



Whole Larder Love: Grow Gather Hunt Cook

Rohan Anderson

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For anyone interested in local, sustainable, fresh, organic, humane, or slow food, comes *Whole Larder Love*, showing you how to hunt, fish, forage, and grow your own food and how to prepare it. Going beyond farm-to-table to encompass garden, forest, field, stream, and storeroom-to-table, author Rohan Anderson vividly illustrates the benefits of a lifestyle geared towards providing for yourself from the natural world.

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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