

Gaia's Feasts

New vegetarian recipes for family and community

Julia Ponsonby

Keynote

"With its emphasis on enjoying, sharing and appreciating food in the most profound sense, this book will not only make you want to cook, it will make you want to cook for other people." — from the foreword by Hugh Fearnley-Whittingstall.

Description

Julia Ponsonby presents yet more mouth-wateringly delicious vegetarian recipes for gatherings big and small. Whether you want to rustle up soup for a community event, salad for a summer celebration or a sumptuous array of cakes for a large family tea, you will find the inspiration and information you need in this book.

The recipes are wonderfully inventive, and invaluable for feeding the family or planning special occasions. The recipes are created with local food in mind, perfect for use with organically grown and seasonal ingredients. Throughout the book, Ponsonby's love for the raw ingredients is evident as she focuses on whole food, and slow food: taking time to appreciate the food and to give time for all the flavours to come out in the cooking leads to more flavoursome, healthier meals full of taste and goodness.

Audience

This book is aimed at anyone who wants to cook good quality, tasty vegetarian food for family, friends and community. It is ideal for people who like:

- *Gaia's Kitchen*, Ponsonby
- *Food from your Forest Garden*, Crawford and Aitken
- *Good Food: 101 Veggie Dishes*, Murrin

Key Selling Points

- Foreword by Hugh-Fearnley-Whittingstall
- Recipes given in quantities for small and large gatherings
- One of the few recipe books for cooking vegetarian recipes on a large scale
- Ideal for communities, schools and caterers

Sales and Marketing Highlights

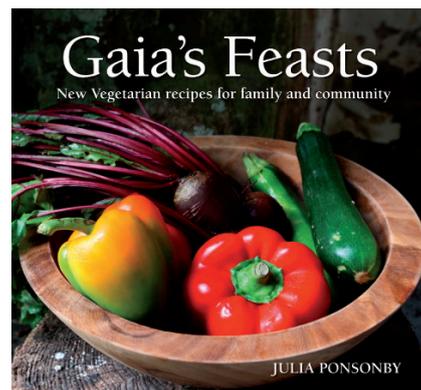
- Author has strong ties to Schumacher College, where the book will be launched
- Follows on from *Gaia's Kitchen*
- Slow food is a popular topic for 2014

Contents

- Returning to the source
- Transition and transformation start in the home
- Local Food - Slow Food
- Seasons and celebrations
- The recipes
- Conversions
- Meet the cooks

The Authors:

Julia Ponsonby has been catering manager at Schumacher College for many years. The college was founded to work towards a new world view of sustainable living in harmony with the natural environment and the whole human race. Julia's culinary style developed to fit those founding principles: local, sustainably sourced ingredients prepared using cooking methods from around the world.



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