

edible reads

Farms of Cape Cod

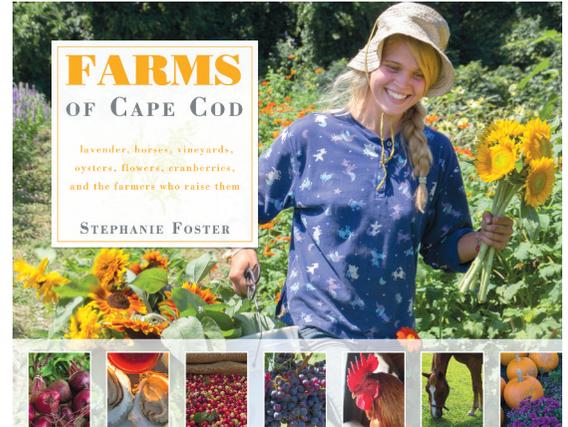
Patrons of the Orleans Farmers' Market recognize Stephanie Foster as the vendor with the beautiful floral arrangements and the fanciful hats. For those who look closer at her display, they'll also see lovely photos of the flora and fauna of Cape Cod that she sells alongside her posies. In her new beautifully photographed book, *Farms of Cape Cod*, Stephanie offers a behind-the-scenes look at the operations of her fellow market vendors.

Farms of Cape Cod brings the reader to the farms and farmers cultivating the finest produce in this region. Twenty-eight unique farms are profiled, with harvests ranging from cranberries, lavender, and grapes to livestock, holly, and shellfish. Each farm's address and operating information is provided, as well as information about their Community Supported Agriculture (CSA) subscriptions. The book also offers Tips from the Top, the farmers' proven ideas on planting, growing and cooking.

Stephanie has been a columnist and photojournalist for 20 years. She received awards for her photography from *Grand Circle Travel and Parade* magazine, and has garnered numerous regional and national awards for humor and serious column writing, lifestyle features, health reporting, environmental coverage and photography.

Stephanie says, "Over a decade ago, I became a master gardener and began growing flowers for farmers' markets. As a journalist and photographer I had a natural curiosity about my fellow farmers and what led them to such a surprising lifestyle on the Cape. The beauty of their purpose and strength of belief in the land resulted in this book. It took two years to photograph farms from one end of the Cape to the other. Now I hope these hidden jewels can be enjoyed by all."

Farms of Cape Cod is 144 pages long with 266 color photographs, and is priced at \$24.99. The books are available at local bookstores and at the Orleans Farmers' Market on Saturdays from 8:00 to noon. The photos can be previewed at www.addisonart.com.



Schedule of book signings:

July 10, 1:00-5:00 pm, Cape Cod Lavender Farm, Harwich - talk and book signing

July 18, 7:00-8:00 pm, Titcombs Bookshop, Sandwich - talk and book signing

August 3, 5:30-7:30 pm, Addison Art Gallery, Orleans - book signing at 7:30 with organic pioneer Jean Iverson, to whom the book is dedicated

August 20, 2:00 pm, Eastham Library - talk and book signing

October 3, 5:30-7:00 pm, Cape Cod Museum of Art, Dennis - book signing party and celebration with the farmers, with local treats from local farms. Raffle to benefit the museum; \$5 donation at the door.



Images from *Farms of Cape Cod*, clockwise from left to right: oyster harvesting in East Dennis; resting sheep at Tuckernuck Farm in West Dennis; Jean Iverson of Kelly Farm in Cummaquid; Cape Cod Lavender Farm in Harwich.