

First We Eat Good Food For Simple Gatherings From My Pacific Northwest Kitchen

The popular food blogger covers everything from essential skills to innovative recipes that “will satisfy the cravings of chicken lovers” (Library Journal). Chicken is the most popular meat in the world and can be easily adapted to almost any cuisine, from rustic Italian dishes to Asian-inspired curries. Still, it can be challenging to think of new ways to cook the same old wings or chicken thighs. Enter Eva Kosmas Flores, creator of the acclaimed blog Adventures in Cooking, with 150 recipes that transform chicken into something bold, new and delectable. This is a book for avid home cooks who want to push their cooking to the next level with the best versions of classics like Chicken Marsala with Balsamic Caramelized Onions and Pork Belly or innovative temptations such as Korean Barbecue Drumsticks with Ginger-Pear Sauce. There are sections on chicken cooking techniques, how to make perfect stock, and more, making this an indispensable guide for poultry lovers everywhere.

Hailed as the "patron saint of farmers' markets" by the Guardian and called one of the "great food activists" by Vanity Fair's David Kamp, Nina Planck was on the vanguard of the real food movement, and her first book remains a vital and original contribution to the hot debate about what to eat and why. In lively, personal chapters on produce, dairy, meat, fish, chocolate, and other real foods, Nina explains how ancient foods like beef and butter have been falsely accused, while industrial foods like corn syrup and soybean oil have created a triple epidemic of obesity, diabetes, and heart disease. The New York Times said that Real Food "poses a convincing alternative to the prevailing dietary guidelines, even those treated as gospel." A rebuttal to dietary fads and a clarion call for the return to old-fashioned foods, Real Food no longer seems radical, if only because the conversation has caught up to Nina Planck. Indeed, it has become gospel in its own right. This special tenth-anniversary edition includes a foreword by Nina Teicholz (The Big Fat Surprise) and a new introduction from the author.

Platters and Boards — Entertaining dishes and party dishes your guests will love Entertaining and party dishes from Platters and Boards: Celebrated author and food blogger Shelly Westerhausen shares the secrets to creating casually chic spreads anyone can make and everyone will enjoy (and envy) in her bestselling Platters and Boards cookbook. This visual cornucopia of a cookbook is the guide to entertaining with effortless style. Platters and Boards is an inspiring resource for throwing unforgettable get-togethers: Organized by time of day, 40 contemporary arrangements are presented with gorgeous photography, easy-to-prepare recipes, suggested meat and drink pairings, and notes on preparation and presentation. Helpful advice includes: Tips on portioning Guides to picking surfaces and vessels Recommendations for pairing complementary textures and flavors A handy chart featuring board suggestions for a variety of occasions (from holiday parties to baby showers) Fans of Cook Beautiful, The Art of the Cheese Plate, InStyle Parties, Magnolia Table, and Cravings will love Platters and Boards.

From chef and food activist Alice Waters, an impassioned plea for a radical reconsideration of the way each and every one of us cooks and eats In We Are What We Eat, Alice Waters urges us to take up the mantle of slow food culture, the philosophy at the core of her life’s work. When Waters first opened Chez Panisse in 1971, she did so with the intention of feeding people good food during a time of political turmoil. Customers responded to the locally sourced organic ingredients, to the dishes made by hand, and to the welcoming hospitality that infused the small space—human qualities that were disappearing from a country increasingly seduced by takeout, frozen dinners, and prepackaged ingredients. Waters came to see that the phenomenon of fast food culture, which prioritized cheapness, availability, and speed, was not only ruining our health, but also dehumanizing the ways we live and relate to one another. Over years of working with regional farmers, Waters and her partners learned how geography and seasonal fluctuations affect the ingredients on the menu, as well as about the dangers of pesticides, the plight of fieldworkers, and the social, economic, and environmental threats posed by industrial farming and food distribution. So many of the serious problems we face in the world today—from illness, to social unrest, to economic disparity, and environmental degradation—are all, at their core, connected to food. Fortunately, there is an antidote. Waters argues that by eating in a “slow food way,” each of us—like the community around her restaurant—can be empowered to prioritize and nurture a different kind of culture, one that champions values such as biodiversity, seasonality, stewardship, and pleasure in work. This is a declaration of action against fast food values, and a working theory about what we can do to change the course. As Waters makes clear, every decision we make about what we put in our mouths affects not only our bodies but also the world at large—our families, our communities, and our environment. We have the power to choose what we eat, and we have the potential for individual and global transformation—simply by shifting our relationship to food. All it takes is a taste.

Phytonutrient Gardening

The Story of Food

Real Food

Eat

Sea and Smoke

Everyday Comfort Food You Crave: Gluten-Free, Dairy-Free, and Paleo Recipes [a Cookbook]

Why Should I Eat Well?

Fruit from the Sands

Eggs are a great source of protein and incredibly versatile. You can boil the, fry them, scramble them!the list goes on and on.It can be tough to be creative with eggs, but there really are so many different ways to make them. When it’s coming to the end of the week and you still have a bunch of eggs left over from a grocery store trip, look in this book and we guarantee you’ll be able to put them to good use.

An introduction to nutrition describes the six categories of nutrients needed for good health, how they work in the body, and what foods provide each, as well as food experiments and recipes, in a kid-friendly format. Reprint.

A perfect and irresistible idea: A cookbook filled with delicious, healthful recipes created for everyone on a tight budget. While studying food policy as a master’s candidate at NYU, Leanne Brown asked a simple yet critical question: How well can a person eat on the \$4 a day given by SNAP, the U.S. government’s Supplemental Nutrition Assistance Program informally known as food stamps? The answer is surprisingly well: Broiled Tilapia with Lime, Spicy Pulled Pork, Green Chile and Cheddar Quesadillas, Vegetable Jambalaya, Beet and Chickpea Salad!even desserts like Coconut Chocolate Cookies and Peach Coffee Cake. In addition to creating nutritious recipes that maximize every ingredient and use economical cooking methods, Ms. Brown gives tips on shopping; on creating pantry basics; on mastering certain staples!pizza dough, flour tortillas!and saucy extras that make everything taste better, like spice oil and tzatziki; and how to make fundamentally smart, healthful food choices. The idea for Good and Cheap is already proving itself. The author launched a Kickstarter campaign to self-publish and fund the buy one/give one model. Hundreds of thousands of viewers watched her video and donated \$145,000, and national media are paying attention. Even high-profile chefs and food writers have taken note!like Mark Bittman, who retweeted the link to the campaign; Francis Lam, who called it !Terrific!; and Michael Pollan, who cited it as a !cool kickstarter. In the same way that TOMS turned inexpensive, stylish shoes into a larger do-good movement, Good and Cheap is poised to become a cookbook that every food lover with a conscience will embrace.

A young child says the “Motzi,” a traditional prayer of thanks.

What to Eat and Why

The Egg Cookbook

How the Food Revolution Has Transformed Our Lives, Our Bodies, and Our World

100 Homegrown Recipes from the Pacific Wonderland

Pacific Northwest Home Cooking

Adventures in Chicken

The Way We Eat Now

The Silk Road Origins of the Foods We Eat

First We EatGood Food for Simple Gatherings from My Pacific Northwest KitchenAbrams

Part culinary adventure, part serious cookbook, Sea and Smoke chronicles the plucky ambition of a young chef to establish a world-class dining destination in an unlikely place. A native of the Pacific Northwest, two-time James Beard winning chef Blaine Wetzel saw Lummi Island, a rugged place with fewer than 1,000 residents off the coast of Seattle, as the ideal venue for his unique brand of hyperlocalism. Sea and Smoke is a culinary celebration of what is good, flavorful, and nearby, with recipes like Herring Roe on Kelp with Charred Dandelions and Smoked Mussels creating an intimate relationship between the food and landscape of the Pacific Northwest. The smokehouse, the fisherman, and the farmer yield the ingredients for unforgettable meals at The Willows Inn, a reflection of Wetzel’s commitment both to locally-sourced ingredients and the sights, smells, and tastes of the foggy, coastal environment of Lummi Island. Award-winning journalist Joe Ray tells the tale of the Inn’s rise to stardom, documenting how all the pieces came together to make a reservation at Wetzel’s remote restaurant one of the most sought-after in the world.

Your little one will soon learn their first numbers, shapse and colors with this bright board book. There are 100 color pictures which they will love to look at, and 100 simple first words to learn, too. The pages are made from tough board for hours of fun reading, and the cover is softly padded for little hands to hold.

!--StartFragment--Winner of the 2007 IACP Cookbook of the Year Award Winner of the 2007 IACP Cookbook Award for Best Book on Wine, Beer or Spirits Winner of the 2006 Georges Duboeuf Wine Book of the Year Award Winner of the 2006 Gourmand World Cookbook Award - U.S. for Best Book on Matching Food and Wine !--EndFragment--

Prepared by a James Beard Award-winning author team, “What to Drink with What You Eat” provides the most comprehensive guide to matching food and drink ever compiled--complete with practical advice from the best wine stewards and chefs in America. 70 full-color photos.

What to Drink with What You Eat

Quick & Easy Hidden Veggie Recipes the Whole Family Will Love

Inside Silicon Valley’s Mission to Change What We Eat

Simple Secrets to Get Your Kids Eating Good Food

Iron! Foods That Give You Daily Iron - Healthy Eating for Kids - Children’s Diet & Nutrition Books

Feel Good Food to Energize You for Life

Taking a Simple Ingredient and Turning It Into Something Elegant

Eat Well on \$4/Day

Experience beautiful home cooking that takes its cues from the kitchen gardens and forest harvests of the Pacific Northwest. Andrew Barton and his friends run Secret Restaurant Portland, a monthly supper club. After hosting dinners for five years, a culinary style emerged that reflected his practical approach to cooking: accessible recipes alive with flavor, lovely on the plate and the palate. The Myrtlewood Cookbook brings forth 100 recipes that amplify the tastes, colors, and textures of summer tomatoes, fall mushrooms, winter roots, and spring greens. You will gain nearly as much from reading these recipes as from cooking them. Whether you are inspired to make Nettle Dumplings in Sorrel Broth, Candied Tomato Putanesca, or Russet/Rye Apple Pie, be prepared to swoon under the spell of Myrtlewood. *The Myrtlewood tree is found on the same ground as fiddlehead ferns, nettles, and other wild foods characteristic of the Pacific Northwest. The plates, bowls and cutting boards carved from Myrtlewood shown in this book connect to the land where this cookbook was created.*

We are not born knowing what to eat; as omnivores it is something we each have to figure out for ourselves. From childhood onward, we learn how big a "portion" is and how sweet is too sweet. We learn to enjoy green vegetables -- or not. But how does this education happen? What are the origins of taste? In First Bite, award-winning food writer Bee Wilson draws on the latest research from food psychologists, neuroscientists, and nutritionists to reveal that our food habits are shaped by a whole host of factors: family and culture, memory and gender, hunger and love. Taking the reader on a journey across the globe, Wilson introduces us to people who can only eat foods of a certain color; prisoners of war whose deepest yearning is for Mom’s apple pie; a nine year old anosmia sufferer who has no memory of the flavor of her mother’s cooking; toddlers who will eat nothing but hotdogs and grilled cheese sandwiches; and researchers and doctors who have pioneered new and effective ways to persuade children to try new vegetables. Wilson examines why the Japanese eat so healthily, whereas the vast majority of teenage boys in Kuwait have a weight problem -- and what these facts can tell Americans about how to eat better. The way we learn to eat holds the key to why food has gone so disastrously wrong for so many people. But Wilson also shows that both adults and children have immense potential for learning new, healthy eating habits. An exploration of the extraordinary and surprising origins of our tastes and eating habits, First Bite also shows us how we can change our palates to lead healthier, happier lives.

Help make good nutrition a more reachable goal by encouraging your child to take a more vigilant role in it. You have to remember that you won’t always be there to watch what your child eats. That is why it is important that you train you child to choose the right foods all the time. Read a copy of this educational book today!

"A comprehensive and entertaining historical and botanical review, providing an enjoyable and cognitive read.”—Nature The foods we eat have a deep and often surprising past. From almonds and apples to tea and rice, many foods that we consume today have histories that can be traced out of prehistoric Central Asia along the tracks of the Silk Road to kitchens in Europe, America, China, and elsewhere in East Asia. The exchange of goods, ideas, cultural practices, and genes along these ancient routes extends back five thousand years, and organized trade along the Silk Road dates to at least Han Dynasty China in the second century BC. Balancing a broad array of archaeological, botanical, and historical evidence, Fruit from the Sands presents the fascinating story of the origins and spread of agriculture across Inner Asia and into Europe and East Asia. Through the preserved remains of plants found in archaeological sites, Robert N. Spengler III identifies the regions where our most familiar crops were domesticated and follows their routes as people carried them around the world. With vivid examples, Fruit from the Sands explores how the foods we eat have shaped the course of human history and transformed cuisines all over the globe.

Eating from the Ground Up

A Thank You Prayer

How to Eat

First We Eat

How We Learn to Eat

Good Enough to Eat

The Myrtlewood Cookbook

Before We Eat: From Farm to Table (2nd Edition)

Eva Kosmas Flores finds inspiration in her Greek heritage and the bountiful produce of her garden in Oregon. She uses both to craft her seasonal and approachable recipes, each paired with a mouthwatering image. The bounty of fresh, vibrant produce overflowing from her garden comes through on every page, and Flores undertakes rigorous recipe testing to share her most creative, delicious ways to make use of these foods. Showcasing her unforgettable, atmospheric photography style, First We Eat is a gorgeous reference on seasonal cooking that celebrates the beauty of the Pacific Northwest, Mediterranean influences, effortless and stylish presentations, and simple preparations, all designed to share with friends and family.

An award-winning author and illustrator uses accessible language and familiar characters from his other books to encourage young children to make healthy choices about what they eat, while introducing each basic food group. Full color.

Beloved food blogger and New York Timesbest-selling author Danielle Walker is back with 125 recipes for comforting weeknight meals. This is the food you want to eat every day, made healthful and delicious with Danielle’s proven techniques for removing allergens without sacrificing flavor. As a mother of three, Danielle knows how to get dinner (and breakfast and lunch) on the table quickly and easily.

Featuring hearty dishes to start the day, on-the-go items for lunch, satisfying salads and sides, and healthy re-creations of comfort food classics like fried chicken, sloppy Joes, shrimp and grits, chicken pot pie, and lasagna, plus family-friendly sweets and treats, this collection of essential, allergy-free recipes will become the most-used cookbook on your shelf. With meal plans and grocery lists, dozens of sheet-pan suppers and one-pot dishes, and an entire chapter devoted to make-ahead and freezer-friendly meals, following a grain-free and paleo diet just got a little easier.

The blogger behind the Saveur award-winning blog The First Mess shares her eagerly anticipated debut cookbook, featuring more than 125 beautifully prepared seasonal debut cookbook, featuring more than 125 beautifully prepared seasonal whole-food recipes. Home cooks head to The First Mess for Laura Wright’s simple-to-prepare seasonal vegan recipes but stay for her beautiful photographs and enchanting storytelling. In her debut cookbook, Wright presents a visually stunning collection of heirloom-quality recipes highlighting the beauty of the seasons. Her 125 produce-forward recipes showcase the best each season has to offer and, as a whole, demonstrate that plant-based wellness is both accessible and delicious. Wright grew up working at her family’s local food market and vegetable patch in southern Ontario, where fully stocked root cellars in the winter and armfuls of fresh produce in the spring and summer were the norm. After attending culinary school and working for one of Canada’s original local food chefs, she launched The First Mess at the urging of her friends in order to share the delicious, no-fuss, healthy, seasonal meals she grew up eating, and she quickly attracted a large, international following. The First Mess Cookbook is filled with more of the exquisitely prepared whole-food recipes and Wright’s signature transporting, magical photography. With recipes for every meal of the day, such as Fluffy Whole Grain Pancakes, Romanesco Confetti Salad with Meyer Lemon Dressing, Roasted Eggplant and Olive Bolognese, and desserts such as Earl Grey and Vanilla Bean Tiramisu, The First Mess Cookbook is a must-have for any home cook looking to prepare nourishing plant-based meals with the best the seasons have to offer.

First Bite

Flavors from the Untamed Pacific Northwest

The Little Book of Fast Food [A Cookbook]

The Oregon Farm Table Cookbook

Recipes for All the Food You Want to Eat: A Cookbook

A Guide to Understanding, Growing and Eating Phytonutrient-rich, Antioxidant-dense Foods. Vegetables

Recipes from a Lifetime of Surf Travel

Good and Cheap

Presents a collection of recipes for seasonal vegetables, including such dishes as cauliflower cheddar soup, grilled summer squash with basil ricotta, roasted vegetable and cashew curry, and sweet potato latkes with roasted applesauce.

It's hard to get excited about making food that is one of the five recipes you've been making over and over for the past ten years, so it's time to expand your recipe library. That's probably been hard to do though, especially if you're looking for easy recipes that are simple to prepare, cook, and taste delicious. Have no fear, this book is here. Moms On The Go cookbook series is aimed at busy moms with minimal time, cooking experience and/or patience to prepare elaborate meals for their families all the time.

From the fish that started a war to the pope poisoned with chocolate, discover the fascinating stories behind the origins, traditions, and uses of our food. Explore the tales, symbolism, and traditions that come wrapped up in the food on our plates - food that not only feeds our bodies but also makes up our culture. The Story of Food is a sumptuously illustrated exploration of our millennia-old relationship with nearly 200 foods. A true celebration of food in all its forms, this book explores the early efforts of humans in their quest for sustenance through the stories of individual foods. Covering all food types including nuts and grains, fruit and vegetables, meat and fish, and herbs and spices, this fascinating reference provides the facts on all aspects of a food's history. Discover how foods have become a part of our culture, from their origins and how they are eaten to their place in world cuisine today. It has become common knowledge that childhood obesity rates are increasing every year. But the rates continue to rise. And between busy work schedules and the inconvenient truth that kids simply refuse to eat vegetables and other healthy foods, how can average parents ensure their kids are getting the proper nutrition and avoiding bad eating habits? As a mother of three, Jessica Seinfeld can speak for all parents who struggle to feed their kids right and deal nightly with dinnertime fiascos. As she wages a personal war against sugars, packaged foods, and other nutritional saboteurs, she offers appetizing alternatives for parents who find themselves succumbing to the fastest and easiest (and least healthy) choices available to them. Her modus operandi? Her book is filled with traditional recipes that kids love, except they're stealthily packed with veggies hidden in them so kids don't even know! With the help of a nutritionist and a professional chef, Seinfeld has developed a month's worth of meals for kids of all ages that includes, for example, pureed cauliflower in mac and cheese, and kale in spaghetti and meatballs. She also provides revealing and humorous personal anecdotes, tear-out shopping guides to help parents zoom through the supermarket, and tips on how to deal with the kid that "must have" the latest sugar bomb cereal. But this book also contains much more than recipes and tips. By solving problems on a practical level for parents, Seinfeld addresses the big picture issues that surround childhood obesity and its long-term (and ruinous) effects on the body. With the help of a prominent nutritionist, her book provides parents with an arsenal of information related to kids' nutrition so parents understand why it's important to throw in a little avocado puree into their quesadillas. She discusses the critical importance of portion size, and the specific elements kids simply must have (as opposed to adults) in order to flourish now and in the future: protein, calcium, vitamins, and Omega 3 and 6 fats. Jessica Seinfeld's book is practical, easy-to-read, and a godsend for any parent that wants their kids to be healthy for a long time to come.

The Definitive Guide to Pairing Food with Wine, Beer, Spirits, Coffee, Tea - Even Water - Based on Expert Advice from America's Best Sommeliers

Recipes for Simple, Perfect Vegetables

Beautiful. Casual Spreads for Every Occasion

Good Food for Simple Gatherings from My Pacific Northwest Kitchen

Whole, Healthy Foods from Baby's First Bite

Good to Eat

Cravings

Born to Eat

It is an undeniable truth: Parents Need to Eat Too! Food and parenting writer Debbie Koenig addresses the dilemma faced by so many parents coping with the demands of a new baby by offering simple, healthy, and delicious recipes for moms and dads who are too sleep-deprived, too frazzled, or simply too busy to cook nutritious meals for themselves. From dinners that can be eaten with one hand (while you hold baby in the other) to slow cooker culinary masterpieces and full courses to prepare while baby naps, Parents Need to Eat Too is filled with tasty, easy-to-make recipes, helpful kitchen tips, and real solutions to the problems faced by hungry parents. Parents Need to Eat Too has been named one of the Best Cookbooks of 2012 by Leite's Culinaria, whose Editor-in-Chief Renee Schettler Rossi called it the "What to Expect After You're Expecting" and said that the book "savvily and sassily helps you extend the efficiency of any time spent in the kitchen." A must-read for new parents!

Maybe she's on a photo shoot in Zanzibar. Maybe she's making people laugh on TV. But all Chrissy Teigen really wants to do is talk about dinner. Or breakfast. Lunch gets some love, too. For years, she's been collecting, cooking, and Instagramming her favorite recipes, and here they are: from breakfast all day to John's famous fried chicken with spicy honey butter to her mom's Thai classics. Salty, spicy, saucy, and fun as sin (that's the food, but that's Chrissy, too), these dishes are for family, for date night at home, for party time, and for a few life-sucks moments (salads). You'll learn the importance of chili peppers, the secret to cheesy-cheeseless eggs, and life tips like how to use bacon as a home fragrance, the single best way to wake up in the morning, and how not to overthink men or Brussels sprouts. Because for Chrissy Teigen, cooking, eating, life, and love are one and the same.

Your answer is always within your question. Dr. Fuller teaches you to ask the right question for your diet & body image success.

Through her wildly popular television shows, her five bestselling cookbooks, her line of kitchenware, and her frequent media appearances, Nigella Lawson has emerged as one of the food world's most seductive personalities. How to Eat is the book that started it all--Nigella's signature, all-purposed cookbook, brimming with easygoing mealtime strategies and 350 mouthwatering recipes, from a truly sublime Tarragon French Roast Chicken to a totally decadent Chocolate Raspberry Pudding Cake. Here is Nigella's total (and totally irresistible) approach to food--the book that lays bare her secrets for finding pleasure in the simple things that we cook and eat every day.

Not Your Mother's Diet

Deceptively Delicious

Vibrant Plant-Based Recipes to Eat Well Through the Seasons

What Shall We Eat?

First We Surf, Then We Eat

Numbers Colors Shapes

The Cure for Your Eating Issues

Eating is an innate skill that marketing schemes and diet culture have overcomplicated. In recent decades, we have begun overthinking our food, which has led to chronic dieting, disordered eating, body distrust, and epidemic levels of confusion about the best way to feed ourselves and our families. We can raise kids with confidence in their food and bodies from baby ' s first bite! We are all Born to Eat, and it seems only natural for us to start at the beginning—with our babies. When babies show signs of readiness for solid foods, they can eat almost everything the family eats and become competent, happy eaters. By honoring self-regulation and using a family food foundation, we can support an intuitive eating approach for everyone around the table. With a focus on self-feeding and a baby-led weaning approach, nutritionists and wellness experts Leslie Schilling and Wendy Jo Peterson provide age-based advice, step-by-step instructions, self-care help for parents, and easy recipes to ensure that your infant is introduced to solid, tasty food as early as possible. It ' s time to kick diet culture out of our homes!

* MOONBEAM GOLD AWARD * * GROWING GOOD KIDS AWARD FOR EXCELLENCE IN CHILDREN'S LITERATURE, AMERICAN HORTICULTURAL SOCIETY AND NATIONAL MASTER JUNIOR GARDENER PROGRAM * Milk doesn't just appear in your refrigerator, nor do apples grow in the bowl on the kitchen counter. Before We Eat has been adopted by the USDA ' s Agriculture in the Classroom program. Before we eat, many people work very hard—planting grain, catching fish, tending farm animals, and filling crates of vegetables. With vibrant illustrations by Caldecott Medalist Mary Azarian, this book reminds us what must happen before food gets to our tables to nourish our bodies and spirits. This expanded edition of Before We Eat includes back-of-book features about school gardens and the national farm-to-school movement. Fountas & Pinnell Level L

This vegetable-forward cookbook celebrates the bounty of the Pacific Northwest with more than 100 original recipes perfect for home cooks of all stripes. Simply delicious, healthy " vegetable-forward " recipes are at the heart of this cookbook that highlights seasonal ingredients of the PNW. From simple weeknight meals to on-the-go snacks and sweet-tooth satisfying desserts, this book gives you over 100 ways to celebrate seasonal produce, with recipes like Sweet Corn and Red Lentil Soup, Baked Pasta and Greens Casserole, Cherry Fro-Yo, and more. Vegetarians and omnivores alike will be eager to eat their vegetables, and the convenient gluten-free and dairy-free symbols make navigating the book a breeze for reader with dietary restrictions.

Joe Urbach, the creator and publisher of GardeningAustin.com and the Phytonutrient Blog provides readers with a how-to guide to growing and purchasing the most healthy, most nutritious, most antioxidant-dense fruits and vegetables. Offers gardening and nutritional information, including how to improve your soil, your garden, and your health, allowing you to get the biggest nutritional bang for your gardening or shopping buck.

Before We Eat

How to Get Your Kids to Beg for Veggies

Nap-Friendly Recipes, One-Handed Meals, and Time-Saving Kitchen Tricks for New Parents

100 Vegetable Recipes Inspired by the Local Bounty of the Pacific Northwest

What's for Dinner?

Platters and Boards

A Kid's Guide to Food and Nutrition

Technically Food

100 fresh, healthy pescatarian recipes. 'People often think that healthy eating means restricting foods or counting calories. But for me this form of 'healthy eating' was not sustainable. Plus, it was dull. I hated cutting out the food I loved best - bread, cake, pizza, Yorkshire puddings! That realization changed how I approached food. Food should be healthy, but so should our relationship with food. So instead of depriving myself of my favorite dishes, I found new, easy ways to make them better for me.' - David Atherton GOOD TO EAT is a book that indulges our craving for baked goods, filling foods and sustaining meals but leaves us feeling good. With a few simple tweaks - like using root veg to minimize the use of sugar or trying a plant-based alternative - you can enjoy what you love to eat while nourishing your body. Food is one of the longest relationships of our lives and what we put on the plate should be more important than what we are leaving off it. With 100 exciting new recipes from the 2019 Great British Baking Show winner GOOD TO EAT promises fresh and filling suppers, sweet treats with a healthy spin, hearty salads to pick and mix, soups and more. David will leave you eating and living well.

An award-winning food writer takes us on a global tour of what the world eats--and shows us how we can change it for the better Food is one of life's great joys. So why has eating become such a source of anxiety and confusion? Bee Wilson shows that in two generations the world has undergone a massive shift from traditional, limited diets to more globalized ways of eating, from bubble tea to quinoa, from Soylent to meal kits. Paradoxically, our diets are getting healthier and less healthy at the same time. For some, there has never been a happier food era than today: a time of unusual herbs, farmers' markets, and internet recipe swaps. Yet modern food also kills--diabetes and heart disease are on the rise everywhere on earth. This is a book about the good, the terrible, and the avocado toast. A riveting exploration of the hidden forces behind what we eat, The Way We Eat Now explains how this food revolution has transformed our bodies, our social lives, and the world we live in.

Jim Kempton has spent his life traveling and surfing the world, along the way learning to cook the world's best beach-loving dishes. Now he's sharing his vividly colorful, richly flavorful, and vibrantly healthful collection of more than 90 recipes, along with stories of the best waves, markets, restaurants, adventures, and misadventures that he's experienced, from Australia to Hawaii, the Basque Country to Indonesia, California to Mexico. First We Surf, Then We Eat features a foreword by The Surfer's Journal publisher Steve Pezman, a preface by famed surfer/chef Raphael Lunetta, and photography by Bill Schildge, Jeff Divine, Tom Servais, and Art Brewer.

Studies how food reaches our table and looks at how careful shopping and planning can really cut down the amount of food we waste.

An Illustrated History of Everything We Eat

Danielle Walker's Eat What You Love

Parents Need to Eat Too

A Slow Food Manifesto

See What We Eat!

PNW Veg

The First Mess Cookbook

We Are What We Eat

Britain's foremost food writer returns with a deliciously simple collection of over 600 ideas for satisfying meals that are quick and easy to get to the table. In this little book of fast food, Nigel Slater presents a wholly enjoyable ode to those times when you just want to eat. Pairing more than 600 ideas for deliciously simple meals with the same elegant prose and delightful photography that captivated fans of Tender, Ripe, and Notes from the Larder, Eat is bursting with recipes that are easy to get to the table, oftentimes in under an hour: a humble fig and ricotta toast; sizzling chorizo with shallots and potatoes; a one-pan Sunday lunch. From quick meals to comfort food, Nigel Slater has crafted a charming, inspired collection of simple food—done well.

“In a feat of razor-sharp journalism, Zimmeroff asks all the right questions about Silicon Valley’s hunger for a tech-driven food system. If you, like me, suspect they’re selling the sizzle more than the steak, read Technically Food for the real story.” —Dan Barber, the chef and co-owner of Blue Hill and Blue Hill at Stone Barns Eating a veggie burger used to mean consuming a mushy, flavorless patty that you would never confuse with a beef burger. But now products from companies like Beyond Meat, Impossible Foods, Eat Just, and others that were once fringe players in the food space are dominating the media, menus in restaurants, and the refrigerated sections of our grocery stores. With the help of scientists working in futuristic labs--making milk without cows and eggs without chickens--start-ups are creating wholly new food categories. Real food is being replaced by high-tech. Technically Food: Inside Silicon Valley’s Mission to Change What We Eat by investigative reporter Larissa Zimmeroï–€ is the first comprehensive survey of the food companies at the forefront of this booming business. Zimmeroff pokes holes in the mania behind today’s changing food landscape to uncover the origins of these mysterious foods and demystify them. These sometimes ultraprocessed and secretly produced foods are cheered by consumers and investors because many are plant-based—often vegan—and help address societal issues like climate change, animal rights, and our planet’s dwindling natural resources. But are these products good for our personal health? Through news-breaking revelations, Technically Food examines the trade-oï–€s of replacing real food with technology-driven approximations. Chapters go into detail about algae, fungi, pea protein, cultured milk and eggs, upcycled foods, plant-based burgers, vertical farms, cultured meat, and marketing methods. In the final chapter Zimmeroff talks to industry voices--including Dan Barber, Mark Cuban, Marion Nestle, and Paul Shapiro--to learn where they see food in 20 years. As our food system leaps ahead to a sterilized lab of the future, we think we know more about our food than we ever did. But because so much is happening so rapidly, we actually know less about the food we are eating. Until now.

STRESS-FREE HEALTHY FOOD YOU CAN FEEL GOOD ABOUT SERVING The Standard American Diet is sadly becoming the source for an array of chronic childhood illnesses. As children’s bodies develop they need a foundation of health that includes the nutrition that they get from eating vegetables. We all want our children to be healthy but many times, our busy lives leave us struggling to put healthy meals on the table in a reasonable amount of time. This book solves the problem of providing quick, healthy meals for picky eaters or anyone struggling with what to serve for dinner. Leann takes the burden off of moms that want to feed their family good nutrition without the hassle of added preparation. By using veggies in the form of baby food, organic vegetable powders and other tricks, Leann sneaks additional nutrients into family favorite recipes in a snap - making picky eaters a thing of the past and bringing harmony to the dinner table. Some of the recipes that you will get in this cookbook include: • Creamy Pumpkin Oatmeal • The Best Beet Gingerbread Muffins • Easy Veggie Pasta Casserole • Savory Turkey Veggie Meatballs • Secret Ingredient Mac & Cheese Cups • Super Sloppy Joes • Kid’s Salsa Enchiladas • Pizza Pocket Sandwiches • Mom’s Meatloaf • Better-Than-State-Fair Chill dogs • Family Favorite Lasagna • Goeyy Double Cheesy Quesadillas • Secretly Stuffed Peppers • Whole Grain Beet Rice Krispy Treats • Chocolate Superfood Muffins • Sweet Potato Brownies • Paleo Brownie Pancakes • Banana Lime Cream Pie

Rugged coastline, lush valleys, rustic mountains, and wide-open plains--no matter where you turn, Oregon is a local-food treasure box. With history and culture aplenty, the state is also known for its trove of small farms, ranches, orchards, breweries, and artisans that supply a bountiful culinary selection. In The Oregon Farm Table Cookbook, Karista Bennett invites readers to share in this community of abundance. With charming farm profiles and family memories created around food, this book will have readers far and wide dreaming of the Beaver State. Flavorful recipes make the most of Oregon's famous ingredients, whether its Lavender Biscuits with Sweet Cream, Oregon Cherry and Goat Cheese Flatbread, Dungeness Crab-Stuffed Mushrooms, or Hazelnut Butterscotch Chip Cookies. Bennett's gorgeous color photography bring the flavors of these recipes to life, making this the perfect way to bring Oregon home to your kitchen, no matter where you live.

150 Amazing Recipes from the Creator of AdventuresInCooking.com