



# From Asparagus to Zucchini: A Guide to Cooking Farm-Fresh Seasonal Produce

*Madison Area Community Supported Agriculture Coalition*

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This informative and easy-to-use cookbook celebrates sustainable farming with a wide array of scrumptious recipes for seasonal, farm-fresh produce. From peas, peppers and potatoes to basil, bok choy, and burdock root, *From Asparagus to Zucchini* highlights the best of seasonal cuisine from around the country.

Revised and updated third edition features: 420 recipes, 80% new, 100% are original. Recipes and information for more than 50 vegetables and herbs. Dishes from growers, farm members, and home cooks who love vegetables. Special sections on community supported agriculture, the benefits of eating locally, seasonal cooking, recipes for kids, and much, much more!

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