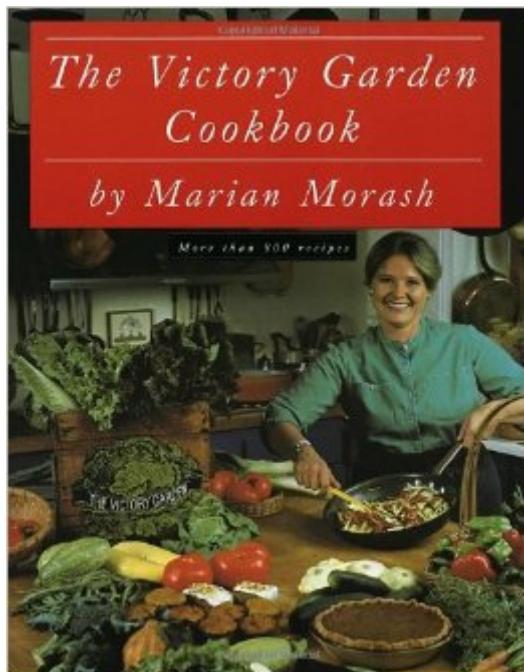


The book was found

The Victory Garden Cookbook



Synopsis

There's never been a cookbook like it. An incomparable variety of enticing recipes (more than eight hundred) . . . Basic gardening information . . . Shopping tips for nongardeners . . . Cooking inspirations for whatever you've plucked from the garden today or found fresh in the market . . . Vegetables as accompaniments . . . Vegetables as main courses (including recipes that use meat, fish, and poultry) . . . Vegetable soups, appetizers, salads, relishes . . . Even vegetable breads, pies, cakes, cookies . . . And more, as demonstrated over the years on The Victory Garden public television series. A whole world of vegetable delight.

Book Information

Paperback: 384 pages

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Product Dimensions: 8.4 x 0.9 x 11 inches

Shipping Weight: 2.8 pounds

Average Customer Review: 4.9 out of 5 stars [See all reviews](#) (134 customer reviews)

Best Sellers Rank: #246,017 in Books (See Top 100 in Books) #102 in Books > Cookbooks, Food & Wine > Special Diet > Heart Healthy #255 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Vegetables #402 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Natural Foods

Customer Reviews

IN RESPONSE TO: Beware the Calories, January 8, 1999 REVIEW For me the best part of the book is that it is: (in order) alphabetical, reviews how to grow (I am not a gardener, so do not need this section), how to pick or choose when buying, how to store once at home, how to prepare for cooking, how to cook various methods, then various finishing touches for side dishes such as what spices go well, (this is one part that does usually have butter or a sauce for serving ideas with herbs etc) this can be used for ideas and it does not take a lot of butter etc per serving to have a vegetable taste good, then there are recipes which I have not even tried!! But I love the how to buy, store, prepare and cook instructions even for those vegetable I have cooked frequently and for those I still have not cooked. I just recently picked it up out of my cupboard again thinking I really need to cook more vegetables, even if I am the only one in my family that will eat it! My husband

does not like very many vegetables, and my kids vary in what they will eat. Please do not let that review make you hesitate, I love this book!!! After reading another review I now have to try the marinara sauce mentioned! here is the review I am responding to. My thought is when you are trying to cook low fat you should read a basic low fat cookbook and then know you can substitute milk, lowfat milk, or evaporated skim milk for cream/half& half and use a broth base for a sauce instead of butter or oil. These are easy ways to alter recipes. I think this book gives great ideas on how to serve a vegetable for example it mentions adding pine nuts with broccoli, it is these additions that make my family rave about the vegetable instead of just serving with salt and pepper.

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