



Eating with the Seasons: Recipes and Cooking Tips for Restoration Farm's Fresh, Seasonal Produce

Julia Shanks, Daniel Holmes, Caroline Fanning, Brett Grohsgal

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This cookbook was prepared to help our CSA subscribers enjoy the foods that we so love to plant, tend, and harvest. In addition to the recipes designed especially for our crops, this book contains detailed descriptions of our food as well as storage tips. CSA - Community Support Agriculture - is a new agricultural model built upon the relationship between farmer and consumer. CSA farms are partially or entirely supported by members who pay in advance for weekly distributions of fresh produce. By accepting the possibility that certain crops may do poorly or even fail, members share in the inherent risks of farming. This model demonstrates a commitment to the farmer, and it allows small farms to thrive in otherwise unfavorable conditions. Given the alarming disappearance of farmland on Long Island and across the nation, more and more people are abandoning the supermarket and joining CSAs.

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