



HEARTH & HARVEST

COOK WITH THE SEASON

Seasonal Cookbook eBook

An EPUB-ready, reflow-safe cookbook manuscript with an image-led cover, accessible food photography, seasonal chapters, tested recipe structure, and storage notes.

Northstar Systems · Mara Klein · 4 August 2026

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About this book

An EPUB-ready, reflow-safe cookbook manuscript with an image-led cover, accessible food photography, seasonal chapters, tested recipe structure, and storage notes.

Spring · bright and green

Tender vegetables need little intervention and reward precise timing.



Figure 1: A seasonal starting point

Build spring plates around peas, asparagus, herbs, young leaves, radishes, and the first strawberries. Keep dressings sharp and textures distinct.

For a simple herb risotto, toast 300 g arborio rice, add warm vegetable stock gradually, and fold in blanched peas, lemon zest, parsley, and a final spoon of butter. Serve immediately.

Variation: replace the peas with broad beans and finish with mint. For a dairy-free version, use olive oil and a spoon of white-bean purée for body.

Summer · generous tables

Let ripe produce carry the meal.

Tomatoes, stone fruit, courgettes, peppers, and fresh beans are strongest when seasoning is confident and cooking remains brief.

Layer sliced tomatoes and peaches with torn basil, toasted almonds, sea salt, and a sherry-vinegar dressing. Rest for ten minutes before serving so the juices become part of the sauce.

Cook's note: room-temperature produce tastes fuller than produce served directly from the refrigerator.

Autumn · depth and warmth

Roasting and slow browning reveal sweetness without excess richness.

Use squash, mushrooms, apples, brassicas, and grains to build substantial meals with contrasting acidity.

Roast wedges of squash at 210°C until deeply browned. Serve over farro with wilted kale, toasted hazelnuts, and a mustard-cider dressing.

Make ahead: cook the grain and dressing up to two days in advance; reheat the squash shortly before serving.

Winter · patient cooking

Stored roots, pulses, citrus, and preserved ingredients make complete cold-weather food.

A dependable lentil stew starts with slowly softened onions, carrots, and celery. Add garlic, tomato paste, green lentils, stock, and a bay leaf, then simmer until tender.

Finish with lemon juice and chopped parsley. The acidity is not garnish; it restores definition after long cooking.

Storage: cool promptly, refrigerate for up to three days, or freeze in meal-sized portions for up to three months.

Publication notes

This manuscript uses semantic headings, paragraphs, alternative text, and a linear reading order. The structure is suitable for later reflow-oriented EPUB conversion while remaining directly exportable as PDF and DOCX today.