

Great food begins with shopping. *Secret Recipes* teaches readers how to shop like a grocer for savory results.



Here's what people are saying about this revolutionary new cookbook. Pick up a copy today.

Writers Notes Magazine Book Award Winner

Writers Notes Magazine WINNER Book Award

"This cookbook offers so much more than the average cookbook. It's the most well-rounded, informative cookbook I've ever carried in my store. I love just reading the tidbits of history and preparation techniques in the margins. Secret Recipes is a learning experience and the recipes are outstanding"

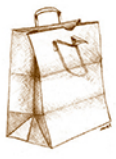
—Eileen Heusinkveld, owner, a Taste of Class, Loveland CO

"A very usable and practical cookbook. It's become one of my favorites."

—Susan Larson, Vice President, First Bank

"At a time when people are yearning for the traditions, the home-made, the nostalgic good-old-days, this book nurtures our bodies and souls."

—LeAnn Thieman, Co-author of Chicken Soup for the Nurse's Soul



"This book changed the way I shop. Now I always put the cream of the crop in my shopping bag."

—Kathy Willard, English teacher



More than a cookbook.

Secret Recipes not only includes grocery shopping secrets but also fascinating tidbits of history.



"A wonderful collection of family-tested, customer-approved recipes sprinkled with tips on how to select and store the ingredients needed for the recipes. A must for the cookbook enthusiast, new bride, or even the casual cook."

—Pat Kendall, PhD, RD, Food and Nutrition Extension Specialist, Colorado State University

"The pineapple salsa and guacamole recipes are worth the price of the cookbook."

—Susan Selby, retired teacher

"I'm just learning to cook. The directions in this cookbook are easy to follow and the recipes are dishes I actually want to eat. This book doesn't intimidate the novice cook."

—Jenny Lynn Nelson, hairdresser

"Real food for real people."

—Nancy Hansford, Author of Fort Collins Highlights & Northern Colorado Ghost Stories