



The Farmers' Market Family Cookbook: A collection of recipes for local and seasonal produce

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Everyone loves going to the farmer's market and it's a good feeling to know that we're supporting our local growers and making a contribution to sustainability. We like the idea of cooking with the seasons and we want our children to learn that cooking good food from raw ingredients is fun and easy, as well as a worthwhile and healthful thing to do. This book takes the ingredients that we bring home from the market and shows ways to use them, from the breakfast special muesli to the lunchtime omelette, from the homemade salad dressing to the afternoon cookie, from the dinnertime chicken casserole to the seasonal fruit dessert. A selection of recipes have been chosen as especially suitable for small children to make, or help to make. Also included are feature panels on growing your own produce, whether it be a simple herb pot on the windowsill or a backyard vegie patch. Buying wisely and cooking well are truly an investment for life.

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