



# **The Hamptons and Long Island Homegrown Cookbook: Local Food, Local Restaurants, Local Recipes (Homegrown Cookbooks)**

*Leeann Lavin*

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As the movement to eat what is grown locally gains momentum, there is an increasing awareness of how best to incorporate this philosophy into our everyday lives. We can grow our own food and buy food grown locally at food cooperatives and markets, but what happens when we eat out? There are a number of chefs around the country dedicated to using only the freshest, locally grown ingredients in all the dishes they prepare and serve. This book takes the reader on a private tour of outstanding chefs of the Long Island area and their gardens. Each profile reflects the chef's personal style, cultural background, desire for healthy, just-picked ingredients, and gardening philosophy. Recipes, plant lists, garden layouts, and color photos are included.

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