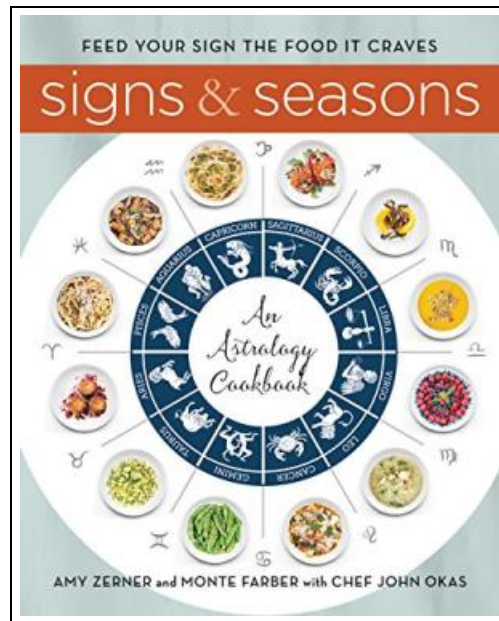# Signs and Seasons: An Astrology Cookbook (Hardback)

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Reviews

The ebook is fantastic and great. I really could comprehended every thing out of this published e publication. You can expect to like the way the blogger write this publication.

(Precious Farrell)

SIGNS AND SEASONS: AN ASTROLOGY COOKBOOK (HARDBACK)

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HarperCollins Publishers Inc, United States, 2017. Hardback. Condition: New. Language: English . Brand New Book. Discover how to eat for your sign and nourish your soul in Signs and Seasons, the one-of-a-kind cookbook that pairs chef-driven seasonal recipes with deep insight into how astrology shapes our appetites, from iconic astrologer Monte Farber and artist Amy Zerner.Food connects us to our families, history, culture, and to the natural world itself-to the seasons and the cycle of life. Just as our path around the sun-and through the Zodiac-dictates the seasons, the seasons dictate what will flourish, from the tender greens of early spring to late summer s lush and impossible perfect tomatoes. In Signs and Seasons, Farber and Zerner-along with chef John Okas-take home cooks through the four seasons and each of their astrological signs in over 95 tantalizing seasonal recipes that include starters; meat, seafood, and vegetarian mains; sides; and desserts for each sign.Inspired by the cuisine of the Mediterranean, home of the Greco-Roman cultures that named the planets after their gods, Signs and Seasons teaches you how to:* Feed friends and loved ones based on their signs and the season* Deepen your understanding of Nature and the Universe * Discover how astrology shapes our personalities, tastes, and appetites Whether exploring the Twin nature and Mercurial spirit of ramps (a spring delicacy well suited Geminis) in a recipe for Ramps al Olio or the historical association of saffron with Venus in the recipe for Roasted Corn Orecchiette, Signs and Seasons is the perfect guide for eating in a way that emphasizes both sensual nourishment and psychic satisfaction. Beautifully photographed in full color by Monte Farber and illustrated by Amy Zerner, Signs and Seasons is a one-of-a-kind source of inspiration for astrology enthusiasts and home chefs alike.

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