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THE SOUTHERN VEGETABLE BOOK

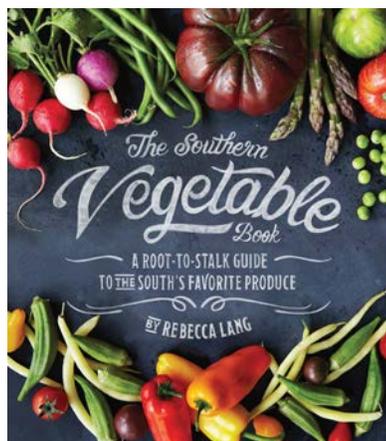
A Root-to-Stalk Guide to the South's Favorite Produce

by **Rebecca Lang**

Southern Living Contributing Editor

"A new respect for vegetables is emerging as we Southerners recommit to the standards that our grandparents lived and farmed by. Eat what's in season, put up for when it's not, cook what grows nearby, and be thankful for the Southern soil, the rain, and the sun."

—From the Introduction to **THE SOUTHERN VEGETABLE BOOK**



Southerners have always loved to gather around the table to celebrate friends, family, life events, and good food. Now, with **THE SOUTHERN VEGETABLE BOOK: A Root-to-Stalk Guide to the South's Favorite Produce** (Oxmoor House; April 2016; Hardcover; \$27.95) by *Southern Living* contributing editor Rebecca Lang, home cooks across the country will be able to celebrate the versatility of vegetables with Southern flair. A renowned food writer, cooking instructor, and ninth-generation Southerner, Lang celebrates the South's long-standing love of vegetables by highlighting the bounty across the region from the Appalachians to the sandy soil of the Lowcountry.

As more and more Americans turn to locally sourced and home-grown ingredients as they create their meals, vegetables have returned to the center of the plate, and few people appreciate vegetables the way Southerners do. Whether it's the incomparable sweetness of corn fresh picked the same day, a tomato that's still warm from the sunshine, or the versatility of the sweet potato—the garden star that can serve as main, side, or dessert—Southerners have been preparing their favorite vegetables in the most delicious ways for generations.

Inspiring a natural flow, **THE SOUTHERN VEGETABLE BOOK** is organized by season and vegetable:

- **Spring:** asparagus, beets, carrots, English peas, fennel, lettuces, radishes, ramps, Vidalia onions
- **Summer:** corn, cucumbers, eggplant, field peas and beans, green beans, Irish potatoes, okra, peppers, summer squash, tomatoes
- **Fall:** broccoli, cauliflower, Jerusalem artichokes, mushrooms, turnips, winter squash
- **Winter:** Brussels sprouts, cabbage, greens, rutabaga, spinach, sweet potatoes

Home cooks—no matter where they're from—will enjoy over 100 recipes that range from classic to modern, as well as useful asides. Lang recalls summers shelling peas on the porch and the simple joy of choosing greens from her local farmer's market. Along with shopping and storage tips, cooks will learn the best ways to prepare a wide array of vegetables in sides, mains, salads, and desserts:

- **Lemony Beet Dip (P. 29)**
- **Layered Carrot Cake (P. 38)**
- **Chilled Sweet Pea Soup with Mint and Cream (P.43)**
- **Bacon and Ramp Jam (P. 70)**
- **Caramelized Vidalia and Yogurt Biscuits (P. 76)**
- **Okra-and-Corn Maque Choux (P. 91)**
- **Grilled, Folded, and Filled Eggplant (P. 101)**
- **Speckled Butter Beans with Bacon and Basil (P. 114)**
- **Roasted Green Bean, Apple, and Bacon Sandwiches (P. 121)**
- **Quick Buttered Pattypan Quash with Dill (P. 149)**
- **Chocolate Zucchini Cakes (P. 154)**
- **Fried Green Tomatoes (P. 164)**
- **Spiced Butternut Pumpkin Soup (P. 200)**
- **Cast-Iron Blistered Brussels Sprouts (P. 208)**

Each vegetable is introduced by its history in Southern fare and includes selection and preparation tips.

THE SOUTHERN VEGETABLE BOOK also presents advice on how to enjoy the South's bounty, including:

- **Vegetable Gardening 101 (P. 40)**
- **Building a Better Salad (P. 60)**
- **Canning in a Hurry: A 3-Step Guide (P. 138)**
- **Growing Your Own Herbs (P. 180)**
- **Planting Heirloom Seeds (P. 196)**
- **Kitchen Composting (P. 218)**
- **Savvy Shopping with Organics and Locally Grown Produce (P. 232)**
- **And more!**

The recipes in **THE SOUTHERN VEGETABLE BOOK**, accompanied by gorgeous photography and a beautiful layout, pay homage to their deep roots in a place where bacon and shrimp are right at home with the cream of the crop.

ABOUT THE AUTHOR

Rebecca Lang is an author, cooking instructor, and television personality. Born and raised in South Georgia, she is the author of five other cookbooks, including *Fried Chicken* (Ten Speed Press, May 2015) and *Southern Living Around the Southern Table* (Oxmoor House, 2012). She has a culinary arts degree from Johnson & Wales University and a journalism degree from the University of Georgia. She has appeared on *Fox & Friends Weekend*, multiple segments on QVC, *WGN America's Midday News*, and numerous regional and local networks. Rebecca and her cooking have been featured in the *Wall Street Journal*, *Southern Living*, the *Atlanta Journal-Constitution*, the *Washington Post*, the *Houston Chronicle*, *Wine Enthusiast*, *FoxNews.com*, *The Daily Meal*, *Glamour*, and *Fitness* magazines. She serves as a Contributing Editor to *Southern Living* and teaches cooking classes across America. She frequently appears on camera with companies such as Swanson, Coca-Cola, and Honey-Baked Ham. She lives in Athens, Georgia, with her husband, Kevin, and their children, Camden and Adair.

ABOUT THE BOOK

THE SOUTHERN VEGETABLE BOOK: *A Root-to-Stalk Guide to the South's Favorite Produce*

By Rebecca Lang

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