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Title: The Nourished Kitchen - Farm To Table Recipes For The Traditional Foods Lifestyle Author: Jennifer McGruther Publisher: Ten Speed Press Published: 4-25-2014 ISBN: 9781607744689 E-Book: B00F8FA8D6 Pages: 320 Genre: Food & Wine Tags: Cooking, Traditions Overall Rating: Great Reviewed For: NetGalley Reviewer: DelAnne If we are lucky we have someone

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This cookbook is a breath of fresh air in the kitchen and provides well over 100 healthy, real food recipes from farm to table. The perfect cookbook for the homestead! Thank you to Blogging for Books who provided a copy of The Nourished Kitchen for me to review.

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