

Children's Literature Reviews

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Simply in season children's cookbook

Mark Beach, Julie Kauffman.

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Scottsdale, Pa. : Herald Press, c2006.

78 p. : col. ill. ; 27 cm.

Annotations:

Includes index.

"A world community cookbook"--P. [1] of cover.

Reviews:

Gwynne Spencer (Children's Literature)

Part of the "World Community Cookbooks" series commissioned by the Mennonite Central Committee to promote the understanding of how food choices affect our lives and the lives of those who produce the food we eat, this is one of the best teaching-cookbooks you could add to your collection. Arranged by season, the recipes celebrate the fresh bounty of the earth with low food miles. No strawberries from Argentina in January. Each season's recipes are preceded by an overview introduction to five fresh ingredients with clear photos of them as they are being used, as well as while they are growing. Food facts dot the text unobtrusively, and then come the recipes. Directions are clear and simple, photographs are appealing. Each seasonal chapter begins with a handsome art piece comprised of the fresh ingredients of the season and a short poem. Between chapters is a short prayer of thanks titled "Around the Table." The ingredients are used as photographic decoration for the pages, which are edged with green, red, orange, and purple to visually divide spring, summer, fall, and winter. An additional section about herbs and a template page for readers to draw or photograph their own garden ingredients adds more teaching possibilities. Recipes are all kid-tested and easily prepared by kids. The emphasis is on fresh and simple local produce; nothing canned or packaged. The index has pictures of the produce as well as page numbers--a unique feature. The bad news about this cookbook is that once you have had a chance to read and savor its simple celebration of good local food, you will want to accumulate the rest of the series: *Simply In Season* (eat fresh, buy locally, support local farmers), *More-With-Less* (eat better, consume less), and *Extending the Table* (dishes from around the world interspersed with stories of hospitality). 2006, Herald Press, \$21.00. Ages 6 to 14.

Subjects:

[Cookery Juvenile literature.](#)

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[Beach, Mark.](#)

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