



# Farmers' Market Cookbook: Fast and Fresh Recipe Collection

*Rose Montgomery*

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## **Farmers' Market Cookbook: Fast and Fresh Recipe Collection** Rose Montgomery

The setting of an Amish Farmers' Market fills the format of this cookbook with charming images of their peaceful community. The 25 recipes included in the book make for Modern - Fresh and Healthy Meals with a kick of Old-Fashioned Comfort Food ! "Forks over Knives", a bestselling book that reveals the secrets to a healthy diet, inspired many of the vegetarian and vegan culinary choices found in this list of the top 25 net searches for recipes. - The 80/20 principle of healthy eating which allows for an occasional indulgence caused us to include some old time comfort food dishes. The author's love of the St. Jacobs Farmers' Market located in Ontario, Canada with vendors from the local community of Amish and Mennonite caused her to include faith promoting quotes from scripture and classic poetry inspired by the Amish and Mennonite community's cookbooks.

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