



# The Sunset Edible Garden Cookbook: Fresh, Healthy Cooking from the Garden

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With the movement toward healthier and "greener" living, it's no wonder that eating and growing fresh produce has gained such popularity. While the West Coast may have started the edible garden craze, the rest of the nation is quickly catching on to this delicious and nutritionally beneficial trend that allows for the joy of growing fresh edibles. Here to help gardeners enjoy a healthier lifestyle is *Sunset Edible Garden Cookbook* with detailed gardening advice and over 150 recipes using luscious homegrown fruits and vegetables. This cookbook combines *Sunset's* fast recipes with practical gardening tips that will garner beautiful, delicious produce year after year from coast-to-coast. *Sunset* has inspired millions of readers to partake in food that is not only great tasting but also intrinsically healthy. Thus, with this amazing follow-up to the *Western Garden Book of Edibles*, *Sunset* shows step by step how to cultivate a garden, celebrate the season's bounty, and enjoy healthy recipes using garden-fresh produce at the dinner table. The *Edible Garden Cookbook* features include:

- Beautiful, full-color photographs to accompany each recipe
- Over 180 recipes using the most popular backyard produce, from tomatoes to corn to zucchini to lettuces
- Harvesting and storing tips help identify the right way to pick and preserve freshness
- Nutritional data comes with every recipe and is given for each crop, too



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