



# **The Field to Table Cookbook: Gardening, Foraging, Fishing, & Hunting**

*Susan L. Ebert*

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# The Field to Table Cookbook: Gardening, Foraging, Fishing, & Hunting

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## **The Field to Table Cookbook: Gardening, Foraging, Fishing, & Hunting** Susan L. Ebert

The complete guide to growing, procuring, and preparing local and seasonal foods for the home cook. *The Field to Table Cookbook* brings 175 family-pleasing, nutritious, and accessible recipes to home cooks who want to increase their familiarity with procuring and cooking clean, organic meat, fish, fruits, and vegetables. Susan L. Ebert's seasonal tips and recipes for game, fish, wild foods, and garden produce translate well to different regions and climates. Ebert—an experienced hunter, angler, forager, and gardener—pairs her straightforward recipes with more than one hundred illustrative photos of procuring food in the field and presenting it on the table, along with tips on dressing, deboning, preparing, drying, curing, and preserving nature's bounty. Field notes about wild game, fish, foraged foods, and home garden favorites complete the experience. This book is a wonderful resource: as a thorough seasonal guide to cooking with game, foraged food, and organic vegetables (for nonhunters and hunters alike); as a cookbook for hunters; and as a guide for home cooks who prepare fish and game for their family.

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