



## Fresh from the Farm: A Year of Recipes and Stories

*Susie Middleton*

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## **Fresh from the Farm: A Year of Recipes and Stories Susie Middleton**

Written by the “Queen of Fresh” Susie Middleton, Fresh from the Farm goes beyond traditional “fresh” cookbooks by sharing the engaging story of one woman’s quest for a simpler life. Susie gave up her high-powered corporate job, bought a farm on a rural island, and started planting and growing vegetables and fruit in the hopes of finding a more satisfying life. And did she ever! This inspirational, memoir-type cookbook features 125 seasonal recipes that highlight Susie’s homegrown produce. Although the recipes aren’t all vegetarian, they are healthful, simple, and, of course, delicious. Fresh from the Farm chronicles how growing and harvesting fruits and vegetables, and honoring them in the kitchen each day, continue to shape Susie’s life.

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