

Nourishing Connections

The Healing Power
of Food & Community

Cathryn Couch & JoEllen DeNicola



CERES COMMUNITY PROJECT

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Preparing food
is not just about
yourself and others,
it is about everything.

~ Shunryu Suzuki



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Acknowledgements



Cathryn Couch
Executive Director

From Cathryn

Each of us is the product not only of the hundreds who have influenced us personally in our lifetime, but even more fundamentally of the entire universal unfolding and especially the unique four and a half billion year history of our planet. Our knowledge, perspective and wisdom has been evoked out of this rich and shared history.

That being said, there are a few specific people that I would like to thank for the enormous role they played in birthing The Ceres Community Project in general and this book in particular.

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From JoEllen

I give my thanks to those who helped create the *Nourishing Connections* cookbook. It's a tool that we hope will serve you, our community, with simple to create flavors that nurture health.

Gratitude is due to all those who have come to the Healing Foods Cooking Course and created these wonderful dishes, commenting, adjusting and sharing what works and doesn't when one is dealing with cancer, Lyme disease, diabetes, and other serious health issues.

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I love you.



JoEllen DeNicola
Nutrition Director

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From JoEllen & Cathryn

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Taos Carrots 4
*by artist and Ceres Project client
Sandy Eastoak.*
Read Sandy's story on page 11.

