Seasonal and Simple: A Guide for Enjoying Fresh Fruits and Vegetables

Seasonal and simple is a guide to help you select, store and prepare fresh fruits and vegetables. The recipes use simple preparations and seasonings, so you can taste the goodness of a fruit or vegetable at the peak of its flavor. The fruits and vegetables are listed in the guide by their growing season — spring, summer and fall. Nutrients and associated health benefits are listed with each fruit or vegetable. Use this guide to choose fruits and vegetables in season and get all the benefits — food that tastes good, is good for you and is reasonably priced at $15 per book.

Books is 112 pages.

Topics and recipes researched by MU Extension.

Keywords: Fruits, Vegetables, Produce, Produce guide, Recipes, and Seasonal recipes.

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Seasonal and Simple Cookbook

$15 per book

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