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# The Occidental Arts and Ecology Center Cookbook: Fresh-from-the-Garden Recipes for Gatherings Large and Small

*The Occidental Arts and Ecology Center, Olivia Rathbone*

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**Celebrating biodiversity through the Mother Garden’s collection of rare, open-pollinated varieties and wild edibles from OAEC’s ecological preserve**

**2016 IACP Cookbook Awards WINNER!  ("Food Matters" category)**

More than anything, food brings us together?as families and as communities. So there is no better place to begin creating a healthier and sustainable community than around a shared table.

*The Occidental Arts and Ecology Center Cookbook* is a beautifully illustrated collection of 200 unique and delicious vegetarian recipes from the renowned California-based farm, educational retreat center, and eco-thinktank.

OAEC has a passionate ethos about eating seasonally, and this book shows readers how to cook based on what is available in the garden. This unique cookbook incorporates ingredients from all seasons, including weeds, flowers, herbs, nuts, fruits, mushrooms, and other forages. The recipes also include the quantities and measurements necessary to cook for a crowd?making each dish perfect to cook at home, or to share at parties, potlucks, and community events.

With sample seasonal menus to inspire cooks throughout the year, *The OAEC Cookbook* offers a wide range of recipes such as: Carrot and Chamomile Soup, Summer Squash Ribbons with Purple Shiso, Roasted Asparagus and Nettle Risotto with Pea Tendrils, and Pepita-Encrusted Squash Blossoms Stuffed with Goat Cheese and Mint. There are cold vegetable plates for warm summer picnics, and readers will learn how to create delicious salad dressing recipes for garden-fresh greens, including Loquat Ginger, Golden Tomato Cumin, and Preserved Lemon Brine. There are comfort foods like pots of savory Biodiversity Beans and Winter Sourdough Pizza, and warming snacks like Toasted Hazelnuts with Thyme. Readers can top a plate of veggie sides with a generous dollop of one of OAEC’s famous sauces and pestos, and learn how to infuse their own Honey Syrups for homemade cocktails. Last but not least, delicious standout desserts like Fresh Fruit Fools, a Dark Roast Winter Squash Tart with Hazelnut Crust, or the Cardamom-Rose-Plum Bars.

This informative cookbook will help gardeners find new ways to cook with their vegetables, farmers’ market shoppers looking to expand their repertoire, home cooks who want to cook healthy for their family or host a big dinner party, chefs looking for inspired recipes using weeds and perennial fruits and vegetables, and community-based organizations who cook for crowds on a regular basis.

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**Nancy Brown:**

This book untitled The Occidental Arts and Ecology Center Cookbook: Fresh-from-the-Garden Recipes for Gatherings Large and Small to be one of several books that best seller in this year, honestly, that is because when you read this book you can get a lot of benefit in it. You will easily to buy this book in the book retailer or you can order it by using online. The publisher in this book sells the e-book too. It makes you quicker to read this book, as you can read this book in your Mobile phone. So there is no reason to your account to past this e-book from your list.

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