

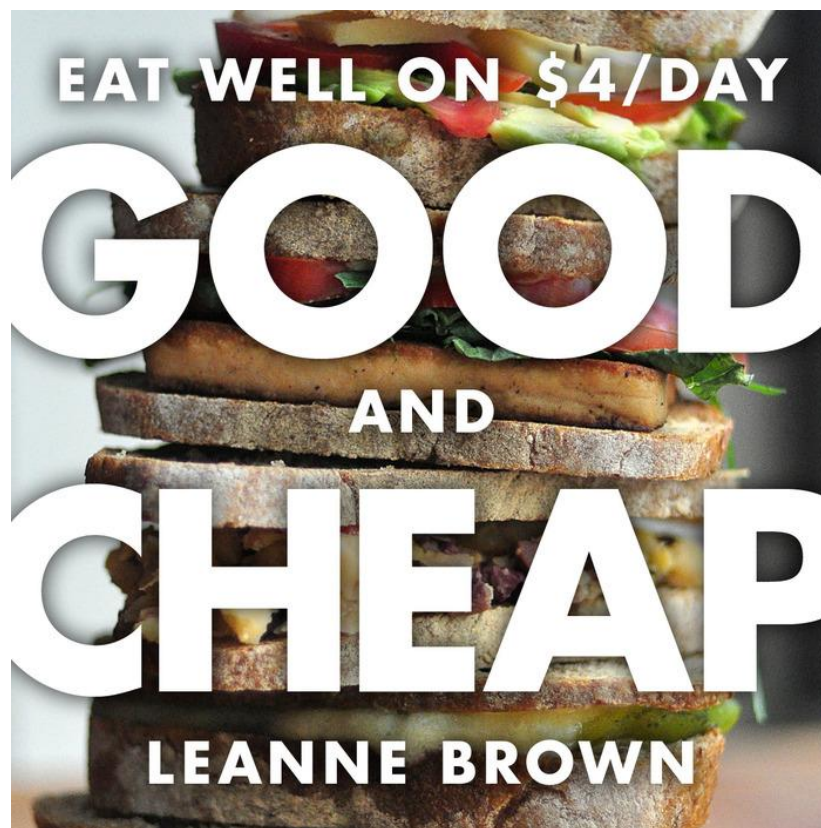


## Cooking Corner: Good and Cheap

August and September are the months full of bounty for gardeners in the Pittsburgh area. From tomatoes to peppers and eggplants, summer squash and zucchini, onions and potatoes, berries, greens, cucumbers, beans, and an array of herbs, there's lots to pick and eat! Excessive amounts of produce can be gratifying and fun, until it begins to pile up and age in the refrigerator and on the counter.

Since your garden can provide lots of flavorful and fresh produce, it's possible that it can also save you some money. This is the time of year your investments pay off. All of the hours spent in hard work, all the money that's gone toward seeds and plants, compost, trellises, and tools, provides a harvest. And with a little practice and luck it's generous! However, if much of the bountiful produce of this short season rots in the fridge, is the garden really cutting back on household costs?

Luckily, there's a fantastic new resource available, to help make good use of a bountiful harvest! Author Leanne Brown has created a [free online cookbook, called Good and Cheap](#). (It's also available in print for a fee.) Written with the \$4/day food stamp budget in mind, the cookbook offers lots of creative and tasty meals that are flexible enough to incorporate whatever produce you have on hand. Start with the produce you have in excess, and find a recipe that combines it with inexpensive, healthy, and tasty ingredients to make a meal.



*This cookbook, from Leanne Brown, is free in the form of a [downloadable PDF](#).*

The cookbook is beautiful and fun, and includes lots of recipes from main dishes (like Savory Summer Cobbler and Vegetable Quiche, Hold the Crust) to desserts (Fast Melon Sorbet), snacks (Cornmeal Crusted Veggies), breakfasts, salads, handheld foods, drinks, and sauces.



*Savory Summer Cobbler, a favorite from the Good and Cheap cookbook.*

Download the cookbook, and get ready to find some new ways to use and share that plethora of healthy, good, fresh food you've got in your garden!