



Bean Harvest Cookbook

Ashley Miller

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The recipes Ashley Miller has collected in this book deliver on taste, presentation, and nutrition. Over 70 delicious recipes from around the world will convince any cook that the "poor man's meat" is indeed a delicacy. This book provides a guide to bean types and is illustrated with full-color photos by garden photographer David Cavagnaro. Throughout the book, the fascinating history and lore of beans are interwoven with practical information, illuminating their place in our culinary heritage. Ashley Miller also offers garden-tested advice on how to create your own bountiful crop, including how to plant, care for, harvest, and store beans.

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