### More With Less Cookbook

### **Marlene Epp**

More-with-Less Cookbook Doris Longacre, 2003-09-26 This is a new edition of Herald Press's all-time best-selling cookbook, helping thousands of families establish a climate of joy and concern for others at mealtime. The late author's introductory chapters have been edited and revised for today's cooks. Statistics and nutritional information have been updated to reflect current American and Canadian eating habits, health issues, and diet guidelines. The new U.S. food chart My Plate was slipped in at the last minute and placed alongside Canada's Food Guide. But the message has changed little from the one that Doris Janzen Longacre promoted in 1976, when the first edition of this cookbook was released. In many ways she was ahead of her time in advocating for people to eat more whole grains and more vegetables and fruits, with less meat, saturated fat, and sugars. This book is part of the World Community Cookbook series that is published in cooperation with Mennonite Central Committee, a worldwide ministry of relief, development, and peace. Mennonites are widely recognized as good cooks. But Mennonites are also a people who care about the world's hungry.—Doris Janzen Longacre

More-with-Less Doris Longacre, 2016-09-27 How we cook can change the world. With one small idea, a movement was born. The essential cookbook of simple eating and Christian compassion, More-with-Less has given generations of cooks basic, healthy recipes that are gentle on the budget and mindful of those who are hungry. This 40th anniversary edition preserves hundreds of timeless recipes and tips from Doris Janzen Longacre's bestselling cookbook and offers updates by award-winning food writer Rachel Marie Stone. If you own just one cookbook, More-with-Less is the one. Serve your household nourishing meals and inspiring stories about sharing resources and living with less. Join a community that is cooking with a conscience. The World Community Cookbook series benefits the work of Mennonite Central Committee, a worldwide ministry of relief, development, and peace. Nearly one million copies sold. Simple. Wholesome. Generous. Faithful. Key features of the 40th Anniversary edition include: Classic recipes with tips for contemporary cooks Colorful photographs throughout New recipes featuring fresh, healthy ingredients Updated nutritional information and cooking techniques Inspiring stories of living joyfully and simply Recipe labels on vegetarian and gluten-free dishes

More-with-less Cookbook Doris Janzen Longacre, Mennonite Central Committee, 1977

Living More with Less, 30th Anniversary Edition Doris Longacre, 2010-11-01 In 1980, before living simply and green became trendy and popular, Doris Janzen Longacre, author of the enormously popular More-with-Less Cookbook (over

900,000 sold), wrote Living More with Less, a practical guide for living in simple, sustainable, and healthy ways-ways that keep the future of the planet, and the plight of poor people, in mind. Thirty years later, Living More with Less 30th Anniversary Edition is being released as a way to celebrate and honor Longacre's foresight and vision, and to pass on her vision for simple and sustainable living to a new generation. Revised and updated by Valerie Weaver-Zercher, this 30th anniversary edition is true to author Doris' spirit of living in ways that keeps poor people, God's creation and each other in mind-and is loaded with new and practical tips in areas such as money, travel, clothing, housing, celebrations and recreation. Living More with Less 30th Anniversary Edition collects the wisdom and experience of those who live with less than a consumer culture says we need. With stories, reflections, and advice from people around the world who are making changes to their daily habits in response to climate change and global poverty, Living More with Less 30th Anniversary Edition is a vibrant collection of testimonies, old and new, of those who are discovering the joy of living with enough. —Valerie Weaver-Zercher, editor Check out the article Living More with Less: An Idea Whose Time Has Come Again at Publishers Weekly Endorsements This book was decades ahead of its time, and is just as relevant today as it was thirty years ago . . . It is like a cookbook for life. —Shane Claiborne, author of The Irresistible Revolution, speaker, and activist This message is even more important than it was thirty years ago . . . Herein lies sound advice for living sensibly. —Bill McKibben, author Eaarth: Making a Life on a Tough New Planet This timely revised and updated edition is exceptionally wise, urgently necessary for the sake of saving our planet, pertinently and personally practical . . . Who could not but rave about this book! —Marva Dawn, author of Unfettered Hope; Being Well When We're Ill; and Keeping the Sabbath Wholly Living More with Less is about a way of living rooted in the Christian faith . . . . Our planet is groaning and we desperately need the kind of thoughtful essays and tips in this book to show us the way forward. —Ron Sider, founder and president of Evangelicals for Social Action Read the complete list of endorsements Click here for more about Living More with Less, including sample tips & ideas, additional resources and more. Click here for more about Doris Janzen Longacre, including poems, journal entries, her final sermon and more. Free downloadable study guide available here.

**More with Less Cookbook** Doris Janzen Longacre,1977-01-01 <u>More-with-Less Cookbook (a Forma</u> Lion Hudson plc,1973-01-01

**Eating Like a Mennonite** Marlene Epp,2023-09-08 Mennonites are often associated with food, both by outsiders and by Mennonites themselves. Eating in abundance, eating together, preserving food, and preparing so-called traditional foods are just some of the connections mentioned in cookbooks, food advertising, memoirs, and everyday food talk. Yet since Mennonites are found around the world – from Europe to Canada to Mexico, from Paraguay to India to the Democratic Republic of the Congo – what can it mean to eat like one? In Eating Like a Mennonite Marlene Epp finds that the answer depends on the eater: on their ancestral history, current home, gender, socio-economic position, family traditions, and

personal tastes. Originating in central Europe in the sixteenth century, Mennonites migrated around the world even as their religious teachings historically emphasized their separateness from others. The idea of Mennonite food became a way of maintaining community identity, even as unfamiliar environments obliged Mennonites to borrow and learn from their neighbours. Looking at Mennonites past and present, Epp shows that foodstuffs (cuisine) and foodways (practices) depend on historical and cultural context. She explores how diets have evolved as a result of migration, settlement, and mission; how food and gender identities relate to both power and fear; how cookbooks and recipes are full of social meaning; how experiences and memories of food scarcity shape identity; and how food is an expression of religious beliefs – as a symbol, in ritual, and in acts of charity. From zwieback to tamales and from sauerkraut to spring rolls, Eating Like a Mennonite reveals food as a complex ingredient in ethnic, religious, and personal identities, with the ability to create both bonds and boundaries between people.

Mennonites and Media: Mentioned in It, Maligned by It, and Makers of It Steven P. Carpenter, 2014-12-31 Anabaptists and Mennonites have often been the subject of media scrutiny: sometimes admired, at other times maligned. Luther called them schwarmar, a German word meaning fanatics that alludes to a swarm of bees. In contrast, American independent film producer John Sayles drew inspiration from Mennonite conscientious objectors for his 1987 award-winning film, Matewan. Voltaire's Candide features a virtuous Anabaptist. Oscar Wilde's play The Importance of Being Earnest contains an Anabaptist reference. An Anabaptist chaplain is central to Joseph Heller's antiwar classic, Catch-22. President Lincoln and General Stonewall Jackson both had something to say about Mennonites. Garrison Keillor tells Mennonite jokes. These are just a few of the dozens of fascinating media references, dating from the early 1500s through the present, which are chronicled and analyzed here. Mennonites, although often considered media-shy, have in fact used media to great advantage in shaping their faith and identity. Beginning with the Martyrs Mirror, this book examines the writings of Mennonite authors John Howard Yoder, Donald Kraybill, Rudy Wiebe, Rhoda Janzen, and Malcolm Gladwell. Citing books, film, art, theater, and Ngram, the online culturomic tool developed by Harvard University and Google, the author demonstrates that Mennonites punch above their weight class in the media, and especially in print.

**Living More with Less** Doris Janzen Longacre,1980 Practical advice on clothing, housekeeping, recreation, financing, and every aspect of daily living is designed for those aspiring toward a more simple Christian life and social independence.

The Activist Impulse Jared S. Burkholder, David Cramer, 2012-04-04 Anabaptists have often felt suspicious of American evangelicalism, and in turn evangelicals have found various reasons to dismiss the Anabaptist witness. Yet at various points in the past as well as the present, evangelicals and Anabaptists have found ample reason for conversation and much to appreciate about each other. The Activist Impulse represents the first book-length examination of the complex relationship between evangelicalism and Anabaptism in the past thirty years. It brings established experts and new voices together in an

effort to explore the historical and theological intersection of these two rich traditions. Each of the essays provides fresh insight on at least one characteristic that both evangelicals and Anabaptists share--an impulse to engage society through the pursuit of active Christian witness.

Mothering Mennonite Buller Rachel Epp,2013-05-01 Mothering Mennonite marks the first scholarly attempt to incorporate religious groundings in interpretations of motherhood. The essays included here broaden our understanding of maternal identity as something not only constructed within the family and by society at large, but also influenced significantly by historical traditions and contemporary belief systems of religious communities. A multidisciplinary compilation of essays, this volume joins narrative and scholarly voices to address both the roles of mothering in Mennonite contexts and the ways in which Mennonite mothering intersects with and is shaped by the world at large. Contributors address cultural constructions of motherhood within ethnoreligious Mennonite communities, examining mother-daughter relationships and intergenerational influences, analyzing visual and literary representations of Mennonite mothers, challenging cultural constructions and expectations of motherhood, and tracing the effects of specific religious and cultural contexts on mothering in North and South America.'

**Edible Histories, Cultural Politics** Franca Iacovetta, Valerie J. Korinek, Marlene Epp, 2012-01-01 Based on findings from menus, cookbooks, government documents, advertisements, media sources, oral histories, memoirs, and archival collections, Edible Histories offers a veritable feast of original research on Canada's food history and its relationship to culture and politics. This exciting collection explores a wide variety of topics, including urban restaurant culture, ethnic cuisines, and the controversial history of margarine in Canada. It also covers a broad time-span, from early contact between European settlers and First Nations through the end of the twentieth century.

History of Soybeans and Soyfoods in Southeast Asia (13th Century To 2010) William Shurtleff, Akiko Aoyagi,2010-06 Covers Brunei, Cambodia, Indonesia, Laos, Malaysia, Myanmar (formerly Burma), Philippines, Singapore, Thailand, Timor-Leste, Vietnam.

**Seeking Places of Peace** Royden Loewen, 2012-09-01 Perhaps the most inclusive, sweeping, and insightful history ever written about the North American Mennonite saga. Both authors are eminent historians. Royden Loewen is Professor of History, with a chair in Mennonite Studies, at the University of Winnipeg. Steven M. Nolt is Professor of History at Goshen (IN) College. Both authors of this book bring to the task the insights of social history. As such, they focus on people in many geographical environments rather than on institutional development and theological controversy. Readable, understandable, and incisive. Appeals to all ages and all groups.

*Moral Minority* David R. Swartz,2012-09-07 In 1973, nearly a decade before the height of the Moral Majority, a group of progressive activists assembled in a Chicago YMCA to strategize about how to move the nation in a more evangelical

direction through political action. When they emerged, the Washington Post predicted that the new evangelical left could shake both political and religious life in America. The following decades proved the Post both right and wrong—evangelical participation in the political sphere was intensifying, but in the end it was the religious right, not the left, that built a viable movement and mobilized electorally. How did the evangelical right gain a moral monopoly and why were evangelical progressives, who had shown such promise, left behind? In Moral Minority, the first comprehensive history of the evangelical left, David R. Swartz sets out to answer these questions, charting the rise, decline, and political legacy of this forgotten movement. Though vibrant in the late nineteenth century, progressive evangelicals were in eclipse following religious controversies of the early twentieth century, only to reemerge in the 1960s and 1970s. They stood for antiwar, civil rights, and anticonsumer principles, even as they stressed doctrinal and sexual fidelity. Politically progressive and theologically conservative, the evangelical left was also remarkably diverse, encompassing groups such as Sojourners, InterVarsity Christian Fellowship, Evangelicals for Social Action, and the Association for Public Justice. Swartz chronicles the efforts of evangelical progressives who expanded the concept of morality from the personal to the social and showed the way—organizationally and through political activism—to what would become the much larger and more influential evangelical right. By the 1980s, although they had witnessed the election of Jimmy Carter, the nation's first born-again president, progressive evangelicals found themselves in the political wilderness, riven by identity politics and alienated by a skeptical Democratic Party and a hostile religious right. In the twenty-first century, evangelicals of nearly all political and denominational persuasions view social engagement as a fundamental responsibility of the faithful. This most dramatic of transformations is an important legacy of the evangelical left.

Rewilding the Way Todd Wynward,2015-09-01 Get a free chapter here. When did we become so tame? How has "the good life" come to mean addiction to screens and status, fossil fuels and financial fitness? Can we break free to become the joyful and prophetic people God calls us to be? Trek along with wilderness guide Todd Wynward as he "rewilds" the Jesus Way. Seek the feral foundations of Scripture and the lessons that the prophets and disciples gleaned from wilderness testing. Packed with inspiring stories of how contemporary people and groups are caring for the land and each other, Rewilding the Way issues a call to action. Read about how reskilling and local food covenants are transforming churches, and how place-based activism and creative housing are nurturing communities. Learn from those who are recovering from affluenza, replacing visions of personal wealth with the commonwealth of the earth and restoring their humble place in the community of creation. Do you despair about life on our changing planet? Join the hopeful band of seekers of God and makers of change who are rewilding the Way. Watch an interview with author Todd Wynward:

Living on Less and Liking it More Maxine Hancock, 2001-04

<u>Hippie Food</u> Jonathan Kauffman, 2018-01-23 "An outstanding food and cultural history . . . details how the concept of

health food [evolved and] inspired the food co-ops and whole food stores [of] today." —Publishers Weekly, starred review Food writer Jonathan Kauffman journeys back more than half a century—to the 1960s and 1970s—to tell the story of how a coterie of unusual men and women embraced an alternative lifestyle that would ultimately change how modern Americans eat. Impeccably researched, Hippie Food chronicles how the longhairs, revolutionaries, and back-to-the-landers rejected the square establishment of President Richard Nixon's America and turned to a more idealistic and wholesome communal way of life and food. From the mystical rock-and-roll cult known as the Source Family and its legendary vegetarian restaurant in Hollywood to the Diggers' brown bread in the Summer of Love to the rise of the co-op and the origins of the organic food craze, Kauffman reveals how today's whole-foods staples—including sprouts, tofu, yogurt, brown rice, and whole-grain bread—were introduced and eventually became part of our diets. From coast to coast, through Oregon, Texas, Tennessee, Minnesota, Michigan, Massachusetts, and Vermont, Kauffman tracks hippie food's journey from niche oddity to cuisine that hit every corner of this country. "An astute, highly informative food expose that educates without bias." —Kirkus Reviews "Alongside playful prose the great joy of Hippie Food is its rich cast of characters." —Wall Street Journal "Fascinating." —NPR's The Salt "Briskly entertaining . . . I thought I knew this story, but Kauffman has added a lot to it, in the way of both fresh information and narrative verve." —Michael Pollan for the New York Times

History of Whole Dry Soybeans, Used as Beans, or Ground, Mashed or Flaked (240 BCE to 2013) William Shurtleff, Akiko Aoyagi, 2013-07

<u>History of Soy Flour, Flakes and Grits (510 CE to 2019)</u> William Shurtleff; Akiko Aoyagi,2019-02-17 The world's most comprehensive, well documented, and well illustrated book on this subject. With extensive subject and geographic index. 245 photographs and illustrations - mostly color. Free of charge in digital format on Google Books

#### Enjoying the Tune of Phrase: An Mental Symphony within More With Less Cookbook

In a global used by monitors and the ceaseless chatter of quick connection, the melodic elegance and emotional symphony created by the written word frequently disappear into the back ground, eclipsed by the constant noise and disruptions that permeate our lives. However, nestled within the pages of **More With Less Cookbook** a charming fictional prize brimming with natural emotions, lies an immersive symphony waiting to be embraced. Crafted by a masterful composer of language, this interesting masterpiece conducts viewers on a mental trip, skillfully unraveling the hidden songs and profound influence resonating within each carefully constructed phrase. Within the depths with this moving evaluation, we can investigate the book is key harmonies, analyze their enthralling publishing type, and submit ourselves to the profound resonance that echoes

in the depths of readers souls.

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