



The One-Block Feast: An Adventure in Food from Yard to Table

Margo True, Staff of Sunset Magazine

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Based on the James Beard Award–winning blog The One-Block Diet, this all-in-one home gardening, do-it-yourself guide and cookbook shows you how to transform a backyard or garden into a self-sufficient locavore’s paradise.

When Margo True and her fellow staffers at Northern California–based *Sunset* magazine walked around the grounds of their Menlo Park office, they saw more than just a lawn and some gardens. Instead, they saw a fresh, bountiful food source, the makings for intrepid edible projects, and a series of seasonal feasts—all just waiting to happen.

The One-Block Feast is the story of how True and her team took an inspired idea and transformed it into an ambitious commitment: to create four feasts over the course of a year, using only what could be grown or raised in their backyard-sized plot. She candidly shares the group’s many successes and often humorous setbacks as they try their hands at **chicken farming, cheese making, olive pressing, home brewing, bee keeping, winemaking**, and more.

Grouped into gardening, project, and recipe guides for each season, *The One-Block Feast* is a complete resource for planning an eco-friendly kitchen garden; making your own pantry staples for year-round cooking and gifts; raising bees, chickens, and even a cow; and creating made-from-scratch meals from ingredients you’ve grown yourself. Chapters are organized by season, each featuring a planting plan and crop-by-crop instructions, an account of how that season’s projects played out for the *Sunset* team, and a multicourse dinner menu composed of imaginative, appealing, and ultra-resourceful vegetarian recipes, such as:

Butternut Squash Gnocchi with Chard and Sage Brown Butter • Egg and Gouda Crepes • Whole Wheat Pizzas with Roasted Vegetables and Homemade Cheeses • Fresh Corn Soup with Zucchini Blossoms • Braised Winter Greens with Preserved Lemons and Red Chile • Summer Lemongrass Custards • Honey Ice Cream

Generously illustrated and easy to follow, this ultimate resource for today’s urban homesteader will inspire you to take “eating local” to a whole new level.

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