



# Winter Harvest Cookbook: How to Select and Prepare Fresh Seasonal Produce All Winter Long

*Lane Morgan*

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Anyone can include more local food in their diet at the peak of summer, but what do you do when the tomatoes are done and the first greens of spring are months away? The *Winter Harvest Cookbook* takes a seasonal approach to eating, even during the coldest months of the year. This fully updated and revised twentieth anniversary edition includes more than two hundred simple, mouth-watering recipes showcasing fresh produce from the winter garden or local market, rounded out by introductions to unfamiliar ingredients, shopping tips, menu suggestions, and resource lists. The author also invites us into her corner of the Pacific Northwest, with vignettes drawn from the region's farming, gardening, and cooking.

Tantalize your tastebuds with an incredible array of soups, salads, sides, sauces, entrées, and desserts such as:

- Roasted brussels sprouts with sweet potatoes and garlic
- Penne with arugula, kale, and goat cheese
- Salad of roasted golden beets with feta and hazelnut oil
- Pot roast with hazelnut barley

With a greatly expanded array of vegetarian and vegan dishes, *Winter Harvest Cookbook* is a must-have for anyone who wants to enjoy fresh, local, and delicious food—any time of the year!

**Lane Morgan** is deeply committed to spreading the word about the joys of local produce in any season. The author and editor of numerous books on Pacific Northwest food and history including *The Good Food Guide to Washington and Oregon* and *The Territorial Seed Company Cookbook*, Lane has cooked, gardened, and homesteaded in western Washington for more than forty years.

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