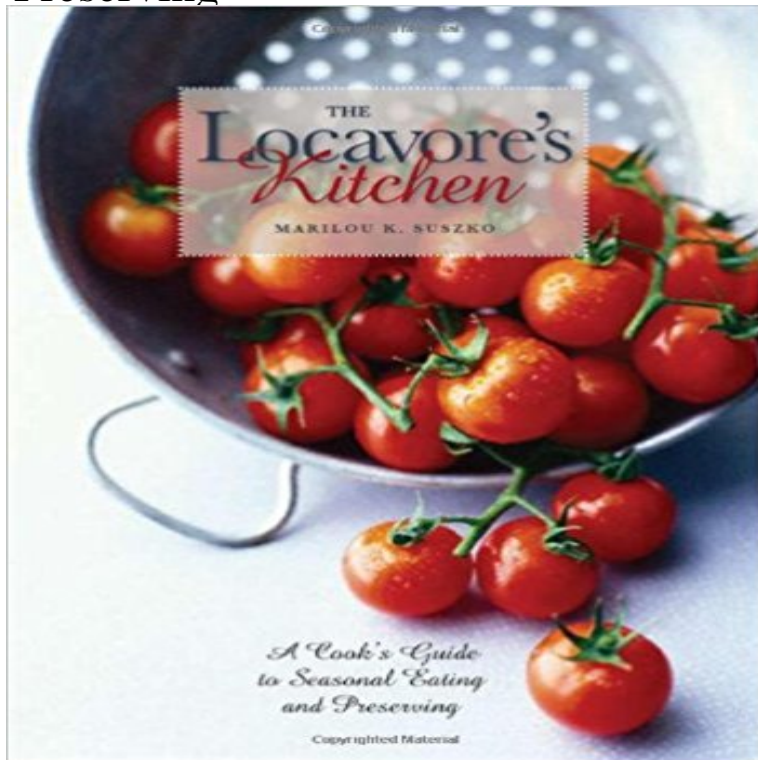


# The Locavore's Kitchen: A Cooks Guide to Seasonal Eating and Preserving



More and more Americans are becoming dedicated locavores, people who prefer to eat locally grown or produced foods and who enjoy the distinctive flavors only a local harvest can deliver. The Locavores Kitchen invites readers to savor homegrown foods that come from the garden, the farm stand down the road, or local farmers markets through cooking and preserving the freshest ingredients. In more than 150 recipes that highlight seasonal flavors, Marilou K. Suszko inspires cooks to keep local flavors in the kitchen year round. From asparagus in the spring to pumpkins in the fall, Suszko helps readers learn what to look for when buying seasonal homegrown or locally grown foods as well as how to store fresh foods, and which cooking methods bring out fresh flavors and colors. Suszko shares tips and techniques for extending seasonal flavors with detailed instructions on canning, freezing, and dehydrating and which methods work best for preserving texture and flavor. The Locavores Kitchen is an invaluable reference for discovering the delicious world of fresh, local, and seasonal foods.

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