



Recipes from Central Market

Phillis Pellman Good

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There stands, just off the center square in downtown Lancaster, Pennsylvania, a monument to a food and gardening tradition-Central Market-both a building and an event. The standholders of this timeless farmers market have brought together their signature recipes in this bountiful collection. This new collection of recipes from the standholders of Lancaster, Pennsylvania's beloved Central Market is as lush and full of bounty as the farmers market itself. Set in the center of lively, historic Lancaster, the market offers richly varied produce, breads, and homemade dishes to its loyal shoppers. Here, now, are recipes from these same gardeners, farmers, cooks, and bakers. Ever ready to share their plenty, they have brought together their favorite recipes, using fresh ingredients and tried-and-true techniques. This collection mirrors the market-its traditional foods, rooted deeply in Pennsylvania Dutch soil, and its burgeoning multi-cultural flavor. (A Middle Eastern baker shares an aisle with an Amish vegetable-grower!) Recipes from Central Market has brisk salads and vegetarian main dishes. On neighboring pages are the comforts of favorite pies and jams and stews. All from the oldest, continually operating farmers market in the United States.

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