



Ripe: A Fresh, Colorful Approach to Fruits and Vegetables

Cheryl Sternman Rule

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Eat fruits and vegetables not because you're told you should, but because you want them in every sense of the word. Because they are beautiful. And satisfying. And you desire their freshness, flavor, and simplicity. That's why *Ripe* is arranged by color, not season.

Author and food writer Cheryl Sternman Rule, who is also the voice behind the popular blog 5 Second Rule, and award-winning food photographer Paulette Phlipot, have teamed up to bring inspiration to hungry home cooks. Their goal is not to deliver another lecture on eating for the sake of nutrition or environmental stewardship (though they affirm that both are important), but to tempt others to “embrace the vegetable, behold the fruit” because these foods are versatile, gorgeous, and taste terrific. Starting with red and progressing towards a calmer white, *Ripe* is arranged by color to showcase the lush, natural beauty of the following fruits and vegetables:

- **RED:** beets, blood oranges, cherries, cranberries, grapefruit, pomegranate, radicchio, radish, raspberries, red apples, red bell peppers, rhubarb, strawberries, tomatoes, and watermelon
- **ORANGE:** apricot, butternut squash, carrots, clementines, kumquats, mangoes, nectarines, papaya, peaches, persimmon, pumpkin, and yams
- **YELLOW:** banana, corn, lemon, pineapple, pomelo, squash blossoms, and yellow onions
- **GREEN:** green apples, artichokes, asparagus, avocado, bok choy, broccoli, Brussels sprouts, celery, cucumber, edamame, fava beans, fennel, green beans, honeydew, kale, kiwi, leeks, lime, peas, spinach, swiss chard, watercress, and zucchini
- **PURPLE and Blue:** blackberries, blueberries, eggplant, figs, plums, purple cabbage, purple grapes, red leaf lettuce, and red onion
- **WHITE:** bosc pears, cauliflower, coconut, endive, garlic, jicama, mushrooms, parsnips, potatoes, and turnip

Each fruit and vegetable is accompanied by a lighthearted essay, breathtaking photography, and one showcase recipe, along with three “quick-hit” recipe ideas. With 150 photos and 75 recipes, this unique cookbook will quicken your pulse and leave you very, very hungry.

For more information, visit RipeCookbook.com

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