**COOKING FROM *BLUE MOON VEGETARIAN***

**Feb. 20, 2014 Session 1**

**Resources**

***The New Laurel's Kitchen***

*by Laurel Robertson, Carol L. Flinders, and Brian Ruppenthal*

***Diet for a Small Planet***

*by Frances Moore Lappe*

***Feast of India: A Legacy of Recipes and Fables***

*by Rani*

*(NOTE: Even though this book includes many meat-based recipes, what Rani has to say about spirituality and food is very important, as well as her discussions of the healing properties of herbs and spices.)*

***Follow Your Heart's Vegetarian Soup Cookbook***

*by Janice Cook Migliaccio*

***Moosewood Cookbook***

*by Mollie Katzen*

***The Vegetarian Family Cookbook***

*by Nava Atlas*

*(NOTE: This is a great book to help transition from vegetarian to vegan, since many of its recipes include vegan options. Also includes a good list of recent and still-current online resources for vegetarians and vegans in the back of the book.)*

***Vegan Cooking for Dummies***

*by Alexandra Jamieson*

*(NOTE: Also a good resource for nutritional information and a great how-to introduction not only to plant-based cooking, but cooking in general.)*

***Great Gluten-Free Vegan Eats***

*by Allyson Kramer*

*(NOTE: Many people are discovering that they feel better when they eliminate gluten from the diet. One school of thought is that the human gut is not designed to process gluten. The recipes in this book make you realize how much more wonderful food tastes when flours other than wheat is used.)*

***To Buy or Not to Buy Organic: What You Need to Know to Choose the Healthiest, Safest, Most Earth-Friendly Food***

*by Cindy Burke*

***Herbal Rhythms: Deciphering Herbal Codes***

*by Jane Lytle*

***Making Plant Medicine***

*by Richo Cech*

***The China Study***

*by T. Colin Campbell*

*Important look at the link between human nutrition and disease*

*FREE pdf! http://www.socakajak-klub.si/mma/The%20China%20Study.pdf/20111116065942/*