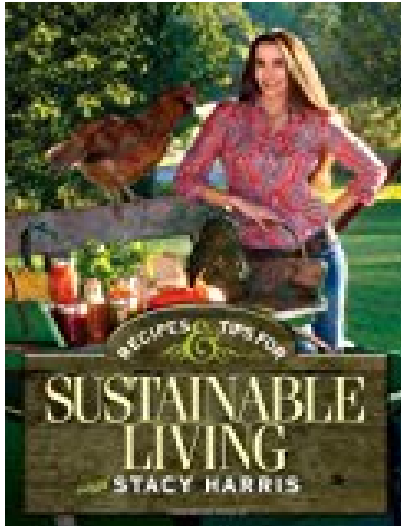


# Recipes and Tips for Sustainable Living

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## BOOK DETAILS

- Author : Stacy Lyn Harris
- Pages : 144 Pages
- Publisher : Krause Publ
- Language : English
- ISBN : 1440235554

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## BOOK SYNOPSIS

Stacy Lyns Harvest Cookbook is about straight forward simple cooking with fresh ingredients all year round. Inside youll find over one-hundred recipes, plus fifteen "how to" articles such as Canning 101 and How to Save Seeds. Four sections, "The Garden," "Beyond the Garden," "From the Pasture," and Woods and Water" contain 15 subchapters. "Harvest" celebrates the art of growing or sourcing great food, cooking it beautifully, and sharing it with family and friends.

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