

Nourishing Connections: The Healing Power of Food & Community
by Cathryn Couch and JoEllen DeNicola
Published by The Ceres Community Project, Sebastopol, CA 2009
Approximately 200 pages with full color photographs
Price: \$29.95

More than simply a cookbook, *Nourishing Connections* tells the inspiring story of how a community gathered its resources creatively to address a multitude of needs. The book's publisher, The Ceres Community Project, provides some 25,000 beautiful, delicious and nourishing *free* meals each year to families in the community that are living with a life-threatening illness such as cancer. The program's chefs are hundreds of teens from more than fifteen local schools. The young chefs gain culinary skills, knowledge and the inspiration to make cooking and eating whole foods a part of their life.

Written for those living with illness, *Nourishing Connections* includes vital information for all of us about the link between what we eat and our health, with simple suggestions about how to improve your own diet and a rich resource section of books, websites and specialty food sources to support your journey.

The book's more than one hundred recipes represent those most loved by the program's clients and all have been home tested by people living with serious illness. Each recipe included in *Nourishing Connections* is delicious, relatively simple to prepare, and most lend themselves to substitution and variation – allowing you to master one recipe and then make it with a variety of different vegetables or grains. For those with limited energy, each recipe comes with suggestions for how to break down the preparation tasks into smaller steps over several days, as well as a wealth of suggestions for how to nourish your self well with almost no cooking.

Sampling of Recipes:

- Sweet Goji Breakfast Pudding
- Beet, Barley & Arugula Salad with Toasted Walnuts
- Pumpkin Curry Soup with Coconut Milk
- Black Bean Chili with Butternut & Greens
- Feta & Sundried Tomato Spread with Basil
- Walnut & Herb Stuffed Portobello Mushrooms
- Seafood Vera Cruz with Lemon & Thyme
- Greek Chicken with Roasted Vegetables
- Lily's Coconut Maple Pudding
- Almond Oat Thumbprints