

Eating by the Seasons

A recipe collection put together by The Food Action Committee of Nova Scotia's Ecology Action Centre (EAC)

\$10 each

If you want to support local farmers, and get 160 great new recipes that are organized by the season check out our coil-bound cookbooks! The book starts with Autumn and moves through the seasons. Recipes submitted by famous EAC-types, farmers, and friends are peppered with stories and tips.

You can throw away those frustrating recipes that combine ingredients from different seasons!! All recipes feature mostly (but not exclusively) Nova Scotian-grown bounty.

Featured recipes for Autumn include Chili Salsa, Purple Lips, and Blueberry Grunt. Winter features Sylvia's Beet Cookies, Johanna Nesbitt-inspired Black Bean and Squash Burritos, Carrot Cake, Nova Scotian Fish Chowder chez Joanne Cook (she has that name for a reason!). Spring recipes include the super-easy, tasty, and fast Spinach Squares, Saag Panir, and Spring Parsnip Curry. Summer recipes feature Carrot Cashew Curry, Chocolate Zucchini Cake, Noli Baked Fish, Rob's Famous Pancake/Waffle Mix, Rob's Ivy Reid's Pie Crust for all those berries, and finally, Sadie Takes a Dip (to the EAC AGM).

If that isn't enough, we've included a guide to sustainable seafood, and a guide for finding locally produced food.

All in one handy little \$10 package (with no packaging).

To get your copy, contact the EAC:

Ecology Action Centre
2705 Fern Lane
Halifax, Nova Scotia
Canada B3K 4L3

Phone: (902) 429-2202

Fax: (902) 405-3716

See also EAC's "35 Squash Recipes"

http://ecologyaction.ca/food_action/publications/35squashrecipes.pdf