

Throughout the year, Yvona Fast inspires readers of her weekly column in the *Adirondack Daily Enterprise* to make the most of foods available with the changing seasons. In her latest book, *Garden Gourmet*, a full range of recipes is served up to transform the bounty of the North Country—from home and community gardens, CSA's, and farmers' markets—into epicurean delights.

Anne Sterling,
Professor, Food Writing, Hospitality
and Culinary Arts, Paul Smiths College
Managing Chef, Left Bank Café, Saranac Lake, New York

Eating in season has been in my blood since the days of playing and working in my grandparents' garden as a kid. Food can evoke many memories from years past in a single bite, and Yvona has captured great ones for me in dishes that would make Grandma proud. These timeless recipes will never go out of fashion. *Garden Gourmet* includes many that are relevant today and will continue to provide your family with delicious memories for generations.

John Vargo, chef/owner of
The Eat 'n Meet Grill and larder, Saranac Lake, New York



Yvona Fast is an author, food columnist, and journalist. Her weekly food column, *North Country Kitchen*, offers a medley of nutritional information, historical facts, and seasonal recipes that help the reader prepare wholesome family meals and achieve a healthy lifestyle. It has run in the *Adirondack Daily Enterprise* and *Lake Placid News* since 2005.

Her food articles have been published in magazines like *Adirondack Life*, *E-The Environmental Magazine*, and *Farming*, as well as in newspapers from Massachusetts to California and New Zealand.

Yvona is also the author of *Employment for Individuals with Asperger Syndrome or Nonverbal Learning Disability*, a career guide for individuals with these disorders (2004). She co-authored *My Nine Lives* (2011). Her poems have appeared in *Perspectives* and *Farming*.

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