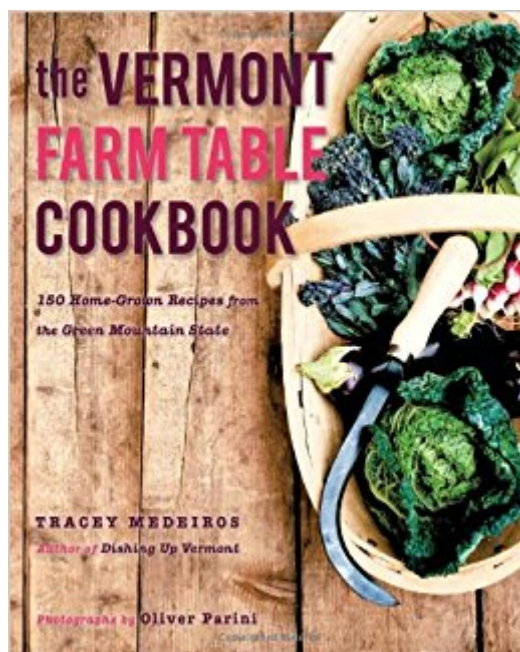




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# The Vermont Farm Table Cookbook: 150 Home Grown Recipes From The Green Mountain State (The Farm Table Cookbook)



## Synopsis

For farm-to-table cooking and dining like you've never seen it, Vermont is the place. Small, independent farms are the lifeblood of Vermont's agriculture, from the sweetcorn grower to the dairy goat farmer to the cheesemaker whose locally sourced goat milk chevre becomes the heart of a new dish by a chef in Montpelier. While this farm-to-table cycle may be a phenomenon just hitting its stride in the United States, it has long been away of life in Vermont, part of the ethos that Vermonters use to define themselves. As such, Vermont exemplifies a standard of small-scale, community-minded, unadulterated agriculture that has become a national model. When Tracey Medeiros wrote *Dishing Up Vermont* in 2008, she wanted to showcase the chefs and restaurateurs who were dazzling taste buds with their fresh, whole-food creations. With *The Vermont Farm Table Cookbook*, Medeiros has traversed the Green Mountain State once again, in search of not only those celebrated chefs but the hard-working farmers who provide them with their fresh and wholesome ingredients as well. Collecting their stories and some 125 of their delicious, rustic-yet-refined, Vermont inspired recipes, Medeiros presents an irresistible gastronomic portrait of this singular state. Classics like Vermont Cheddar Soup and exciting innovations like Ramp Dumplings or Raisin Hell Pie will send you racing to your local farmers' market in search of the ingredients. And with dishes that shout "only in Vermont," like Wood-Fired Blueberry Pizza or Beer-Battered Fiddleheads, no matter where you are you'll want to transform your tried-and-true menus into fresh and flavorful Vermont farm table suppers. Tracey Medeiros is a food writer, food stylist, and recipe developer and tester. She writes "The Farmhouse Kitchen: A Guide To Eating Local" column for *Edible Green Mountains Magazine*. Medeiros is also the author of *The Connecticut Farm Table Cookbook* (The Countryman Press, May 2015) *The Vermont Farm Table Cookbook* (The Countryman Press, May 2013) and *Dishing Up Vermont* (Storey Publishing, April 2008) honored as 2010 National Indie Excellence Awards Finalist and 2009 Best Books Award Finalist (USA Book News). She travels regionally as a guest cooking instructor sharing her commitment to the sustainable food movement while providing skillful cooking demonstrations. Full-color illustrations throughout

## Book Information

Series: The Farm Table Cookbook

Paperback: 256 pages

Publisher: Countryman Press (May 6, 2013)

Language: English

ISBN-10: 1581571666

ISBN-13: 978-1581571660

Product Dimensions: 8.1 x 0.8 x 10 inches

Shipping Weight: 2.2 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 10 customer reviews

Best Sellers Rank: #461,484 in Books (See Top 100 in Books) #70 in [Books > Cookbooks, Food & Wine > Regional & International > U.S. Regional > New England](#)

## Customer Reviews

In "The Vermont Farm Table Cookbook: 150 Home-Grown Recipes from the Green Mountain State," freelance food writer, food stylist, and recipe developer Tracey Medeiros has compiled delicious, nutritious, and "kitchen cook friendly" recipes that celebrate the culinary contributions of Vermont to the rest of America." (The Midwest Book Review)"What a pleasure to see the pictures and read the stories of these farms - some I know well, and others I've just driven past. They're our glory in Vermont - and with these recipes it's a glory that can easily be shared." (Bill McKibben, author of The End of Nature and founder of 350.org)"If you're a participant in CSA (Community Supported Agriculture), as I am this growing season, The Vermont Farm Table Cookbook by Tracey Medeiros could become your new kitchen bible." (Joanna McQuillan, Food Editor for The Standard-Times Newspaper)"Beyond being delicious in concept, the recipes are perfectly written." (Know Where Your Food Comes From blog)"I've been working on trying to cook a little bit more lately, especially with Thanksgiving right around the corner, and I found this cookbook so inspiring." (Tata Harper Founder of Tata Harper Skincare)"This book is a love song to the people who do all the hard work to get fantastic fruits, vegetables, cheeses and meats to your table." - Kelly Rossiter, Mother Nature Network" "The Vermont Farm Table Cookbook is a find." - Jan Gardner, Boston Globe

"My hope and goal through this book is to get the word out there on a local and national level. I want to keep these farmers employed and help them succeed. I also want to excite the younger generations, to plant that seed in our youth that says, 'Maybe I will try to be a farmer one day.'"

I loved this book more than I can say. I have lived in Vermont for 22 years and had no idea of the

important connections between the farmer, the chef, food producers and the table that are revealed here. Next spring I will seek out these folks and not only taste their product but thank them for their contributions to a satisfied life in Vermont.

great recipes the ones i have tried are "keepers"

My favorite cookbook!

Love it, very tasty recipes! Don't forget the pure Vermont maple syrup

Love the stories of each farm where the recipes were submitted from..recipes incorporated the specialty items of the the particular farm, restaurant or dairy..I belong to a cookbook club and made two of the recipes so far, loved them.. especially blueberry pizza with carmelized onions and goat cheese. Big hit..

This is part cookbook and part travelogue. As you discover the farms you can try their recipes. Vermont is the Napa Valley of the East Coast. Enjoy the fresh!

It was a gift and was well received.Great recepies and nice variations. Pictures were a bonus. I would reccomend this to any level cooks.

What better way to eat your way through Vermont's seasonal bounty? Find creative uses for those items in your CSA that may be mysterious to you.

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