



Vital Vegetables: Over 200 New and Clever Ways to Make a Meal of Vegetables

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"Eating your vegetables" is an experience that is much more appealing today than it was twenty-five years ago. No longer does the phrase bring frozen peas and carrots to mind. Today, vegetable counters and farmers markets are among the most exciting places to shop for food. A vast panoply of vegetables includes fresh, seasonal selections that highlight potatoes, tomatoes, and peppers in all colors and sizes; exotic greens, such as Swiss chard, bok choy, and broccoli rabe; everything in the onion family, from yellow onions to leeks and chives; and an appealing array of wild mushrooms.

Vital Vegetables is peppered with illustrated features on twenty major vegetables, with invaluable information on different varieties, buying for quality and freshness, storage for each type of vegetable, and appropriate preparation techniques. Additionally, a bumper crop of over 200 recipes, including Khun Tom's Pumpkin Soup, Shallot Tatin, and Goat's Cheese Polenta with Mushrooms and Wilted Spinach will encourage the reader to embrace vegetables root, stem, and branch.

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