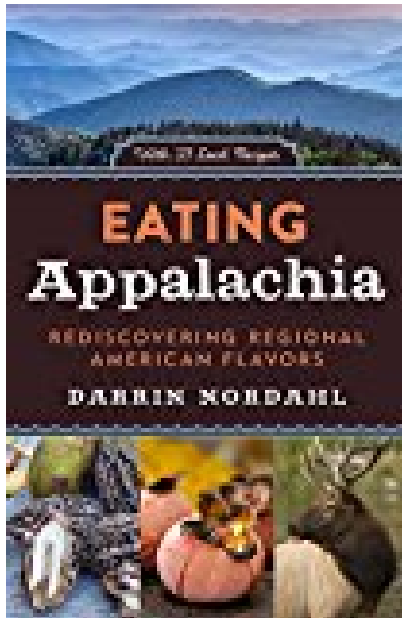


Eating Appalachia Rediscovering Regional American Flavors



BOOK DETAILS

- Author : Darrin Nordahl
- Pages : 224 Pages
- Publisher : Chicago Review Press
- Language : English
- ISBN : 1613730225

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BOOK SYNOPSIS

Dozens of indigenous fruits, vegetables, nuts, and game animals are waiting to be rediscovered by American epicures, and Appalachia stocks the largest pantry with these delectable flavors. *Eating Appalachia* looks at the uniquely flavorful foods that are native to the region—including pawpaws, American persimmons, ramps, hickory nuts, and elk, among others—with 23 mouthwatering recipes and 45 color photographs. The book also profiles the food festivals including the Pawpaw Festival in Albany, Ohio; the Feast of the Ramson in Richwood, West Virginia; and Elk Night at Jenny Wiley State Park in Prestonsburg, Kentucky. There are recipes for every ingredient: Pawpaw Panna Cotta, Chianti Braised Elk Stew, Pan-Fried Squirrel with Squirrel Gravy, Persimmon-Hickory Nut Bread, and Wild Ginger Poached Pears. Nordahl also discusses some of the larger agribusiness, governmental agency, and ecological issues that prevent these wild, and arguably tastier, foods from reaching our table. Darrin Nordahl is the author of *Public Produce: Cultivating Our Parks, Plazas, and Streets for Healthier Cities*. He blogs daily about food at 365wholefoods.com and has written for CNN, the Huffington Post, and Grist.org. He lives in Oakland, California.

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