

Title:

Trends in Recipes and Cooking: Local with a Global Twist

Word Count:

527

Summary:

Home cooks are discovering that cooking with locally grown fresh foods opens the door to a world of new flavors and textures.

Keywords:

Butter, recipes, produce, fruit, vegetables, cooking, fresh food, fresh fish, seafood, meat, dairy

Article Body:

Our society's growing consciousness about the impact of our actions on the planet's health and environment has led to a shift in the way we think about food.

As a result, shoppers are seeking out fresh food and produce that is locally grown. For some, this means visiting farmers' markets or growing their own food.

Thank goodness for the Internet! For those ready to take the first steps, there is an abundance of resources available online.

Moreover, home cooks are discovering that cooking with locally grown fresh foods opens the door to a world of new flavors and textures.

Vegetarians and those who are health-conscious are truly embracing these recipes and cooking techniques.

At its best, cooking is an adventure. It's fun to experiment with different herbs and spices, and to discover new recipes.

No one would argue that eating only locally grown foods can be a challenge. After all, it would require a significant change in our eating habits.

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