

NEWS RELEASE

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Bountiful Harvest Cookbook Available on Website

University of California Cooperative Extension Nutrition BEST program, with the support of First 5 Placer County, has created a new cookbook. The *Bountiful Harvest Cookbook* was developed as a way to compile recipes presented to Early Head Start families who received fresh local produce during the growing season. The cookbook was also used to encourage participants to continue serving fresh fruits and vegetables to their families at home.

The cookbook also includes informational pages about a variety of different fruits and vegetables grown locally in Placer County. It also provides insight into a local Community Supported Agriculture (CSA) program and how participating families were given opportunities to explore new and healthy food experiences. The cookbook is designed to keep recipes healthy, simple, and low cost.

Bountiful Harvest is now available to everyone via the University of California Cooperative Extension Nutrition BEST website: http://ucanr.edu/sites/Nutrition_BEST/CSA_Cookbook/ (available in English and Spanish). Please use it as a tool to explore the bounty grown in Placer County and to share with others.

For more information please contact Michele Fisch, Community Education Specialist, at 530-889-7350.

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