



# **The Vermont Farm Table Cookbook: 150 Home Grown Recipes from the Green Mountain State (The Farm Table Cookbook)**

*Tracey Medeiros*

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For farm-to-table cooking and dining like you've never seen it, Vermont is the place.

Small, independent farms are the lifeblood of Vermont's agriculture, from the sweetcorn grower to the dairy goat farmer to the cheesemaker whose locally sourced goat milk chevre becomes the heart of a new dish by a chef in Montpelier. While this farm-to-table cycle may be a phenomenon just hitting its stride in the United States, it has long been away of life in Vermont, part of the ethos that Vermonters use to define themselves. As such, Vermont exemplifies a standard of small-scale, community-minded, unadulterated agriculture that has become a national model.

When Tracey Medeiros wrote *Dishing Up Vermont* in 2008, she wanted to showcase the chefs and restaurateurs who were dazzling taste buds with their fresh, whole-food creations. With *The Vermont Farm Table Cookbook*, Medeiros has traversed the Green Mountain State once again, in search of not only those celebrated chefs but the hard-working farmers who provide them with their fresh and wholesome ingredients as well. Collecting their stories and some 125 of their delicious, rustic-yet-refined, Vermont inspired recipes, Medeiros presents an irresistible gastronomic portrait of this singular state.

Classics like Vermont Cheddar Soup and exciting innovations like Ramp Dumplings or Raisin Hell Pie will send you racing to your local farmers' market in search of the ingredients. And with dishes that shout "only in Vermont," like Wood-Fired Blueberry Pizza or Beer-Battered Fiddleheads, no matter where you are you'll want to transform your tried-and-true menus into fresh and flavorful Vermont farm table suppers.

Tracey Medeiros is a food writer, food stylist, and recipe developer and tester. She writes "The Farmhouse Kitchen: A Guide To Eating Local" column for *Edible Green Mountains Magazine*. Medeiros is also the author of *The Connecticut Farm Table Cookbook* (The Countryman Press, May 2015) *The Vermont Farm Table Cookbook* (The Countryman Press, May 2013) and *Dishing Up Vermont* (Storey Publishing, April 2008) honored as 2010 National Indie Excellence Awards Finalist and 2009 Best Books Award Finalist (USA Book News). She travels regionally as a guest cooking instructor sharing her commitment to the sustainable food movement while providing skillful cooking demonstrations.

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