

NW Author Offers Tips for Cooking with Beans, Grains, Nuts and Seeds

Eugene author Elin England just completed and published her second compilation of recipes and cooking tips.

With an emphasis in utilizing the bounty of the Pacific Northwest, “Beans, Grains, Nuts & Seeds: Further Adventures in Eating Close to Home” invites readers to explore the numerous varieties of beans, grains, nuts and seeds found in nearby farmers markets and grocery outlets.

England’s first book, “Eating Close to Home: A Guide to Local Seasonal Sustenance in the Pacific Northwest,” provided readers with tips and recipes for cooking with locally grown, seasonal produce.

In addition to providing 133 simple, family-friendly recipes, England’s newest book offers information on the benefits of expanding our regular cooking repertoire to include locally grown whole grains, beans, nuts and seeds.

“Beans, grains, nuts and seeds form the fourth cornerstone in the foundation of a vibrant local food system,” says England. “When we combine these ingredients with locally grown fruits and vegetables, dairy products, meat and fish, we see that it is truly possible to feed ourselves.”

Filled with basic cooking techniques and delicious recipes from appetizers to desserts, “Beans, Grains, Nuts & Seeds: Further Adventures in Eating Close to Home” is available in local bookstores and through on-line retailers. A portion of the proceeds will go towards the Willamette Farm and Food Coalition, which facilitates and supports the development of a secure and sustainable food system in Lane County.

A paperback work with color cover and black and white illustrations, this book is the perfect addition to your home. Suggested retail price: \$24.95.

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