



New Hampshire: From Farm to Kitchen

Helen Brody

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In *New Hampshire: From Farm to Kitchen*, Helen Brody pulls together a comprehensive look at New Hampshire's rich store of gastronomic treasures by profiling some of the Granite State's most important working farms. They include multigenerational farms and their methods for preserving land and heritage; farms using progressive pest and soil management techniques, whether it be Integrated Pest Management or organic farming; Community Supported Agriculture farms, where community members pre-buy a crop to guarantee income for the small farmer; and farms where those searching for a more fulfilling life have found a second career. Quick and easy recipes, using each farm's raw ingredients, make the direct, and often overlooked, connection between the farmer who grows the food and the cook who prepares it. The author also offers menus for traditional events of the state and a resource section that will allow readers and cooks to locate the farms and their products.

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