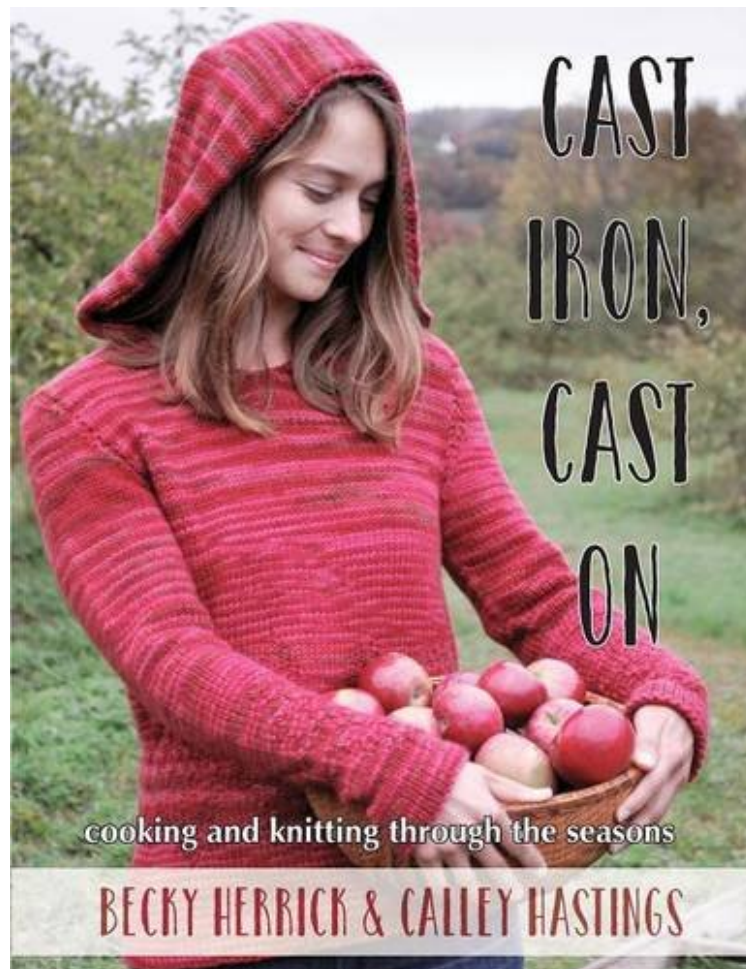


## Cast Iron, Cast On: Cooking and Knitting Through the Seasons

*Calley Hastings, Becky Herrick*  
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**Calley Hastings, Becky Herrick : Cast Iron, Cast On: Cooking and Knitting Through the Seasons** before purchasing it in order to gage whether or not it would be worth my time, and all praised Cast Iron, Cast On: Cooking and Knitting Through the Seasons:

0 of 1 people found the following review helpful. No photo of project, crap instructions for the knitting projects.By SH in IllinoisPurchased the book for a blanket pattern. Not even a photo of the blanket for reference, just the outline border sticking out of a picnic basket.Not only that, the pattern uses increase stitches that I've never heard of, and that do not have any reference in major knitting reference books.Was going to donate to library, threw in garbage recycle instead.Wouldn't even bother with one star, but when I tried to go lower, I was deleted.5 of 5 people found the following review helpful. Cooks, Knitters, Writers, Farmers--What Else!By Alec HastingsHere's the disclaimer right up front--I'm Calley's father. But, hey, I like to cook on occasion myself, and this book has some great recipes! I don't knit, but my kin do, and I know they'll love the patterns here! Not only do you get a chance to cook some scrumptious

food and craft some beautiful knitwear with this book, you get poetry too! I was captivated by the authors' beautiful descriptions of how people living close to the earth adapt to the changing seasons of a northern climate. My thanks to all the new-generation Vermonters who are working so hard to keep Vermont a place that will sustain our children and grandchildren far into the future. And kudos to these two writers and makers--so talented! 8 of 8 people found the following review helpful. I bought this mostly for the beautiful knitting patterns (2 sweaters, in particular, and the skirt really appeal to me) but now that I have it, I'm excited about the recipes, too!--Many are gluten-free or could be easily adapted with a small tweak--The seasonal/local focus is right in line with how I eat, yet the recipes offer new ideas from what I usually do. Sometimes, a little bit different is better than wildly different!--Pretty pictures, always nice!

Calley Hastings (co-owner of Fat Toad Farm, a goat dairy specializing in goat milk caramel) and Becky Herrick (knitwear designer) both live in Vermont, where they create fantastic handmade items from the local bounty. Be it local wool or local milk, stylish wearables or delicious edibles, this talented duo will show you how to cook and create through all the seasons of the year.