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Full Moon Feast: Food and the Hunger for Connection

Jessica Prentice

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Full Moon Feast invites us to a table brimming with locally grown foods, radical wisdom, and communal nourishment.

In *Full Moon Feast*, accomplished chef and passionate food activist Jessica Prentice champions locally grown, humanely raised, nutrient-rich foods and traditional cooking methods. The book follows the thirteen lunar cycles of an agrarian year, from the midwinter Hunger Moon and the springtime sweetness of the Sap Moon to the bounty of the Moon When Salmon Return to Earth in autumn. Each chapter includes recipes that display the richly satisfying flavors of foods tied to the ancient rhythm of the seasons.

Prentice decries our modern food culture: megafarms and factories, the chemically processed ghosts of real foods in our diets, and the suffering--physical, emotional, cultural, communal, and spiritual--born of a disconnect from our food sources. She laments the system that is poisoning our bodies and our communities.

But *Full Moon Feast* is a celebration, not a dirge. Prentice has emerged from her own early struggles with food to offer health, nourishment, and fulfillment to her readers. She recounts her relationships with local farmers alongside ancient harvest legends and methods of food preparation from indigenous cultures around the world.

Combining the radical nutrition of Sally Fallon's Nourishing Traditions, keen agri-political acumen, and a spiritual sensibility that draws from indigenous as well as Western traditions, *Full Moon Feast* is a call to reconnect to our food, our land, and each other.

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