



Fresh from the Farm: A Year of Recipes and Stories

Susie Middleton

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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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