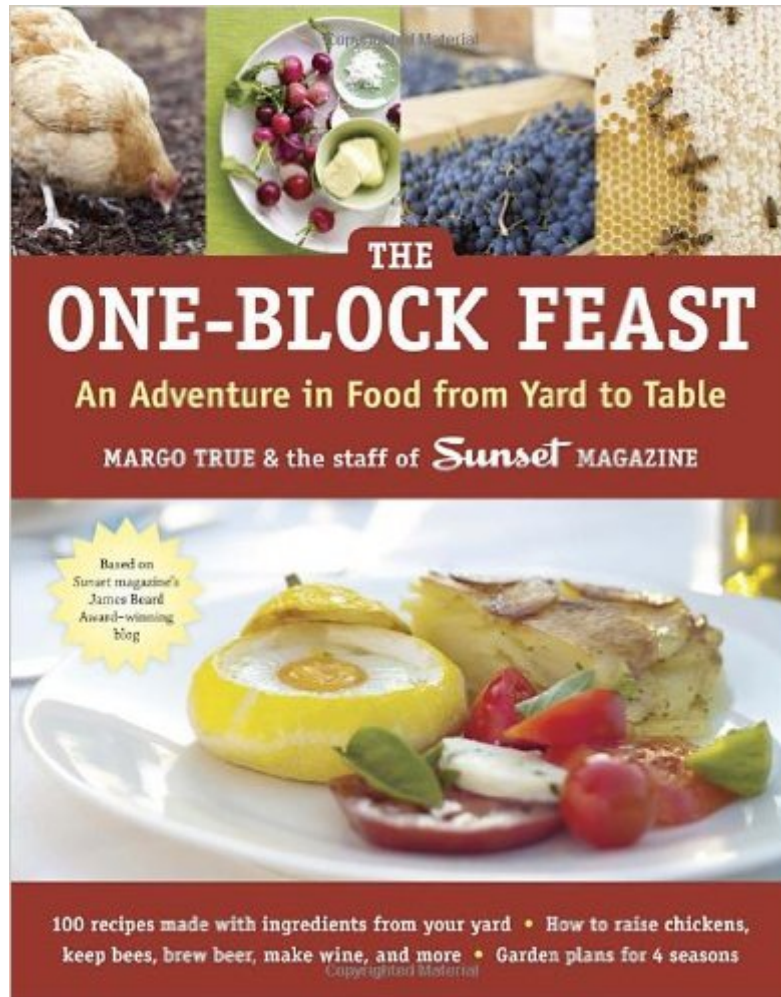


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# The One-Block Feast: An Adventure In Food From Yard To Table



## Synopsis

Based on the James Beard Award-winning blog *The One-Block Diet*, this all-in-one home gardening, do-it-yourself guide and cookbook shows you how to transform a backyard or garden into a self-sufficient locavore's paradise. When Margo True and her fellow staffers at Northern California-based *Sunset* magazine walked around the grounds of their Menlo Park office, they saw more than just a lawn and some gardens. Instead, they saw a fresh, bountiful food source, the makings for intrepid edible projects, and a series of seasonal feasts—all just waiting to happen. *The One-Block Feast* is the story of how True and her team took an inspired idea and transformed it into an ambitious commitment: to create four feasts over the course of a year, using only what could be grown or raised in their backyard-sized plot. She candidly shares the group's many successes and often humorous setbacks as they try their hands at chicken farming, cheese making, olive pressing, home brewing, bee keeping, winemaking, and more. Grouped into gardening, project, and recipe guides for each season, *The One-Block Feast* is a complete resource for planning an eco-friendly kitchen garden; making your own pantry staples for year-round cooking and gifts; raising bees, chickens, and even a cow; and creating made-from-scratch meals from ingredients you've grown yourself. Chapters are organized by season, each featuring a planting plan and crop-by-crop instructions, an account of how that season's projects played out for the *Sunset* team, and a multicourse dinner menu composed of imaginative, appealing, and ultra-resourceful vegetarian recipes, such as: Butternut Squash Gnocchi with Chard and Sage Brown Butter • Egg and Gouda Crepes • Whole Wheat Pizzas with Roasted Vegetables and Homemade Cheeses • Fresh Corn Soup with Zucchini Blossoms • Braised Winter Greens with Preserved Lemons and Red Chile • Summer Lemongrass Custards • Honey Ice Cream. Generously illustrated and easy to follow, this ultimate resource for today's urban homesteader will inspire you to take eating local to a whole new level.

## Book Information

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## Customer Reviews

I absolutely LOVE One Block Feast--I was so happy to see it with my own two eyes this week. Earlier this year, my boyfriend and I went to a cooking demo in Menlo Park with Margo True, who was so kind, wonderful, and enthusiastic about being close to one's food sources that I instantly added this book to my ever-growing book radar. As a young college-grad who is low on cash, time-intensive DIY projects don't always sound feasible. This book gives you a great idea of exactly how much time, money, and space you might need to make some of their one-block dreams a reality. I never thought I'd own chickens or learn to beekeep in my 20's, but this book makes me re-evaluate what I'm capable of as a young working woman. They even updated their adventures in making creamed honey on their One-Block blog, YUM!Margo and the Sunset team invite you on their journey for all the ups and (sometimes frustrating) downs of becoming a true locavore (thanks for the new word!). Though my boyfriend and I won't be buying a cow for my small cottage in Palo Alto anytime soon (dare to dream!), One Block inspired me to FINALLY learn to dehydrate and can my favorite summer produce (corn, heirlooms, you name it!)--at my own pace, of course. Did I mention the beautiful photos and incredible recipes?! I'm convinced I can't feel too guilty for cooking their recipes without growing/making all my own ingredients--some are just too fresh and delicious-looking to pass up. If you're looking for an enjoyable, manageable re-vamp to your tired grocery routine, read this book for inspiration. I appreciate the reminder to think about what (and where! how! why!) I'm consuming on a daily basis. It's just a lovely, inspiring read. Thanks to Margo and everyone at Sunset for reminding me that I'm a capable, creative person who delights in a new adventure. I wish I could buy all my friends a copy. Here's to a healthier, happier 2011!

This is the most inspiring farm to table book I have ever seen. Margo perfectly weaves together the story of the One-Block Feast with the nitty gritty how-to information for growing your own produce and raising honeybees and chickens. The recipes featured are stunning, but made from few simple ingredients in each, all of which you can grow yourself. Grandma's standard zucchini bread isn't

close to anything you'll find in this book. Perfect for the beginning gardener or the seasoned farmer.

As a homesteader (or wannabe homesteader) I really like this book. The pictures are wonderful, popping out from every page. It touches on a ton of subjects, so don't expect it to be fully in-depth. What I liked:- The photos were eye popping, bursting from page to page- Good writing, touching on each subject- Makes a great coffee table book What I didn't like:- Quite obviously written by people with too much money, free time, and people they hire to help them at their 2nd or 3rd residence- You feel bad you can't do it all but not too many people with full time jobs can do all these things Summary: I think this book is great for expanding imagination and more importantly, to show that we can do something for ourselves, even if it's just a little. As a new urban chicken farmer I appreciated this but also saw the flaws as the topics they touched (in this area) was brief. But to be fair, they can't cover that much material unless they are brief. Even though I wish I had time to do more, I was encourage to try something new.

This is the most informative easy to follow book EVER! Awsome step by step guides to gardening, when to plant, how to plant, what kind, when to harvest, best soil, and on and on! My husband and I can't put it down! So many awesome things to try

This book is so inspiring! Even if you aren't as ambitious as the Sunset crew (ahem), this book has tons of amazing tips for even a wanna be, weekend warrior homesteader. Not to mention delicious sounding recipes and predictably beautiful photos....

This is one of my favorite books. I have owned it for over a year and every few months I re-read certain chapters for motivational purposes. It was entertaining to learn how people in a square block came together and grew/raise different foods and all lived on those items for the next year. Reading this book at the very least will motivate you to have a garden and who knows, it might even leave you with thoughts of wanting to have a few chickens running around your back yard so you can have a supply of fresh eggs anytime you want them!

Purchased this book for my son that loves to garden. This has so many unusual things to grow that I knew it would be a hit. We are going to raise mushrooms this next year. Gives all the information you need to purchase seeds and everything you need to know about how to grow them. Very neat book!

Our nation and maybe even our whole world is looking to being sustainable. The movement has taken hold in many fine books on the market and this book is just one of many. I found it a good read. I liked that the group of writers were trying things for maybe the first time (just like me) giving me real problems they encountered and ways to solve the problems. It was real and not just nice ideas, but real ideas of what and where we could go in order to become our new best market place for what we eat. As always my favorite is when recipes are included. Sunset did not let me down with this book.

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