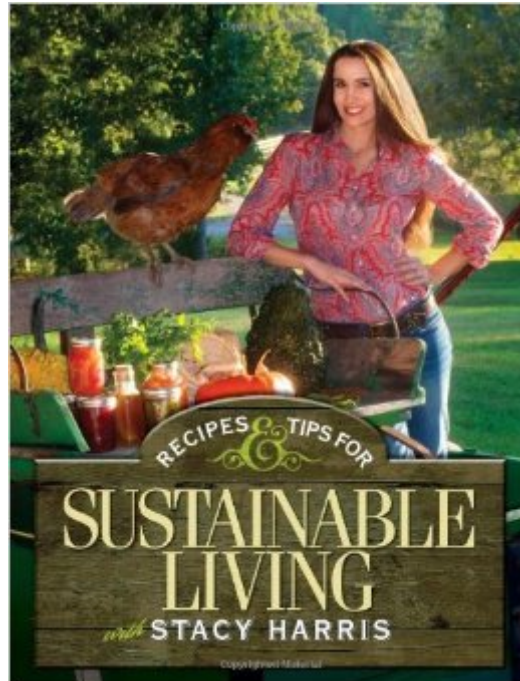


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# Recipes And Tips For Sustainable Living



## Synopsis

Recipes and Tips for Sustainable Living is a lavishly illustrated must have book for any novice or well seasoned gardener, forager, hunter, natural food-foodie or for those who want to take their food sources and health into their own hands. Stacy encourages eating as much from the wild as possible and gives techniques to simplify the process of making succulent, excellent meals with simple ingredients. Along with tips for heirloom gardening, canning, preserving, saving seeds, raising bees and chickens, and more, she gives extraordinary simple meals for the family using these natural ingredients brought in from the garden or from the farmer's market. One very important aspect of this book is that Stacy explains how to work with tough, grass-fed foraging animal meats so that when they are cooked, the results are tender, "non-gamey" succulent meat. There are gorgeous, full-color photos for every recipe and tip throughout, and several step-by-step tutorials for a variety of recipes and topics.

## Book Information

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## Customer Reviews

If you like to eat you must get this book. Everything in it is pretty much what we eat anyway just tips and recipes that are so much better than just about any other cookbook that I have. I eat mostly a Paleo diet but most of the recipes in Stacy's book fit right in. We don't get to eat wild game much but using these recipes make plain old beef and chicken much better. My daughter who is a very picky eater has claimed this book and plans to take it off to college when she goes. I either have to hide it or buy one for her. Thanks Stacy for an awesome cookbook.

As you leaf through the book, the first thing you'll notice is that it is lavishly illustrated. Eye-popping color photos adorn almost every single page. Given that the focus here is on cooking mouth-watering meals, that stands to reason. Fair warning -- do not read this book on an empty stomach! The book is divided into three main sections -- Garden, Beyond the Garden, and Woods and Water. In the first section, Ms. Harris talks about Heirloom Gardening, Vertical and Container Gardening, Herbs, and Preserving. In each of these subsections, she has several recipes utilizing what has been grown in the gardens. These recipes, such as Corn Chowder, Herb Frittata, and Granny's Garden Vegetable Soup, are laid out in easy to follow fashion. Nothing too fancy or beyond the capabilities of the average cook. In Beyond the Garden, Ms. Harris goes through foraging for wild foods, beekeeping, and raising poultry. Again, several recipes accompany these sections. Wild Blueberry Pie, Baked Peaches with Honey and Almonds, Rooster and Dumplings, even Southern Style Eggs Benedict. Moving to Woods and Water, she has a lengthy section on venison, as well as wild turkey, duck, quail, small game, and seafood and fish. The recipes included here are enough to make you want to hit the trail today to bring home squirrel or rabbit just so you can try them out! Throughout the book, Ms. Harris includes great practical information gleaned from her years of experience. Make no mistake, this is a woman who didn't need to do much of any library research and instead relied upon just sharing what she's learned by doing. It is readily apparent throughout that she has been there, done that. From de-boning a quail to trussing a venison loin, nothing is left to guesswork.

I've never left a book review on , until reading Recipes and Tips for Sustainable Living with Stacy Harris. My first impressions of Stacy's new book were - high quality, glossy pages with excellent photos of food, recipes, family, and sustainable practices for self-sufficient living. It's good that the pages are high gloss since I began drooling by just looking at the food photos and recipes. Stacy's passion for growing heirloom plants and animals that are natural, pesticide, hormone, genetically modified free is clear. And she's able to cook for a family of 9 from her heirloom garden, pastured animals, and wild game. Very inspiring! The tips for sustainable living are mixed in throughout the book. One of my favorites is on page 88 - "The Perfect Boiled Egg." There's also tips on foraging wild foods, beekeeping, seed saving, and other self-reliant skills. The tips aren't going to teach you everything you need to know about sustainable living, but they will motivate you on your journey. Being an avid hunter and fisherman myself, I loved the "Woods and Water" section of Stacy's book! I'm always happy to try new recipes for

venison, wild turkey, duck, quail, small game, and seafood and fish. Even if you don't harvest wild fish and game, she provides a substitution page to incorporate domesticated animals for recipes to please everyone. Reading Stacy's story and new cookbook will inspire you to take your next step towards personal freedom and sustainable living. All while eating the best prepared foods on the planet!

The recipes are delicious and unique. Tips on canning to gardening. The book is about a living and eating lifestyle which creates family bonds. Cooking habits which are healthy and less expensive. We love this book. A must for any kitchen and bookcase.

Stacy Harris hit it out of the ball park with this book. Whether you grow your own vegetables and fruit, or hunt and fish, or just go to the local farmer's market, you will get use out of this book. Not only is it full of delicious recipes with full color photos, it also has preparation tips, growing tips and even tips on beekeeping and raising your own chickens!

We can't wait to see what in it. I've had Stacy's first cook book for about a year now and it was full of great wild game Recipes. We are looking forward to adding to this great collection of Game Recipes. Way to go Stacy!

I've always struggled with ways to prepare my wild game. Stacy does an amazing job of helping your average cook (like myself) cook fantastic meals using wild hunted or gathered ingredients. I want to know where my food comes from but I also want it to taste good! This book is the perfect combination and a very realistic approach to incorporating wild game meals into my diet. Thanks, Stacy, for not only great home cooked recipes but a very entertaining read as well. Looking forward to future projects! Oh, and I check out your blog - LOVE IT!

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