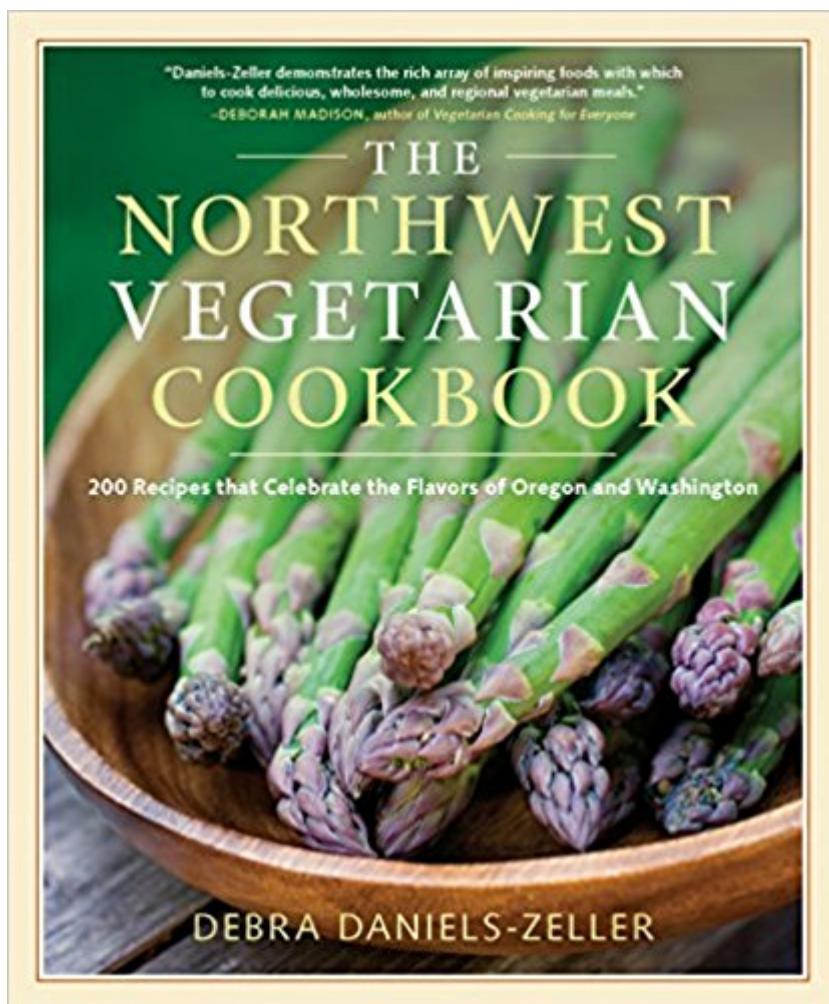


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# The Northwest Vegetarian Cookbook: 200 Recipes That Celebrate The Flavors Of Oregon And Washington



## Synopsis

From wild chanterelle mushrooms and Walla Walla onions to marionberries and hazelnuts, the Pacific Northwest produces some of the country's most delicious food. The Northwest Vegetarian Cookbook features 200 fresh, accessible recipes that celebrate these unique flavors. It also profiles twelve growers and beekeepers of Oregon and Washington through inspiring essays that transport the reader to the farm where food is picked from trees, bushes, and vines. Debra Daniels-Zeller has created a great culinary reference and an introduction to the bounty of local markets, with tips on how to buy and store seasonal produce. Includes breakfast foods, year-round salads, soups and breads, starters and sides, entrees, and desserts. Readers will walk away from this book - and straight to the local farmers' market - with recipes for each season and every part of the day.

## Book Information

Paperback: 272 pages

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Best Sellers Rank: #919,497 in Books (See Top 100 in Books) #111 in Books > Cookbooks, Food & Wine > Regional & International > U.S. Regional > Northwest #595 in Books > Crafts, Hobbies & Home > Gardening & Landscape Design > Vegetables #972 in Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Non-Vegan Vegetarian

## Customer Reviews

“Even non-vegetarians will find favorite dishes to enjoy. Have fun buying and cooking locally.” • Portland Book Review “Daniels-Zeller demonstrates the rich array of inspiring foods with which to cook delicious, wholesome, and regional vegetarian meals.” • Deborah Madison, author of *Vegetarian Cooking for Everyone* Â

Debra Daniels-Zeller learned how to roll a pie crust and enjoy the simple pleasures of food in her grandmother's kitchen. After being lured to Washington by Northwest berries in the 1970s,

Debra became enchanted with the diverse bounty of local fruits and vegetables. She has taught seasonally inspired vegetarian cooking classes in Seattle since 1990, and has been a regular contributor to Vegetarian Journal for over a decade. Her recipes and articles have also appeared in Delicious Living, The Sound Consumer, and Veggie Life. An avid farmers' market shopper, Debra continues to develop recipes and blog about local foods at <http://foodconnections.blogspot.com>. She lives in Edmonds, Washington, with her husband, two basset hounds, and a barn cat adopted from Mair Farm-Taki, an organic farm near Yakima, Washington.

These recipes, unique yet easy to make, take full advantage of the bounty of the Northwest. Loved hearing the stories of farmers who grow our food and learning when different kinds of produce are in season. Essential information for anyone who wants to eat locally and organically.

Excellent descriptions of NW growers/farms and recipes for using their produce. I highly recommend this cookbook and have given it as gifts to relatives who pored over my copy and expressed interest in getting it for themselves.

Many wonderful recipes!

This was a Christmas gift for a vegan family member living in Oregon. She seemed delighted with it!

GREAT BOOK!!

A Blue Ribbon for Debra Daniels Zeller! In her new book, "The Northwest Vegetarian Cook Book", Debra helps us realize the importance of food connections. Her profiles of Northwest farmers bring us to the countryside where our fruits, grains, nuts and vegetables are grown. We learn about the challenges and rewards associated with operating a farm, dealing with weather, planting and harvesting. My favorite part of the Northwest Vegetarian Cook Book is the recipes. With wholesome ingredients, each recipe offers something special. Local ingredients take center stage. This cookbook gives me everything I need to cook delicious, nutritious vegetarian meals. Today I made Easy Spanish Quinoa (page 170). Easy is an understatement. This recipe comes together with no fuss and no muss. Tomatoes, corn, hazelnuts and garlic add robust flavor to the healthy nutrient-rich quinoa. I am looking forward to trying the other 199 recipes in this cookbook. Anyone

who enjoys cooking wholesome meals and using local ingredients will want this book in their kitchen.

I LOVE this cookbook. I am not a vegetarian, but I found it in my local bookstore in Edmonds, Washington (where the author also lives). Every recipe I've tried has been delicious, and I love that I really can get the ingredients at my local farmer's markets or PCC. I especially love the soups section- the hot apple soup and pumpkin, apple, ginger soups are my two favorite recipes ever. My husband and I have been eating well and saving money by going meatless a few times a week!

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