



## The Northern Heartland Kitchen

*Beth Dooley*

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## **The Northern Heartland Kitchen** Beth Dooley

The Northern Heartland is governed by the seasons. The long and cold winter, bright and warm summer, and crisp and refreshing spring and fall shape our physical and emotional landscape. Shouldn't the seasons and their harvests also shape the way we eat?

Beth Dooley's *The Northern Heartland Kitchen* presents delicious and practical solutions to the challenge of eating locally in the upper Midwest. Celebrating the region's chefs, farmers, ranchers, gardeners, and home cooks, this is the essential guide to eating with the year's local rhythms. Recipes are organized by season: fall and winter inspire Chestnut Soup and Venison Medallions with Juniper and Gin, while summer harvests contribute the ingredients for Watermelon Gazpacho and Grilled Trout with Warm Tomato Vinaigrette. Other chapters provide instructions on pickling and preserving food, as well as tips on growing your own food and getting the most out of your CSA or farmers' market. There are also profiles of local farmers, butchers, and chefs who are using new technologies—as well as rediscovering heritage practices—to enrich regional selections.

Dooley shows that far from being a sacrifice, eating in season and locally is a tribute to the year's changing riches—encouraging an appreciation for the unmatched flavor of a juicy July tomato or a crisp October apple with garden salads, soups and stews, free-range meats and poultry, fish and game, farmstead cheeses, wholesome breads, pastries and fruit pies. *The Northern Heartland Kitchen* presents delicious recipes alongside the stories and compelling research that illustrate how eating well and eating locally are truly one and the same.

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#### **Charles Howell:**

Playing with family in a very park, coming to see the coastal world or hanging out with good friends is thing that usually you could have done when you have spare time, after that why you don't try issue that really opposite from that. A single activity that make you not experience tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of knowledge. Even you love The Northern Heartland Kitchen, you may enjoy both. It is fine combination right, you still want to miss it? What kind of hangout type is it? Oh seriously its mind hangout folks. What? Still don't have it, oh come on its named reading friends.

#### **Frank Quintana:**

Your reading 6th sense will not betray anyone, why because this The Northern Heartland Kitchen guide written by well-known writer who knows well how to make book which can be understand by anyone who read the book. Written throughout good manner for you, dripping every ideas and writing skill only for eliminate your current hunger then you still hesitation The Northern Heartland Kitchen as good book not simply by the cover but also by the content. This is one e-book that can break don't judge book by its protect, so do you still needing an additional sixth sense to pick this!? Oh come on your reading through sixth sense already alerted you so why you have to listening to another sixth sense.

#### **Wendy Fuller:**

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