

# Hungry for Words

## Fiction

1. The School of Essential Ingredients—Erica Bauermister
  - a. “The School of Essential Ingredients follows the lives of eight students who gather in Lillian’s Restaurant every Monday night for cooking class. It soon becomes clear, however, that each one seeks a recipe for something beyond the kitchen.”
2. Bread Alone—Judi Hendricks
  - a. “*Thirty-one-year-old Wynter Morrison is lost when her husband leaves her for another woman. Desperate for a change, she moves to Seattle, where she spends aimless hours at a local bakery sipping coffee and inhaling the sweet aromas of freshly made bread. These visits bring back memories of the time she apprenticed at a French boulangerie, when her passion for bread-making nearly led her to leave college and become a baker.*”
3. Eating Heaven—Jennie Shortridge
  - a. “*Nothing gets Eleanor Samuels’s heart racing like a double scoop of mocha fudge chunk. Sure, the magazine writer may have some issues aside from food, but she isn’t quite ready to face them. Then her beloved uncle Benny falls ill, and Eleanor’s whole world is torn apart. Unlike her sisters, she has neither a husband nor a full-time job, so it’s up to Eleanor to care for her ailing uncle. What at first seems scary and daunting becomes a blessing in disguise.*”
4. How Sweet It Is—Alice J. Wisler
  - a. “*Deena Livingston’s grandfather has an odd request: he wants Deena to teach cooking classes to the ragtag group of middle-schoolers who attend the local after school program, The Center. Reluctantly, Deena agrees, but how is she supposed to convince these kids that cooking at home is better than eating at McDonalds?*”
5. Salvage the Bones—Jesmyn Ward
  - a. “*A hurricane is building over the Gulf of Mexico, threatening the coastal town of Bois Sauvage, Mississippi, and Esch’s father is growing concerned. A hard drinker, largely absent, he doesn’t show concern for much else. Esch and her three brothers are stocking food, but there isn’t much to save. Lately, Esch can’t keep down what food she gets; she’s fourteen and pregnant. A big-hearted novel about familial love and community against all odds, and a wrenching look at the lonesome, brutal, and restrictive realities of rural poverty*”

## Non-Fiction

1. In Memory of Bread—Paul Graham
  - a. “*When Paul Graham was suddenly diagnosed with celiac disease at the age of thirty-six, he was forced to say goodbye to traditional pasta, pizza, sandwiches, and more. Struggling to understand why he and so many others had become allergic to wheat, barley, rye, oats, and other dietary staples, Graham researched the production of modern wheat and learned that not only has the grain been altered from ancestral varieties but it’s also commonly added to thousands of processed foods.*” -Amazon
2. The Omnivore’s Dilemma—Michael Pollan
  - a. *Bringing wide attention to the little-known but vitally important dimensions of food and agriculture in America, Pollan launched a national conversation about what we eat and the profound consequences that even the simplest everyday food choices have on both ourselves and the natural world. Ten years later, The Omnivore’s Dilemma continues to transform the way Americans think about the politics, perils, and pleasures of eating.*” -Amazon
3. Stir: My Broken Brain and the Meals That Brought Me Home—Jessica Fetchtor
  - a. “*At 28, Jessica Fetchtor was happily immersed in graduate school and her young marriage, and thinking about starting a family. Then one day, she went for a run and an aneurysm burst in her brain. She lost her sense of smell, the sight in her left eye, and was forced to the sidelines of the life she loved. Jessica’s journey to recovery began in the kitchen as soon as she was able to stand at the stovetop and stir.*” -Barnes & Noble
4. The Working Poor: Invisible in America- David K. Shipler

- a. “Nobody who works hard should be poor in America,” writes Pulitzer Prize winner David Shipler. Clear-headed, rigorous, and compassionate, he journeys deeply into the lives of individual store clerks and factory workers, farm laborers and sweat-shop seamstresses, illegal immigrants in menial jobs and Americans saddled with immense student loans and paltry wages. They are known as the working poor.” -Amazon
5. My Life in France—Julia Child
- a. *“When Julia first arrived in 1948 with her husband, Paul, she spoke no French and knew nothing about the country itself. But as she dove into French culture, buying food at local markets and taking classes at the Cordon Bleu, her life changed forever. Julia’s unforgettable story unfolds with the spirit so key to her success as a cook and teacher and writer, brilliantly capturing one of the most endearing American personalities of the last fifty years.”*

### **Children**

1. Strega Nona
2. The Hungry Caterpillar
3. Stone Soup
4. Uncle Willie and the Soup Kitchen