



COOKBOOK

LOCAL DIRT

BY ANDREA BEMIS

In “Local Dirt, Seasonal Recipes for Eating Close to Home,” Andrea Bemis shares stories, photographs and more than 80 recipes, recreating a world when ingredients cooked and eaten were produced in local communities.

Organized by season, the delicious and creative dishes in this truly sustainable cookbook includes Fennel Gratin, Kohlrabi Yogurt Salad with Smoked Salmon, Winter Squash Toast with Honey and Hazelnuts, and Zucchini Swiss Chard & Chickpea Stew. Best of all, the recipes can be adapted to utilize any local fare.

Ultimately, Bemis found that the “challenge” she set out for herself wasn’t a challenge at all, but an opportunity to go back to basics, slow down and connect even more deeply with her community. In “Local Dirt,” she offers the inspiration, instruction and advice we need to eat deliciously and sustainably.

