



Skald forlag 2024
320 pages
Original title: *The seasonal Cookbook*
Healthy, clean and short-travelled food
ISBN: 9788279593782

FOREIGN RIGHTS

Skald forlag
P. O. Box 61
NO-6861 Leikanger
Tel: +47 57 65 41 55
simone@skald.no
www.skald.no

Elisabeth Fagerland

Sesongkokeboka *Sunn, ren og kortreist matglede*

With the light of spring, both the fields and people come to life, and we long for the taste of fresh vegetables. In late summer and autumn, the fields abound in all kinds of colors, but what should we make from all the good and partly unfamiliar things? And how should we take care of the food and flavors throughout the seasons?

In this book, experienced gardener-gastronomer Elisabeth Fagerland has collected simple, varied and exciting everyday dishes from around the world, made with Norwegian, short-traveled vegetables in season. In addition, she shows us how simple knowledge of the basic flavors, textures and colors can make us safer and more flexible in the kitchen.

Here you learn how you can easily fulfill both dietary advice and sustainability goals, while the book helps you shop for more local food, which increases Norwegian self-sufficiency.

The recipes in the book are sorted by season and vegetable, and are adapted so that it works whether you live far north or south in the country. The dishes are vegetable-centered, but Fagerland has also included a bunch of recipes with meat and fish.

A new standard in Norwegian cuisine.

"Gardener and gastronome Elisabeth Fagerland from Trøndelag has created autumn's greenest, most thorough and happiest cookbook for anyone who is concerned about what they put on their plate."

- Mat og vin (Food and Wine)

"Choosing to eat seasonal and local food is not just a new food trend to jump on, it's about quality, taste and health – it's simply healthy, clean and short-distance food pleasure."

- Vibeke Ruud, Elle

Elisabeth Fagerland

Elisabeth Fagerland (b. 1993) is a gardener and gastronome living in Grindal in Trøndelag. She has studied organic farming, and has a bachelor's degree in gastronomy (interdisciplinary food studies) from the University of Gastronomic Sciences in Italy. In her daily life, she runs the market garden Grønt frå Grindal, and works freelance with communication around food and agriculture. She is passionate about the communication profession, and is particularly interested in the meeting point between farmer, customer and nature.

Skald forlag
