



Farmers' Markets of the Heartland (Heartland Foodways)

Janine MacLachlan

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In this splendidly illustrated book, food writer and self-described farm groupie Janine MacLachlan embarks on a tour of seasonal markets and farmstands throughout the Midwest, sampling local flavors from Michigan, Ohio, Indiana, Illinois, Missouri, Iowa, Minnesota, and Wisconsin. She conducts delicious research as she meets farmers, tastes their food, and explores how their businesses thrive in the face of an industrial food supply. She tells the stories of a pair of farmers growing specialty crops on a few acres of northern Michigan for just a few months out of the year, an Ohio cattle farm that has raised heritage beef since 1820, and a Minnesota farmer who tirelessly champions the Jimmy Nardello sweet Italian frying pepper. Along the way, she savors vibrant red carrots, slurpy peaches, vast quantities of specialty cheeses, and some of the tastiest pie to cross anyone's lips. Informed by debates about eating local, seasonal crops, organic farming, and biodiversity, *Farmers' Markets of the Heartland* tantalizes with special recipes from farm-friendly chefs and dozens of luscious color photographs that will inspire you to harvest the homegrown flavors in your own neighborhood.



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