

vegan strawberry shortcake cake

Vegan Strawberry Shortcake Cake: A Delightful Twist on a Classic Dessert

vegan strawberry shortcake cake is a deliciously fresh and plant-based take on the traditional strawberry shortcake that many of us grew up enjoying. This luscious dessert combines the sweetness of ripe strawberries, the lightness of fluffy cake, and the creaminess of dairy-free whipped topping, all without using any animal products. Whether you're vegan, lactose intolerant, or simply looking for a healthier alternative to conventional desserts, this cake delivers on flavor and texture, proving that indulgence doesn't have to come at the expense of your dietary choices.

What Makes Vegan Strawberry Shortcake Cake Special?

Strawberry shortcake is recognized for its simple but irresistible combination of components: tender cake layers, fresh strawberries, and whipped cream. However, when you switch to a vegan version, the magic lies in finding the perfect plant-based substitutes that replicate these textures and flavors.

Plant-Based Ingredients That Shine

In a vegan strawberry shortcake cake, traditional ingredients like eggs, butter, and dairy cream get replaced with alternatives such as:

- **Flaxseed or chia seeds:** Often used as egg replacers, these seeds create a gel-like consistency when mixed with water, helping to bind the cake batter together.
- **Non-dairy milk:** Almond, soy, oat, or coconut milk are popular choices to keep the cake moist without dairy.
- **Vegan butter or coconut oil:** These fats enrich the cake and add tenderness.
- **Coconut cream or aquafaba:** Coconut cream whips up into a fluffy, dairy-free whipped topping, while aquafaba (the liquid from chickpeas) can be used to create a light meringue-like cream.

Using these plant-based ingredients carefully ensures that the vegan

strawberry shortcake cake remains light, moist, and incredibly satisfying.

How to Make the Perfect Vegan Strawberry Shortcake Cake

Crafting a vegan strawberry shortcake cake involves a few key steps that focus on balancing flavors and textures to replicate the classic dessert's charm.

Choosing the Right Cake Base

The cake base can vary from a traditional sponge cake to a biscuit-like shortcake. For a moist and fluffy result, many bakers opt for a vegan vanilla sponge cake, made with:

- All-purpose flour
- Baking powder and baking soda for leavening
- Plant-based milk
- Vinegar (to react with baking soda and create lift)
- Sugar or natural sweeteners
- A flax or chia egg replacement
- Vegan butter or oil

This mixture produces a light crumb with a slight vanilla flavor that complements the strawberries without overpowering them.

Selecting and Preparing Strawberries

Fresh strawberries are the heart of this dessert. For the best flavor:

- Use ripe, in-season strawberries for maximum sweetness.
- Slice the strawberries evenly.
- Toss them gently with a little sugar or maple syrup to macerate, which draws out their juices and enhances their natural sweetness.
- Adding a splash of lemon juice or balsamic vinegar can brighten the strawberry flavor and add complexity.

Making the Vegan Whipped Cream

Whipped topping is essential to strawberry shortcake. There are a few vegan options:

- **Coconut Whipped Cream:** Chill full-fat coconut milk or coconut cream overnight, scoop out the solidified cream, and whip it with a touch of vanilla and sweetener until fluffy.
- **Aquafaba Whipped Cream:** Whip the liquid from canned chickpeas with powdered sugar and cream of tartar until stiff peaks form. This is a lighter, airy option that mimics egg whites.

Both options provide a luscious, creamy texture that pairs beautifully with the fruit and cake.

Variations to Try with Vegan Strawberry Shortcake Cake

One of the joys of making vegan desserts is how adaptable the recipes can be. Here are some creative spins on the classic vegan strawberry shortcake cake:

Gluten-Free Vegan Strawberry Shortcake Cake

For those with gluten sensitivities, replacing all-purpose flour with gluten-free blends made from rice flour, almond flour, or oat flour works well. Adding a binder like xanthan gum helps maintain the cake's structure.

Chocolate Vegan Strawberry Shortcake Cake

Incorporate cocoa powder into the cake batter for a chocolatey twist. The rich chocolate flavor pairs wonderfully with the tart strawberries, creating a decadent but still light dessert.

Layering with Vegan Custard or Cream Cheese

Add a layer of vegan custard or sweetened vegan cream cheese between the cake and strawberries for extra creaminess and a tangy contrast.

Tips for Serving and Storing Your Vegan Strawberry Shortcake Cake

Serving this cake at room temperature brings out the best flavors and

textures, especially the whipped topping, which can become too firm when chilled. If you're preparing it ahead of time, keep the cake layers and strawberries separate from the whipped cream, and assemble just before serving to maintain freshness.

For storing leftovers, cover the cake tightly and refrigerate for up to two days. If the cake seems dry afterward, a quick brush of non-dairy milk before serving can help rehydrate it.

Why Vegan Strawberry Shortcake Cake Is a Crowd-Pleaser

More than just a vegan dessert, this cake appeals to a wide audience because it's fresh, light, and bursting with natural fruit flavors. It's also a fantastic way to showcase seasonal strawberries, making it ideal for spring and summer gatherings.

Since it is free from eggs and dairy, it caters to people with allergies or dietary restrictions without compromising on taste. Additionally, using plant-based ingredients often means fewer processed components, aligning well with those seeking cleaner eating options.

In many ways, vegan strawberry shortcake cake highlights the versatility and deliciousness of plant-based baking. Whether you're a seasoned vegan or just curious about trying a new dessert, this recipe is approachable, satisfying, and sure to become a favorite.

Frequently Asked Questions

What is vegan strawberry shortcake cake?

Vegan strawberry shortcake cake is a plant-based dessert made without any animal products, including dairy and eggs, typically featuring layers of vegan sponge cake, fresh strawberries, and dairy-free whipped cream.

How do you make vegan strawberry shortcake cake from scratch?

To make vegan strawberry shortcake cake, prepare a vegan sponge cake using ingredients like flour, sugar, baking powder, plant-based milk, and oil. Layer it with fresh sliced strawberries and vegan whipped cream made from coconut cream or aquafaba.

What are the best substitutes for eggs in vegan strawberry shortcake cake?

Common egg substitutes include flax eggs (ground flaxseed mixed with water), chia eggs, applesauce, mashed bananas, or commercial egg replacers, which help bind and add moisture to the cake.

Can I use frozen strawberries for vegan strawberry shortcake cake?

Yes, you can use frozen strawberries, but it's best to thaw and drain them well to avoid excess moisture that could make the cake soggy.

What is the best vegan whipped cream for strawberry shortcake cake?

Popular vegan whipped creams include coconut whipped cream made from chilled coconut cream, or store-bought vegan whipped toppings made from soy, almond, or oat bases.

Is vegan strawberry shortcake cake healthier than traditional versions?

Vegan versions can be healthier as they often contain less saturated fat and no cholesterol, but it depends on the ingredients used, such as the amount of sugar and oil.

How do you keep vegan strawberry shortcake cake fresh?

Store the cake in an airtight container in the refrigerator and consume within 2-3 days for optimal freshness, as vegan whipped cream can soften the cake over time.

Can gluten-free flour be used for vegan strawberry shortcake cake?

Yes, gluten-free flour blends can be used to make vegan strawberry shortcake cake, but you may need to adjust the liquid ingredients or add a binding agent like xanthan gum.

What occasions are suitable for serving vegan strawberry shortcake cake?

Vegan strawberry shortcake cake is perfect for birthdays, baby showers, summer picnics, or any celebration where guests prefer or require plant-based

desserts.

Where can I find vegan strawberry shortcake cake recipes online?

You can find vegan strawberry shortcake cake recipes on popular vegan food blogs, recipe websites like Minimalist Baker, Vegan Richa, and on video platforms such as YouTube.

Additional Resources

Vegan Strawberry Shortcake Cake: A Delightful Plant-Based Twist on a Classic Dessert

Vegan strawberry shortcake cake has emerged as an increasingly popular choice among plant-based dessert enthusiasts and those seeking dairy-free, egg-free alternatives without sacrificing flavor or texture. This modern reinterpretation of the traditional strawberry shortcake combines the familiar elements of light sponge cake, fresh strawberries, and whipped cream, all adapted to suit a vegan lifestyle. Its rising demand reflects broader trends in plant-based eating and a growing interest in allergy-friendly, health-conscious baking.

Exploring the vegan strawberry shortcake cake involves understanding how classic baking techniques and ingredients are innovatively replaced or modified. This article delves into the components, preparation methods, nutritional aspects, and sensory experiences that define this dessert, while also comparing it to its conventional counterpart.

Understanding the Components of Vegan Strawberry Shortcake Cake

At its core, the traditional strawberry shortcake consists of three primary layers: a sponge or biscuit-like cake, fresh strawberries often macerated with sugar, and whipped cream. The vegan version seeks to replicate these layers using plant-based ingredients, which requires a nuanced approach to achieve the desired taste and texture.

Vegan Sponge Cake Alternatives

The sponge cake is a vital element, responsible for the cake's structure and mouthfeel. In a vegan strawberry shortcake cake, the sponge must be free from eggs and dairy, which are traditionally used as binding agents and for moisture. Bakers often substitute eggs with ingredients like applesauce,

mashed bananas, flaxseeds, or commercial egg replacers. These alternatives help provide moisture and act as a binder, but can influence the final texture and flavor.

Plant-based milk such as almond, soy, or oat milk replaces cow's milk, while vegan butter or oils like coconut or vegetable oil supply fat content. The choice of flour (all-purpose, gluten-free blends, or almond flour) also impacts the crumb's lightness and density. Achieving a delicate, airy sponge akin to the original is a technical challenge but can be mastered with the right balance of leavening agents such as baking powder and baking soda.

Incorporating Fresh Strawberries

Fresh strawberries remain the heart of the dessert, offering natural sweetness, acidity, and vibrant color. In vegan strawberry shortcake cake, the fruit is usually macerated with organic cane sugar or maple syrup to enhance juiciness and flavor. Some recipes also incorporate a splash of lemon juice or balsamic vinegar to deepen the berry profile.

The freshness and ripeness of strawberries are crucial; underripe berries can result in a tart, less sweet taste, while overripe fruit may lead to sogginess. Seasonal availability also influences the quality and price, making locally sourced strawberries preferable for premium versions.

Vegan Whipped Cream Substitutes

Replicating the luscious whipped cream topping is perhaps the most distinctive challenge in vegan strawberry shortcake cake. Traditional whipped cream is made from heavy cream derived from dairy, but plant-based alternatives are now widely available. Popular options include coconut cream, aquafaba (the liquid from cooked chickpeas), soy-based or rice-based creams.

Coconut cream is favored for its rich texture and natural sweetness; it whips up similarly to dairy cream but carries a subtle coconut flavor that may or may not complement the strawberries depending on personal preference. Aquafaba is a more neutral option, capable of forming stiff peaks but requiring careful stabilization with sugar and flavorings. Commercial vegan whipped toppings offer convenience but vary in ingredient quality and healthfulness.

Comparative Analysis: Vegan vs. Traditional Strawberry Shortcake Cake

When assessing vegan strawberry shortcake cake relative to its traditional

counterpart, several factors come into play: taste, texture, nutritional profile, and environmental impact.

Taste and Texture

Traditional strawberry shortcake is characterized by a tender crumb, creamy richness, and the bright acidity of strawberries. Vegan versions strive to replicate this sensory balance but often exhibit subtle differences due to ingredient substitutions. For example, egg replacers may make the cake denser or moister, and coconut-based creams can impart a distinct flavor.

However, many bakers report that well-executed vegan strawberry shortcake cake can rival or even surpass conventional recipes, especially when fresh ingredients and quality plant-based products are used. The variability in taste and texture often depends on recipe refinement and ingredient selection.

Nutritional Considerations

Vegan strawberry shortcake cake generally offers a lower cholesterol content and reduced saturated fats compared to traditional versions that use butter and heavy cream. Plant-based ingredients contribute fiber, vitamins, and antioxidants—particularly from fresh strawberries and whole-grain flours when utilized.

That said, some vegan recipes may incorporate processed ingredients or refined sugars, which can offset health benefits. It is essential to consider the overall nutritional composition, including calorie count, sugar content, and fat sources, when evaluating the healthfulness of any dessert.

Environmental and Ethical Factors

The shift to vegan strawberry shortcake cake aligns with growing consumer awareness about sustainability and animal welfare. Plant-based baking reduces reliance on animal agriculture, which is associated with higher greenhouse gas emissions, land use, and water consumption. Choosing vegan desserts supports ethical considerations and environmental stewardship without compromising indulgence.

Practical Tips for Baking Vegan Strawberry Shortcake Cake

For those interested in crafting their own vegan strawberry shortcake cake, attention to detail and ingredient quality are paramount. The following points can enhance the baking experience and final product:

- **Ingredient Quality:** Fresh, ripe strawberries and high-quality plant-based milk and fats yield superior flavor and texture.
- **Egg Replacement:** Experiment with flaxseed meal or chia seeds mixed with water for a natural binder, or commercial egg replacers for consistency.
- **Whipped Cream:** Chill the coconut cream overnight and whip thoroughly to achieve a stable, fluffy topping.
- **Layering:** Allow the cake layers to cool completely before assembling to prevent sogginess.
- **Sweetness Balance:** Adjust the sugar in the strawberry maceration and cake batter to taste, keeping in mind the natural sweetness of the fruit.

Innovations and Variations

Creative variations on vegan strawberry shortcake cake include incorporating gluten-free flours for allergy-friendly options, adding lemon zest or vanilla extract for added aroma, and using alternative fruits like raspberries or blueberries to diversify flavor profiles. Some recipes also explore raw or no-bake versions, leveraging soaked nuts and dates for crusts and coconut-based creams for layers.

The adaptability of vegan baking allows for experimentation, making vegan strawberry shortcake cake not only a dessert but also a canvas for culinary innovation.

Vegan strawberry shortcake cake represents a meaningful evolution in dessert culture, blending tradition with modern dietary preferences. As plant-based lifestyles gain traction, such desserts are likely to become staples in both home baking and commercial patisserie contexts, celebrated for their inclusivity, taste, and environmental consciousness.

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vegan strawberry shortcake cake: Plant Based Dessert Recipes Anne W Boles, 2025-09-12 Indulge your sweet tooth the healthy way! Whether you're new to plant-based eating or simply looking for delicious guilt-free treats, this beginner-friendly cookbook is packed with easy, wholesome dessert recipes that prove you don't have to sacrifice flavor for health. Inside, you'll discover: □ Simple, step-by-step recipes made with everyday plant-based ingredients □ A wide variety of desserts—from cookies, cakes, and brownies to refreshing frozen treats and creamy puddings □ Naturally sweetened options without refined sugar or dairy □ Tips for substituting ingredients to make desserts gluten-free, nut-free, or oil-free □ Quick recipes perfect for busy lifestyles and family-friendly snacking Perfect for beginners, this cookbook shows you how to create desserts that are nutritious, satisfying, and bursting with flavor—all while supporting a plant-based lifestyle. Whether you're looking to improve your health, explore new flavors, or surprise your family with wholesome treats, *Plant-Based Dessert Recipes* is your go-to guide for sweet success. □ Say goodbye to guilt and hello to delicious plant-powered desserts today!

vegan strawberry shortcake cake: 200 Vegan Pie Recipes to Make and Master Christopher Lively, 200 Vegan Pie Recipes to Make and Master - Increase Your Vegan Nutrient Getting Abilities in a Taste Way Through Awesome Vegan Pies Let me take you on a journey—a journey where health meets indulgence, where creativity blossoms into nourishment, and where your kitchen becomes a canvas for plant-based mastery. Imagine a world where every slice of pie not only tantalizes your taste buds but also fuels your body with the nutrients it craves. This is the promise of *200 Vegan Pie Recipes to Make and Master*, a groundbreaking collection designed to revolutionize how you think about vegan cooking. Let's look at this from a different angle. Most cookbooks focus on recipes as mere instructions, but what if a cookbook could be a strategic tool for elevating your lifestyle? What if every pie you baked was a step toward optimizing your health, delighting your loved ones, and showcasing your culinary ingenuity? This isn't just about making pies; it's about leveraging the power of plant-based ingredients to create value for your body and soul. It's about positioning yourself as a creator of unforgettable flavors while ensuring every bite is packed with purpose. A brief overview of recipe related chapters that are included: - 268 Vegan Full Pie Recipes. - 150 Vegan Pie Crust Recipes. - 18 Vegan Pie Crust Recipes - Full Form - 59 Pie

Concepts By Type List - 118 Different Vegan Pie Concepts List = 495 total recipes and 268 vegan pie recipes - extras added also to cover any remaining duplicate recipes. Picture this: a family gathering where your savory vegan shepherd's pie steals the show, or a quiet evening where a slice of velvety chocolate pie becomes your guilt-free comfort. With over 200 carefully crafted recipes, this collection offers you a treasure trove of possibilities—from hearty, nutrient-dense savory pies to sweet masterpieces that redefine dessert. But it's more than just variety. It's about the hidden leverage in every recipe—each one designed to maximize essential vitamins, minerals, and plant-based proteins, ensuring you're not just eating, but thriving. Let's break this down strategically. Inside, you'll uncover: A Wealth of Inspiration: Over 268 full vegan pie recipes, plus 150 pie crust variations, giving you the building blocks to create endless combinations. Think of this as your toolkit for innovation. Nutrient Optimization: Every ingredient is chosen with intention, turning each pie into a powerhouse of wellness without sacrificing flavor. Pie Mastery!: Step-by-step guidance and expert tips ensure that whether you're a novice or a seasoned baker, you'll succeed every time. It's like having a mentor in your kitchen, removing any fear of failure. Tailored Solutions: With gluten-free, nut-free, and low-sugar options, these recipes adapt to your unique needs, ensuring no one is left out of the pie party. Creative Freedom: Mix and match concepts from the 118 unique vegan pie ideas and 59 pie type concepts, empowering you to craft signature dishes that reflect your personal style. This isn't just a cookbook; it's a system for transforming how you approach vegan eating. It's about taking the assets you already have—your kitchen, your curiosity, your desire for health—and multiplying their impact through innovative, delicious pies. Imagine the value you'll create when you serve a pie that's not only a crowd-pleaser but also a conversation starter about the power of plant-based living. So, why settle for ordinary when you can master the extraordinary? 200 Vegan Pie Recipes to Make and Master is your invitation to rethink what's possible in your kitchen. It's your chance to boost your nutrient intake, elevate your cooking skills, and delight in every bite—without compromise. Grab your copy today and start crafting pies that nourish, inspire, and transform. Let's bake a better future, one slice at a time. For the love of pie - order your copy of 200 Vegan Pie Recipes to Make and Master and get started baking today!

vegan strawberry shortcake cake: *Vegetarian Times*, 1988-01 To do what no other magazine does: Deliver simple, delicious food, plus expert health and lifestyle information, that's exclusively vegetarian but wrapped in a fresh, stylish mainstream package that's inviting to all. Because while vegetarians are a great, vital, passionate niche, their healthy way of eating and the earth-friendly values it inspires appeals to an increasingly large group of Americans. VT's goal: To embrace both.

vegan strawberry shortcake cake: *Sweet Cravings* Cider Mill Press,, 2019-10-22 Craving chocolate? Coconut? How about apple pie with a walnut crust? Satisfy your cravings with the only intuitive dessert cookbook on the market. Featuring over 550 pages of mouth-watering treats organized by what you're craving, you won't have to settle for less when indulging your sweet tooth. With delicious gluten-free recipes and vegan baking options, no one will ever feel left out at the dessert table again. Inside this cookbook, you will find: 300+ recipes grouped by flavor, from creamy chocolate and smooth vanilla to tantalizing tropical creations and holiday favorites A close look at important ingredients and essential recipes so you can make dessert staples like ice cream, pie crusts, frosting, and whipped cream at home Helpful tips and techniques to keep you cool in the kitchen and elegant while entertaining Whether you're craving sweet or savory treats, this cookbook has a sweet recipe for everyone. Turn that pie-in-the-sky dessert list into a decadent buffet with the only dessert cookbook you'll ever need.

vegan strawberry shortcake cake: *The 50 Best Cake Mix Recipes* Adams Media, 2011-12-01 They're easy. They're tasty. And they're right at your fingertips. The 50 Best Cake Mix Recipes is a delicious selection of desserts and sides made simple. From Rich Topped Coffee Cake to Mexican Chili Pie, there's plenty included so you can whip up satisfying and scrumptious baked goods in no time. Enjoy!

vegan strawberry shortcake cake: *Plantiful* Francesca Bonadonna, 2021-01-12 Francesca

Bonadonna, of Plantifully Based delivers a fresh and creative approach to vegan cooking in her new book, *Plantiful: Over 75 Vibrant Vegan Comfort Foods*. With an emphasis on comfort, quality, and taste, she draws upon her Italian American heritage to bring familiar flavors and delectable dishes to your table. Plantiful teaches you how to easily transform plant-based foods into hearty and nourishing meals. With an array of creamy, saucy, and crispy creations, Francesca dispels any misconceptions that vegan food lacks the pleasing flavors and textures of its non-vegan counterparts. Each recipe is made from high-quality but easily accessible ingredients, with a simple format that makes cooking both easy and fun. Francesca guides you each step of the way in creating satisfying meals and snacks that are perfect for sharing. Whether you are a seasoned vegan cook or are looking to expand your repertoire of plant-based meals, she has you covered with over 75 foolproof recipes, along with kitchen tricks and tips for overcoming common challenges, allowing you to find joy and inspiration on your cooking journey! Sample recipes include: • Vegan Chorizo and Potato Breakfast Tacos • Greek Nachos • Popcorn Chick'n • Sweet Gochujang Tempeh Bao • Buffalo Chick'n Sandwiches • Vegan Mac and Cheese • Yellow Split Pea Cannellini Bean Stew • Zeppole

vegan strawberry shortcake cake: *Mistress Ginger Cooks!* Mistress Ginger, 2014-07-07 This is not the typical culinary compilation! Foodies of every persuasion will be enticed by Mistress Ginger and her follies in the kitchen. Here is a saucy showgirl who knows that anyone can make and enjoy fabulous vegan food whether it's a longtime vegan who wears a bunch of kale as a badge of honor or a self-described carnivore who doesn't know a radish from a rutabaga. Filled with practical tips for eating better amid a hustle-and-bustle life with recipes that will please anyone, *Mistress Ginger Cooks!* presents a veritable plant-based paradise for busy people who want to be healthier. Guided by the irrepressible and irresistible Mistress Ginger, readers will learn simple, everyday dishes bursting with flavor as well as a few more elaborate recipes for extra-special occasions. From tips on planning balanced meals to putting together knock-out themed menus, the kitchen has never been so much fun. Par-tay Pate, French Kissed Toast, Blueberry Stud Muffins, Bodacious Tortelloni, Flaming Stir-Fry, and Titillating Tapenade are a few of the recipes Ginger whips up. Best of all, the book features her bawdy, good-natured humor, as well as gorgeous color photos of the Mistress herself, throughout.

vegan strawberry shortcake cake: *The Everything Cake Mix Cookbook* Sarah K Sawyer, 2009-10-18 Think of delicious Pumpkin Bread, Chocolate Hazelnut Cake, and Cheddar Herb Scones homemade from scratch. But who has that kind of time? You can cut your kitchen duty considerably by using the secret ingredient: cake mix! In this unique cookbook, author Sarah K. Sawyer shows readers how to bake all of the classics—and some new surprises—using cake mix. Recipes include: French Toast Casserole Rocky Road Bars Potato Pancakes Green Tea Cupcakes Rhubarb Strawberry Crumble Complete with chapters for vegetarians, vegans, and those who have food allergies, this is the perfect cookbook for anyone who wants to cut corners but still present a delicious homemade product. No one will ever know that it's only semi-homemade!

vegan strawberry shortcake cake: *IN THE KITCHEN WITH CHEF MO* Hilda McMullen, 2021-09-25 Let me just start out by saying that “fusion” is not a bad word. But let me also say that by definition the word “fusion” in the food space means to mix two different cuisines. But just because you can doesn't mean you should. Over the years the word has become more of a negative than a positive because it's a concept that is a bit misunderstood. Just because you have 6 different cultural cuisines on a plate doesn't mean success. Sometimes folks in the food space think they need a fusion dish as an attraction but the research behind the creation isn't there. And sometimes traditional recipes attract more customers.

vegan strawberry shortcake cake: *Vegan Baking Classics* Kelly Rudnicki, 2021-05-19 This comprehensive cookbook features vegan baking recipes, tips, and techniques for home bakers of all skill levels. *Vegan Baking Classics* is a one-stop guide to delicious, everyday baked goods free of animal products. With these simple yet satisfying recipes, you can enjoy freshly baked muffins, quick breads, cookies, and bars, as well as cakes, pies, crisps, and cobblers—all made with ingredients

that are affordable, widely available, and fully vegan. Whether bakers are new to the world of veganism or a veterans with years of experience, they will find plenty to enjoy in Vegan Baking Classics.

vegan strawberry shortcake cake: *Earth Eats* Annie Corrigan, Daniel Orr, 2017-03-20 "An eye-popping, mouth-watering celebration of local food and the people who produce it . . . I gobbled it down like a bowl of Curried Kale Chips."—Christine Barbour, author of *Indiana Cooks!* Focusing on local products, sustainability, and popular farm-to-fork dining trends, *Earth Eats: Real Food Green Living* compiles the best recipes, tips, and tricks to plant, harvest, and prepare local food. Along with renowned chef Daniel Orr, *Earth Eats* radio host Annie Corrigan presents tips, grouped by season, on keeping your farm or garden in top form, finding the best in-season produce at your local farmers market, and stocking your kitchen effectively. The book showcases what locally produced food will be available in each season and is amply stuffed with more than 200 delicious, original, and tested recipes, reflecting the dishes that can be made with these local foods. In addition to tips and recipes, Corrigan and Orr profile individuals who are on the front lines of the changing food ecosystem, detailing the challenges they and the local food movement face. With more than 140 color photos, *Earth Eats* showcases local food at its finest and features everything the local grower and food enthusiast needs to know all year round, including how to cook up a healthy compost heap, nurture a failing bee colony, create an all-natural deer repellent, and ferment delicious vegetables. "Lively interviews and vibrant photographs flesh out this tribute to a great radio show and our vibrant local food culture."—*Limestone Post Magazine* "Together, Annie Corrigan and Daniel Orr form an awesome powerhouse of sustainable living knowledge and local food resources and recipes."—*Little Indiana* "A good first go-green reference."—*Booklist*

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