Food for Thought: A Culinary Book Discussion Group
at the Ridgefield Library

Book List, July 2017 to February 2020

*The Gastronomical Me* by MFK Fisher

*The Food of a Younger Land: A Portrait of American Food: Before the National Highway System, Before Chain Restaurants, and Before Frozen Food, When the Nation's Food Was Seasonal, Regional, and Traditional; from the Lost WPA Files*, edited and illustrated by Mark Kurlansky (2009)

*Life from Scratch: A Memoir of Food, Family, and Forgiveness* by Sasha Martin (2015)

*A Square Meal: A Culinary History of the Great Depression* by Jane Ziegelman and Andrew Coe (James Beard Foundation Book Award Winner) (2016)

*Cooked: A Natural History of Transformation* by Michael Pollan (2013)


*Eight Flavors: The Untold Story of American Cuisine* by Sarah Lohman (2016)


*The Third Plate: Field Notes on the Future of Food* by Dan Barber (2015)

*Consider the Fork: A History of How We Cook and Eat* by Bee Wilson (2012)

*Grocery: The Buying and Selling of Food in America* by Michael Ruhlman (2017)

*What She Ate: Six Remarkable Women and the Food That Tells Their Stories* by Laura Shapiro (2017)

*Coming to My Senses: The Making of a Counterculture Cook* by Alice Waters (2017)


*The Cooking Gene: A Journey Through African American Culinary History in the Old South* by Michael Twitty (James Beard Foundation Book Award Winner) (2017)

*Tender at the Bone: Growing Up at the Table* by Ruth Reichl (1998)


Milk! A 10,000-Year Food Fracas by Mark Kurlansky (2018)

32 Yolks: From My Mother's Table to Working the Line by Eric Ripert (2016)


Something from the Oven: Reinventing Dinner in 1950s America by Laura Shapiro (2005)


Climbing the Mango Trees: A Memoir of a Childhood in India by Madhur Jaffrey (2005)

Hippie Food: How Back-To-The-Landers, Longhairs, and Revolutionaries Changed the Way We Eat by Jonathan Kauffman (2018)

Home Cooking: A Writer in the Kitchen by Laurie Colwin (1988)