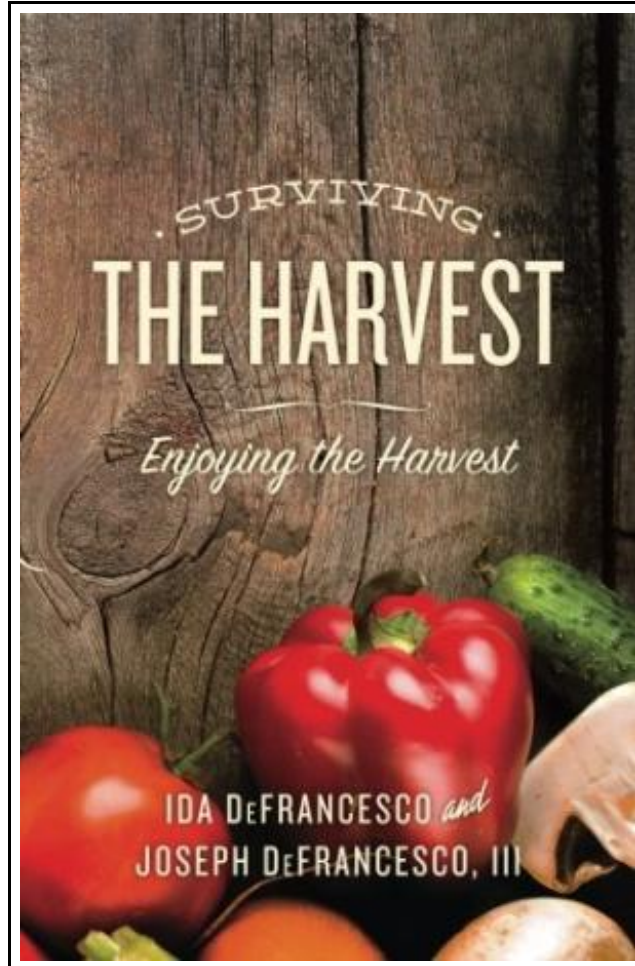


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(Prof. Damon Kautzer III)

SURVIVING THE HARVEST ENJOYING THE HARVEST



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CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 126 pages. Dimensions: 8.5in. x 5.5in. x 0.3in. Ida and Joe DeFrancesco of Farmer Joes Gardens in Wallingford, Connecticut, both come from farming families going back many generations. They grew up knowing how to prepare, store, and enjoy the fruits and vegetables they harvested. Every year, Farmer Joe plans the crops early in the winter and waits for the snow to leave before racing out to break the ground in early spring and plant the summer crops. All summer long, he stays busy harvesting the bounty of healthful fruits and vegetableseverything from apples to zucchini. In addition to their farm store, the DeFrancescos share their farm harvest through their own community-supported agriculture (CSA) program, the Farmer Harvest Program, which provides participants with boxes of hand-selected items harvested every week from June through September. Supporting local food diversity, sustainable farming practices, and healthy eating, these programs are a win-win for both farmers and consumers. The only problem is that many people who didnt happen grow up on a farm simply dont know what to do with all that farm freshness! Surviving the Harvest: Enjoying the Harvestthe Farmer Joes Gardens guide to making the most of summertimes bountyis here to help you treat yourself and your family to the wonders of a steady supply of healthy, nutritious, and delicious fruits and vegetables. Designed for harvest-share recipients, this easy-to-use guide will help readers prepare their kitchen, establish sustainable routines, enjoy the harvests wonderful flavors and textures, and experience the healthy benefits of eating farm-fresh produce on a regular basis. The book begins with the basics, introducing forty-nine produce items and describing the best ways to store them in order to maintain optimum freshness and nutrition. Also included are many helpful hints...



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