



Green Books

Advance Information

GAIA'S KITCHEN

Vegetarian recipes for family & community

Julia Ponsonby *Revised Edition*

“The first thing we need to know about how to live well with the Earth is what and how to eat. Gaia’s Kitchen is a delicious guide for those who want to enjoy doing good.” —James Lovelock, author of *Gaia: The Practical Science of Planetary Medicine and Revenge of Gaia*

For almost twenty years Schumacher College at Dartington has been brewing up a unique pot pourri of human connections, raising ecological awareness, and stimulating taste buds. For many students and teachers, their stay at the College has opened their eyes to how delicious vegetarian cooking can be. Repeatedly they have gone away demanding recipes—and suggesting a cookbook.

The cuisine at the College calls upon the best of Mediterranean, Californian, Indian, and Mexican vegetarian cooking. It celebrates old favourites rich in cheese and eggs, and offers a variety of tempting new vegan dishes using ingredients such as pulses, tofu and tempeh. The ecological dimension of food production is discussed, together with issues concerning nutrition and special diets.

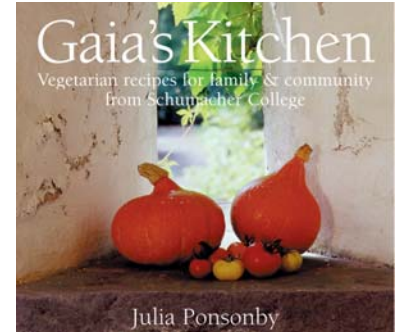
Gaia’s Kitchen offers a full repertoire of soups, main courses, salads, desserts, breads, cakes and biscuits. Alongside family-size quantities, the book includes community-size quantities, making it invaluable for teaching centres, communities and anyone who wants to prepare a vegetarian banquet for thirty or forty friends.

The Author: Julia Ponsonby was Head Chef at Schumacher College for many years, and is still involved in cooking with and for participants at the College.

For further information, please contact Charlie Kendall:

email charlie@greenbooks.co.uk

or phone 01803 863260.



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