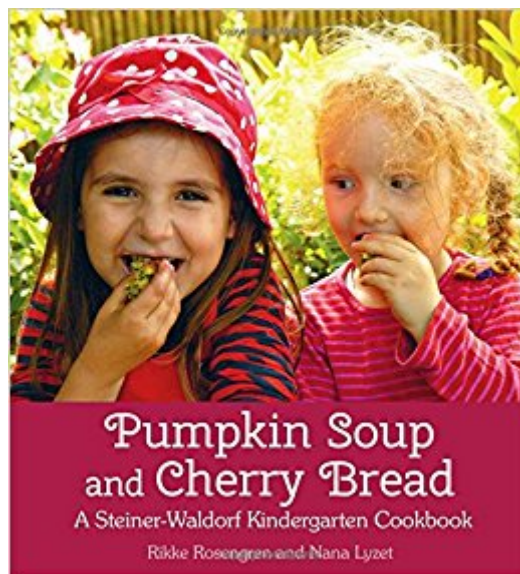




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Pumpkin Soup And Cherry Bread: A Steiner-Waldorf Kindergarten Cookbook



Synopsis

At B rne en Bonsai kindergarten in Charlottenlund, Denmark, the children happily clean their plates at every meal, even when they re served Brussels sprouts or kale. Meals are nutritious, delicious, vegetarian, and 100% natural. This beautifully illustrated cookbook contains more than 80 seasonal recipes that celebrate nature, from campfire soup to strawberry ice-lollies, Swede fries to kale pasta, and green-pea cake to cherry focaccia. Living and eating holistically, in tune with the natural world, is key to the philosophy at Bonsai. Food forms part of play and meals are fun: the children grow vegetables and forage for herbs and berries; they help to peel, chop, and bake; and food is involved in play and songs, and is celebrated through seasonal festivals. As well as offering new ways to serve a range of delicious vegetables, grains, and fruit, this inspirational book contains a wealth of advice on developing your own food culture and encouraging children to enjoy healthy food. The recipes are fully adapted to serve a family of four or forty children.

Book Information

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Rikke Rosengren is a Steiner-Waldorf teacher and cofounder and director of the B rne en Bonsai kindergarten in Charlottenlund, Denmark.

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