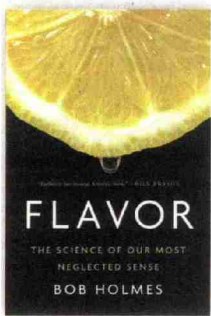


FOOD FOR THOUGHT
BY OLIVIA BELLANGER



A TASTE FOR THE GOOD LIFE

THESE INTRIGUING TITLES OFFER DIFFERENT APPROACHES TO SLOWING DOWN AND LIVING BETTER



Flavor: The Science of Our Most Neglected Sense

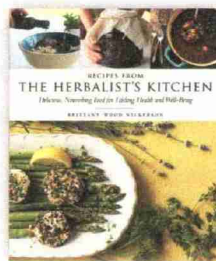
By Bob Holmes (\$26.95, W.W. Norton & Company, Inc., 2017)

Can you explain why you prefer the flavor of halibut over red snapper? Most people find it challenging because flavor remains a concept we don't understand well enough to describe. In this book about taste buds, author Bob Holmes reveals how we can benefit from learning about the vast and varied flavors we encounter.

For years, scientists have investigated the broad range of factors that can alter how we experience food. Everything from the music we hear to the color of the table settings can influence our perception of what we're eating.

Holmes gathers research from scientists and chefs to help explain why two people can have such different sensations from the same food, and how even one's heritage can impact our senses of smell and taste.

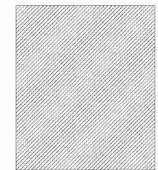
Guaranteed to fascinate everyone from gourmards to home cooks, *Flavor* will open minds—and palates—to an exciting sensory world.

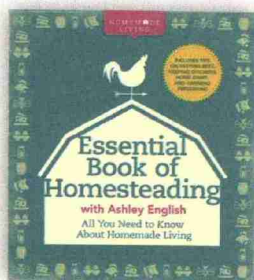


Recipes from the Herbalist's Kitchen: Delicious, Nourishing Food for Lifelong Health and Well-Being

By Brittany Wood Nickerson (\$24.95, Storey Publishing, 2017)

Humans have known for centuries about the power of food to heal. While herbs may be used by the average chef to give meals extra flavor, they can also be chosen to treat various ailments and conditions. Author Brittany Wood Nickerson explains the healing properties of specific herbs and provides 110 original recipes that feature them in snack, entrée, drink, and dessert forms. The recipes are designed to meet various needs of body, mind, and spirit. Tips on how to store, dry, and work with herbs as both food and medicine are included.





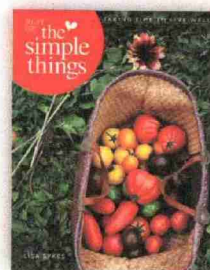
The Essential Book of Homesteading: The Ultimate Guide to Sustainable Living

By Ashley English (\$24.95, Lark Crafts, 2017)

In recent years, homesteading has roared back into fashion. Whether it's owning a flock of

chickens, learning how to churn butter, or starting a vegetable garden on the front lawn, people all over the country are trying to regain control of their own food supply.

Ashley English, an expert in the art of homemade living, has created beginner-friendly homesteading instructions in her latest book. Along with new advice from her own experiences, English has updated material from her previous books (*Keeping Bees*; *Keeping Chickens*; *Canning & Preserving*; and *Home Dairy*) to give readers all the information they need to successfully oversee food production at home.



Best of the Simple Things: Taking Time to Live Well

Edited by Lisa Sykes (\$24.95, Firefly Books Ltd., 2016)

If you're looking to revamp your busy lifestyle, this is the book for you. This anthology about slowing down to appreciate the good things in life is taken from years of the best articles and ideas featured in the

British home and lifestyle magazine *The Simple Things*.

Divided into four chapters, the book showcases the creativity of Britain's traditional and modern creators and cooks in the categories Food and Drink; Entertaining; House and Household DIY; and Gardening. DIY projects include how to create terrariums, stationery, and holiday decorations.

With 256 pages of tips on upcycling, growing, cooking, and relaxing all presented in a fresh and colorful design, *Best of the Simple Things* is guaranteed to inspire readers to transform their everyday living.