



Whole Larder Love

Rohan Anderson

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Whole Larder Love author and ultimate DIY-er Rohan Anderson is a family man and a modern-day hunter-gatherer living just outside the historical town of Ballarat, an 1800s gold rush town in Australia. Within this rural landscape Anderson has capitalized on the opportunities for many a culinary adventure. Primarily concerned with how to live off of the land and provide himself and his family with fresh, local food, Anderson has become a passionate hunter, fisher, forager, gardener, pickler, and sometimes barterer. Anderson now wants to share his secrets and experiences in order to help move people away from unhealthy eating habits and people away from unhealthy eating habits and towards a more environmentally sustainable food industry.

Food is an integral part of our lives. And in recent years, more and more people have been asking questions about the food they eat: How does that food get to our plates? How was it grown? What chemicals were used? How was the animal treated? What are the impacts on the environment?

In *Whole Larder Love*, Anderson gives us easy to follow tips and instructions for setting up a home garden, the best practices for hunting and fishing, how to identify and collect edible food growing in the wild, and the proper tools, gear, and resources to use. Additionally, he gives us a slew of exciting recipes and preparation methods for our ingredients once they've been collected.

This combination how-to manual and cookbook is beautifully illustrated in full-color with Anderson's own photographs, capturing his ingredients, gear, rural surroundings, and exquisite dishes in rich and vivid detail. And with suggestions for possible substitutions and tips on bartering and selecting food from farmer's markets, *Whole Larder Love* is perfect for foodies, farmers, hunters, gardeners-even urbanites looking to inject their lives with a little rural romance-and anyone else interested in getting more involved with the origins of the food they eat.

Mouthwatering recipes include: Kale Fusilli Tris, Potimarron & Gorgonzola Soup, Vindaloo Hare, Quail Ragu with Polenta, Wild Duck Risotto, Pumpkin Gnocchi, Venison Ossobuco, Eel Cake with White Beans, Chili-Pickled Wild Mushrooms, Spud & Nettle Soup, Arrabiata Fish & Chips, Pork Rack Roast with Honey-roasted Wild Pear and many, many more!

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Michael Bennett:

Playing with family within a park, coming to see the marine world or hanging out with close friends is thing that usually you will have done when you have spare time, in that case why you don't try thing that really opposite from that. One activity that make you not feeling tired but still relaxing, trilling like on roller coaster you are ride on and with addition details. Even you love Whole Larder Love, it is possible to enjoy both. It is great combination right, you still need to miss it? What kind of hangout type is it? Oh seriously its mind hangout guys. What? Still don't buy it, oh come on its named reading friends.

Crystal Freeman:

Would you one of the book lovers? If yes, do you ever feeling doubt if you find yourself in the book store? Attempt to pick one book that you just dont know the inside because don't ascertain book by its deal with may doesn't work is difficult job because you are scared that the inside maybe not seeing that fantastic as in the outside appear likes. Maybe you answer might be Whole Larder Love why because the wonderful cover that make you consider about the content will not disappoint a person. The inside or content is definitely fantastic as the outside or cover. Your reading 6th sense will directly assist you to pick up this book.

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