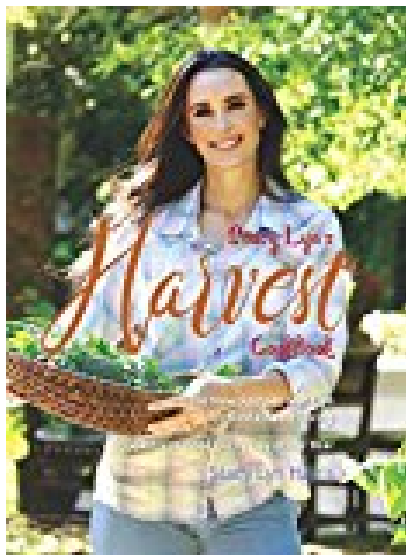


Stacy Lyns Harvest Cookbook Cook Fresh Food Every Day of the Year



BOOK DETAILS

- Author : Stacy Lyn Harris
- Pages : 288 Pages
- Publisher : Gray Forest Publishing
- Language : English
- ISBN : 0983879931

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BOOK SYNOPSIS

Featuring full-color photos, Stacy Lyns Harvest Cookbook includes more than 100 field- and farm-to-table recipes that meet her three-part criteria: family friendly (easy, with simple ingredients), fresh, and tasty. There are cherished family recipes, free-range meat and lighter takes on decidedly southern classics—all prepared simply, in the freshest way possible. The book covers food from the garden, pasture, woods, and water along with 15 "how to" articles sprinkled throughout the book offering steps for cooking and eating sustainably in any setting.

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