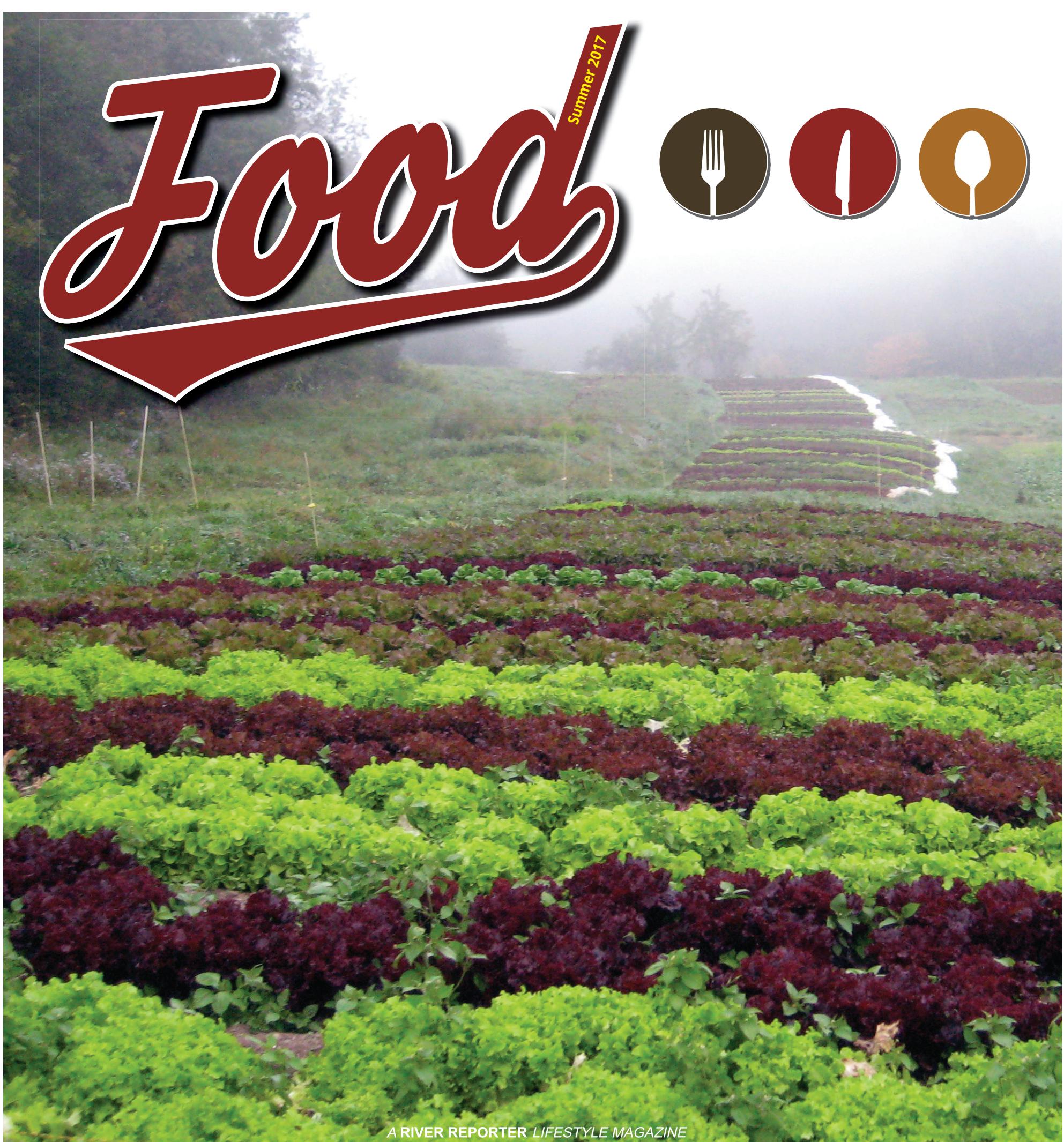


# Food

Summer 2017



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The cover photo, "Lettuce in the Mist," is courtesy of farmers Mark Dunau and Lisa Wujnovich, whose Mountain Dell Farm is located on Creek Road in Hancock, NY.

On their website, they share the story of how they established their farm more than 25 years ago "to grow organic food, make art, and raise their two children."

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## Editor's note

# Summer is for Celebrating the Farm/Food Connection

If you live in or visit the Upper Delaware River Valley, by now you've certainly seen the bumper sticker "No Farms, No Food" or its corollary "Yes Farms, Yes Food." Either way, this concise message expresses an incontrovertible truth about where our food comes from. And yet, how often do we thank our farmers, who rise before dawn and work until dark, who toil in the hot sun and harvest their crops in the pouring rain? Some days, being a farmer can be one of the hardest jobs on earth. As one farmer said to me recently, "People just don't know." And so today when you sit down to a meal, please do think of the farmer who produced the food that is before you, and say thanks to that farmer.

In this issue of our annual FOOD magazine, we are pleased to showcase food columnist Laura Silverman's own salute to our local farmers in her article, My Farmer, My Friend. In it, she shares some of her experiences and a recipe from the Barryville Farmers' Market where she shows shoppers various ways to use the farm-fresh products they can buy there. Don't know what to do with escarole, celeriac, or a rutabaga? See Laura at the farmers'

market.

Learning to eat what's in season locally not only helps our farmers make a living, it also yields big rewards in the flavor and nutrition departments. And with the amazing array of vegetables available right now, eating locally is as easy as it gets. Among my personal, easy-to-make favorites to serve on a hot summer day are cold soups. It is my pleasure to share three of these recipes with you in Keep Cool in the Kitchen.

Another nourishing, cool summertime favorite of our enterprising and fearless home cook Laurie Stuart is yogurt. Join her as she shows how you too can make rich and satisfying yogurt at home with milk, fresh from the local dairy.

For "foodies" looking for some summer reading suggestions, we have a few book suggestions.

Mid-summer harvest offers a wealth of choices for your eating pleasure, so enjoy the bounty our local farmers have to offer. Fall and winter will be here before you know it.

Jane Bollinger  
Section Editor

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# My Farmer, My Friend



photos by Laura Silverman

Local farmers' markets overflow with just picked produce this time of year, and if you shop there, you may get to meet the farmer (your friend) who picked it.

By Laura Silverman

**I**t all began at the Barryville Farmers' Market with a woman holding up a kohlrabi and looking deeply puzzled. "What the heck is this?" she asked of no one in particular. The farmer at whose stand she was shopping—Greg Swartz of Willow Wisp Organic Farm—was busy with customers, so I decided to chime in. I told her it was a crisp vegetable in the cabbage family that could be eaten raw or cooked. I even offered a few tips about enjoying the leaves and stems in addition to the bulb and making sure to peel the bigger ones. With a dubious look on her face, she bought her first kohlrabi.



photo by Peter Kolesar

On location at the Barryville Farmers' Market, Laura Silverman offers ideas, recipes and on-the-spot tips and instructions for preparing the week's seasonal harvest.

The next week, a similar situation jumped off with Hakurei turnips. These small white vegetables, scarcely bigger than a radish, are wonderfully sweet. Willow Wisp sells them with their greens attached in the early spring, when such things are small treasures. They languished in their crate, gorgeous greens notwithstanding. Most people didn't have a clue what to do with them. But I happened to have a simple and delicious recipe for them involving butter and miso on my blog, Glutton for Life. It was then I realized I might be able to share my passion for our local produce—pristine, seasonal and delicious—in real life rather than just online.

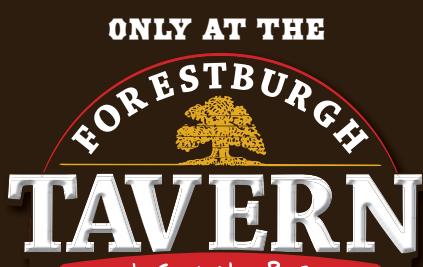
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# MY FARMER

*Continued from page 4*

Since that moment three years ago, I have offered cooking demonstrations at the Barryville Farmers' Market. Once a month, I show up armed with some simple kitchen tools (OK, on occasion I have been known to bring a three-burner propane unit), a few things from home and an idea for what to cook with that week's bounty. My Mexican corn salad, charred in a skillet and tossed with lime, chile and cilantro is a summer favorite. Real buttermilk dressing, loaded with herbs and tossed with soft spring lettuces, was also a hit. Once, I even replicated a David Chang recipe for apples tossed in kimchi and bacon with a dollop of maple-sweetened yogurt on the side. In addition to new ingredients, I also introduce relatively simple but effective cooking techniques, like shaving vegetables with a mandolin or pounding herbs with a mortar and pestle. I love delighting people with unusual flavor combinations, such as strawberries with balsamic vinegar or peaches with basil. The best part is that everything is bursting with freshness, in season and available steps away from the amazing purveyors who are our neighbors.

People are often shy to approach me, but ultimately most are curious and free food proves irresistible. I usually bring the recipe for whatever I'm cooking, so it can be replicated at home. Nothing delights me more than when satisfied customers come back the next week, thrilled to have introduced something new to their families. Unless perhaps it's seeing a child's face light up when she tastes her first sweet bite of raw turnip. Or knowing that I'm doing a little something to support the hard-working farmers who supply us with such healthy, delicious and nutritious inspiration.



*photo by Amanda Reed*  
The author's adventures in cooking at the farmers' market began when one woman asked, "What the heck is this?" (This is a purple kohlrabi.)



This vegetarian tostada is smothered with a radish "salad": fresh, beautiful radishes, chunks of avocado and sprinkled with crumbled cotija or feta cheese. Perfect for a summertime lunch or as a first course at supper.



Peaches gently poached in a fragrant syrup infused with fresh basil make a pretty and aromatic dessert.

## Radish Tostadas

Serves 4

4 small corn tortillas  
1 bunch radishes  
1 jalapeño, seeded and minced  
2 tablespoons cilantro, finely chopped  
1/2 cup diced avocado  
1/2 teaspoon ground cumin  
1/2 teaspoon ground coriander  
2 tablespoons fresh lime juice  
4 tablespoons sour cream or mayonnaise  
2 teaspoons chipotle adobo sauce  
4 tablespoons crumbled cotija or feta cheese  
Hot sauce

Preheat the oven to 400°F. Line a baking sheet with parchment paper.

Place tortillas in a single layer on the baking sheet and lightly brush them on top with a little vegetable oil. Bake in the oven until they are crisp and golden, about 15 minutes, rotating the sheets half-way through.

Wash and trim the radishes. Halve lengthwise and slice into thin half-moons, or roughly chop. In a medium bowl, combine the radishes with jalapeño, cilantro and avocado. Stir in the spices and lime juice, then season to taste with salt.

In a small bowl, whisk together the sour cream or mayonnaise with the chipotle adobo sauce. Thin with water as needed to get a spreadable texture.

To serve, slather each of the crisp tortillas with a spoonful of the chipotle sauce. Divide the radish salad among them, then sprinkle cheese on top. Offer hot sauce on the side.

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# Season by Season

Eat like a locavore



## lo·ca·vore

[pronounced: lō.kə.vôr]

Noun; origin, North American

A person whose diet consists only or principally of locally grown or produced food



## Locally grown and produced food in season

is fresher

tastes better

produce fully ripened in the field or on the vine has higher nutritional value

brings variety into your diet

prices go down in season

supports local farmers

<http://www.clevelandclinicwellness.com/food/SeasonalEating/Pages/HealthyFoodSeasonBySeason.aspx>



## Explore becoming a "locavore"



	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Apples												
Asparagus												
Beans (snap)												
Beets												
Blueberries												
Broccoli												
Cabbage												
Carrots												
Cauliflower												
Celery												
Cherries (tart)												
Cherries (sweet)												
Cucumbers												
Corn (sweet)												
Eggplant												
Lettuce												
Melons												
Mushrooms												
Onions												
Peaches												
Pears												
Peas												
Peppers												
Potatoes												
Radishes												
Raspberries												
Spinach												
Squash (summer)												
Squash (winter)												
Strawberries												
Sweet potatoes												
Tomatoes												
Turnips												
	JAN	FEB	MAR	APR	MAY	JUNE	JULY	AUG	SEPT	OCT	NOV	DEC

Information from this chart comes from PA Preferred. Because Pennsylvania is such a big state and its southern counties growing season is days to weeks ahead of its northern counties, the earlier harvest times represented on this chart will generally be earlier than fruit and vegetables are generally ready to pick in the Upper Delaware River region. PA Preferred is a public-private partnership between the Pennsylvania Department of Agriculture and many companies throughout the commonwealth. The program works to support and promote Pennsylvania products.

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# Keep Cool in the Kitchen

## Cold Soups for Summer Days

By Jane Bollinger

**D**on't fry an egg on the sidewalk! On a sticky summer day when it's just too hot to cook, having something already prepared and chilling in the fridge provides the perfect answer to the universal question, "What's for supper?"

This time of year I often turn to cold soup, which I find to be one of the most underappreciated ways to celebrate nature's most bounteous season and to stay cool in the kitchen at the same time. At our house, where we have no air conditioning, I make my soup in the cool hours of early morning or sometimes even the night before, and I always make sure to prepare enough for plenty of leftovers.

Probably the best-known cold soups are gazpacho (there are endless variations), vichyssoise (your basic pureed and chilled potato leek soup often served with snipped chives on top "for pretty") and a refreshing, deep red borscht. (The cold borscht I make in the summertime is vastly different from the hearty, stick-to-your-ribs version I make in the winter.)

Chilled zucchini soup is my go-to, hot-weather favorite, with this as an added benefit: when nearly every home gardener you know is trying to give away zucchini, you can help the cause by taking a box of this ubiquitous summer squash.



Cold, creamy zucchini soup has just enough curry for your guests to ask, "What's that seasoning I taste?"

## Cold Zucchini Soup

Serves 6

*Cook's note: If you prefer a lower-fat version of this recipe, substitute 1/2 cup low-fat evaporated (canned) milk plus 1/2 cup low-fat cottage cheese instead of the half & half or cream. On the other hand, if you want to throw caution to the wind, you can go all out with heavy cream instead.*

1 large onion, trimmed and cut into chunks  
1 Tablespoon vegetable oil  
1/2 to 1 teaspoon curry powder, to taste  
5 medium zucchini, trimmed but not peeled, cut 4 into chunks and 1 into matchstick-size strips  
3 cups chicken broth (I prefer reduced sodium broth if using canned)  
A generous handful of flat-leaf parsley leaves (leaves only)  
1 cup light cream or half & half  
Salt & pepper  
A squeeze of lemon juice to taste

In a large pot, sauté onion in oil until well wilted, and then sprinkle with curry powder and cook for 30 to 40 seconds, stirring.

Add zucchini chunks and broth; bring to the boil and reduce to a simmer, cooking until the zucchini is soft, about 10 to 12 minutes. Stir in the parsley, just to wilt. Strain; reserving the solids and the liquid separately.

Add matchstick-size zucchini strips to hot liquid and set aside to let it stand.

Puree the zucchini/onion/parsley solids in batches in food processor or blender, removing the pureed mixture to a large mixing bowl.

Add the reserved liquid with zucchini strips to the soup, and finally add the cream or half & half.

Taste, and season with salt, pepper and a squeeze of lemon as needed.

Chill at least 2 hours before serving. If the soup is too thick, add a bit of water, broth, or milk.

*Continued on page 12*

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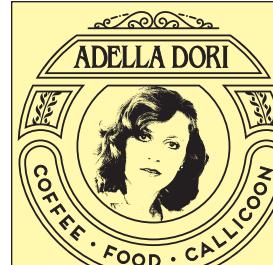

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# KEEP COOL

*Continued from page 11*

## Chilled Borscht

Serves 4

*When local beets are ready to harvest, I start to crave borscht. I have two quite different versions I make in summertime. This is the easier one, and it's lighter and livelier tasting. But served with hard-cooked eggs and boiled potatoes, it makes a satisfying meal.*

*I prefer this soup pureed, although the original recipe does not call for it.*

2 pounds red beets, peeled  
1 large onion, peeled  
1 bunch fresh dill, stems removed and tied in a bundle  
Salt & pepper to taste  
Lemon juice to taste

For garnish  
4 hard-cooked eggs, peeled and quartered, optional  
1 medium cucumber or half an English cucumber, peeled if necessary and diced, optional  
4 medium red-skinned or white new potatoes, boiled until tender and held warm or served room temperature, optional  
Dill fronds, chopped, optional  
Sour cream

Grate beets and onion together on a box grater or food processor fitted with a grating disk.

Place grated beet/onion mixture in a large pot and add dill stems tied in a bundle along with 6 cups of water to cover, and season with salt and pepper. Bring to a boil, then adjust heat so liquid simmers slowly and steadily, until beets are tender, 15 to 20 minutes.

Remove and discard dill stems, and puree the soup (or not), as you wish.

Chill in the refrigerator.

When soup is cold, add lemon juice to taste plus and salt and pepper, as needed.

Chop as much of the dill fronds as you like for garnish. Serve borscht in shallow bowls with boiled potatoes, hard-cooked eggs and diced cucumber (optional). Pass sour cream at the table.



*photos by Jane Bollinger*

This refreshing summertime borscht is made with just three ingredients (four if you count water; six if you count salt and pepper). Serve with sour cream and some satisfying garnishes—a sprig of dill, a hardboiled egg, boiled potato and diced cucumbers.



Watermelon is the main ingredient in this unusual gazpacho.

*recipe*

## Watermelon gazpacho

Serves 4 to 6

*Surprise! There's no cooking at all with this savory watermelon soup. Make it at the last minute, as you would a smoothie, and enjoy the extra chill the crushed ice adds to this unusual gazpacho.*

1 (4-lb.) piece watermelon, rind discarded and flesh cut into large chunks (7 cups)

1 1/2 cups ice cubes  
3/4 cup whole blanched almonds

3 garlic cloves, coarsely chopped

8 slices firm white sandwich bread, crusts discarded and bread torn into pieces

2 tablespoons red-wine vinegar  
2 teaspoons kosher salt  
1/4 cup extra-virgin olive oil, plus more for garnish

Seed 1 cup of watermelon chunks and cut into small dice; set aside to save for garnish.

Purée remaining watermelon in a blender (in batches if necessary). Pour purée through a sieve into a bowl, pressing on solids to remove any seeds.

Return juice to blender and blend together with ice, almonds and garlic (in batches if necessary) until smooth. Add bread, vinegar, salt and pepper to taste and blend once more, adding oil in a slow stream, until smooth.

Serve with diced watermelon and drizzle with olive oil.

There are countless other cold soups for summer. If none of these appeal to you, go online and be adventurous... and keep cool in the kitchen.

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Book by Michael Stewart Music by Charles Strouse

Lyrics by Lee Adams

Originally Produced by Edward Padula

Adaptation and support materials for the Young Performers' Edition

Developed by iTheatrics

Under the supervision of Timothy Allen McDonald

Show dates Aug 11, 12, 13, 18, 19, Curtain at 7:30 PM

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\*exceptions for Ritz Bitz Productions and special events

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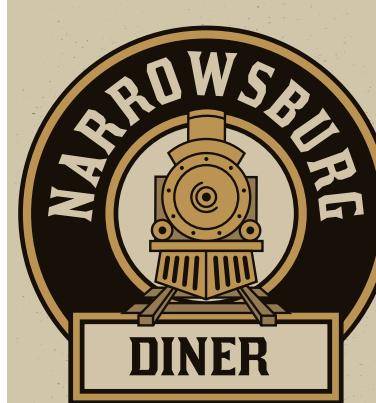
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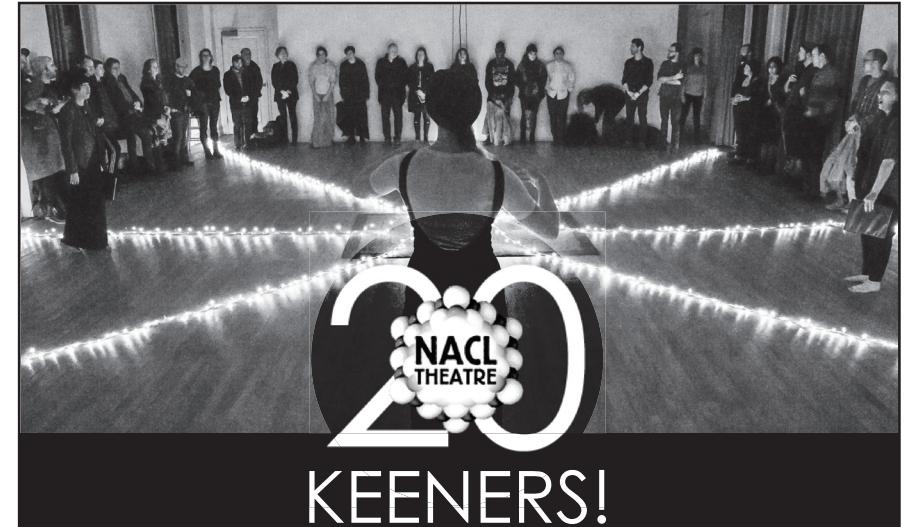
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# Yogurt! It's better than ice cream

By Laurie Stuart

I first fell in love with yogurt as a teenager. I cannot remember the details, but I remember eating Dannon blueberry yogurt, which I thought was easily as tasty as ice cream. My lunch from then on, for quite a while, was a carton (8 oz. back then) of chilled and fruity yogurt.

In the seventies and through college, I made yogurt in a Salton yogurt maker and somehow managed to consume the watery and sometimes biting cultured-milk product. At that time, it was suggested that powdered milk, which was expensive, be added to the milk mixture. After a while, dissatisfied with the product, I simply quit making it.

My curiosity about making yogurt revived itself a couple of years ago, when a friend gifted me an absolutely creamy and rich vanilla yogurt from The Patisserie in Milford, PA. When I tasted the creaminess, I vowed again, "I will master this."

And so I did.

And low and behold, making yogurt is really quite simple.

It's taking milk, heating it, cooling it, adding live cultures and allowing it to incubate overnight at about 100 degrees. That's it!

For your live culture, you can add a bit of commercial yogurt (just make sure that the label says "contains live cultures" or, as an alternative, you can buy a variety of dry cultures from companies that sell cheese-making supplies. (After your first batch, you can use some of your own yogurt. If there's time in between your batches, the yogurt starter freezes fine.)

Tasty milk is really important for tasty yogurt, so it's best to use raw milk, if you can get it (Wayne County's Hardler Farm), or a low-pasteurized variety (Sullivan County's Diehl Homestead Farm or Tonjes Farm Dairy). All of these are great in our area.

If you want thicker or Greek-style yogurt, after the allotted incubation time, ladle the yogurt into a cheesecloth-lined colander and let it sit for an hour or so to remove the excess whey.

For my incubating, I use a towel-covered ceramic bowl, which has been positioned over a heating pad, set on its lowest setting. (Some people use the light in their oven or a crockpot on warm. For me, the heating pad works best.)

I heat and cool the milk right before going to bed, whisk in the yogurt starter, cover it for the night, and the next morning I spoon it into a lined colander and let it drain to desired thickness.



photos by Laurie Stuart

All you need to make yogurt at home are good-quality milk and live, active yogurt cultures. The secret to success is following the step-by-step method.

It's amazing. It's creamy and, in my opinion, it is yogurt that even people who don't like yogurt would like.

In the throes of my renewed passion for making yogurt, I entertained the idea that our community could put our region on the map in terms of producing yogurt. I envisioned a partnership between yogurt makers and jam and jelly makers to produce a line of gorgeous fruity yogurts. I wondered about an alliance with those making fermented foods who would develop a savory line of yogurt dips and sauces.

In my imaginings, I contemplated whether we could organize area restaurants to carry some kind of yogurt dish on their menus. Working on this idea a couple of years ago, I experimented at Thanksgiving, and I made

my pearl onions in a light yogurt sauce and added yogurt for good measure to my turkey stuffing. (The stuffing had a bread pudding sort of feel to it; and the onions were okay as I remember.)

My fantasy dropped away a bit when New York State invested in Chobani.

Still, amazing yogurt is possible to make at home. I like to pack my yogurt in  $\frac{1}{2}$  pint jars so that it's ready on the fly. My favorite right now is to add a tablespoon of lemon curd and one tablespoon of raspberry jam. Or if you want a savory treat, you can use the yogurt as a base for a cucumber salad with fresh dill. Husband Stephen was inspired with the last batch to make a chilled white bean chili.

# Homemade yogurt

## The Method

1 gallon of raw or low-pasteurized milk  
6 oz. plain yogurt (check that it contains live cultures)

Pour the milk into a large saucepan and heat until it reaches 185 degrees. (I find it really helpful to use a digital thermometer.) Remove from heat and allow to cool to 113 degrees. (I fill my sink with cold water and set the saucepan right in the water, stirring the milk until the desired temperature. This generally takes about 10 minutes.)

Put a folded towel on a table or countertop and cover it with a heating pad set to the low setting. Next place a large bath-sized towel—single thickness—on the heating pad. Finally, set a ceramic bowl on the towel and pour in the warm milk. Whisk in 6 oz. yogurt culture. (The ratio is about 2 tablespoons of yogurt to each  $\frac{1}{2}$  gallon of milk.) Cover with a pot lid, and finally, wrap the bowl by pulling the large towel around it and over the top. Let this incubate for 8 to 10 hours. Check for curds and scrape the sides every now and again.

When desired thickness is reached, strain through double layer of cheesecloth, butter cloth, or light linen towel, and then whisk the yogurt until smooth. Store in glass jars to refrigerate.

## STEP 1: Assemble ingredients

Yogurt has two simple ingredients: milk and a little bit of live-culture yogurt.



## STEP 2: Heat and cool milk

Heating the milk to 185 degrees changes the microstructure of the milk proteins and results in a creamier and smoother yogurt. (Not heating the milk results in a runnier and grainier yogurt.) You cool it to 113 degrees, because that's a safe, low enough but still warm enough temperature for starter yogurt to thrive.

For a fascinating article about the science of it, check out [www.medicinalfoodnews.com/vol01/issue5/kalab](http://www.medicinalfoodnews.com/vol01/issue5/kalab)



## STEP 3: Add starter culture

When the milk has reached 185 degrees, and has cooled to 113 degrees (either on the counter or while immersed in a sink full of cold water), pour the milk into a large ceramic bowl and whisk in the live culture starter (2 heaping Tablespoons for each  $\frac{1}{2}$  gallon of milk). Cover the bowl with a pot lid. Incubate in 100-degree environment for eight to 10 hours. (I use a heating pad; see article at the left.)

## STEP 4: Admire your emerging product

During incubation, the live cultures metabolize lactose and produce lactic acid, and the milk coagulates into yogurt. (The unique micro-structure that the live cultures create helps the milk hold moisture and be creamy, instead of clumping together, as in cheese curds.)



## STEP 5: Strain to desired thickness

Gently ladle the yogurt into a colander lined with two layers of cheesecloth.



## STEP 6: Whisk until smooth

Let the yogurt drain until it is the desired consistency. Whip with a wire whisk until it is creamy and smooth.

## STEP 7: Pack in jars

A plastic canning funnel is handy for spooning the creamy yogurt into glass jars. You can package and flavor straight to smaller single-serve containers at this point or just have a large jar in your fridge. Yummy! (Remember to save a little bit of starter for your next batch.)

# Summer Reading for Foodies

## Memoirs

"The Land of Milk and Uncle Honey: Memories from the Farm of My Youth" by Alan Guebert with Mary Grace Foxwell

Heartfelt and humorous reminiscences of life on a large dairy farm in the 1960s and '70s. Written by an award-winning agricultural journalist with his daughter/editor, this book describes a way of rural life that has largely disappeared in America. University of Illinois Press © 2015

"My Life in France" by Julia Child with Alex Prud'homme

Child didn't speak French and didn't know the first thing about cooking when she landed in France with her husband in 1948. In this delightful autobiography, she recounts her love affair with French food and studying cooking at that famed male bastion, Le Cordon Bleu School for chefs. Her experiences in France laid the foundation for her first cookbook, "Mastering the Art of French Cooking," published by Knopf in 1961 followed by a career as America's much-loved TV chef. Anchor Books/Div. Random House © 2006

Covers much of the same time period as the movie "Julie and Julia: My Year of Cooking Dangerously" (book by Julie Powell, Little Brown & Co. © 2005; screenplay by and directed by Nora Ephron)



## The Inside Story

"Year of the Cow: How 420 Pounds of Beef Built a Better Life for One American Family" by Jared Stone, Flatiron Books © 2015

An amateur chef and his family bravely confront the challenges of purchasing a cow directly from a local rancher. Hilarity and serious examination of their eating habits ensue.

"Heat: An Amateur's Adventures as Kitchen Slave, Line Cook, Pasta-Maker, and Apprentice to a Dante-Quoting Butcher in Tuscany," by Bill Buford

Writer Buford left his job at **The New Yorker** to experience restaurant cooking in superstar chef Mario Batali's kitchen at Babbo. From there this satisfying restaurant memoir takes him to Italy to become a butcher's assistant in Tuscany and to discover the secrets of pasta-making. His tutelage is hectic, hard-won and hilarious. Knopf © 2006

"Animal, Vegetable, Miracle: A Year of Food Life" by Barbara Kingsolver

In this novelist's first non-fiction book Kingsolver shares her family's attempt to eat only local and homegrown food for one calendar year—no snack foods, no processed foods, no foods from the other side of the world. Everything but olive oil, spices and grains was harvested locally in season. Ideas shared with the Slow Food movement and sustainable agriculture take root as the family works its way through the seasons. Harper Collins © 2007

## The Life of a Chef



"Yes, Chef" by Marcus Samuelsson

The fascinating story of an Ethiopian orphan who was adopted by a white middle-class family in Sweden, Samuelsson went on to become the chef at New York City's famed Scandinavian restaurant, Aquavit, and to cook for President Obama's first state dinner. Later he became the winner of Bravo TV's "Top Chef Masters." Random House © 2012

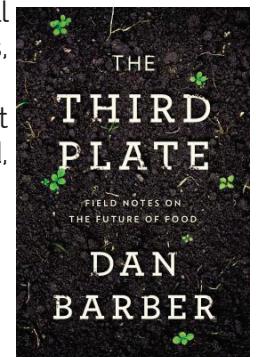
"Blood, Bones & Butter: The Inadvertent Education of a Reluctant Chef" by Gabrielle Hamilton

Chef/owner of Prune, an East Village (Manhattan, NY) bistro, Hamilton rose to the top of her profession in a field still dominated by men. A gifted writer, she recounts the highs and lows of her life and career. Random House © 2011

## Why We Eat What We Eat

"The Third Plate," Dan Barber

Barber, the chef at Blue Hill and Blue Hill at Stone Barns, explores the evolution of American food from the "first plate," or industrially produced, meat-heavy dishes, to the "second plate" of grass-fed meat and organic greens, and says that both of these approaches are ultimately neither sustainable nor healthy. Instead, Barber proposes Americans should move to the "third plate," a cuisine rooted in seasonal productivity, natural livestock rhythms, whole-grains, and small portions of free-range meat. Penguin © 2014



"The Omnivore's Dilemma" by Michael Pollan

From the cornfields of Iowa to food-science laboratories, from fast-food restaurants to organic farms to hunting and foraging for our own food, Pollan writes compellingly about the economic, political, psychological and moral implications of America's current eating habits. Penguin © 2006

"Salt, Sugar, Fat: How the Food Giants Hooked Us" by Michael Moss

Investigative reporter Michael Moss examines the strange science behind processed food. Readers will find this book both fascinating and disturbing. Random House © 2013

*Continued on page 18*

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# SUMMER READING

*Continued from page 18*

## Fiction

### "White Truffles in Winter" by N.M. Kelby

In this sensual story of food, longing and romance, the life of the consummate French chef Auguste Escoffier (1846-1935) is revealed, as he writes his memoir—from his days as a young army cook in the Franco-Prussian War to the pinnacle of his career as a celebrity chef in Paris and London. The long-time lover of actress Sarah Bernhardt, he returns to his wife, the poet Delphine Daffis, after a separation of 30 years. At the end of her life, she asks him to create a dish in her name, as he has for Bernhardt, Queen Victoria and the Australian opera singer Nellie Melba (Peach Melba). There is more than enough "food porn" in

this novel to please any foodie. W.W.Norton & Company Inc. © 2012

### "Gourmet Rhapsody" by Muriel Barbery

From the author of "The Elegance of the Hedgehog," Barbery's sensuous first novel portrays an arrogant, self-absorbed food critic who, lying on his deathbed, tries to recall a sublime but elusive flavor from his childhood, which he believes will reveal a profound insight, the "ultimate truth" about his life. Various characters come forward—some remembering him with testimonials to his greatness, while others welcome the news of his looming demise. Gustatory revelations flourish as Barbery offers this celebration of culinary delights. Europa Editions © 2009

## Classics

### "The Art of Eating: The Collected Gastronomical Works of M. F. K. Fisher" by M. F. K. Fisher



Fisher, perhaps the foremost American food writer of her generation, created a genre of food literature that included essays and musings on the pleasures of the table, travel writing and memoir. This volume contains her collected works including "How to Cook a Wolf" (1942, Farrar, Straus & Giroux) and "An Alphabet for Gourmets" (1949, Viking). Originally published by MacMillan © 1954; republished as

a 50th anniversary edition with Joan Reardon, editor, Houghton Mifflin Harcourt © 2014

### "A Moveable Feast" by Ernest Hemingway

Hemingway's experiences as a struggling young expatriate journalist and writer in Paris in the 1920s; published posthumously. Food, drink and good company play a role in these small, reflective sketches of encounters with the members of Hemingway's rag-tag circle of artists and writers. Included are irreverent portraits of literary luminaries such as F. Scott Fitzgerald and Ford Maddox Ford. Published posthumously by Scribner © 1964; a restored edition with forward by Patrick Hemingway and Introduction by Sean Hemingway, © 2009, Hemingway Copyright Owners

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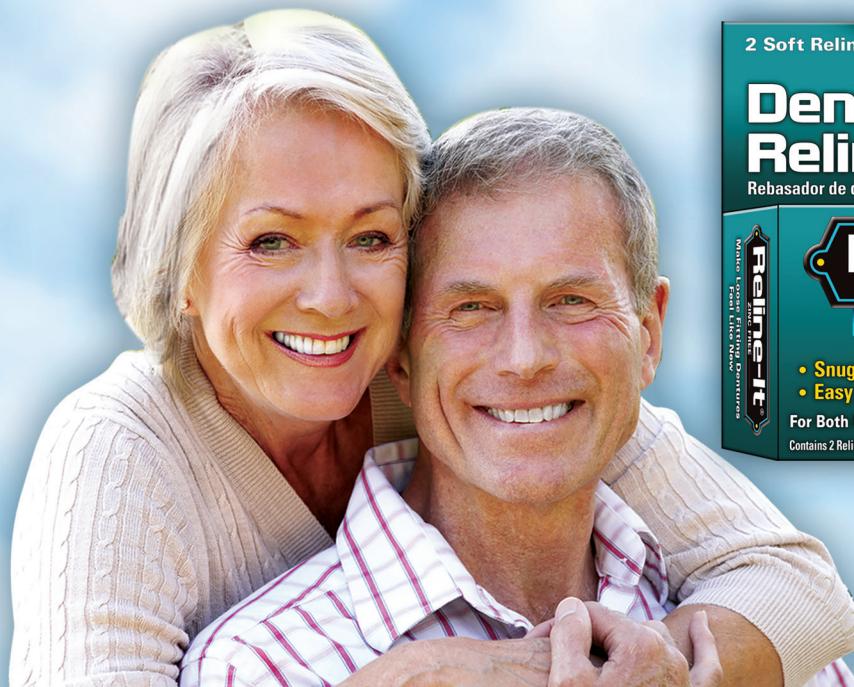


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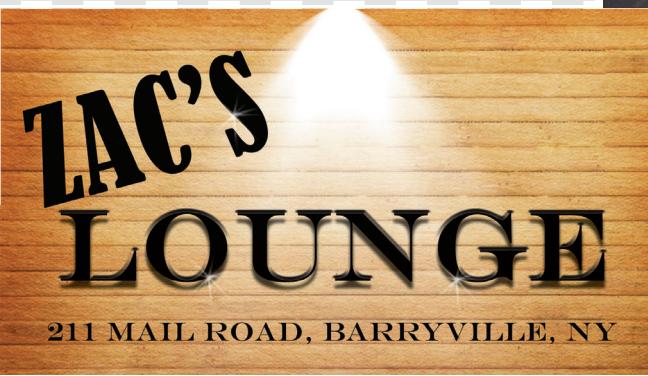
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