A New Kind of Cookbook

Greek Revival from the Garden: Growing and Cooking for Life

A garden-to-table family cookbook that makes a healthful lifestyle easy

“Patricia Moore-Pastides’s Greek Revival from the Garden is a new kind of book—a family cookbook—that shows adults and young adults how to grow food and how to transform it into delicious, nutritious meals. Here are superb Mediterranean-inspired recipes and instructions for growing that are reassuring and expert. But more than simply a cookbook or a gardening primer, it’s a guide to living more fully, more completely, in today's kitchens.”—Matt Lee and Ted Lee, authors of The Lee Bros. Charleston Kitchen

Columbia, SC—With her second cookbook University of South Carolina First Lady Patricia Moore-Pastides heads to the garden to show us how to make a do-it-yourself healthful lifestyle possible for the whole family. Moore-Pastides, an accomplished cook and public-health professional, presents all new recipes focused on bringing the bounty of the garden to the table in easy and accessible ways. Targeting young adults but valuable for all novices, Greek Revival from the Garden focuses on the time-tested Mediterranean diet—recommended for great taste, good health, and long life—and on learning simple, delicious cooking methods that foster a happy and healthy relationship with good food.

The growing section provides all the information necessary for those interested in organic gardening to cultivate an exciting array of fruits and vegetables in containers, raised beds, or yard gardens. Topics include preparing the soil, composting to create organic fertilizer, watering, working with basic tools, and dealing with common pests and problems. Color photographs are provided to inspire new gardeners toward more than just tomatoes and cucumbers.

Greek Revival from the Garden then invites the reader into the kitchen. This section assumes little prior cooking knowledge or experience and includes kitchen safety, common equipment and cooking methods, and observations from cooking class participants. The highlight of the cooking section are the recipes themselves: a beautifully photographed sampling of fifty mouth-watering dishes prepared with the harvest of homegrown vegetables as the stars, including garden gazpacho, curried butternut squash and apple soup, and nut crusted creamy almond fruit tart.

Throughout the book, Moore-Pastides inspires healthy habits by introducing simple ways to grow and prepare nutritious dishes, and promotes a long and fulfilling lifetime relationship with food from garden to table. Greek Revival from the Garden is the first original book in the new Young Palmetto Books series. Sales of this book benefit the University of South Carolina Health and Sustainability Fund.

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Awards
Gold Medal for Adult Books: Cooking, Food & Wine category, 2013 Mom’s Choice Awards
Silver Medal, Cookbooks/General category, 2013 Living Now Book Awards

Praise for Greek Revival from the Garden: Growing and Cooking for Life

“Is garden to table just another trend? No, it is here to stay, especially with advocates like Patricia Moore-Pastides, who offers irresistible enthusiasm and an enduring commitment to educating. This companion to Patricia’s first book, Greek Revival: Cooking for Life, shares not only practical gardening advice, but also can-do recipes that anyone can make. Go ahead and get over the fact that the pages will become well worn. This is a book you’ll reach for time and again, no matter your level of expertise.”—Rebecca Bull Reed, associate garden editor, Southern Living

“Food can be a gift when it is scrumptious and delights our senses, and at the same time supports good health. This book offers us many such gifts.”—Kelly D. Brownell, director, Rudd Center for Food Policy and Obesity, Yale University

“Patricia Moore-Pastides has created an inspiring and entertaining guide for young people taking the plunge into growing their own food and then cooking it! She combines the magic and beauty of gardening with some fifty scrumptious garden-to-table recipes for beginners that will get fingers off the electronics and into the dirt.”—Amanda McNulty, Clemson Extension agent and host of the Emmy Award-winning Making It Grow!

About the Author

PATRICIA MOORE-PASTIDES is the First Lady of the University of South Carolina, where she teaches healthy Mediterranean cooking classes for USC students. In addition Moore-Pastides, who earned a master’s in public health from Yale University, teaches adults and children through Columbia’s Cooking!, a community program offered by the University’s Cancer Prevention and Control Program. As part of being an active participant in Healthy Carolina’s farmers’ market, she cultivates an organic vegetable garden at the President’s House. Moore-Pastides also works to support sustainability initiatives on campus and lectures on wellness, specifically the health benefits of the traditional Mediterranean diet and lifestyle. She is also the author of Greek Revival: Cooking for Life, available for USC Press.

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