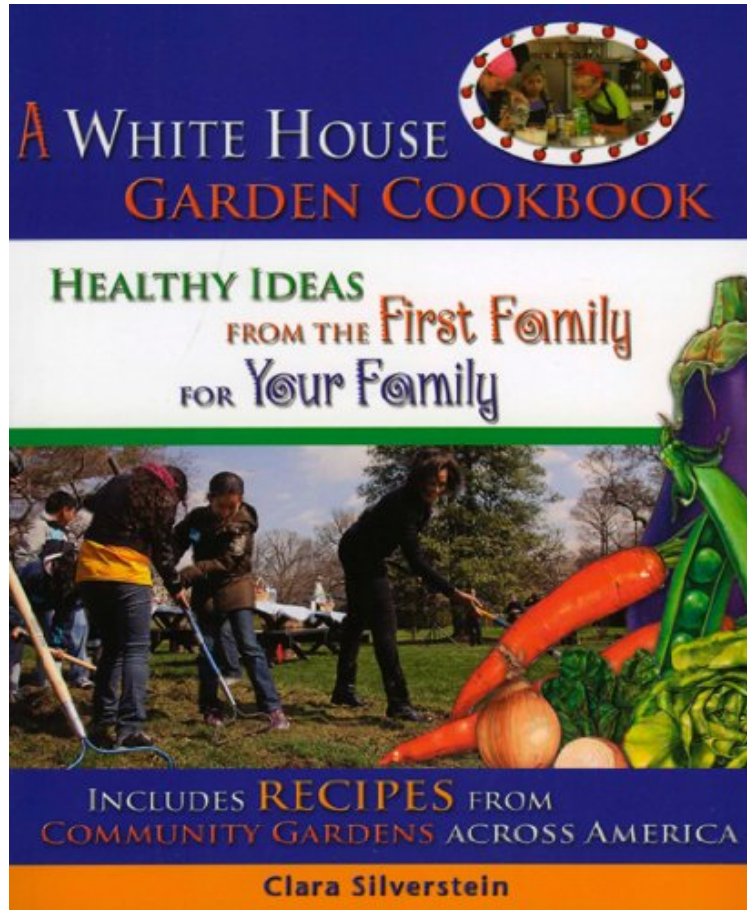


(Free and download) A White House Garden Cookbook

A White House Garden Cookbook

Clara Silverstein

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Clara Silverstein : A White House Garden Cookbook before purchasing it in order to gage whether or not it would be worth my time, and all praised A White House Garden Cookbook:

1 of 1 people found the following review helpful. Good RecipesBy BGI love the book for the recipes. The recipes are simple, wholesome fare. When you have a family to take care of, there isn't always a lot of time to cook. If you want complicated five start restaurant recipes I would suggest looking elsewhere. If you want healthy, tasty meals this book is worth a try!4 of 4 people found the following review helpful. Nicely put together.By Paula J RobertsA good basic recipe book using items from the garden with some recipes that will be very familiar and some that were new to me. I enjoyed the references to First Lady Obama and her interactions with others regarding good food choices.0 of 0 people found the following review helpful. Four StarsBy Mary McGovernNice color photos.

When Michelle Obama decided to turn a chunk of White House lawn into a vegetable patch, she was cheered by parents who want their kids to eat better and elders who recall victory gardens. This book chronicles the first year of the remarkable garden with its many dozens of vegetables and herbs, including descendants of seeds planted by

Thomas Jefferson; its berries and the honey from the hives of First Family bees. Mrs. Obama enlisted for her grand, green endeavor both staff and nearby school kids who learned much about there being a time to prepare the soil before you plant, times to harvest, and to cook and eat. You might think: Don't try this at home unless you can command an army of helpers. But wait-you (and your kids) can join a co-op garden or plant a few of your favorite things in window boxes. Or, you can shop for the seasonally-fresh and eat well.. Just follow the truly tempting recipes the author has adapted for family dinners. She offers two or three for each White House crop, with extras thrown in for Presidential desserts.

"Although A White House Garden Cookbook is billed as a cookbook, my family found it to be so much more!" -- She Is Too Fond Of Books - July 3, 2010
"This is a fabulous, inspirational book! I love that the first family is setting an example for healthy living and community." -- Sweeps4Bloggers.com - July 9, 2010
"If you're trying to get your child to eat more vegetables, this book contains lots of kid-friendly recipes from school gardens and other community gardens from around the country." -- Portland Press Herald - June 9, 2010
"I'm not generally a fan of the side of politics that is currently represented in the White House, so I had my fair share of hesitations, but I was curious about the book given the state of our health in America. I ended up being really surprised by this book and have enjoyed it a lot!" -- 5 Minutes for Mom - June 21, 2010
"Use A White House Garden Cookbook by Clara Silverstein to make like the first lady and get yourself and your family into using what your garden grows to make nutritious meals." -- Rochester Post-Bulletin - June 22, 2010
"A charming volume inspired by the White House garden project spearheaded by Michelle Obama. The book is aimed at families with young children, with colorful pages that explain the vegetables and when they generally can be harvested." -- Milwaukee Journal Sentinel - July 20, 2010
"Plant a kitchen garden or a few of your favorite herbs in a window box. Take your kids to a farmer's market. Try these recipes. Cook, eat and skip together. Do it for yourselves. Do it for your country." -- Home Harvest Gardening Supply - June, 2010
"Something magical happens when kids taste the fruits of their labors from a garden, a point at the heart of A White House Garden Cookbook: Healthy Ideas from the First Family for Your Family by Clara Silverstein." -- The Dallas Morning News - July 20, 2010
"Jumping on the produce wagon that Michelle Obama's home garden has helped inspire, Ms. Silverstein shares the best of the recipes she collected (along with photos) from gardening groups, along with recipes from White Houses past and present, which she tested and modernized and otherwise developed." -- Pittsburgh Post-Gazette - July 8, 2010
"The book chronicles the first year of First Lady Michelle Obama's White House kitchen garden...it's easy to read out loud and share, with plenty of pictures and four-score-and-seven recipes, many drawn from kid-friendly community gardens across the country." -- The San Diego Union-Tribune - July 20, 2010
"A White House Garden Cookbook: Healthy Ideas from the First Family for Your Family" was released in May, and it's packed with easy, fun recipes aimed at getting kids, or anyone, excited about cooking and eating fresh, seasonal produce." -- Boston Globe - July 8, 2010
"Clara Silverstein's A White House Garden Cookbook has plenty of dirt on Michelle Obama -- and the 55 fruits, veggies and herbs that she's grown at 1600 Pennsylvania Ave. during the past year. The book (which is inspired, not sponsored, by The White House Project) brings together recipes from community gardens across the country that are certainly fit for the first family -- and yours." -- Washington Post - June 8, 2010