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## GROCH: Fruit's the focus of local cookbook

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By LAURA GROCH | Posted: Thursday, March 15, 2012 6:15 am |

Oranges, lemons, limes, tangerines. Raspberries, blueberries, figs, peaches. Nectarines, grapes, watermelon, cantaloupes, persimmons.

We're blessed in Southern California with a steady flow of fruits in season. But when you're wondering what else to do with the pears, plums and apricots ---- Beverly Jo Noble has your back.

Noble, a Carlsbad resident, has written "A Lifetime of Recipes: Fabulous Fresh Fruit" (Noble Publishing Services, \$24.95). The full-color cookbook is packed with recipes for using various fruits, organized season by season.

She began cooking at age 6, standing on a kitchen chair, and received her first cookbook on her eighth birthday. "It had a dish called Cheese Puff that my family enjoyed for many years," she recalled. After college she started collecting recipes, "then combining recipes, then you start making up stuff from scratch." All the while she worked as a math teacher and financial planner, while continuing to cook for friends and family. She took cooking classes, and won an amateur cooking contest in Las Vegas for her oven-poached salmon.

Retired now, Noble plans a series of books, but started with fruit because that's what people asked her about most. She was originally going to do "just a pamphlet for family and friends," but it grew into a 200-page book, illustrated with beautiful color photos taken by her husband, Cliff. "There were a couple of months where a meal was not eaten without a picture being taken first," she said.

The book's cover also states: "Budget-Friendly, Quick & Easy Recipes for Local In-Season Produce." Noble said she keeps health in mind when choosing and creating recipes: "I use yogurt instead of sour cream; the sugar content is cut down." She also wanted the book to be economical: "No exotic ingredients." And most recipes can be on the table in 30 minutes, she said.

Noble extols the virtues of cooking for a family and as a family. "A lot of young people out there don't know how to cook, and they don't even know where to start. I think it's a real shame. They have turned their back on something that can be a daily expression of love." Getting kids in the kitchen is a way to start

Read more: [http://www.nctimes.com/lifestyles/food-and-cooking/columnists/groch/groch-fruit-s-the-focus-of-local-cookbook/article\\_8d3114fa-9816-5edf-84c5-831de3080590.html#ixzz1qBDctBGG](http://www.nctimes.com/lifestyles/food-and-cooking/columnists/groch/groch-fruit-s-the-focus-of-local-cookbook/article_8d3114fa-9816-5edf-84c5-831de3080590.html#ixzz1qBDctBGG)

<http://www.na-sd.com/SAND/March-2012/Seasonal-Guide-to-Fresh-Fruit/>

Natural Awakenings- San Diego March 2012 issue

Author Beverly Jo Noble is pleased to announce that her book *A Lifetime of Recipes: Fabulous Fresh Fruit* is being released March 1. The book is a seasonal guide to using fresh fruit to create quick, delicious, healthy meals. It features widely available ingredients and simple instructions.

The book encourages shopping locally, teaching children to cook and develop healthy eating habits, and supports family farms and sustainable agricultural practices. According to Noble, "Shopping locally and seasonally is better for the individual, the community, and the planet. The bonus: local, in season produce tastes better and costs less."

*To purchase: Initially, the book will be sold online, and at farmer's markets in southern California. For more information, call 760-415-9924 or visit [ALifeTimeOfRecipes.com](http://ALifeTimeOfRecipes.com).*

## **Blackberries Romanoff**

This kid-friendly recipe is featured in the book *A Lifetime of Recipes: Fabulous Fresh Fruit* by Beverly Jo Noble and takes less than fifteen minutes to prepare.

