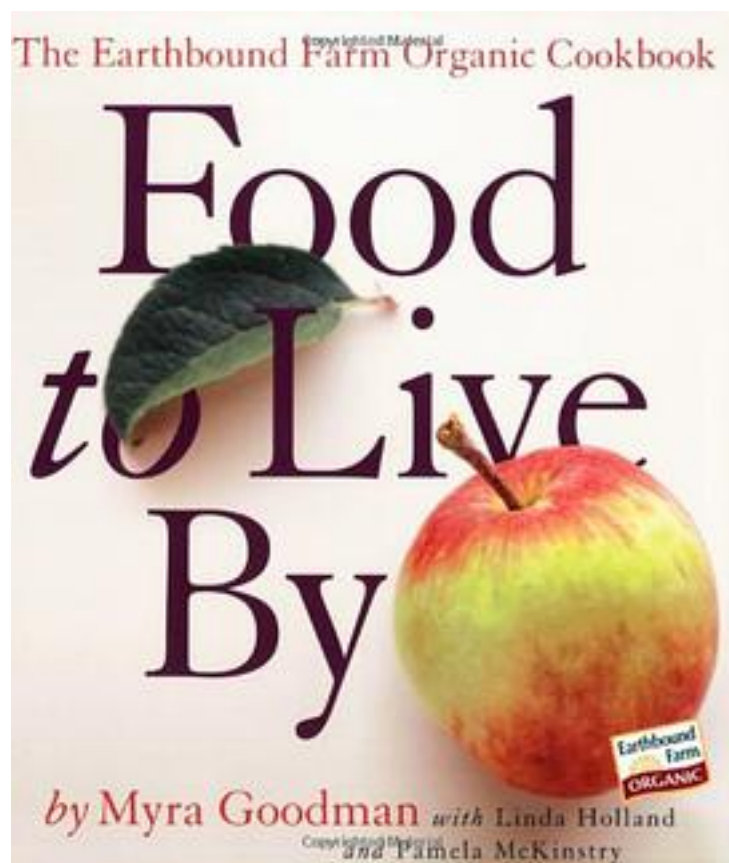


# Food to Live By



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在线阅读本书

Organic food is synonymous with premium quality, the deepest, richest taste, conscientious farming, and optimum health. It's what we need to feed our kids, what we deserve to feed ourselves. And no one is doing more to popularize organic food

that Myra Goodman, a mother, a creative cook, and most significantly, co-owner of Earthbound Farm, the world's largest grower and purveyor of organic produce.

In *Food to Live By*, a dazzling full-color cookbook, Myra Goodman offers an utterly appealing, new casual style of cooking based on using the best ingredients, organic or otherwise. The dishes are irresistible: Sweet Corn Chowder. Spinach, Feta and Mushroom Quiche. Foggy Day Chili. Merlot-Braised Short Ribs with Cipollini Onions. Spicy Chicken Lettuce Wraps. Ginger Lime Salmon. Grilled Pork Tenderloin with Spiced Orange Sauce. Blue Cheese Smashed Potatoes. Coconut Lemongrass Sorbet. Cherry Panna Cotta. Farm Stand Carrot Cake. Plus, throughout are Farm-Fresh Ingredient boxes—on sorrel, corn, asparagus, artichokes—cooking and shopping tips, and health notes.

Before Myra and her husband, Drew, founded Earthbound Farm, they tended a small organic raspberry patch in Carmel, California—and Myra baked (and sold) amazing Raspberry Corn Muffins, plus jams, and more. Then Earthbound grew to offer organic lettuce mixes to local restaurants, and eventually the rest of the country. When The Organic Kitchen at Earthbound Farm opened, it was yet another venue for Myra, and the café's chefs, to share delicious recipes and ideas. Now *Food to Live By* brings this organic revolution to everyone who cares about what they eat.

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