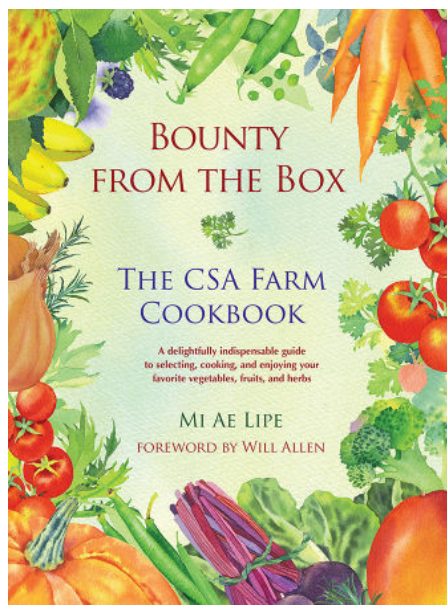


BOUNTY FROM THE BOX: THE CSA FARM COOKBOOK

MI AE LIPE, AUTHOR



This 712-page book is a truly comprehensive guide to over 90 different fruits, vegetables, and herbs, whether your produce comes from a weekly CSA box, your local farmers market, or the grocery store. Arranged by season, *Bounty from the Box* contains over 350 diverse, delicious recipes from a wide variety of cuisines and cooking styles. Many are vegetarian, vegan, and gluten-free. Each crop entry features practical, extensive information on nutrition, selection, storage, cleaning, cooking techniques, complementary foods, and serving suggestions. More than just a cookbook, *Bounty from the Box* tells what it takes to get food from seed to plate. Nearly 100 sidebar essays—many written by farmers themselves—explore topics from farming and food politics to cooking and nutrition.

Mi Ae welcomes opportunities to do book signings and food demos, as well as give talks and presentations on food and farming issues.

“As a restaurateur who also happens to own a farm and happens to be married to the Farmer-in-Chief, Jackie, it’s my belief that there’s really nothing more important than knowing where your food comes from. Whether you support farmers by shopping your local farmers markets or by signing up for a CSA box (Community Supported Agriculture), you’ll need to know how to cook that glorious bounty. My friend Mi Ae comes to the rescue with this terrific book filled with healthy and delicious recipes for all the roots, leafs, stalks, herbs, fruits, and tubers that come packed in that wondrous weekly box.”

— Tom Douglas, Seattle chef and restaurateur

“Having been a chef for so many years, I can only congratulate you on the immense knowledge contained in between the covers. I love your recipes and am glad to learn some background information on the foods I use. Those stories make me understand cooking even more. A big thank you and keep up the fight for home cooking and using the food that surrounds us.”

— Stefan Uch, Michelin-star chef and cofounder of The Real Food Project

“Finally, a guide for what to do with all the wonderful produce in your CSA box. *Bounty from the Box: The CSA Farm Cookbook* by Mi Ae Lipe is much more than a cookbook. With every seasonal fruit and vegetable, you’ll learn its history, nutritional information, how to select the best, how to trim and clean it, how to store it, and various methods of cooking it. Add a collection of easy-to-follow recipes, and this is the only CSA cookbook you’ll ever need.”

— Edible Communities, December 2016

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- \$21.00 each; USD SRP \$35.00 (40% wholesale discount rate).
 - Softcover — 4.5 lb./each, 8.5 x 11 inches. 35 lb./case, 17.5” (L) x 7.5” (H) x 11” (W).
 - Twisted Carrot Publishing, LLC; ISBN: 978-0-9905011-0-7. Contact: Mi Ae Lipe, miae@bountyfromthebox.com; for sample chapters and more info, visit www.bountyfromthebox.com.
 - 8 books per case; \$4 additional charge applies to split-case orders (i.e., under 8 books). No minimum order.
 - Payment terms: Net 30 days on all open accounts, company check, credit card via Square (MasterCard, Visa, American Express, Discover, JCB, UnionPay), Paypal (use email miae@bountyfromthebox.com).
 - A service charge of \$30 is assessed returned checks. All past-due accounts must be paid prior to new orders.
 - If just 1 case, retailer pays for shipping. Multicase orders, shipping is negotiable. Shipped via USPS media mail (\$21/case of 8 books, which is 35 lb). Shipping usually from Bothell, WA. Please allow 1 to 2 weeks’ shipping time in the continental US.
 - Book sells best when displayed in produce section or a high-visibility spot such as customer information area.