

For Immediate Release

Contact:
Ginger Vaughan
(ginger@quinnbrein.com)
or Samantha Jones
(sam@quinnbrein.com)
206-842-8922

Keep It Green and Cook Fresh with *The Old Farmer's Almanac*
*All-new cookbook features 160+ colorful, flavorful, quick-and-easy recipes
plus essential tips to help add fresh ingredients to your menu for 2015*

The Old Farmer's Almanac is here to help you keep those healthy resolutions for the New Year. Rather than cutting carbs, subtracting sugar, or deleting entire food groups from your diet, the all-new *Cooking Fresh* cookbook suggests a new approach: adding! Rather than endure self-deprivation, simply turn up the freshness factor with hearty and delicious recipes full of direct-from-the-garden flavor.

Adding fruit and vegetables has an array of benefits not only for your health, but also for the incredible dishes that come from using them as main ingredients. Whether from your own garden, the local farmers' market, or the produce aisle of your favorite grocery store, there are many vibrantly colored and delicious varieties of fruit and vegetables from which to choose!

Looking to add more fruit and vegetables to your diet? Open up the pages of *Cooking Fresh* to find:

- **More than 160 recipes!** Organized in six big, full-color chapters for every meal of the day.
- **Recipes for all seasons.** Enjoy fresh fruit and vegetables —from Asparagus to Zucchini — in fun and easy dishes for every season of year. Beat the winter chill with a warm cup of Root Vegetable Soup, ring in the spring with Spring Risotto, chill out in the heat of summer with Strawberry Spinach Salad and Strawberry Lemonade, and fall in love with autumn over classic Sweet Potato and Pineapple Casserole.
- **How to buy the best.** *Cooking Fresh* provides advice on what to look for when shopping for fruit and vegetables to ensure that you get the freshest ingredients.
- **Timesaving tips to make life easy.** Sprinkled throughout the pages of *Cooking Fresh* are quick tips and cheat sheets for measuring, storing, washing, and preparing your fruit, vegetables, and herbs. For example, if you need just a few drops of lemon juice, poke a lemon with a toothpick and

squeeze. Store the lemon in the refrigerator. It will keep longer than if you had cut it open.

The Old Farmer's Almanac Cooking Fresh cookbook makes a guarantee of goodness every day!

The Old Farmer's Almanac Cooking Fresh cookbook is produced by Yankee Publishing Inc. of Dublin, New Hampshire. Its parent publication, *The Old Farmer's Almanac*, has been delighting readers since 1792. Always “useful, with a pleasant degree of humor,” *The Old Farmer's Almanac* is known for gardening advice and tradition-inspired recipes—and a whole lot more!—as well as for its 80 percent-accurate weather forecasts for the United States and Canada.

The Old Farmer's Cooking Fresh cookbook is available for only \$9.99 wherever books and magazines are sold. Folks who can't find it in bookstores, supermarkets, or kitchen stores can order individual copies at Almanac.com/Store or by calling 800-ALMANAC.

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EDITOR'S NOTE: To find out more about *The Old Farmer's Almanac Cooking Fresh* cookbook, request a review copy, or schedule an interview, please contact Ginger Vaughan (ginger@quinnbrein.com) or Samantha Jones (sam@quinnbrein.com) via email or at 206-842-8922. Color photography of select recipes is available upon request.