



“you have to live up to your own expectations.”
- wolfgang puck

“dining with one's friends and beloved family is certainly one of life's primal and most innocent delights, one that is both soul-satisfying and eternal...”
- julia child

“one cannot think well, love well, sleep well, if one has not dined well”
- virginia woolf

“year's end is neither an end nor a beginning but a going on,
with all the wisdom that experience can instill in us.”
- hal borland

“cooking is like love...it should be entered into with abandon or not at all...”
- harriet van horne

“a recipe has no soul...you, as the cook, must bring soul to the recipe”
- thomas keller

“you can't just eat good food...you've got to talk about it too...”
- kurt vonnegut

“always start out with a larger pot than what you think you need...”
- julia child

“i read recipes the same way i read science fiction...i get to the end and say to myself...
well, that's not going to happen”
- rita rudner

“the discovery of a new dish does more for the happiness of the human race
than the discovery of a star”
- jean anthelme brillat-sararin

“life is too short for self hatred and celery sticks”
- marilyn wann

“when one tugs at a single thing in nature, he finds it attached to the rest of the world”
- john muir

“cooking is not chemistry...it is an art...it requires instinct and taste rather than exact measurements”
- marcel boulestin

“i feel a recipe is only a theme, which an intelligent cook can play each time with a variation”
- madam benoit

“i wish my stove came with a save as button like word has...
that way i could experiment with my cooking and not fear ruining my dinner!”
- jarod kintz

“when the world wearies and society ceases to satisfy, there is always the garden”
- minnie aumonier

“i don't know why, but the meals we have on picnics always taste so much nicer
than the ones we have indoors...”
- george b

“the greatest service which can be rendered any country is to add a useful plant to its culture”
- thomas Jefferson

“in my food world, there is no fear or guilt, only joy and balance.
so no ingredient is ever off-limits.
rather, all of the recipes here follow my usually-sometimes-rarely philosophy.
notice there is no never”
- ellie Krieger

“raw ingredients trump recipes every time;
farmers and ranchers who coax the best from the earth
can make any of us appear to be a great cook”
- judy Rodgers

“maybe most important, farm food itself is totally different from what most people now think of as food...
...parboiled, ready to eat, engineered to appeal to our basest desires...
...we were selling the opposite: naked, unprocessed food, two steps from the dirt.”
- kristin kimball

“there ain't no point in making soup unless others eat it...
soup needs another mouth to taste it, another heart to be warmed by it...”
- kate dicamillo

“I believe that food can be a profound means of communication,
allowing me to express myself in a way that seems
much deeper and more sincere than words...”
- ann patchett

“in its essence, a meal is a creative act
that has its genesis in the mind of someone who cares enough to plan it, gather ingredients
and labor over its creation”
- andi ashworth

“if you’re convinced that cooking is drudgery,
you’re never going to be good at it,
and you might as well warm up something frozen.”
- james beard

“eating connects us to our histories as much
as it connects our souls to our bodies, our bodies to the earth”
- evan d.g. fraser

“treasure the farmer- nurture the soil- plant wherever you are-
learn from nature- Cultivate your palate- make your own-
eat whole foods- share the harvest- teach children the art of simple food...”
- alice waters

“we’re all just ingredients...
what matters is the grace with which you cook the meal...”
- erica bauermeister

“people ate everyday, and often times
they didn’t pause when standing in the fresh produce section of the grocery store
to realize the magnitude of the earth that feeds them...”
- cindy woodsmall

“she felt about her zester the way some women do about a pair of spiky red shoes
--a frivolous splurge, good only for parties, but oh so lovely...”
- erica bauermeister

“food is not simply organic fuel to keep body and soul together...
it is a perishable art that must be savored at the peak of perfection...”
- e. a. buccianeri

“in any sane society, a farmer is a billion times more important than an economist...”
- mokokoma mokhonoana

“In its essence, a meal is a creative act that has its genesis
in the mind of someone who cares enough
to plan it, gather ingredients and labor over its creation...”
- andi ashworth

“you, as a food buyer, have the distinct privilege
of proactively participating in shaping the world your children will inherit...”
- joel salatin

“when we eat together, when we set out to do so deliberately,
life is better, no matter what your circumstances...”
— thomas keller

“cooking is all about connection between us, other times, other cultures...
but, most important, other people...
it is one of the more beautiful forms that human generosity takes...
the very best cooking, i discovered, is also a form of intimacy...”
-michael pollan

“food is everything we are...
it's an extension of nationalist feeling, ethnic feeling,
your personal history, your province, your region, your tribe, your grandma...
it's inseparable from those from the get-go...”
-anthony bourdain

“people who know the garden in which their vegetables have grown and know that the garden is healthy
will remember the beauty of the growing plants...
perhaps in the dewy first light of morning when gardens are at their best...
such a memory involves itself with the food and is one of the pleasures of eating...”
-wendell berry

“how often have the greatest thoughts and ideas
come to light during conversations with the family over the evening dinner...”
- e.a. buccianeri

“the joy from eating does not come from the exclusivity of the food,
but instead from the sensitivity that we eat it with...”
- nino gruettke

“we are not creators...only combiners of the created...
invention isn't about new ingredients, but new recipes
and innovations taste the best...”
- ryan lilly

“the preparation of good food is merely another expression of art,
one of the joys of civilized living...”
- dione lucas

“eating connects us to our histories as much as it connects our souls to our bodies,
our bodies to the earth...”
-evan d.g. fraser

“gratitude bestows reverence, allowing us to encounter everyday epiphanies,
those transcendent moments of awe that change forever how we experience life and the world...”
- john milton

“you have to taste a culture to understand it...”
- deborah carter

“...for each new morning with its light, for rest and shelter of the night,
for health and food, for love and friends, for everything thy goodness sends...”
- ralph waldo emerson

“for last year's words belong to last year's language...
and next year's words await another voice...
and to make an end is to make a beginning...”
- t.s. eliot

“...you, as a food buyer, have the distinct privilege of proactively participating
in shaping the world your children will inherit...”
- joel salatin

“this magical, marvelous food on our plate,
this sustenance we absorb, has a story to tell...
it has a journey...it leaves a footprint...it leaves a legacy...”
- joel salatin

“if you really want to make a friend, go to someone’s house and eat with them...
the people who give you their food
give you their heart...”
- Cesar Chavez

“i hate the notion of a secret recipe...
recipes are by nature derivative and meant to be shared-
that is how they improve, are changed, how new ideas are formed...
to stop a recipe in it's tracks, to label it "secret" just seems mean...”
- molly wizenberg

“Turn that worthless lawn into a beautiful garden of food whose seeds are stories sown...
whose foods are living origins...
grow a garden on the flat roof of your apartment building, raise bees on the roof of your garage...
plant fruit and nut trees that bear...plant the nine kinds of sacred berries of your ancestors...grow
grapevines...start gardening together...convert the garage into a wine, root, honey, and Cheese cellar—
who knows, peace might break out...”
- martin prechtel

“a hero is someone who has given his or her life to something bigger than oneself...”
- joseph Campbell

“i believe that food can be a profound means of communication...
allowing me to express myself in a way that seems much deeper and more sincere than words...”
- jenni ferrari-adler

“freedom is nothing else but a chance to be better...”
- albert Camus

“there is great value in being able to say "yes" when people ask if there is anything they can do...
by letting people pick herbs or slice bread instead of bringing a salad...
you make your kitchen a universe in which you can give completely and ask for help...
the more environments with that atmospheric makeup we can find or create- the better...”
- tamar adler

“why try to explain miracles to your kids when you can just have them plant a garden...”
- robert braut

“we’re all just ingredients...what matters is the grace with which you cook the meal...”
- erica bauermeister

“how and what we eat determines to a great extent the use we make of the world
—and what is to become of it...
to eat with a fuller consciousness of all that is at stake might sound like a burden,
but in practice few things in life afford quite as much satisfaction...”
- michael pollan

“good food is very often, even most often, simple food...”
- anthony bourdain

“the joy from eating does not come from the exclusivity of the food...
but instead from the sensitivity that we eat it with...”
– nino gruettke

“not what we say about our blessings...
but how we use them...is the true measure of our thanksgiving...”
- w t purkiser

“ordinary folk prefer familiar tastes...they'd sooner eat the same things all the time...
but a gourmet would sample a fried park bench just to know how it tastes...”
– walter moers

“too often we underestimate the power of a touch, a smile, a kind word,
a listening ear, an honest compliment or the smallest act of caring...
all of which have the potential to turn a life around...”
- leo buscaglia

“judge me by my size do you...well you should not...
luminous beings are we...
not this crude matter...”
- master yoda

“few of us are aware that the act of eating can be a powerful statement of commitment
to our own well-being...
your health, happiness & the future of life on earth are rarely so much in your own hands
as when you sit down to eat...”
– john robbins

“cooking is an art and patience a virtue...
careful shopping, fresh ingredients and an unhurried approach are nearly all you need...
there is one more thing – love...love for food and love for those you invite to your table...
with a combination of these things you can be an artist...”
- keith floyd

“that without experimentation, a willingness to ask questions & try new things, we shall surely become
static...repetitive...moribund...”
- anthony bourdain

“...no man is lonely while eating spaghetti...it requires so much attention...”
- christopher morley

“the smell of good bread baking, like the sound of lightly flowing water,
is indescribable in its evocation of innocence and delight...
it is one of those almost hypnotic businesses, like a dance from some ancient ceremony...
it leaves you filled with one of the world's sweetest smells...
there is no need for chiropractic treatment, yoga exercise or hour of meditation in a music...”
- mfk fisher

“this magical, marvelous food on our plate...this sustenance we absorb...has a story to tell...
it has a journey...it leaves a footprint...it leaves a legacy...
do not eat with reckless abandon...without conscience...without knowledge...
this- a farmer's advice for happier hens, healthier people & a better world...”
- joel salatin

“the soil is the great connector of lives...the source & destination of all...
it is the healer, restorer & resurrector...without proper care for it we can have not community...
because without proper care for it we can have no life...”
- wendell berry

“there are so many ways to be brave in this world...
sometimes bravery involves laying down your life for something bigger than yourself or for someone else...
sometimes it involves giving up everything you have ever known or everyone you have ever loved...
for the sake of something greater...”
- veronica roth

“people who know the garden in which their vegetables have grown and know that the garden is healthy
will remember the beauty of the growing plants...
perhaps in the dewy first light of morning when gardens are at their best...
such a memory involves itself with the food & is one of the true pleasures of eating...”
- wendell berry

“cooking is not a science but an art, mistakes are okay, messes are fine...
the pleasure is in the creating & the sharing of the result...”
- lori pollan

“dinner is not what you do in the evening before something else...
dinner is the evening...”
- art buchwald

“i'm asked a lot what the best thing about cooking for a living is...& it's this- to be a part of a subculture...
to be part of a historical continuum, a secret society with its own language and customs...
to enjoy the instant gratification of making something good with one's hands--using all one's senses...
it can be, at times, the purest & most unselfish way of giving...”
- anthony bourdain

“a hundred times every day i remind myself that my inner and outer life
depend on the labors of others- living & dead...
and that i must exert myself in order to give in the same measure
as i have received and am still receiving...”
- albert einstein

“good kitchens are not about size...they are about ergonomics and light...”
- nigel slater

“...a good cook is like a sorceress who dispenses happiness...”
- elsa Schiaparelli

“...food is life, our well-being demands it...it is art and magic, it evokes emotion and colors memory & in skilled hands...meals become greater than the sum of their ingredients... food is self-evident, plucked right from the ground, vine or sea...its power to delight is immediate...it is discovery, finding an untried spice or cuisine is like uncovering a new element...it is evolution, how we interpret it remains ever fluid...food is humanitarian, sharing it bridges cultures, making friends of strangers pleasantly surprised to learn how much common ground they ultimately share...”

– anthony beal

“...no duty is more urgent than that of returning thanks...”

- james allen

“few of us are aware that the act of eating can be a powerful statement of commitment to our own well-being & at the same time the creation of a healthier habitat...your health, happiness & the future of life on earth are rarely so much in your own hands as when you sit down to eat...”

- john robbins

“holiday gift suggestions...to your enemy- forgiveness...to an opponent- tolerance... to a friend- your heart...to a customer- service...to all- Charity...to every child- a good example ...to yourself- respect...”

- oren arnold

“...in this new year, may you have a deep understanding of your true value & worth, an absolute faith in your unlimited potential, the confidence to let go when you need to, gratitude to open your heart, great love to replace your fear, clear sight to see your best & true path...a childlike trust in the benevolence of the universe, the humility to remain teachable, the wisdom to fully embrace your life exactly as it is, the understanding that every soul has its own course to follow, the discernment to recognize your own unique inner voice of truth & the courage to learn to be still...”

– janet rebhan

“there is great value in being able to say “yes” when people ask if there is anything they can do... by letting people pick herbs or slice bread instead of bringing a salad, you make your kitchen a universe in which you can give completely & ask for help... the more environments with that atmospheric makeup we can find or create, the better...”

- tamar adler

“our food is among the most intimate connections we make with the earth...”

- gebe baur

“it had been agreed between them that lighted candles at wayside inns, in countries amid mountain scenery, gave the evening meal a peculiar poetry...”

- henry james

“eat hand crafted with love & local”

- gallery cafe

“...the beautiful spring came... & when nature resumes her loveliness, the human soul is apt to revive also...”

- harriet ann jacobs

“Food keeps us alive, as we all know...
nourishment allows us to grow and be healthy...
but good cooking takes us beyond survival and into the realms of culture and pleasure...”
- Fernando Divina

“there is a point where you have to leave the dough alone...
it's silly to anthropomorphize bread, but I love the fact that it needs to sit quietly...
to retreat from touch and noise and drama, in order to evolve...
i have to admit...i often feel that way myself...”
- Jodi Picoult

“the legacy of heroes is the memory of a great name and the inheritance of a great example...”
- Benjamin Disraeli

“...our nation owes a debt to its fallen heroes that we can never fully repay,
but we can honor their sacrifice...”
- President Barack Obama

“food is symbolic of love when words are inadequate...”
- Alan D. Wolfelt