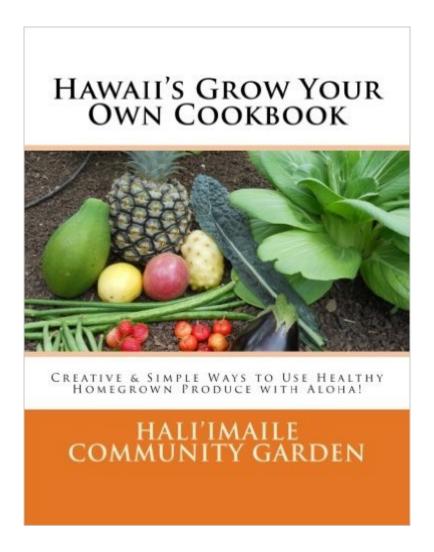
The book was found

Hawaii's Grow Your Own Cookbook: Creative & Simple Ways To Use Healthy Homegrown Produce With Aloha!





Synopsis

The Hawaiian word for food is kau kau [cow cow]. With a source for a bounty of wonderful, organic produce available from our gardens, we turned to discovering the delicious and healthful ways to lovingly prepare it. These inspiring recipes come from individual community garden members at Haliâ ™imaile Community Garden. A variety of styles from traditional American food to Hawaiian Cuisine, these recipes reflect a passion, wisdom, fellowship, and inspiration for our love of healthful kau kau!

Book Information

Paperback: 90 pages

Publisher: CreateSpace Independent Publishing Platform (July 30, 2013)

Language: English

ISBN-10: 1484928911

ISBN-13: 978-1484928912

Product Dimensions: 8.5 x 0.2 x 11 inches

Shipping Weight: 10.2 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars Â See all reviews (1 customer review)

Best Sellers Rank: #1,708,799 in Books (See Top 100 in Books) #118 in Books > Cookbooks,

Food & Wine > Regional & International > U.S. Regional > Hawaii

Customer Reviews

These recipes are delicious! Most of them are very easy to make. I especially like the chard pie and sage cheese scone recipes. I've never seen scones disappear off the plate faster! The Hawaiian Cuisine section has all the classic Hawaiian recipes that we love, including Kalua Pork & Cabbage. I have a garden going now and it's good to have some new ways to use the vegetables.

Download to continue reading...

Hawaii's Grow Your Own Cookbook: Creative & Simple Ways to Use Healthy Homegrown Produce with Aloha! Best of the Best from Hawaii: Selected Recipes from Hawaii's Favorite Cookbooks (Best of the Best State Cookbook) Homegrown Whole Grains: Grow, Harvest, and Cook Wheat, Barley, Oats, Rice, Corn and More The New Mexico Farm Table Cookbook: 100 Homegrown Recipes from the Land of Enchantment (The Farm Table Cookbook) Rich Dad Advisor's Series: Own Your Own Corporation: Why the Rich Own Their Own Companies and Everyone Else Works for Them (Rich Dad's Advisors) Grow Your Own Sandwich (Grow It Yourself!) Cooking Healthy with a Food

Processor: A Healthy Exchanges Cookbook (Healthy Exchanges Cookbooks) Snorkel Hawaii The Big Island Guide to the beaches and snorkeling of Hawaii, 4th Edition The Backyard Homestead Guide to Raising Farm Animals: Choose the Best Breeds for Small-Space Farming, Produce Your Own Grass-Fed Meat, Gather Fresh ... Rabbits, Goats, Sheep, Pigs, Cattle, & Bees The Ultimate Guide to Vegetable Gardening for Beginners, 2nd Edition: How to Grow Your Own Healthy Organic Vegetables All Year Round! Homegrown Goodness Simple Pleasures Wall Calendar 2017 Event Planning: Plan Events Like a Professional, Impress Your Clients and be Your Own Boss in 12 Simple Steps (event planning, experience, organise, manage, ... be your own boss, work from home Book 4) Boundaries in Dating: How Healthy Choices Grow Healthy Relationships Boundaries with Kids: How Healthy Choices Grow Healthy Children Weight Watchers: 23 Healthy Snacks To Lose Weight Fast: (Weight Watchers Simple Start ,Weight Watchers for Beginners, Simple Start Recipes) (Weight ... Simple Diet Plan With No Calorie Counting) The Alaska Homegrown Cookbook: The Best Recipes from the Last Frontier Macro-Mixing for the Small Recording Studio: Produce better mixes, faster than ever using simple techniques that actually work The Aloha Shirt: Spirit of the Islands A is for Aloha: A Hawai'i Alphabet A Splash of Aloha

Dmca