

BOUNTY FROM THE BOX

THE CSA FARM COOKBOOK

Mi Ae Lipe, author

Softcover, 712 pages, 8.5 x 11 inches, \$35.00

Twisted Carrot Publishing, LLC

ISBN: 978-0-9905011-0-7

Email: miae@bountyfromthebox.com

Website: www.BountyfromtheBox.com

To order: <https://secure.mybookorders.com/Orderpage/1699>

Bounty from the Box: The CSA Farm Cookbook is your guide to enjoying 92 fruits, vegetables, and herbs commonly grown by community-supported agriculture (CSA) farms across North America. With this book, you'll never wonder what to do with your weekly CSA box again.

This is a truly comprehensive resource, whether your produce comes from a weekly CSA box, your local farmers market, or the grocery store. Arranged by season, *Bounty from the Box* contains more than 350 delicious recipes—many vegetarian, vegan, and gluten-free. Each crop entry features practical, extensive information on nutrition, selection, storage, cleaning, cooking techniques, complementary foods, and serving suggestions. You'll also learn cooking tips, fun trivia, how to choose a CSA, what's seasonal when, and much more.

Far more than just a cookbook, *Bounty from the Box* also gives readers deep insight into what it actually takes to get food from seed to plate. It showcases exceptional CSA farms across America that strengthen their communities by providing not just food but also employment, education, outreach, housing, environmental stewardship, fellowship, compassion, and hope. Dozens of essays—many written by farmers themselves—explore topics ranging from farming and food politics to cooking and nutrition. This is one book you'll turn to often—in the kitchen and beyond.

Don't forget to visit our interactive website, www.BountyfromtheBox.com. Here you can browse delicious, healthful recipes (and share your own!), find a CSA farm near you, and discover a wealth of resources related to eating for better health, sustainable agriculture, gardening, worthy organizations, farm volunteering opportunities, cool kitchen products, markets and restaurants that source locally, and our favorite cooking resources and food blogs. You can even add your own listings and suggestions. Be a part of it and join the conversation!

Website: www.BountyfromtheBox.com 🐦 Twitter: @BountyfromBox

Facebook: www.facebook.com/bountyfromthebox

Pinterest: www.pinterest.com/bountyfrombox

Instagram: www.instagram.com/bountyfromthebox

LinkedIn: www.linkedin.com/company/bounty-from-the-box 🐦 Hashtag: #BountyBox

