harvest*, and *The Winter Harvest Handbook*.

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## **The Four Season Farm Gardener's Cookbook by By Barbara Damrosch, Eliot Coleman Reader Review Online**

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