

For those of you can't watch the video, here is a rough transcript of the video.

Hello everyone!

I am thrilled to announce that my book, *Fresh: Nourishing Salads for all Seasons*, is now available to buy both in hard copy form and as an ebook. When I set out to write this book I had a few goals in mind. The first goal was for the book to be practical. Many cookbooks have elaborate recipes – I call them weekend recipes. I wanted my recipes to be accessible for everyday. But for the book to be useful, the recipes also wanted to be tasty, so I set out for each recipe to be delicious. Any recipe that we as a family only liked moderately didn't make the cut into the book. So all of the recipes in this book are well liked and loved by my family, as well as having received good feedback from my recipe testers. Along the lines of keeping things simple, all of the salads in this book can be made with a mild olive oil, others with a robust olive oil, if desired, and a balsamic vinegar, raw apple cider vinegar, or lemon juice. This keeps your pantry more simplified as well.

My third and important goal was for these recipes to be completely made out of real food (unrefined, fresh ingredients). Even though I have been working with real food for ten plus years now, I never cease to be amazed at the flavors and variety I get from fresh, real food.

In my cookbook, I start with a section called "Classic Salads" These salads are well loved and well known, such as Greek Salad, Caesar Salad, Taco Salad (made without any seasoning packets, by the way), All American Potato Salad, Wilted Spinach Salad with Hot Bacon Dressing, and Leon Salad (a popular restaurant salad).

My next section has more Main and Side green salads, and includes: Mexican Squash and Black Bean Salad, Steak and Arugula Salad, Strawberry and Goat Cheese Salad, Simple Salmon Salad, Everyday Autumn Salad, and many more.

Then comes a Grain, Potato and Legume section that includes one of my recipe testers' favorite recipes (and is also well received by guests), French Potato and Asparagus Salad; an old family favorite, Everyday Rice Salad; and a new family favorite, Tuscan Clam and Bread Salad, among many other noodle, grain and legume salads.

I also included a Vegetable Side Salad section. I kept these recipes simple, allowing their pure flavors to come through, whether it was the Simple Carrot Salad, the Cucumber and Red Onion Salad, or the Fennel and Bacon Salad.

My Salad Wrap section is just pure fun. I hadn't made many salad wraps before I was working on this book and I really enjoyed the process of creating these recipes, whether it was the simple, yet delicious Soy and Sesame Chicken Wrap, or a more elaborate Vietnamese Lettuce Wrap with 2 dips (my 4 year old's favorite).

Finally, I couldn't leave out Fruit Salads. I use two simple honey syrups infused with either basil or mint. The basil syrup is used in my Melon and Strawberry Fruit Salad, which I love because it only uses two fruits, which is elegant and simple. Others are creamy, like the Cinnamon Vanilla Fruit Salad and the Creamy Tropical Fruit Salad. And my Retro Fruit Gelatin is fun, as well as delicious and wholesome.

Finally, I have two sections, one entitled Steak, Chicken, & other Good Things, and then a Salad Dressing section. These recipes are incorporated in the above recipes. For example, the Lemon Pepper Dressing is used in some of the green salads, some of the vegetable salads, and in one of the grain salads. I love how you can mix and match some of the dressings, as it brings up out different flavors in each way that you use it.

I hope that you enjoy these recipes as much as I do.