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Surviving The Harvest Enjoying The Harvest

By Ida DeFrancesco

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 126 pages. Dimensions: 8.5in. x 5.5in. x 0.3in. Ida and Joe DeFrancesco of Farmer Joes Gardens in Wallingford, Connecticut, both come from farming families going back many generations. They grew up knowing how to prepare, store, and enjoy the fruits and vegetables they harvested. Every year, Farmer Joe plans the crops early in the winter and waits for the snow to leave before racing out to break the ground in early spring and plant the summer crops. All summer long, he stays busy harvesting the bounty of healthful fruits and vegetables everything from apples to zucchini. In addition to their farm store, the DeFrancescos share their farm harvest through their own community-supported agriculture (CSA) program, the Farmer Harvest Program, which provides participants with boxes of hand-selected items harvested every week from June through September. Supporting local food diversity, sustainable farming practices, and healthy eating, these programs are a win-win for both farmers and consumers. The only problem is that many people who didn't happen grow up on a farm simply don't know what to do with all that farm freshness! Surviving the Harvest: Enjoying the Harvest the Farmer Joes Gardens...



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