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Sommario/riassunto	Inspired by her move from Brooklyn to Maine and New Hampshire, as well as the slow-food, buy local movement that has re-energized sustainable farming, bestselling author Kate Christensen turns her blockbuster talent to telling the story of the hardship and happiness that has sustained her adopted home through thick and thin, as demonstrated through the staple foods of the region. Using her candid blend of humor, insight, culinary knowledge, and taste for rugged adventure, Christensen takes the reader on a journey into the lives and landscapes of the farmers, fishermen, hunters, and families that are trying to make do with what they have and still produce delicious, healthful food. She also details the history of food in the region and the secrets to cultivating her own sources of joy. A mouthwatering stew that combines the magic ingredients of love, personal appetites, hard labor, history, and original recipes based on foods featured in the book.