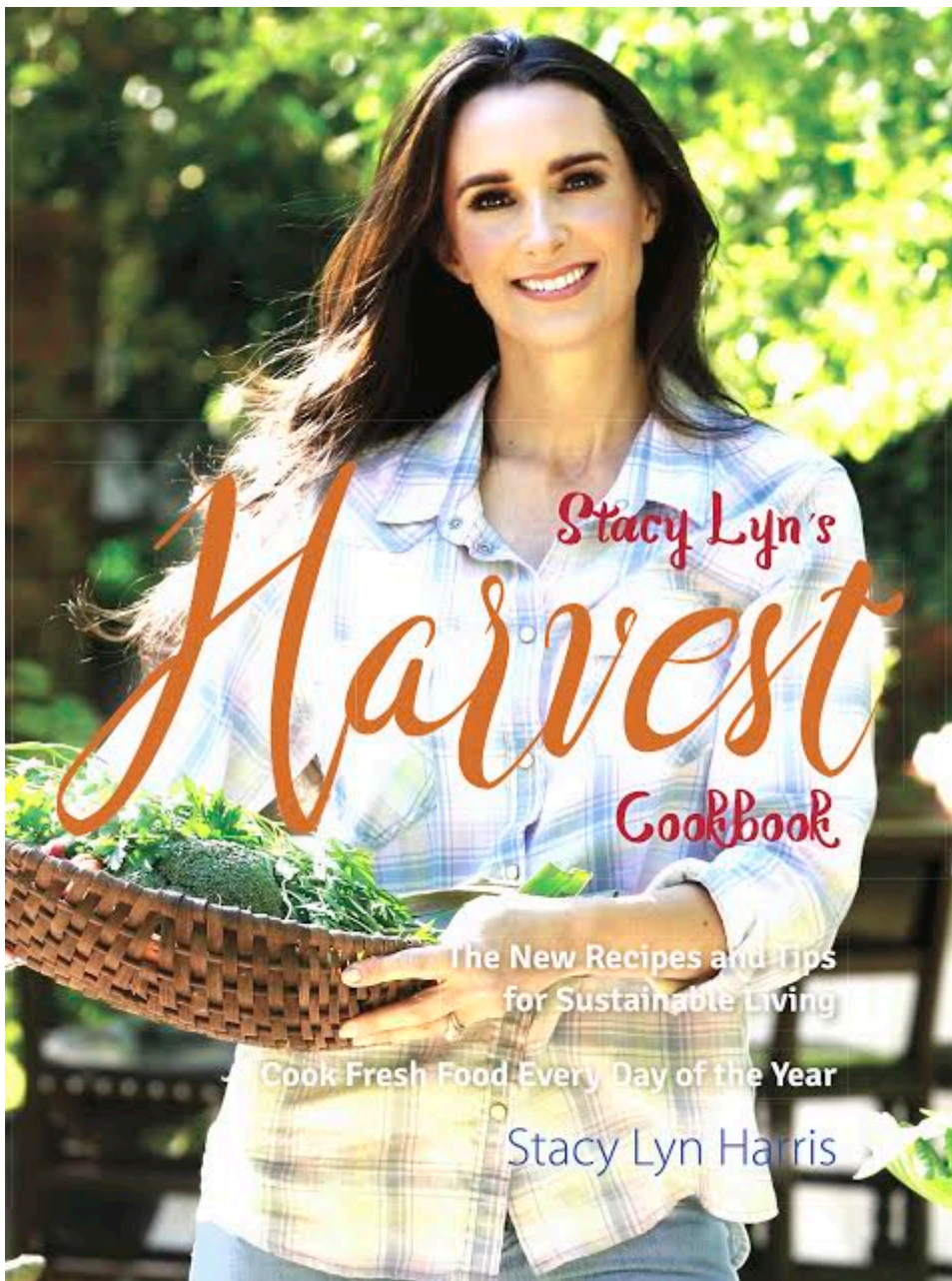


Stacy Lyn's Harvest Cookbook



Stacy Lyn's Harvest Cookbook has been released! I have long anticipated this day not just because it's a wonderful book of homesteading and delicious recipes. Stacy Lyn Harris is also my friend. Yes! I have a friend who is a talented chef, mother of seven delightful children, and wife to her best friend. Well known in her southern community and due to the popularity of her previous books and television show, I am sure [Stacy Lyn's Harvest](#) doesn't need me, to tell you how wonderful the

book is. You are probably waiting in line to buy it already. Or you have it saved to your “wish list”. In any event, however you plan to bring Stacy Lyn’s Harvest home to your family, you will be so glad you did.

Why do I Feel So Strongly About Stacy Lyn’s Harvest Cookbook?

I first learned of the book quite a few months back. Stacy Lyn called me because a deadline for the book had been changed and she needed some help proof reading before the pages were sent to the design team and printer. What?! I was momentarily awed. I would get to preview this new book while helping a really sweet friend.

And so we began. We proofed and compared notes along the way. The time allotted was short but by midnight we had almost finished the read through. I had drooled all day over the recipes in this book! But there was more. Helpful personal stories and ideas on how to run many facets of a country homestead. Chickens, honeybees, vegetable gardening, harvesting, preserving, and most importantly, putting family first, at all times.

[Stacy Lyn’s Harvest cookbook](#) will encourage you to prepare dishes that you may have thought were above your skills. And she makes it easy! (have you been watching her live video tutorials this month on line?)

There is not much more I can say. I will be bold at this point. [Buy the book!](#)



But Wait, I Almost Forgot...

Stay tuned to my social media channels next week because I have included a copy of Stacy Lyn's Harvest in an awesome giveaway to welcome spring and spring cooking, harvesting, homesteading and more. Stay tuned for more on that coming up this weekend and early next week.

Here's the sneak peek! (If you don't do social media, the same option will be in my weekly newsletter. [sign up to receive the newsletter here.](#))



If you want to keep on reading, here's the press release about the new book, Stacy Lyn's Harvest.

Southern chef Stacy Lyn Harris is the bestselling author of three books , founder of the popular Game and Garden blog, and a co-host of "The Sporting Chef" on The Sportsman's Channel. Her simple approach to sourcing and preparing delicious meals makes life easier for those who want great fresh food everyday.

As her family began to grow, she left her career as a lawyer

to raise seven children (now ages 7 to 22), a garden full of vegetables and a few happy chickens and bees. Throughout her homesteading journey, she has shared her knowledge on wild game, sustainability, cooking and gardening in three cookbooks

With nine mouths to feed on a daily basis, Alabama chef Stacy Lyn Harris keeps it simple, but doesn't skimp on elegance. Her seven kids enjoy homegrown food, prepared beautifully and sustainably thanks to a few chickens in the back, a year-round kitchen garden, milk from a dairy farmer just outside of town, and locally-sourced free-range meats.

Always served up in Stacy Lyn's rustic-refined style, her dishes are classic Old South, but with a fresh, healthy, beautiful twist. Culled from her family's farmstead near Montgomery, Alabama, *Stacy Lyn's Harvest Cookbook* (March 2017) offers recipes and tips for a simpler, better way of life through growing, harvesting and cooking from nature's bounty.

As founder/editor of GameandGarden.com, Stacy Lyn is known for her elegant approach to outdoor living and natural, free-range cooking. Featuring full-color photos, *Stacy Lyn's Harvest Cookbook* includes more than 100 field- and farm-to-table recipes that meet her three-part criteria: family friendly (easy, with simple ingredients), fresh, and tasty.

There are cherished family recipes, free-range meat dishes derived from her husband's hunting obsession, and lighter takes on decidedly southern classics—all prepared simply, in the freshest way possible. The book covers food from the garden, pasture, woods, and water in four sections:

- "The Garden" features Fried Green Tomatoes, Jalapeño Poppers, Corn Chowder, Fried Squash with Tomatoes and Pesto, and other recipes to make you wish it was summer all year long.
- "Beyond the Garden" delves into beekeeping and raising

chickens for an amazing Honey Butter to pour over Cinnamon Pear Buns and your favorite Egg Salad Sandwiches with Refrigerator Pickles.

- “From the Pasture” focuses on free-range, pasture-fed game recipes like Braised Short Ribs, Black-Eyed Pea Gumbo, and Juicy Pork Chops, plus a how-to on sausage-making.
- “Seafood and Fish” includes Stacy Lyn’s favorite entertaining recipes, Best Ever Clam Bake and Perfect Fish Tacos.

For city dwellers or anyone who feels Stacy Lyn’s way of life is out of reach, 15 “how to” articles sprinkled throughout the book offer steps for cooking and eating sustainably in any setting—including container gardening, saving seeds, preserving, foraging, composting and more.

- For more information about Stacy Lyn, subscribe to her websites, stacylynharris.com and gameandgarden.com and follow her on your favorite social networks @stacylynharris on Facebook and Instagram.