With the growing farm-to-table movement and popularity of local farmers markets, we are becoming more conscious of where our food originates. This spirituality of eating and food helps us reflect on current realities and understand how eating forms our souls inwardly, upwardly, and outwardly. The author offers practical guidance on what it means to eat alone or in community with more intention, compassion, humility, and gratitude. She also tells the story of food as it transitions from seed to table. Sidebars contain gardening and food tips, recipes, and food preservation guides. End-of-chapter questions for individual and group use are included.

Animal Sacrifice in Ancient Greek Religion, Judaism, and Christianity, 100 BC to AD 200 (Oxford Classical Monographs), TALES OF FOOLISHNESS, The Lovebite, Denkpol Open Mind (German Edition), The Unread Words of God,

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