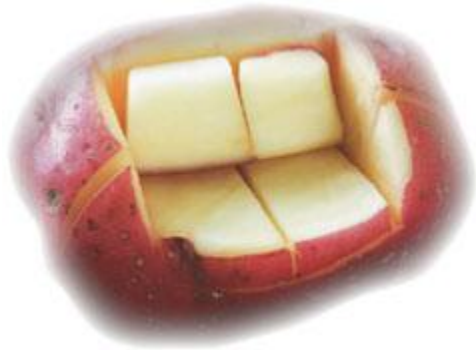


Edible South Shore – Winter 2012 Edition

couch Potato

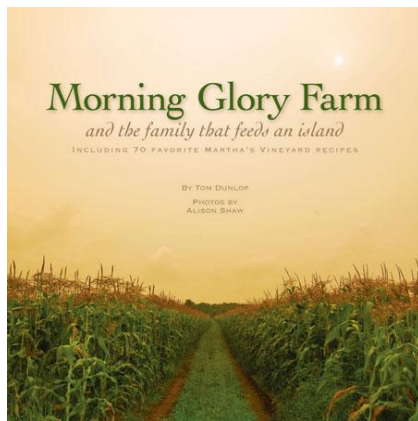
Great Gift Books for Foodies and Locavores



by the Staff at [Westwinds Bookshop](#), Duxbury MA

MORNING GLORY FARM

AND THE FAMILY THAT FEEDS AN ISLAND



by Tom Dunlop, Photos *by* Alison Shaw

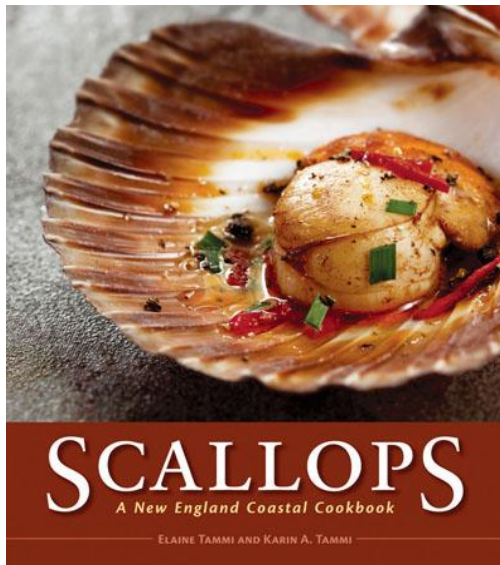
“Eat hardy, cook well, and enjoy this true Island tale.” So begins Tom Dunlop’s award-winning account of life on Morning Glory Farm. Dunlap teamed up with Vineyard photographer Alison Shaw to create this visually spectacular living history of the famous farm, including 70 favorite Martha’s Vineyard recipes.

“Everyone who comes to Martha’s Vineyard eventually ends up on Morning Glory Farm,” writes Dunlop, which is probably true considering that Morning Glory is the largest farm operation on the island.

The story of Morning Glory Farm is a romantic story of a young husband and wife who started farming in 1979, and their love for the land. You’ll also meet their two sons and the large loyal crew who work alongside them, making this a true traditional family farm.

The recipes are arranged seasonally, highlighting farm stand favorites from Baked Stuffed Winter Squash with Wheat Berries to springtime Blueberry Buckle.

SCALLOPS: A NEW ENGLAND COASTAL COOKBOOK



by Elaine Tammi & Karin A. Tammi

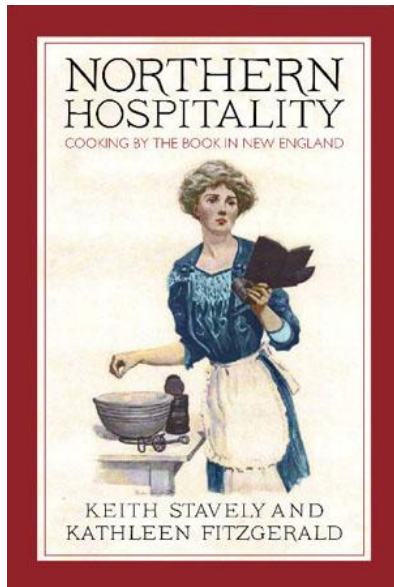
Finally, here’s a definitive book on these jewels of the ocean. And who better to write it than the “scallop queen,” Karin Tammi, faculty member at Rhode Island’s Roger Williams University and manager of RWU’s Luther H. Blount Shellfish Hatchery.

Karin and her mother, Elaine, have collaborated on this beautiful cookbook that pays homage to the scallop by interweaving the history and culture that surrounds the New England scallop fishery with recipes that showcase scallops’ versatility.

Interviews with New England and Nantucket Bay scallop fishermen and marine biologists tell the scallop story from ocean to plate. There are tips for buying, cooking, and shucking scallops as well as stunning photography. Readers will appreciate the Tammi team’s care and research—they even include some scallop poetry to praise these bivalves.

Classic recipes are offered, like Baked Scallops and Shrimp, as well as a sampling of some top local chefs' favorite scallop dishes, such as Chris Schlesinger's Grilled Scallops with Rocotillo Mango Relish. And for simpler fare, there is a scallop burger from Robert D'Arch, first mate, F/V *Ocean Gem*, Fairhaven, Massachusetts.

NORTHERN HOSPITALITY: COOKING BY THE BOOK IN NEW ENGLAND

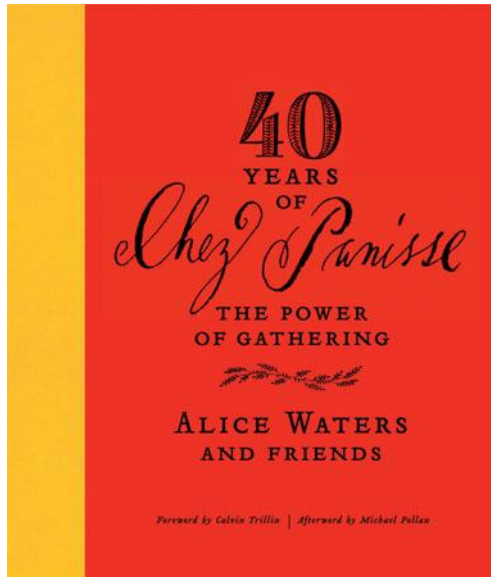


by Keith Stavely & Kathleen Fitzgerald

For history buffs! Think traditional New England fare means only baked beans and clam chowder? Keith Stavely and Kathleen Fitzgerald say otherwise in their carefully researched anthology of historic New England recipes. With recipes dating back as far as the 1600s (John Winthrop Jr.'s notable Hominy Receipt), this book offers a history lesson on New England through the food that was prepared and served. The book pays tribute to our area's best-known cookbook authors and their historical and cultural significance. Who knew there were so many political and social implications in early cookbooks? The authors highlight how cooking changed as the society evolved.

You might also be surprised to see an 1846 New England recipe for Curry Powder and another for Gumbo ("A Favorite Southern Dish"). And, while you might never have to "Boyle Duck after The French Fashion," as the *Compleat Cook* advised in 1646, you will be transported back in time as you read the recipe. Then, of course, there are the beans, and the chowders, and the puddings... each simmering in the history and tradition of home-style New England cooking.

40 YEARS OF CHEZ PANISSE: THE POWER OF GATHERING



by Alice Waters & Friends

For the locavore on your list who has everything—the book that celebrates the 40-year history of pioneer locavore Alice Waters and her famous Berkeley restaurant Chez Panisse.

Surrounded by the idealism, passions, and upheaval of the 1970s at the University of California in Berkeley, Waters was “first to the table” with her ideas of sustainability, supporting local farmers and fisheries, and the power of food to change ideas.

This is a book not just for reading, but also for savoring. Its coffee-table size is a showcase for the sumptuous photography. Arranged by decade, the history and the passion behind Chez Panisse are highlighted by menus, invitations, and photos of Waters and her cast of fellow visionaries.

Waters’ own narrative is interwoven with memoirs from famous friends, including Calvin Trillin and writer composer Charles Shere, who remembers when Waters brought mesclun seed from France in order to have her own garden lettuce. “At the time I didn’t actually know what she meant by garden lettuce,” he writes, pointing out Waters’ forward-thinking vision—something we can all be grateful for 40 years later.