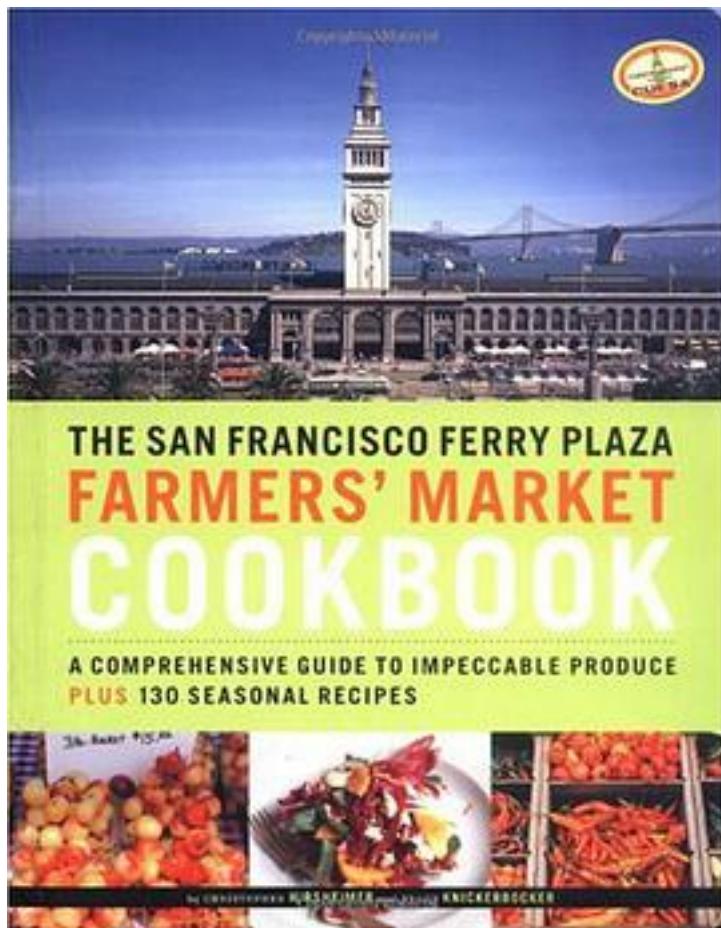


The San Francisco Ferry Plaza Farmer's Market Cookbook



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San Francisco is a mecca for food lovers and is famous for its accessibility to the freshest seasonal produce. Those without access to a farmers' market can still make

good use of the book to select and purchase the best seasonal produce from their local supermarket. The book is organized by season and then alphabetically by vegetable/fruit for easy reference. The San Francisco Ferry Plaza Farmer's Market is one of the most spectacular markets in the world. But what to do with all the fabulous vegetables, seafood, herbs, and fruit when you get home? This book solves that problem with easy-to-follow recipes organized by season and with useful handling, storing, and preparation tips to make sure none of that bounty goes to waste. The "Ferry Plaza Farmers' Market Cookbook" is designed to be small enough to throw into a shopping basket and large enough to cook from in the kitchen. The book is indispensable to market shoppers and others who eat seasonally. At the market, the reader can go to the section on winter greens and be able to identify - on the spot - each green on display. The "San Francisco Ferry Plaza Farmers' Market Cookbook" will make getting your minimum daily requirements of fruits and vegetables a pleasure.

作者介绍:

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