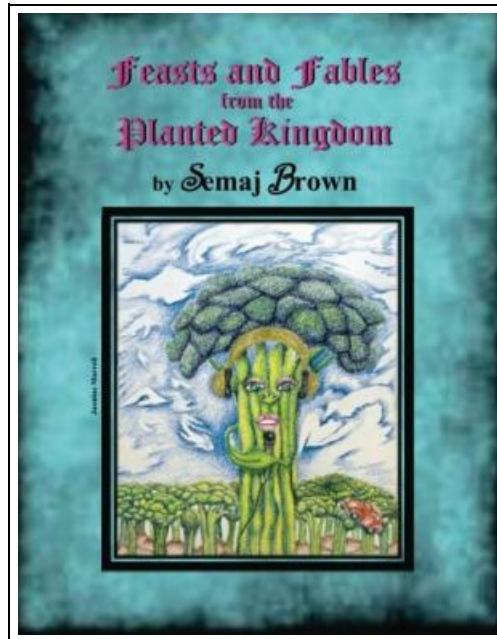


## Feasts and Fables from the Planted Kingdom: A Story Cookbook



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## FEASTS AND FABLES FROM THE PLANTED KINGDOM: A STORY COOKBOOK



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Health Collectors LLC. Paperback. Condition: New. 102 pages. Dimensions: 11.0in. x 8.5in. x 0.2in. What do you get when an author who is a committed vegetarian, an innovative cook, a storyteller and a poet sits down to write a book? You get *Feasts and Fables from the Planted Kingdom*, a delightful cookbook which offers practical, healthy, vegetarian recipes, accompanied by whimsical stories told by the vegetables themselves! The prim Mrs. Brown, a reporter embedded on the Green front, takes us on fanciful forays into the world of vegetable intrigue, and then offers recipes to bring each story to a delectable end. While the stories make us smile, the recipes represent serious nourishment for body and soul. Given its rare, one-of-a-kind approach to cooking and nutrition, *Feasts and Fables from the Planted Kingdom* is certain to become one of your treasures. Fables are also available in an awe-inspiring lyrical spoken word audio format as *Feasts and Fables from the Planted Kingdom CD*. Gloria House, Ph. D. Detroit. And, so many ask how did this innovative idea sprout into a story cookbook? Where did it root from? Well, the seeds germinated off from the *Whats for Dinner Mrs. Brown* popular radio segment on the Dr. James Brown Freedom From Fat Radio Broadcast (Cumulus WCK). Semaj Brown recounts, I was running late, there had been a family emergency that prevented me from doing the weekly nutritional and historical research associated with the feature vegetable introduced in *Mrs. Brown's Delicious Nutritious Dishes*. Up until this time, my segment had been fairly conventional, deliberately retrograde with Dr. Brown singing, a 1950s style introduction: *Whats for Dinner Mrs. Brown* and me demurely responding, Good tasting, delicious. Time was running out and I went on-air in a flurry. I conveyed my on-air fluster in a new character...



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