



Food Swap: Specialty Recipes for Bartering, Sharing & Giving Including the World's Best Salted Caramel Sauce

Emily Paster

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Part cookbook, part how-to guide, *Food Swap* features more than 80 recipes for artisanal items that will be coveted at food swaps and adored as gifts, including everything from salted caramel sauce and Meyer lemon curd to green tomato salsa, lavender shortbread, cultured butter, apricot jalapeño jelly, and rum vanilla extract. You'll also find creative ways to irresistibly package your items, plus perforated gift tags ready for personalization. Finally, author Emily Paster — co-founder of the Chicago Food Swap, one of the biggest in the world — offers guidance on setting up a food swap in your own community, as well as inspiring stories from people who are part of this growing movement.

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