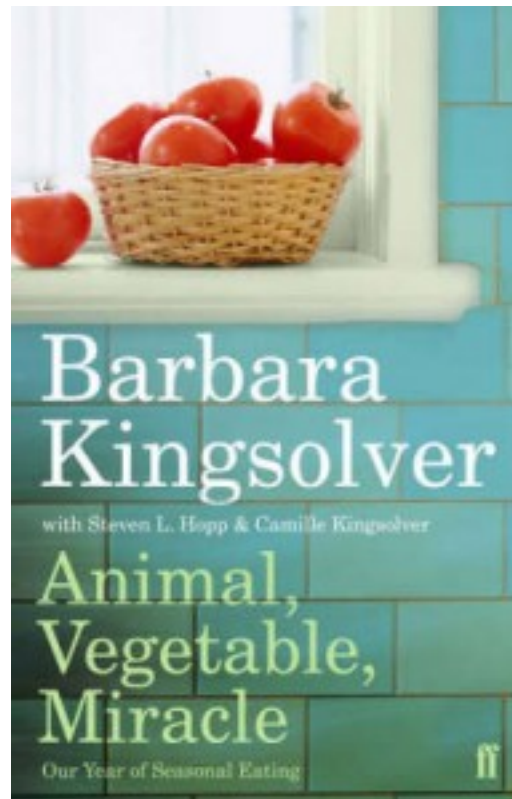




EATING SEASONALLY AND SIMPLY

OCTOBER 8, 2009



Sadly, I don't read very many books

these days. In fact, I've only read two in the past year! But thankfully one of them was a book that has completely changed my life: [Animal, Vegetable, Miracle](#) by Barbara Kingsolver.

The book is a memoir about Kingsolver and her family who spent a year living on a farm, eating off the land or buying only locally grown provisions. Kingsolver walks you through the year, month by month, discussing the ups and downs of farming, which vegetables are in season and why it's important to eat organically and seasonally in order to avoid pesticides and food miles. She also provides the occasional recipe for simple but tasty meals.

Reading the book made me long for a more simple life, one spent on a farm, enjoying time with my family, appreciating the land and the food it makes. It's a wonderful book filled with Kingsolver's famous wit and warmth, and I could not recommend it more highly.

-Courtney

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