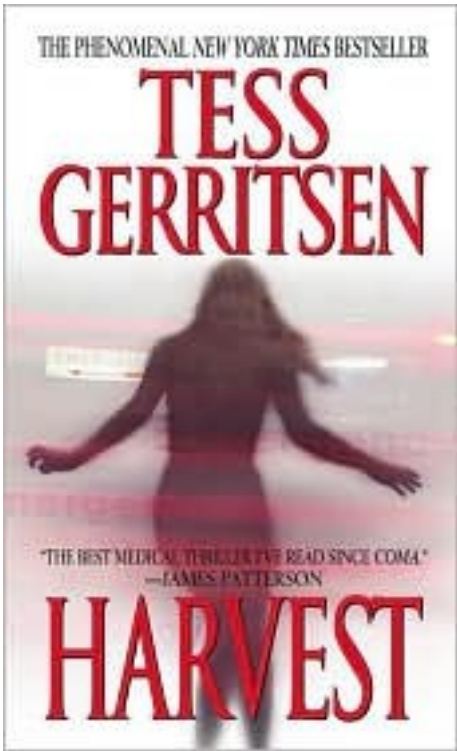


# Harvest



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著者:Wasserfall, Russel

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From baskets of heirloom tomatoes to home-raised pork and wine made from backyard grapes, this cookbook goes inside the kitchen of an organic farm to explore a rural lifestyle and its delicious benefits. The author--who left a hectic corporate career behind when she and her husband decided to buy a beautiful farm in western South Africa--shares not only her favorite recipes but also her passion for taking food straight from the garden or paddock into the kitchen. Using seasonal ingredients without much fuss, the recipes alternate between quick dishes from the best organic ingredients and slower, more indulgent meals that truly test one's culinary skills. Tips for organizing a

pantry are also included, and wonderful photography provides both food shots and a tour of the postcard-perfect farm.

作者介绍:

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