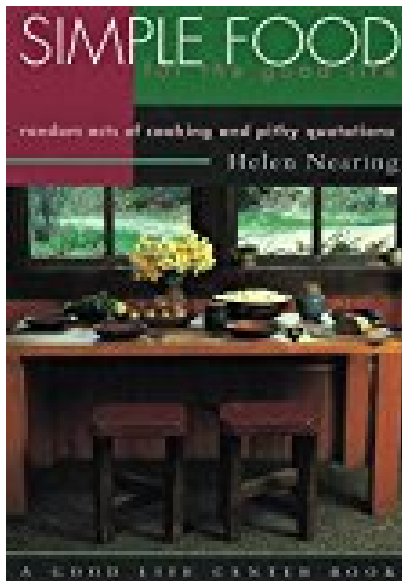


# Simple Food for the Good Life

## Random Acts of Cooking and Pithy Quotations

### Good Life Series

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### BOOK DETAILS

- Author : Helen Nearing
- Pages : 309 Pages
- Publisher : Chelsea Green Publishing
- Language : English
- ISBN : 1890132292

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## BOOK SYNOPSIS

Fifty years before the phrase "simple living" became fashionable, Helen and Scott Nearing were living their celebrated "Good Life" on homesteads first in Vermont, then in Maine. All the way to their ninth decades, the Nearings grew their own food, built their own buildings, and fought an eloquent combat against the silliness of Americas infatuation with consumer goods and refined foods. They also wrote or co-wrote more than thirty books, many of which are now being brought back into print by the Good Life Center and Chelsea Green. Simple Food for the Good Life is a jovial collection of "quips, quotes, and one-of-a-kind recipes meant to amuse and intrigue all of those who find themselves in the kitchen, willingly or otherwise." Recipes such as Horse Chow, Scotts Emulsion, Crusty Carrot Croakers, Raw Beet Borscht, Creamy Blueberry Soup, and Super Salad for a Crowd should improve the mood as well as whet the appetite of any guest. Here is an antidote for the whole foods enthusiast who is "fed up" with the anxieties and drudgeries of preparing fancy meals with stylish, expensive, hard-to-find ingredients. This celebration of salads, leftovers, raw foods, and homegrown fruits and vegetables takes the straightest imaginable route from their stem or vine to your table. "The funniest, crankiest, most ambivalent cookbook you'll ever read," said Food & Wine magazine. "This is more than a mere cookbook," said Health Science magazine: "It belongs to the category of classics, destined to be remembered through the ages." Among Helen Nearings numerous books is Chelsea Greens Loving and Leaving the Good Life, a memoir of her fifty-year marriage to Scott Nearing and the story of Scotts deliberate death at the age of one hundred. Helen and Scott Nearings final homestead in Harborside, Maine, has been established in perpetuity as an educational program under the name of The Good Life Center.

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