



## The Feast Nearby: How I Lost My Job, Buried a Marriage, and Found My Way by Keeping Chickens, Foraging, Preserving, Bartering, and Eating Locally (All on 40 a Week)

By Robin Mather

Ten Speed Press. Hardcover. Condition: New. 272 pages. Within a single week in 2009, food journalist Robin Mather found herself on the threshold of a divorce and laid off from her job at the Chicago Tribune. Forced into a radical life change, she returned to her native rural Michigan. There she learned to live on a limited budget while remaining true to her culinary principles of eating well and as locally as possible. In *The Feast Nearby*, Mather chronicles her year-long project: preparing and consuming three home-cooked, totally seasonal, and local meals a day--all on forty dollars a week. With insight and humor, Mather explores the confusion and needful compromises in eating locally. She examines why local often trumps organic, and wonders why the USDA recommends white bread, powdered milk, and instant orange drinks as part of its low-cost food budget program. Through local eating, Mather forges connections with the farmers, vendors, and growers who provide her with sustenance. She becomes more closely attuned to the nuances of each season, inhabiting her little corner of the world more fully, and building a life richer than she imagined it could be. *The Feast Nearby* celebrates small pleasures: home-roasted coffee, a pantry...



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