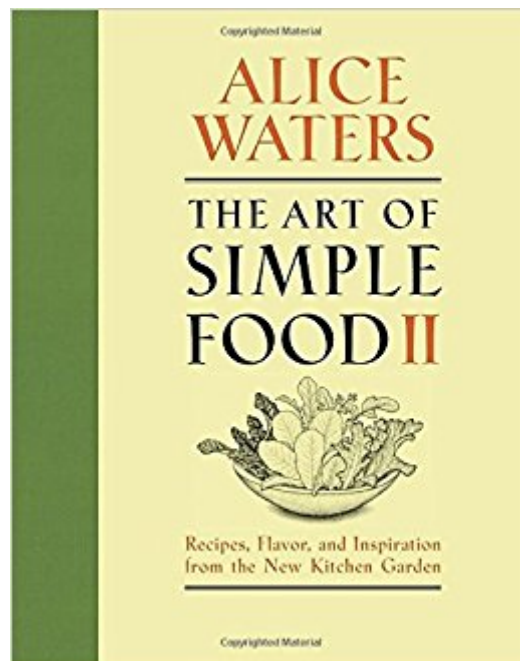




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# The Art Of Simple Food II: Recipes, Flavor, And Inspiration From The New Kitchen Garden



## Synopsis

Alice Waters, the iconic food luminary, presents 200 new recipes that share her passion for the many delicious varieties of vegetables, fruits, and herbs that you can cultivate in your own kitchen garden or find at your local farmers' market. A beautiful vegetable-focused book, *The Art of Simple Food II* showcases flavor as inspiration and embodies Alice's vision for eating what grows in the earth all year long. She shares her understanding of the whole plant, demystifying the process of growing and cooking your own food, and reveals the vital links between taste, cooking, gardening, and taking care of the land. Along the way, she inspires you to feed yourself deliciously through the seasons. From Rocket Salad with Babcock Peaches and Basil to Moroccan Asparagus and Spring Vegetable Ragout to Chicken with 40 Cloves of Garlic, Alice shares recipes that celebrate the ingredients she loves: tender leaf lettuces, fresh green beans, stone fruits in the height of summer, and so much more. Advice for growing your own fruits and vegetables abounds in the book—whether you are planting a garden in your backyard or on your front porch or fire escape. It is gleaned from her close relationships with local, sustainable farmers.

## Book Information

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## Customer Reviews

ALICE WATERS is the owner of Chez Panisse Restaurant and Café in Berkeley, California.

She founded the Edible Schoolyard Project and has received the French Legion of Honor and three James Beard Awards. Her most recent books are the New York Times bestsellers *40 Years of Chez*

Panisse and The Art of Simple Food, as well as In the Green Kitchen and The Edible Schoolyard: A Universal Idea.

From the introduction, My Kitchen Garden: ã Å I started my kitchen garden because I was longing for mesclun, that very particular French salad made of distinctive sweet and bitter greens and herbs. I had been daunted by the thought of growing food, but then, driven by the desire for that flavor from Nice, I turned my backyard into a salad garden for the restaurant. My success surprised and delighted me. I was so excited to have my yard filled with the lettuces I loved. ã Å You do not need a large backyard to start a garden. There are many other underused locations waiting just for you: balconies and windowsills, rooftops, vacant lotsã Å –â •and schoolyards! Tragically, supermarkets have numbed us with the convenience of the same mass-produced fruits and vegetables year-roundã Å –â •to the point that most of us consider a garden unnecessary. Growing a few lettuces or tomatoes is pleasurable, but it is so much more than thatã Å –â •for the future of the planet, it is a necessity that we become caretakers of the land. Fortunately, this is easy to doã Å –â •and affordable, too. ã Å We have been thoroughly indoctrinated from childhood to think that we canã Å –â •not grow our own foodã Å –â •or cook, for that matterã Å –â •because it is too much work and takes too much time, that the climate is not right, or that there isnã Å –â •enough room. But that is not so. When I was very young, my family had a victory garden in our New Jersey backyard, and we were not alone. With Eleanor Roosevelt leading the charge with her garden on the White House lawn, more than twenty million victory gardens were planted during World War II, and they produced more than nine million tons of fresh vegetables. I find it incredibly inspiring that the White House now has a kitchen garden again, after too many yearsã Å –â •especially now, when so many of us want to grow beautiful edible plants instead of lawns. ã Å The lettuce garden in my backyard moved to a farm long ago, but my kitchen garden continues to grow. The grassy area of my tiny yard gets smaller and smaller every year. But I couldnã Å –â •not live without my beds of lettuces! Herbs are planted throughout; I depend on them daily. I let rocket reseed itself all over the garden to eat young in salads, with its flowers sprinkled over, or wilted in pasta sauce when it matures. In summer, I grow cherry tomatoes and beans. In fall and winter, I have plots of chicories, kales, and chard. There is plenty of fruit, tooã Å –â •a dwarf apple and a large Gravenstein, a small Meyer lemon, a kumquat, a Fuyu persimmon, a bay tree, and a small thicket of raspberry canes. I tuck edible plants in among the roses, and they are as beautiful as their neighboring flowers. I have a couple of chairs and a small table, and a little grill is set up nearby so I can cook and eat right in the garden. I love to watch the ebb and flow of growth: tiny sprouts as they

push up from the soil, blue borage flowers reaching out to bees and birds, the burgeoning harvest as it ripens. I feel connected to the whole cycle of life. ã Å My own path to gardening has been through taste. I am forever falling in love with the fantastic range of varieties available for almost every food plant. Learning to discern these subtleties of texture and flavorã Å ã Å learning to distinguish an Elberta peach from a Sun Crestã Å ã Å is a thrill for me. Using hand-selected produce that is still full of life and vitality, just picked from the vine or pulled from the ground, is what makes cooking not just good, but irresistible. ã Å Gardening has also taught me empathy for farmers and farm workers and respect for the hard work they do growing our food and taking care of the land. It makes us all remember that food is precious, and we are dependent on the land for our survival. It is all about the land. Thatã Å ã Å is the reason I wanted to write this book. One of my most powerful gardening experiences has been watching the children at The Edible Schoolyard, a kitchen garden planted at Martin Luther King Jr. Middle School, a public school in Berkeley, California. Every time I see them measuring the vegetable beds for their math class, or harvesting ancient grains out in the garden for a history class, or stealing a taste of a ripe mulberry, I am reminded that there is nothing more transformational than the experience of being in nature. We have been separated from it, but as soon as we dig our hands into the soil and start watching things grow, we fall in love effortlesslyã Å ã Å we realize we are a part of nature. I have seen this transformation happen in a school full of teenagers; I have seen it happen at the Homeless Garden Project in Santa Cruz; I have seen it happen with inmates in a jail. This connection to and respect for nature can be awakened in all of us. ã Å The chapters of this book are filled with the experience of extraordinary farmers and cooks that I have met over the past forty years. It is with their collective knowledge that we have tried to demystify gardening, by providing recipes for cultivation and offering the most enticing dishes we make from our harvest. Each recipe celebrates the flavor of the delicious varieties of fruits and vegetables we have discovered in the fields of our farmer-gastronomes, heritage varietals that have been lost in the industrial farms in this country. Carlo Petrini, the founder of Slow Food International, has said that cooks need to be gardeners and gardeners need to be gastronomes in order to ensure the sustainability of our food system. Thomas Jefferson, our countryã Å ã Å s most celebrated farmer-gastronome, is an inspiring example. The garden was the passion of his life. He had an adventurous palate and a profound respect for agrarian values. He planned his garden for the pleasures of the table and combed the world for interesting and tasty plants to grow. I love knowing that he sowed a thimbleful of lettuce seeds every week to ensure there was fresh salad on the table every night. Today Monticello is more than a landmark; it is a national treasury of heirloom seeds, a place of enduring values, where the roots of

our democracy still thrive. ã ã Tending the soil, planting, and growing food in this way has had a long and important history in this country. If we let ourselves, we can easily return to this tradition. And what a revolutionary idea: That we can preserve the land by nurturing the vital link between taste, cooking, and gardening! It can be as simple as putting a seed in the ground and watching it grow.

Growing food for your kitchen is an inspirational experience with this wonderful new book. The author/chef shows what flavorful foods can be easily grown in your garden or on the deck or patio. She then adds recipes for the kitchen. Part II she specifically encourages readers to try growing their own herbs, lettuce, garlic, onions, beans squash, etc. giving them the gardening tips. She shows the art of growing simple food. Part I: Flavor as Inspiration. She follows the seasons and has lovely line illustrations showing the crops: for example different kinds of cabbage, then the recipes. In her tomato section, her favorites were the tired and true tomato varieties: Amish Paste, Golden Jubilee, Brandywine, Juliette, Early Girl, and Sun Gold. The recipes follow each growing suggestion. All the recipes are simple and delicious. She highly recommends growing your own and/or buying locally. Part II: Seed to Seed, Growing the New Kitchen Garden. She starts with soil, preparing the beds, seeds, seedlings, extending the growing season, water, peak harvest, curing and storing, as well as saving seeds. At the back of the book Tools and Resources are listed: Books; Seed and Garden Supply Catalogs (websites included;) Forums and Newsletters; Seed Saving; Urban Foraging and Fruit Exchange; and Cooperative Extension Offices. Glossary and extensive index are included. This is a wonderful new book for the home gardener and cook as well as the professional chef. Growing your own food is encouraged, but buying locally is also suggested as an option. Great addition to your cookbook and gardening library.

I love the SIMPLICITY of these recipes. I had a friend, who is a chef, who loved her first book and shared it with me, so I purchased this second one. He said, and I agree, that he learned from her that keeping things simple often produces really delicious results. You don't need to make things so complicated as some books do. The recipes are new with added drawings and conversations about gardening and the quality of the produce you use. I have yet to read it all and I am savoring all the ones I have tried. Right now looking forward to making her Fermented Pickles and Green Beans! And added delight to the other more normal recipes!

Here's a cookbook that will have you planning your spring garden, even if that means filling pots

with mint, basil and chives. Alice Waters' new cookbook had me longing for spring and the chance to plant lettuce and greens by the back door, something that I haven't done in fifteen years but may do next April, thanks to this book. Alice Waters may be a "legendary" cook, but she hasn't lost her enthusiasm for the way fresh food smells and tastes when you pull it from the ground in your own back yard. The Art of Simple Food II is filled with elegant simple ways to use greens and other relatively easy to grow vegetables and fruits. The book follows the seasons starting with the tender greens of early spring through the fruits and nuts of fall, right up to preserving and home canning. While there are some meat, fish and poultry dishes, the emphasis is on vegetables. If you have thought of starting a kitchen garden, or even just growing some rosemary on a windowsill, you will probably enjoy this book. First the sell. This book doesn't pressure you to eat more vegetables, it makes them sound so delicious you find yourself longing for salad or a plate of Sweet and Hot Green Cabbage, Parsley and Anchovy Sauce or Tokyo Turnip Pickles. Next comes the push. Waters would like you to grow your own vegetables. Fortunately, she knows that not everybody is up for a plowing up the backyard. Start small, she advises. Plant herbs, plant some greens. She gives advice on things that confuse most novices such as the soil to use in pots. Then she gets serious and explains composting, plant food. She goes from the very simple to subjects that few home gardeners touch such as cover crops. Personally, I'm on the lazy end of the scale but I have to admit that I know she's right. Lettuce really is a breeze to grow, at least in the Southeast U.S. before the hot weather hits. On the other hand, Waters' cheery optimism when describing growing seasons' outside of California seemed a bit pat to me but maybe I'm not committed enough. This is an interesting book to buy if you want a kitchen garden or even if you don't. I may plant that lettuce next spring, but I'll be glad I have the recipes even when my garden vegetables come from the farmers market.

If I could give The Art of Simple Food (the predecessor) six stars, then this one deserves five. On occasion I despair a bit because I can't find the ingredients (I don't live in California where EVERYTHING is available!) but I can find enough to come close. And I'll admit that, on occasion, the "simplicity" is a bit convoluted to qualify as simple (to me! only to me!) but then again - worth the extra time and effort. This book, like its predecessor, and like most things that Alice Waters stands for and believes in and shares with us - is pure and wholesome and absolutely lovely. Exquisite recipes and techniques aside - this book is a love song to vegetables and what they should be and can be and ARE when respected and loved and prepared the right way.

A great, go-to book that I refer to as often as The Joy of Cooking, Ina Garten and Anna Pump's insights. I simply love this, and the series.

amazing book by brilliant cook guru based on Chez Pannise. If you have a garden you are set!

my fault, it wasn't what I thought it was going to be...book was in gr8 condition...

More great recipes, ideas and food for the thought, especially for those who garden or visit their local Farmers Market to fill their pantry. These are everyday, seasonally focused recipes that the kitchen novice can execute with confidence. Regardless of your comfort level in the kitchen, this book compliments anyone's cookbook library.

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