

BOUNTY FROM THE BOX

THE CSA FARM COOKBOOK

Mi Ae Lipe, author. Softcover, 712 pages, 8.5 x 11 inches,
\$35.00, Twisted Carrot Publishing, LLC.
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To order, visit www.BountyfromtheBox.com
or <https://secure.mybookorders.com/Orderpage/1699>

Not sure how to use all those goodies in your CSA box?
Or even know what they are? Or are you looking for a great
gift that promotes better health and eating?

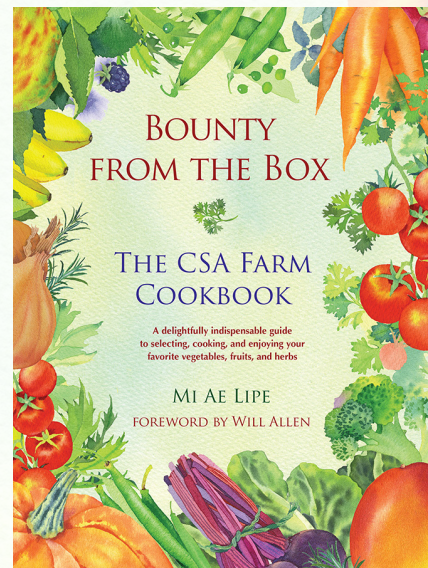
Bounty from the Box: The CSA Farm Cookbook is your
guide to enjoying 92 fruits, vegetables, and herbs commonly
grown by community-supported agriculture (CSA) farms across
North America. With this book, you'll never wonder what to do
with your weekly CSA box again!

It's a truly comprehensive resource, whether your produce comes from a weekly CSA box, local farmers market, or grocery store. Arranged by season, *Bounty from the Box* contains more than 350 delicious recipes—many vegetarian, vegan, and gluten-free. Each crop entry features practical, extensive information on nutrition, selection, storage, cleaning, cooking techniques, complementary foods, and serving suggestions. You'll also learn cooking tips, fun trivia, how to choose a CSA, what's seasonal when, and much more. *Bounty from the Box* is your how-to manual for your CSA box, and for anyone who loves to cook or wants to eat better!

Far more than just a cookbook, *Bounty from the Box* also gives readers deep insight into what it takes to get food from seed to plate. It showcases exceptional CSA farms across America that strengthen their communities by providing not just food but also employment, education, outreach, housing, environmental stewardship, compassion, and hope. Nearly 100 essays explore farming, sustainability, food politics, cooking, and nutrition. This is one book you'll turn to often—in the kitchen and beyond.

Don't forget to visit our interactive website, www.BountyfromtheBox.com. Here you can browse delicious recipes (and share your own!), find a CSA farm, and discover a wealth of resources related to healthful eating, sustainable agriculture, gardening, worthy organizations, farm volunteering opportunities, cool kitchen products, markets and restaurants that source locally, and our favorite cooking resources and food blogs.

Ever Green Farm CSA customers get a special discount on *Bounty from the Box* for a limited time only. Visit the website links listed above to order the book, and enter promo code **EVGF15** to get 15% off (a savings of \$5.25 per book). This offer is good only until **July 15, 2016**, so get your copy TODAY!



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