



Melissa's Everyday Cooking with Organic Produce: A Guide to Easy-to-Make Dishes with Fresh Organic Fruits and Vegetables

Cathy Thomas

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Must-have information and amazing recipes for cooking with the freshest, tastiest organic produce

With hundreds of farmer's markets and an increased interest in organic fruits and vegetables, today's home cooks need an accessible reference for shopping and cooking organic. Melissa's World Variety Produce is the nation's leading distributor of specialty fruits and vegetables and the professional chef's go-to source for new and unusual produce. Their products have been certified organic for over 10 years. In *Melissa's Everyday Cooking with Organic Produce*, the team from Melissa's compiles vital information on fresh, seasonal organic produce with the best recipes for getting the most out of your organic finds.

This inspiring, mouth-watering resource is packed with delicious recipes and gorgeous full-color photos, making it a must-have for anyone who wants to incorporate organic produce into flavorful everyday meals. Inside, you'll find more than 400 recipes, including quick-prep recipes and deliciously easy variations, as well as a special section of meatless options for vegetarians.

- Covers 56 of the most commonly available fruits and vegetables, arranged alphabetically for quick reference
- Includes overviews of each food, what to look for when shopping, tips on buying and storing produce, produce varieties, serving suggestions, and complete nutritional information in the standard USDA format
- Offers "Cook's Notes" and tips, suggested variations, meatless options, and complete nutrition profiles for each recipe

For home cooks who want the latest and most comprehensive information on shopping and cooking with the best organic produce, this book is an invaluable guide.



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