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Greek Revival From The Garden: Growing And Cooking For Life (Young Palmetto Books)



Synopsis

Patricia Moore-Pastides, author of *Greek Revival: Cooking for Life*, heads to the garden in this new cookbook that makes a do-it-yourself healthful lifestyle possible, offering guidance on how to pursue healthy eating, starting from the ground up. Moore-Pastides, an accomplished cook and public-health professional, presents all new recipes focused on bringing the bounty of the garden to the table in easy and accessible ways. Targeting young adults but valuable for all novices, *Greek Revival from the Garden* focuses on the time-tested Mediterranean diet--recommended for great taste, good health, and long life--and on learning simple, delicious cooking methods that foster a happy and healthy relationship with good food. The growing section provides all the information necessary for those interested in organic gardening to cultivate an exciting array of fruits and vegetables in containers, raised beds, or yard gardens. Topics include preparing the soil, composting to create organic fertilizer, watering, working with basic tools, and dealing with common pests and problems. Color photographs are provided to inspire new gardeners toward more than just tomatoes and cucumbers. *Greek Revival from the Garden* then invites the reader into the kitchen. This section assumes little prior cooking knowledge or experience and includes kitchen safety, common equipment and cooking methods, and observations from cooking class participants. The highlight of the cooking section are the recipes themselves: a beautifully photographed sampling of fifty mouth-watering dishes prepared with the harvest of homegrown vegetables as the stars, including garden gazpacho, curried butternut squash and apple soup, and nut crusted creamy almond fruit tart. Throughout the book, Moore-Pastides inspires healthy habits by introducing simple ways to grow and prepare nutritious dishes, and promotes a long and fulfilling lifetime relationship with food from garden to table.

Book Information

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Age Range: 12 and up

Grade Level: 7 and up

Customer Reviews

I purchased Greek Revival, the first book, a year ago and have enjoyed every flavour sensation. The Mediterranean diet is flavorful and healthful. The recipes are wonderful. I am expecting the Greek Revival from the Garden recipes to be equally satisfying.

We all know the Mediterranean Diet is our best lifestyle choice, but most times we circumvent it due to convenience, time, or not really knowing where to start. Patricia Moore-Pastides shares her knowledge and makes it easy for anyone to grow their own food, and turn it into delicious healthy meals--even those who never imagined they could. Some of the more than 50 recipes are a take on traditional family favorites, and will be enjoyed by all. If you've been thinking it's time to grow your own food and take charge of your own healthy lifestyle, now is the time, and this is your guide.~
Maria A. Karamitsos, Associate Editor - The Greek Star newspaper

I really like this book. While written for beginners to learn healthy cooking and easy organic gardening, anyone can enjoy this book. It is based on the author's time spent in Greece. Patricia Moore-Pastides includes the essence of the Mediterranean Diet, how to plant one's own garden, how to set up a healthy kitchen and 50 recipes. The section on the Mediterranean Diet conveys the importance and elements of nutritious food. The gardening section shows how to set up container gardens, raised bed gardens and traditional vegetable gardens. The kitchen section leaves nothing to chance and explains each concept carefully but concisely. The last section is the recipes. The recipes use common ingredients. My favorite so far is the Zucchini Frittata using fresh zucchini and parsley. The butternut-squash soup with autumn spices, the garlicky, lemon hummus and the chocolate zucchini cake are also hits. I have started an herb garden in a 10 gallon aquarium in my kitchen. It smells heavenly, looks nice, and I use the herbs in the recipes. The writing in the book is warm and encouraging. This book has a prominent place in my kitchen.

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