EATING PURE IN A PROCESSED FOODS WORLD®
With much love, we dedicate this book to our children and grandchildren. May you and future generations be blessed with an abundant life—one that is healthy spiritually, emotionally and physically.

Joyce and Colleen
What began as a simple tool to use when mentoring young moms in the kitchen has morphed into something way beyond our imagination. A wonderful team surrounded us, using their talents and input to create this resource.

We would like to thank our husbands, Ross and Scott, for their never-ending patience, encouragement and funding during this project. Thanks for being our honorary taste testers; we love you.

Our families have also been incredibly supportive, giving input and feedback from their generation. Thanks for graciously testing new recipes at every family gathering. Phrases like, “Grandma, you make the best food ever!” have made us smile numerous times.

This book would not have been written if not for our pilot test group of young moms whom we mentored from April – November on growing, preserving and preparing fresh produce. Thank you for your enthusiasm and input.

Thank you to Nick and Joan Olson from Prairie Drifter Farm who edited the growing pages and provided us with delicious organic vegetables.

A picture’s worth a thousand words and we would like to thank Bill Zobel, Greg Thoen and Sarah Pollio for communicating through your beautiful photos.

Thank you to the many other people who tested our recipes by preparing them for your families. We appreciate your comments. Your requests for recipes were wonderful confirmation.

We would also like to thank Candace Boerema for making time in her schedule to proofread.

Last, but not least, Beth Aquilino, we cannot thank you enough. We went around the mountain more times than we can count and you patiently waited while we processed through everything. You are one of the most creative people we know and we feel blessed to be able to work with you.

Soli Deo Gloria!
Joyce is a true farm girl at heart. She enjoys growing her own food and creating recipes around the fruits and vegetables harvested from her organic garden. Joyce’s passion is to teach people how to grow, preserve and prepare healthy food for family and friends, along with sharing insight on healthy living. Her favorite times are spent with her husband, Ross, and their family, which includes 12 grandchildren.

Colleen grew up on a farm, learning the basics of gardening, cooking, canning and freezing from her mother. She came to realize the value of that teaching over the years as her family encountered health challenges. Colleen is passionate to share with others and to help promote healthy lifestyle choices through nutritious eating. She is married to Scott, an organic crop farmer. They have three married children and six grandchildren.
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For both of us, our story begins by growing up on a small farm in the Midwest. Our memories include swinging in tree swings, making forts and playhouses in the woods, chasing cows and pigs with our dogs, searching for newborn kitties in the haymow and working together as a family. Having watched our parents care for the land and enjoy the simple things in life, we both followed suit, married farmers and raised our children in small town USA.

Fast forward several years when our paths crossed as we were employed at the same workplace. We began sharing notes and stories about our lives and discovered we were on a similar journey, a journey that included some family health concerns—food sensitivities, allergies, irritable bowel syndrome, diverticulitis, fatigue, headaches, chronic sinusitis, etc. We had visited many specialists and tried numerous approaches to eliminate these health concerns, but still did not have optimal health.
We both attended health conferences and started reading several books and articles related to the increasing numbers of people dealing with health issues such as allergies, obesity, diabetes and dementia. After learning more about the rise of these illnesses, we knew the sooner we addressed our health concerns, the better chance we had for optimal health. We wanted this not only for ourselves, but for our children and grandchildren who were just beginning to experience some of these challenges. We quickly realized we needed to begin shifting some of our dollars to purchase good, wholesome food and to try to cook like our grandmas. This meant reading labels and eating real whole foods that didn’t contain artificial additives and chemical preservatives.

With this new awareness, we discovered there were other things we had to do to make this lifestyle change. We became more diligent in our menu planning; we began purchasing food in bulk for cost effectiveness; we planted gardens and spent time preserving food for the winter months when fruits and vegetables were not as accessible. Thus began our journey of eating pure in a processed foods world.

As time went on, we slowly (realizing this was a marathon, not a sprint) began to notice changes, not only in us, but in family members as well. Fewer headaches, less joint pain, increased energy, better complexion, improved digestion, no more dry, itchy skin—all of these improvements were enough to keep us on this journey. We were excited! Now the question was, how could we share this with others?

Meanwhile, we experienced a “nudging.” We were doing a study on Nehemiah, a leader who set out to help others restore what was broken. As we studied, we talked about our concern for the health of the next generation. We both realized our passion was to share with others what we were learning about healthy living along with teaching them how to cook the way our mothers and grandmothers taught us. We wanted to encourage people to get back to eating real whole food before they experienced a health crisis (a broken situation).

We were now on a mission. We started teaching a class, “Back to the Basics,” to a group of young moms every other week, from April to November. We shared with them how to make healthy meals and snacks using real foods, showed them how to grow herbs in pots, taught them how to cut up a whole chicken, shared with them how to preserve different fruits and vegetables; and, we encouraged them to take steps to grow in their faith. During those months, we all learned from each other and formed lasting friendships. But something was still missing.

How could we get the “Back to the Basics” information out to more than just this group of young moms? After many surveys, prayer and much encouragement, we found ourselves becoming the founders of Farm Girl Fresh, LLC. Our company is focused on helping people realize the importance of eating nutrient rich food for better health. Which led us to writing this 3-in-1, garden-to-table resource guide.

We don’t believe in coincidences. We believe people and resources were placed in our lives through this entire project. And it is our passion to share with you and upcoming generations how to live an abundant life; growing together in truth through faith, family, food, and friendships.

Colleen & Joyce
You are about to embark on a gratifying adventure as you begin your gardening experience. From the fragrant earthy aromas of early spring soil, the delectable flavors of summer produce, to the dazzling colors of pumpkins and apples in late fall, there’s nothing like cooking with fresh fruits and vegetables picked from your very own garden.

Let’s begin with your garden options. Did you know you can grow plants indoors by placing pots in a sunny location? Or, grow them in containers on your balcony, rooftop, front porch, back deck or even tucked into your landscaping? Consider starting with a small garden plot, a raised bed for space and convenience, or renting a plot at your local community garden.

In our “How Does Your Garden Grow” sections, we have set out to help you discover how easy it is to grow your own food. It includes information on how to plant your seeds or transplants, the desired temperature for each plant, how much water your plant will need, if your plant needs extra fertilizer, when to harvest your crop, and lastly, how to store the fruits and vegetables you have grown.

Try planting a tomato in a pot; or containers of lettuce, kale or herbs to add to your favorite dish. As you develop your gardening skills, you may experience a learning curve; however, don’t give up! The accomplishment of growing your own succulent fruits and vegetables is a joy like no other. We hope the overwhelming satisfaction of eating that first ripe tomato bursting with vitamins and minerals will eventually lead you to preserving your bountiful harvest.

Visiting your local Farmers Market is a great place to purchase fresh, locally-grown fruits and vegetables. This market is a group of farmers who purchase a space or booth to sell their goods to the community. When shopping for your fresh produce, remember to ask the farmer if it is free of harmful sprays, fertilizers or chemicals. As you leave, thank the farmer for producing your clean, pure food.

Community Supported Agriculture (CSA) is another popular way to buy fresh seasonal food directly from a local farmer. To participate in a CSA, you purchase a “share.” This share consists of several boxes of fresh produce for you to enjoy throughout the growing season. By participating in a local CSA, you also reap the benefit of building a relationship with the farmer that is growing your food. These farmers work hard and are proud of their gardening practices that pursue sustainability by preserving and protecting our resources.
Different apple varieties produce different flavors.

Some apples have been genetically modified by removing an enzyme that turns an apple brown when exposed to oxygen.

Apples may contain pesticide residue, so it’s best to buy organic. Check the Environmental Working Group website to see how they rank on the “Dirty Dozen” list.

Apples contain no fat, sodium or cholesterol and are high in fiber.

Most of the vitamin C content of an apple is found just underneath the skin.

Apples are a natural mouth freshener.

**DIG INTO THIS!**

- Look for disease-resistant root stock when purchasing trees.
- Spring planting is recommended.
- An apple tree takes 3 to 7 years to produce fruit, depending on the variety and root stock.
- Choose a site with 6 or more hours of direct sun daily.
- To reliably set fruit, cross-pollination is required. Plant at least 2 varieties of apple trees with similar bloom time within 100 feet of each other.
- Plant tree with the graft union at least 2 inches above ground level.

**HOW DOES YOUR GARDEN GROW...?**

- You can prune an apple tree at any time, but it is best to prune mature trees annually in the late dormant season (late winter just before spring growth starts).
- Discard any apples that have fallen off the tree (drops) to help with insect control.
- Pick apples early to late fall, depending on the maturity time of your apple variety.
- Store apples at temperatures between 32° F and 40° F.
- Enjoy researching and selecting your favorite apple variety at your local garden center.

To ensure healthy fruit, it’s important to pick up and discard all infected apples. You may purchase organic sprays and sticky traps at your local nursery to help control apple maggots and codling moths, or try this homemade recipe.

**MOLASSES INSECT CONTROL RECIPE**

1/2 cup molasses
2 cups apple cider vinegar
4 cups water
2 one gallon milk jugs

Cut a 2 inch hole, opposite of handle, in each jug. Mix ingredients together and pour half of mixture into each jug. Hang 2 jugs per large tree on bottom limbs. Check weekly, discard and refill as needed.
**FREEZING APPLES**

1. Wash apples in cold water; drain.
2. Remove any bruises. Core, peel and slice.
3. To prevent browning while working, place sliced apples in a large bowl of water with 1 teaspoon of lemon juice.
4. Place drained, sliced apples (measure out by cups needed in favorite recipes) in freezing bags.
5. Seal, label and freeze.

**DEHYDRATING APPLES**

1. Select apples (any sweet and flavorful variety).
2. Wash apples in cold water (any quantity you desire to dehydrate).
3. Peel if not using organic apples. Remove all bruises. Core and slice.
4. Place slices on rack. Sprinkle cinnamon on apple slices (optional).
5. Dehydrate according to manufacturer’s instructions.
6. Apples can also be dried in oven set at 150º F. Arrange apples on cooling racks placed on baking sheets and dry 10 to 20 hours. Apples will be leathery when dried.
7. Let apples cool to room temperature. Place in storage bags or containers. Store in cool, dry, dark place. *(Refer to dehydrating, page 25)*

Always wash your fruits and vegetables before eating!

**FRUIT AND VEGETABLE WASH**

1 tablespoon lemon juice
1 tablespoon baking soda
1 cup water

Put in a spray bottle and spray produce. Let sit on produce 2 to 5 minutes and rinse off.

5 pounds fresh apples yields approximately 2 cups of dried apples.
**APPLE LEMONADE**
3 apples, washed and quartered
1/2 lemon, washed
Juice all ingredients in a juicer.
*Makes 1 serving*

**APPLE SMOOTHIE**
3/4 cup milk or coconut milk
1-1/2 cups spinach, kale or lettuce
1 apple, peeled, cored and chopped
1 ripe banana, sliced
3/4 teaspoon ground cinnamon
Place all ingredients in a blender in order listed and blend to desired consistency.
*Makes 1 serving*

**APPLE SALSA**
1 Granny Smith apple, washed, cored and diced
1 red apple, washed, cored and finely chopped
1 teaspoon lemon juice
1/2 cup dried cranberries
1/4 cup honey
1-1/4 teaspoons ground cinnamon
In a small bowl, mix all ingredients together and enjoy with cinnamon chips.
*Makes 6 servings*

**CINNAMON CHIPS**
6 brown rice tortillas
1/4 cup water
2 tablespoons honey
1 tablespoon ground cinnamon
Preheat oven to 350° F. Heat water, honey and cinnamon in a small pan over medium heat. Place tortillas on baking sheets and brush with glaze. Cut into squares with a pizza cutter. Bake 7 to 8 minutes until crispy.
*Makes 6 servings*

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**HELPFUL HINTS**
A pound of apples is approximately 3 medium apples or 2 cups sliced.

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There are many varieties of delicious eating apples. Two of our favorites are Honeycrisp and Zestar. For a fun snack, core and slice apples and spread with peanut butter or almond butter. Or, place a slice of cheese between two apple slices to enjoy a delicious “apple sandwich.”

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**APPLESAUCE**

6 pounds apples
2 teaspoons cinnamon
Water

1. Wash apples in cold water. Drain. Core, peel and slice.
2. Place apples in a large pot. Add 1/2 inch to 1 inch of water to bottom of pot to prevent sticking. Cover and cook on medium heat, stirring often until apples become soft (or puree them using an immersion blender).
3. Stir in cinnamon.
4. Ladle hot applesauce into jars. Process pints 20 minutes in a boiling water canner. *(Refer to canning, page 24)*

*Makes 7 pints*

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**APPLE BUTTER**

6 pounds apples
2 cups raw apple cider
1/2 to 1 cup honey *(depending on apple tartness)*
2-1/2 teaspoons ground cinnamon
1 teaspoon ground ginger
1/2 teaspoon ground cloves
1/2 teaspoon ground nutmeg

1. Wash, core and cut apples (leaving the skin on if organic).
2. Combine apples and cider in a large pot and bring to a boil. Reduce to a simmer. Cook about 20 minutes until apples are soft. Puree with an immersion blender, food processor or regular blender. Transfer to a slow cooker. Stir in honey and spices.
3. Cook on low setting, stirring occasionally, for 8 hours. Leave lid slightly open to let steam escape and allow the apple butter to thicken.
4. Ladle into jars and keep in refrigerator, or process in hot water bath 15 minutes. *(Refer to canning, page 24)*

*Makes 6 to 7 half-pints*
APPLE SPINACH SALAD
8 cups spinach, washed and drained
8 dates, diced
1 apple, chopped
2/3 cup chopped walnuts
DRESSING:
1/2 cup honey
1/4 cup Dijon mustard
3 tablespoons olive oil
Place salad ingredients in a large bowl. In a small bowl, blend together dressing ingredients. Pour over salad and toss to coat evenly.
Makes 8 servings

BAKED APPLES
6 large apples
1 tablespoon pumpkin pie spice (page 189)
3 tablespoons honey
1/4 cup plus 2 tablespoons butter or coconut oil
1/2 cup chopped walnuts, optional
1/3 cup water
Preheat oven to 350° F. Wash and core apples. Peel about 1 inch of skin off the top, cut the bottoms flat and arrange in a 9 x 13 glass baking dish. In a small bowl, combine spice, honey, butter and nuts. Fill each apple with a tablespoon of mixture. Pour water in baking dish and bake uncovered 40 to 50 minutes, basting 2 to 3 times.

VARIATION:
Cut apples in bite size chunks. Place in a large bowl with remaining ingredients (omitting water). Stir. Place in a covered 9 x 9 glass baking dish and bake 30 minutes.
Makes 6 servings

GLUTEN-FREE APPLE CRISP
4 cups sliced apples, fresh or frozen
1 tablespoon lemon juice
2 tablespoons butter, melted
1/3 cup honey
1 teaspoon ground cinnamon
CRUMBLE TOPPING:
1/2 teaspoon ground cinnamon
1/2 cup chopped walnuts
1 cup almond flour
2 tablespoons coconut flour
2 tablespoons honey
1 teaspoon vanilla
2 tablespoons butter
Preheat oven to 350° F. Place apples in a medium bowl. Add lemon juice, butter, honey and cinnamon. Stir. Pour into a 9 x 9 buttered glass baking dish. Mix topping together with a fork or pastry blender until it crumbles. Sprinkle topping evenly over filling.

Bake 30 to 45 minutes or until apples are soft. Eat warm or cold. Top with ice cream, whipped cream or yogurt if desired.
Makes 9 servings

GRANDMA’S APPLE CRISP
4 cups sliced apples, washed, peeled and cored
2/3 cup raw cane sugar, coconut sugar or date sugar
1/2 cup unbleached flour
1/2 cup rolled oats
3/4 teaspoon ground cinnamon
3/4 teaspoon ground nutmeg
1/3 cup butter, room temperature
Preheat oven to 350° F. Place apples in a buttered 9 x 9 glass pan. Stir remaining ingredients together in a medium bowl and sprinkle over apples. Bake uncovered 30 to 45 minutes until golden brown and bubbly. Delicious served warm with ice cream or whipped cream.
Makes 9 servings

Accurate measuring is important. Level off your measuring spoons and cups—too much, or too little, will change the outcome of the recipe.
OATMEAL SPICE CAKE WITH CARAMEL COCONUT FROSTING
EATING PURE
I was recently sitting around the table enjoying an evening meal with family, when my eight-year-old granddaughter asked, “Grandma, why do you buy organic food?” She continued to share with me how I could save money if I purchased cheaper food. And, yes, to her credit, it only seems logical when only comparing price. However, there are other facts to consider, such as the pesticide residue found on many fruits and vegetables. I personally like to follow the “Clean 15” and the “Dirty Dozen” lists put out by the Environmental Working Group. When out shopping, these lists can assist you in your produce selections and help you determine whether you should buy organically grown produce. Take a look at their website and read up on pesticide residue. If cost is still a concern, buying local is a great way to save money and still get clean, fresh food that supports your local farmers.

CARAMEL SAUCE
1/4 cup butter
2/3 cup maple syrup
1 cup heavy cream
1 teaspoon vanilla

In a medium saucepan, melt butter with maple syrup over medium-high heat. Bring to a low boil and cook 3 minutes. While stirring, slowly pour in cream.

Continue cooking and stirring at a low boil 15 to 20 minutes until thick. Stir in vanilla. Serve warm with apples or over ice cream. Pure deliciousness!

Makes 2 cups

Cooking time may vary on all our recipes based on the type of stove used – gas, glass top, electric coil, etc.

HELPFUL HINTS
A bushel of apples weighs about 42 pounds and will yield 20 to 24 quarts of applesauce.

OATMEAL SPICE CAKE
1/2 cup rolled oats
3/4 cup boiling water
3 eggs
3 tablespoons coconut oil
3/4 cup maple syrup
1-1/2 cups applesauce (page 32)
1/2 teaspoon salt
1 teaspoon baking soda
1 tablespoon vanilla
2 teaspoons ground cinnamon
1/3 cup plus 1 tablespoon coconut flour
1-1/2 cups rolled oats

Preheat oven to 350° F. Pour boiling water over 1/2 cup oats and let sit. In a large bowl, beat next 8 ingredients together with a mixer. Stir in coconut flour and dry oats. Lastly, fold in soaked oats.

Butter a 9 x 13 glass pan and sprinkle lightly with additional coconut flour. Pour batter into pan and bake 30 to 35 minutes until toothpick inserted comes out clean. Cool and frost with a double recipe of Caramel Coconut Frosting (page 91).

Makes 24 servings

CARAMEL SAUCE
1/4 cup butter
2/3 cup maple syrup
1 cup heavy cream
1 teaspoon vanilla

In a medium saucepan, melt butter with maple syrup over medium-high heat. Bring to a low boil and cook 3 minutes. While stirring, slowly pour in cream.

Continue cooking and stirring at a low boil 15 to 20 minutes until thick. Stir in vanilla. Serve warm with apples or over ice cream. Pure deliciousness!

Makes 2 cups

Cooking time may vary on all our recipes based on the type of stove used – gas, glass top, electric coil, etc.

HELPFUL HINTS
A bushel of apples weighs about 42 pounds and will yield 20 to 24 quarts of applesauce.
TRADITIONAL PIE CRUST

3 cups unbleached flour
2 teaspoons salt
1 cup lard
1/2 cup plus 2 tablespoons cold water

Place all ingredients in a food processor. Process until it’s in a ball (or can be mixed with a pastry blender or fork). Divide into 4 evenly sized balls of dough.

Using your hands, slightly flatten each ball to about 1/2 inch thick. Place on well-floured surface. Sprinkle some flour over top of dough. Starting at the center, roll dough, working your way out until it’s about 1/2 inch larger in diameter than your pie pan.

Gently fold in half and transfer to a pie pan. Unfold and carefully press dough against bottom and sides.

For a single crust pie, trim off excess dough along edge of pan with a knife. Finish edge. Prick bottom and sides with a fork. Bake 10 minutes at 425º F.

For a double crust pie, pour prepared pie filling into bottom crust. Roll out another ball of dough. After folding in half, make a few 1/2 inch slits at an angle in the center of the folded edge. Rub a little water on the top edge of the bottom crust.

Place top crust on filling and unfold to cover entire pie. Press the top crust firmly onto the bottom crust. Trim off excess dough along edge of pan with a knife. Finish edge.

Bake according to pie filling directions.

Makes 4 singles or 2 double-crusted 9 inch pie crusts.
**TRADITIONAL WHIPPED CREAM**

1 cup heavy cream  
2 tablespoons honey  
2 teaspoons vanilla  

In a medium bowl, whip cream with a mixer until soft peaks form, add honey and vanilla.  

Makes 2 cups

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**APPLE PIE**  
Pastry for double crust pie  
6 cups thinly sliced tart apples, washed, peeled and cored  
2 tablespoons unflavored gelatin  
1/2 cup honey  
1/2 teaspoon ground nutmeg  
1 teaspoon ground cinnamon  
1/8 teaspoon salt  
2 tablespoons butter  

Preheat oven to 400º F. Place pastry in a 9 inch pie plate. Stir together all ingredients and place in crust. Bake 15 minutes. Remove from oven. Carefully wrap edge of pie with foil. Reduce oven temperature to 350º F. Continue baking 50 to 60 minutes until crust is brown and juice is bubbling out. Place a rimmed baking sheet on the rack below the pie to prevent the need to clean the oven after baking.  

Makes 6 to 8 servings

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**DAIRY-FREE WHIPPED CREAM**

1 can of organic coconut milk  
1 tablespoon maple syrup  
1 teaspoon vanilla  

Chill coconut milk overnight. Remove from refrigerator and turn can upside down so when you open it, the thick cream is on top. Scoop out the thick cream and place in a mixing bowl. Reserve remaining liquid for future recipes. With a mixer, whip the thick coconut cream until fluffy. Stir in remaining ingredients. Serve immediately.  

Makes 1-1/2 cups

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**ICE CREAM**

3 cups heavy cream  
3 cups whole milk  
2/3 cup maple syrup or honey  
1/4 teaspoon salt  
1 tablespoon vanilla  

In a large pan, heat cream and milk to 180º F (scalding). Remove from heat and add remaining ingredients. Chill in refrigerator overnight.  

Put in an ice cream freezer. Process according to manufacturer’s instructions.  

Makes 2 quarts

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We use unflavored gelatin in several recipes as a gluten-free thickening agent, but did you know that gelatin is very nutritious for you? Unflavored gelatin is collagen protein and amino acids that are essential in helping heal damaged cell walls. Healthy digestion, hair and nails, reduced inflammation and joint pain, strong bones and better immune function are some of the benefits of including gelatin in your diet. It’s important to know your source of gelatin.
“Delicious, simple and affordable meals that provide optimal nutrition for health and wellness for all ages. My family loves the recipes and I feel good about serving it to them! A great resource for growing and preserving your own food!”
—Natalia Becker, MPAS, PAC

“A beautiful book! Our customers love it and it is a valuable tool with my clients who want to learn to eat and live healthy using a farm-to-table lifestyle.”
—Connie Karstens, MS  
Herbalist and Holistic Nutrition Educator

“A must have resource for planning my garden and preparing food for my family. In a world that has gone mostly web based for guidance, it’s nice to have a quality reference that is informative and fun to read. I consider this book an heirloom treasure to hand down to my daughters.”
—Kimberly Potter, BSN, LDHS, CCT, MH

“This book is a magnificent tool for learning how to grow and prepare whole foods, leading you toward a permanent, healthier lifestyle. I personally gained more than I could have imagined since making this cookbook a part of my daily life: from diseased and debilitated to fully healing and living a vibrant life that I had once lost hope for!”
—Karyn Finneseth, CRNA

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