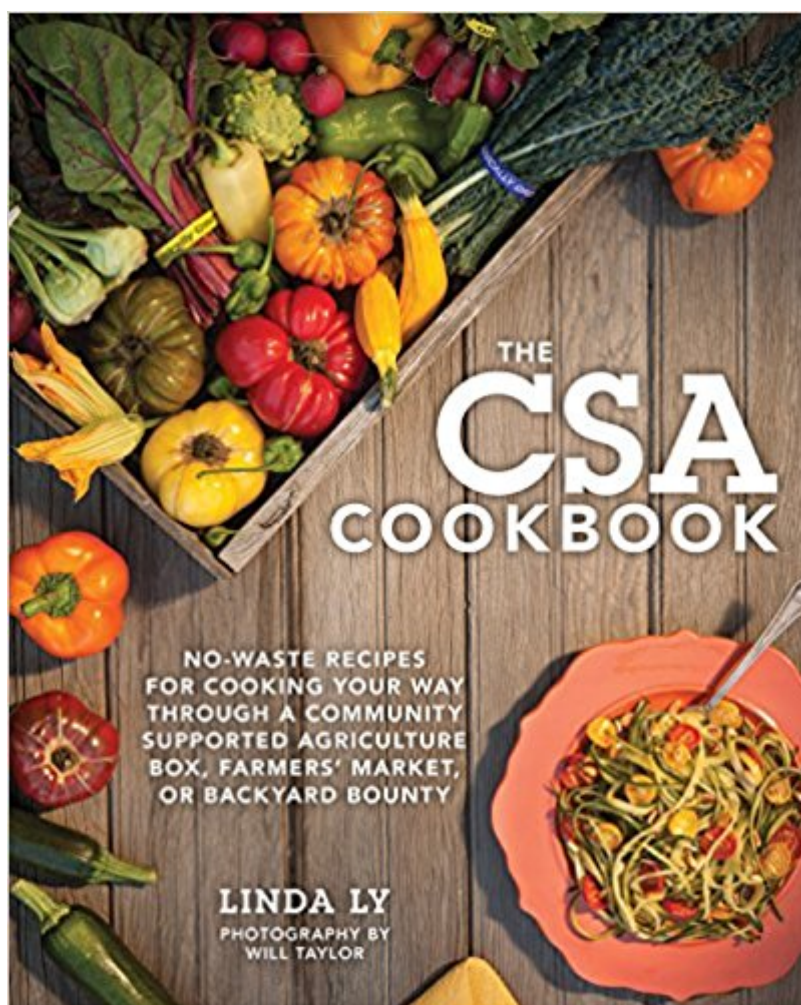


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# The CSA Cookbook: No-Waste Recipes For Cooking Your Way Through A Community Supported Agriculture Box, Farmers' Market, Or Backyard Bounty





## Synopsis

Make the most of your CSA membership or your garden harvest with simple yet bold, inventive yet nourishing meals from acclaimed blogger Linda Ly. Community Supported Agriculture (CSA) programs have connected farms to consumers and made people more in tune with where their food comes from, but still leave many stumped beyond the conventional uses for their produce. How many times has a CSA share arrived with things you've never seen before or not known what to do with? The CSA Cookbook will help you cook your way through a CSA box (or farmers' market or backyard bounty) with 105 seasonal recipes that utilize every edible part of the plant, from leaves and flowers to stems and seeds. Think of it as a nose-to-tail approach for vegetables! With innovative ideas for preparing the lesser-known but no-less-delicious parts of plants, tips for using the odds and ends of vegetables, and easy preservation techniques, Linda Ly helps you get from farm to table without a fuss. Chapters include tomatoes and peppers, leafy greens, peas and beans, bulbs and stems, roots and tubers, melons and gourds, and flowers and herbs. You'll find globally-inspired, vegetable-focused recipes that turn a single plant into several meals take squash, for instance. This year-round vegetable brings a variety of tastes and textures to the table: Sicilian Squash Shoot Soup, Squash Blossom and Roasted Poblano Tacos, Autumn Acorn Squash Stuffed with Kale, Cranberries, and Walnuts, and Toasted Pumpkin Seeds. If you grow your own food at home, you might be surprised to learn you can eat the leaves from your pepper plants, or pickle the seed pods from your radishes. The CSA Cookbook aims to inspire curiosity in the garden and creativity in the kitchen. You'll look at vegetables in a whole new way and think twice before you discard your kitchen "scraps"!

## Book Information

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## Customer Reviews

[A Primer on Pesto](#) [View larger](#) [A Primer on Pesto](#) Thumbing through this book, you might notice there is a lot of pesto, especially pesto made from things other than basil. I often like to joke if it's green, it can be turned into pesto; but that's not too far off. Pesto is derived from the Italian word *pestare*, meaning to pound, and it refers to the traditional method of preparation with a marble mortar and a wooden pestle. When we think of pesto, visions of the classic Italian sauce come to mind, but myriad versions of this pounded sauce exist. Some stay true to the original Genovese recipe of garlic, pine nuts, basil, Parmigiano-Reggiano, and olive oil, while others are inspired by those ingredients but have a character all their own. These days, pesto has become a generic term for any kind of sauce that's been pounded (or processed) into a thick, green condiment. You can make pesto with many other herbs besides basil, as well as other leafy greens. You can substitute crumbly Cotija for grated Parmesan or pumpkin seeds for pine nuts. You can omit the cheese entirely or add other spices to give it more heat. And you can make the pesto as thin or as thick as you like, to use as a sauce for pastas and pizzas or a spread for sandwiches and crostini. I always keep a jar of pesto in the fridge for its versatility; it can elevate the blandest of dishes into the most flavorful of concoctions. To perk up a pot of minestrone, stir in a few spoonfuls of pesto. If you want to add a little special something to chicken, steak, potatoes, or carrots, pesto makes an easy and elegant sauce for drizzling. Preparing your own pesto out of the odds and ends from your pantry and produce bin is simple once you know the formula. The proportion of greens can vary by up to a cup, give or take, as it depends on whether you use the tender leaves of vegetables or their denser stems and stalks. Stronger-flavored herbs, like sage and tarragon, should be paired with milder-tasting herbs like parsley and basil. Stems from a few different greens can be tossed in together, so save your stems throughout the week and turn them into an anything goes stem pesto. I often add a small handful of herbs or greens (like cilantro or spinach) to my stem pesto for a smoother texture.

"Ly's given a whole generation new ways to re-imagine the backyard garden, and now she's given us a fresh and uniquely delicious take on modern farm food. A fearless cook who wastes nothing, her nourishing dishes fit the bill for weeknight suppers or when you need something tasty and satisfying to feed a hungry crowd." - Edible Media "One of my favorite sayings is, 'Use it up, wear it

out, make it do, or do without.' What appeals to me about this phrase is the idea that everything is useful. And that's why I like The CSA Cookbook so much. Many of Linda's dishes utilize the oft discarded parts of vegetables such as tomato leaves, radish greens and carrot tops. More than just being efficient, these recipes encourage us to explore the flavors and uses of every edible part of a plant. This book will completely change the way you look at vegetables." - P. Allen Smith, author of P. Allen Smith's Seasonal Recipes from the Garden "The CSA Cookbook shows you how to use everything your vegetables offer, whether they come from your CSA or your garden. After all, why throw away what's edible when it can offer so much in the kitchen?" - Deborah Madison, author of Vegetable Literacy: Cooking and Gardening with Twelve Families from the Edible Plant Kingdom "I love this cookbook. From herb flowers to carrot tops to watermelon rind, Linda has a beautiful sensibility for using the whole vegetable. In her hands, familiar ingredients from the garden and the greenmarket take on rich and unexpected flavors." - Louisa Shafia, author of Lucid Food: Cooking for an Eco-Conscious Life "The CSA Cookbook is the book I've long been searching for but haven't been able to find, chock full of clever, economical, and tasty ways to use up otherwise composted or discarded produce. Without a doubt, Linda has penned the ideal literary accompaniment to anyone with a CSA subscription or who simply has been seeking creative ways of using up all those bits and bobs you haven't known what to do with." - Ashley English, author of Handmade Gatherings: Recipes and Crafts for Seasonal Celebrations and Potluck Parties "The CSA Cookbook takes an inventive approach to farm-focused, seasonal cooking with bright and vibrant recipes that leave you excited by what might arrive in your CSA box next." - Jennifer McGruther, author of The Nourished Kitchen "This is a must-have book for home cooks who prepare and serve fresh, healthy food raised in healthy soil. Linda's enticing recipes use every part of a beet or broccoli or leek to provide the rich garden experience we all want." - Joanne Neft, author of The Art of Real Food "You will have so many why-didn't-I-think-of-that moments as you cook your way through this inspired book. Linda translates the nose-to-tail ethos into garden speak so well that the only thing to go hungry will be your compost pile." - Ian Knauer, author of The Farm: Rustic Recipes for a Year of Incredible Food "Linda's expertise as a passionate gardener shows through in every one of her unique, seasonal dishes. More than a collection of well-photographed whole foods recipes, The CSA Cookbook is a guide to sustainable cooking. After learning about the culinary possibilities of tomato leaves, chard stalks, and kale buds, one is guaranteed to be inspired by Linda's wise top-to-tail approach to vegetables. - Anya Kasso, author of The Vibrant Table: Recipes from My Always Vegetarian, Mostly Vegan, and Sometimes Raw Kitchen "We are excited to use The CSA Cookbook in our own kitchen. Filled with tips on preparing the entire vegetable from roots to tops and substituting

one vegetable for another to make use of whatever is available, the book will surely inspire people to use their CSA produce to the fullest extent. The abundance of colorful photos and detailed instructions make the recipes easily achievable for the growing number of CSA members or anyone else with access to fresh produce. It is a wonderful resource for gardeners, chefs, and home cooks alike. • - Jere Gettle, owner of Baker Creek Heirloom Seeds and author of The Heirloom Life Gardener

Linda Ly is the blogger behind the award-winning [gardenbetty.com](http://gardenbetty.com), called the "Best in Gardening" by Country Living and deemed a go-to source for all things green by HGTV. As a member of Slow Food USA, Linda delights in growing, harvesting, preserving, and cooking all the food that comes from the earth. She pulls endless inspiration from her modern homestead by the sea, which she shares with her husband, a pair of pugs, and a flock of chickens. When she's not digging in the dirt, she's seeking adventure on the road with her love of offshore winds, epic powder, empty trails, and hidden hot springs.

I love vegetables, but I never seem to have any great ideas for preparing them or what at all to do with some of the more uncommon one. This book fills a much needed gap. There is a great section on different vegetables, how to store, cut etc. It also gives a great chart for making stock and another for pesto! Then the recipes are divided by type, which makes it easy to find when you are working with a specific vegetable: tomatoes and peppers, leafy greens, peas and beans, bulbs and stems, roots and tubers, melons and gourds, and flowers and herbs. I also found the recipes to be very interesting and not overly complicated. You will find recipes for all courses such as skillet eggs poached in serrano tomato, chard steak hummus, kickin broccoli mac and cheese, fennel apple and celery slaw, roasted beet and carrot salad with creamy goat cheese, watermelon rind kimchi, zucchini noodles with roasted tomatoes, pesto and pinenuts, bibimbap, drunken pumpkin chili and all in herb dressing. Everything sounds delicious and you can find something to do with almost anything you bring home or receive in your CSA box. While it has a good index, its not great. That is the only flaw that I have found with the book.

This cookbook is fantastic! Recipes are easy to follow, and the author provides thorough descriptions for everything. There's even a section in the beginning of the book on the best way to store everything! The author uses ALL parts of the plants, which I appreciate (e.g., there are recipes using potato greens, watermelon rind, etc). Also, there are a lot of vegetarian recipes. In fact, even

the recipes with meat seem to work with the produce instead of overpowering it. Lastly, I LOVE that she uses the full fat versions when it comes to products (e.g., milk, cheeses). If you are looking for an easy-to-follow recipe book that focuses on whole-food ingredients without sacrificing flavor or creativity then this book is for you.

I decided to buy this book as a birthday gift to myself and I'm so glad that I did! I love the way this book is structured. Linda starts with the basics, and one of the topics she covered was how to actually store veggies so they last as long as possible. I always forget how to properly store produce so it's nice to have this information handy. I also enjoy the fresh approach of categorizing recipes by produce such as leafy greens, bulbs and stems, roots & tubers. Flipping through the pages, I'm excited to start cooking. These recipes don't look complicated, but the finished meals look like they came from an expert chef. If you're not familiar with some of the food items (e.g., pickled nasturtium pods), Linda explains how to use them and what to pair them with. And although the focus of the book is on veggies, many of the recipes incorporate meat so you have many meal options. All of the meals just look amazingly comforting and hearty. The pictures in the book are stunning! This book made me really appreciate the versatility of vegetables. Linda shows you that veggies are more than just ingredients in a salad or sauté. As someone who likes to garden, it's empowering to know how I can really take advantage of all parts of a vegetable. This is the way I want to eat!

This cookbook is really great for gardeners who grow their own vegetables. While I am not sure how others might get some of the ingredients (e.g. nasturtium pods and tomato leaves are not likely to be in a CSA box), for those of us who do garden, this has exciting recipes that show you additional ways to use your harvest. It has introduced me to new ways of eating vegetables that I have eaten for years (who knew you could bbq fava bean pods!!). I have used two recipes so far and they have both been outstanding. Also, since this is based on CSA boxes, the recipes are seasonal. I am constantly annoyed with recipes that have ingredients that are in opposite seasons. If you like to eat produce when it is ripe and in season and you love to be creative in the kitchen, this book will add some new tools to your cooking toolbox!

We all know we should eat more vegetables, but the saying and the doing are two different things. So many vegetable cookbooks on the market call for so much preparation that home cooks with careers and other obligations never quite get started, or the recipes aren't that good or are too expensive to make, or they're too much like the cookbooks that you already have. This one is great.

There are a lot of recipes for the "other parts" of vegetables: radish greens, cat tot tops, and bean leaves, just to name a few. The recipes that I've made so far were efficient to make and delightful to eat. Ms. Ly has written a winner here.

I was really excited to receive this cookbook. I knew I would like it but I had no idea that it would far exceed my expectations. It not only has easy to follow recipes but it has so many vegetarian options which is what I was hoping for. It's a nice balance of both meat and veggie recipes and all of them just sound mouth watering! Also, it is just full of useful information and one of my favorite reads was the basics on how to store veggies. Some of the tips she gives make so much sense but I never thought about doing them. I've only tried a couple of the actual recipes so far and they were both amazing! I have been researching CSA programs locally and am excited to have this cookbook on hand as I'll be starting a weekly box soon. LOVE IT!

This was a gift for a friend who participates in a CSA. She likes it a lot and is looking forward to sharing recipes with her family. I enjoyed a sneak peak myself before delivering it to her and thought it was thorough, well-organized, and offered enticing and practical recipes. Might have to order another one for myself.

I love the Garden Betty web site and have spent many hours reading stories of chickens and gardening with joy. The purchase of this cookbook was a tip of the hat in that regard and I didn't expect to enjoy it as much as I am! We made the chard and cheddar frittata recipe for dinner tonight and it was amazing! I cant wait to try a new page next week. The pictures are beautiful, writing is clear and amusing and the directions are excellent! I will be purchasing one as a gift for another CSA veg loving friend. Well done!

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