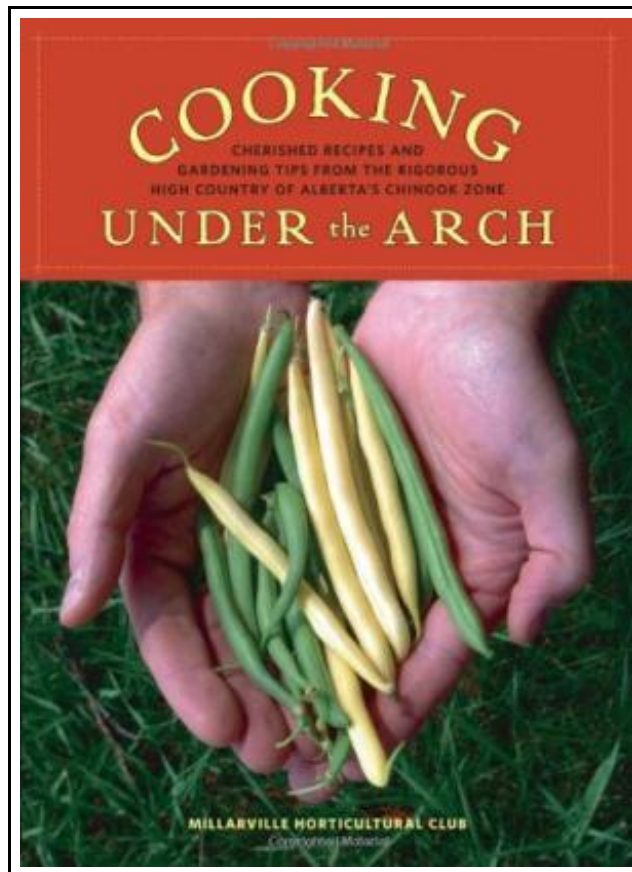


## Cooking Under the Arch: Cherished Recipes and Gardening Tips from the Rigorous High Country of Alberta's Chinook Zone



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## COOKING UNDER THE ARCH: CHERISHED RECIPES AND GARDENING TIPS FROM THE RIGOROUS HIGH COUNTRY OF ALBERTA'S CHINOOK ZONE



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Heritage House Publishing Co Ltd. Paperback. Book Condition: new. BRAND NEW, Cooking Under the Arch: Cherished Recipes and Gardening Tips from the Rigorous High Country of Alberta's Chinook Zone, Millarville Horticultural Club, The Millarville Horticultural Club was formed in 1976 and continues to provide mutual support and inspiration for its many members who garden, and cook, in the challenging Chinook Zone. Its first book, "Gardening Under the Arch", was recently re-released by TouchWood Editions to local acclaim. Down-to-earth, easy-to-prepare, inexpensive recipes for home cooking are at the heart of this cookbook inspired by foods from the garden. Ingredients can be purchased locally through farmers' markets (or grocery stores), but if you want to grow your own, this book tells you how. Written by the same people who brought you "Gardening Under the Arch", this cookbook is about more than fruits and vegetables. It's about soups, salads, casseroles, desserts, beverages, wines, vinegars, wild fruits, jellies and preserves, sauces, pickles, chutney and relishes, toasted seeds, edible flowers, sauerkraut, rosehips, baby food and more. Recipes are interspersed with informative essays about growing vegetables, transplanting, raised beds, herbs, fruit, community gardens and farmers' markets. If you've ever wondered how to make your aunt's great Crabapple Pie or Sugar Snap Omelette, or had a craving for Grandma's Rosy Rhubarb Punch or Ripe Tomato Chutney, this is the book for you.



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