

# THE COMMUNE COOKBOOK

*This book is about a bunch of people who  
lived together in a Brooklyn brownstone...  
the good food they ate, how they  
fixed it, & where they got it...  
(plus a lot of other stuff!)*

crescent dragonwagon



# The Commune Cookbook

**Lucy Horton**



## **The Commune Cookbook:**

**The Commune Cookbook** Crescent Dragonwagon, 1972 The author her husband and housemates lived in a commune a four story brownstone in the Fort Greene section of Brooklyn

**Country Commune Cooking** Lucy Horton, 1972 *The Wayland Commune Cookbook* Mike Wilpers, 1983

**Food on the Page** Megan J. Elias, 2017-04-20 What is American food From barbecue to Jell O molds to burrito bowls its history spans a vast patchwork of traditions crazes and quirks A close look at these foods and the recipes behind them unearths a vivid map of American foodways how Americans thought about food how they described it and what foods were in and out of style at different times In *Food on the Page* the first comprehensive history of American cookbooks Megan J Elias chronicles cookbook publishing from the early 1800s to the present day Following food writing through trends such as the Southern nostalgia that emerged in the late nineteenth century the Francophilia of the 1940s countercultural cooking in the 1970s and today s cult of locally sourced ingredients she reveals that what we read about food influences us just as much as what we taste Examining a wealth of fascinating archival material and rediscovering several all American culinary delicacies and oddities in the process Elias explores the role words play in the creation of taste on both a personal and a national level From Fannie Farmer to *The Joy of Cooking* to food blogs she argues American cookbook writers have commented on national cuisine while tempting their readers to the table By taking cookbooks seriously as a genre and by tracing their genealogy *Food on the Page* explains where contemporary assumptions about American food came from and where they might lead

*The 60s Communes* Timothy Miller, 2015-02-01 The greatest wave of communal living in American history crested in the tumultuous 1960s era including the early 1970s To the fascination and amusement of more decorous citizens hundreds of thousands of mostly young dreamers set out to build a new culture apart from the established society Widely believed by the larger public to be sinks of drug ridden sexual immorality the communes both intrigued and repelled the American people The intentional communities of the 1960s era were far more diverse than the stereotype of the hippie commune would suggest A great many of them were religious in basis stressing spiritual seeking and disciplined lifestyles Others were founded on secular visions of a better society Hundreds of them became so stable that they survive today This book surveys the broad sweep of this great social yearning from the first portents of a new type of communitarianism in the early 1960s through the waning of the movement in the mid 1970s Based on more than five hundred interviews conducted for the 60s Communes Project among other sources it preserves a colorful and vigorous episode in American history The book includes an extensive directory of active and non active communes complete with dates of origin and dissolution

*Daughters of Aquarius* Gretchen Lemke-Santangelo, 2009 The first book to focus specifically on the women of the counterculture movement reveals how hippie women launched a subtle rebellion by rejecting their mothers suburban domesticity in favor of their grandmothers agrarian ideals which assigned greater value to women s contributions

**The Cookbook Review** ,1992 **The Publishers Weekly** ,1972 *McCall's* ,1971-10

*Cumulative Book Index*, 1972      Country Commune Cooking Lucy Horton, 2019-11-22 A fascinating culinary odyssey through the kitchens of America's flourishing country communes here is an original and vastly entertaining cookbook plus an organic cookbook with lapses that combines more than 150 superb and distinctly different recipes with a wealth of communal lore encompassing cameo sketches of hip cooks from Vermont to California and informal informative raps on everything from growing and preserving your own vegetables to hosting a communal feast Gathered from forty three communes in twelve states and Canada and exotically named for their exuberant young inventors or the spirit in which they were created Total Loss Spinach Blintzes T A s Potato Volcano Omelet Outrageous the recipes range from variations on familiar American staples like pizza and cheeseburgers and traditional ethnic concoctions to wholly unique creations that reflect the astonishing variety of tastes and dietary theories that Lucy Horton discovered on her year long quest through the often primitive but always prodigiously productive kitchens of country communes She discovered too that group cooking not group sex is the central fact and preoccupation of communal life A vital and formative part of Consciousness III is Food Consciousness and it is from the awakening palates and enthusiastic experiments with organic foods wholesome natural grains a cornucopia of lovingly tended fruits and vegetables exotic herbs and aromatic spices of young people cooking on wood burning stoves that Lucy has gleaned a treasury of recipes as innovative as they are delicious Note This is a 2019 reprint of the original 1972 edition with an updated Afterword by both the author and illustrator      Cumulated Index to the Books, 1972      **Something about the Author** Diane Telgen, 1993-12 Series covers individuals ranging from established award winners to authors and illustrators who are just beginning their careers Entries cover personal life career writings and works in progress adaptations additional sources and photographs      **Library of Congress Catalog** Library of Congress, 1972 Beginning with 1953 entries for Motion pictures and filmstrips Music and phonorecords form separate parts of the Library of Congress catalogue Entries for Maps and atlases were issued separately 1953 1955      *The Oxford Encyclopedia of Food and Drink in America* Andrew F. Smith, 2004 Covers the significant events inventions and social movements in history that have affected the way Americans view prepare and consume food and drink in articles arranged alphabetically      Contemporary Authors New Revision Pamela Dear, 2000-06 This volume of Contemporary Authors R New Revision Series brings you up to date information on approximately 250 writers Editors have scoured dozens of leading journals magazines newspapers and online sources in search of the latest news and criticism Writers appearing in this volume include Gail Anderson Dargatz Valerie Martin Isidore Okpewho Philip Roth      **The National Union Catalogs, 1963-** 1964      *National Agricultural Library Catalog* National Agricultural Library (U.S.), 1973      *James Beard* Robert Clark, 1993 Biography of James Beard discussing his life and the culinary talents that transformed him into a world renowned authority on cooking and eating      *The Kitchen Commune* Chay Wike, 2024-01-09 Featuring more than 100 family friendly crowd pleasing recipes including gluten free grain free dairy free paleo vegan and more for everyone Preparing a meal is an

act of love for yourself and the ones you share it with In this stunning cookbook Chay Wike author of the acclaimed home cooking and lifestyle blog The Kitchen Commune offers a guide to reclaiming your health and nourishing your family and friends with easy delicious allergen friendly recipes for all seasons With gorgeous photographs and brilliant swaps and tips the recipes within are endlessly customizable and will inspire readers to Learn how to enliven a simple dish with vibrant sauces like Chay s House Chimichurri Chipotle Aioli and Thai Pesto Start the morning with Fluffy Silver Dollar Pancakes a Whole Green Vegetable Fruit Smoothie or Beans Greens Broken Eggs Enjoy bright and colorful salads and sides from Charred Chicory Chop to Pan Roasted Cauliflower with Caper Currant Relish Yogurt Tahini Sauce to grain free artisanal breads Prepare show stopping mains including Whole Roasted Branzino Chicken Thighs with Green Olives Dates Lemon with Butter Lettuce and Eggplant Bolognese Bake with Almond Ricotta Satisfy a sweet tooth with Cardamom Peach Plum Galette Shortbread Tea Biscuits Dark Chocolate Cake with Sweet Potato Frosting and much more Cooking without certain ingredients doesn t have to be restrictive Chay emphasizes nutrient dense whole foods that everyone can enjoy including updates on familiar classics easy substitutions with ingredients already in your pantry and flavorful sauces that will make you want to lick your plate clean Throughout The Kitchen Commune celebrates the art of eating together After all food should be joyful for everyone and now it can be

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