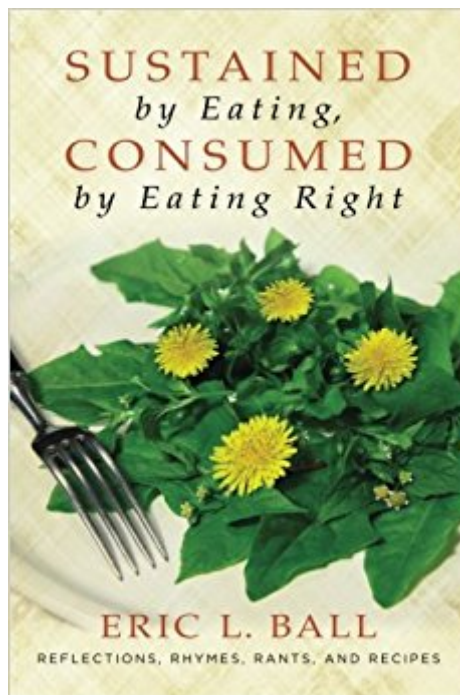




Ebook Directory
the best source of ebook

The book was found

Sustained By Eating, Consumed By Eating Right: Reflections, Rhymes, Rants, And Recipes



Synopsis

When Eric L. Ball returned to his hometown in northern New York after a fifteen-year absence that included time in Greece, he began building his version of the good life, largely revolving around growing, foraging, and cooking safe and wholesome foods. Yet, surrounded by family and old memories, he found himself grappling with the loss of his unlikely Mediterranean past and struggling to navigate the interplay of intellectual convictions and emotional needs as he strived to construct a fulfilling ethical life in the unsustainable modern world. In *Sustained by Eating, Consumed by Eating Right*, Ball shares his experiences and explores questions about food and drink, including the relationship between recipes and learning, the significance of the Mediterranean diet, how to cook authentic Greek foods in the United States, and how to obtain safe and healthy food in a toxic world. Ultimately, Ball considers broader questions about the evolving significance of family, the nature of freedom, the future of the environment, and thinking that one can change the world. The result is a bittersweet story that ponders questions about living a decent and fulfilling life when it comes to food and family.

Book Information

Paperback: 348 pages

Publisher: State University of New York Press (April 1, 2013)

Language: English

ISBN-10: 1438446241

ISBN-13: 978-1438446240

Product Dimensions: 6 x 0.9 x 9 inches

Shipping Weight: 15.5 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #1,206,005 in Books (See Top 100 in Books) #132 in [Books > Cookbooks, Food & Wine > Regional & International > European > Greek](#) #373 in [Books > Travel > Europe > Greece > General](#) #1389 in [Books > Biographies & Memoirs > Professionals & Academics > Culinary](#)

Customer Reviews

"A fascinating account of a life devoted to deep appreciation of family, food, and cultural difference. So engaging and well-written you won't want to put it down." -- Eugene W. Holland, The Ohio State University
A fascinating account of a life devoted to deep appreciation of family, food, and cultural difference. So engaging and well-written you won't want to put it down. Eugene W. Holland, Ohio

State University When Hippocrates asked Socrates what nourishes the soul, Socrates replied, Knowledge. Plato, Socrates student, however, did not think such knowledge could be found in the kitchen. Eric Ball, a true philosopher and an honorary Greek, knows better. This delightful culinary odyssey explores the relationship between eating right and living right. Ball s mental journey parallels a physical one as he travels from the grey skies of New York s North County to the blue sea of Crete. Along the way, he forages for dandelion greens, hunts wild mushrooms, tenderizes spring lamb, and improvises mantinades over baklava and coffee. Practicing filoxenia, the ancient art of hospitality, Ball is the perfect host for thoughtful readers. Buy his book. St. Euphrosynos, patron and guardian of the Greek kitchen, will bless you. Anthony Di Renzo, author of Bitter Greens: Essays on Food, Politics, and Ethnicity from the Imperial Kitchen

Eric Ball s new book has an ingenious premise and covers important topics Ball offers much appetizing writing and explains why eating right, with care for yourself and the places that grow the food, is important to body and soul. Schenectady Daily Gazette More than just a reflection on life, the book focuses on a food philosophy that promotes fresh local ingredients, including foraged vegetation. Glens Falls Post-Star A fascinating account of a life devoted to deep appreciation of family, food, and cultural difference. So engaging and well-written you won t want to put it down. Eugene W. Holland, The Ohio State University

When Hippocrates asked Socrates what nourishes the soul, Socrates replied, Knowledge. Plato, Socrates student, however, did not think such knowledge could be found in the kitchen. Eric Ball, a true philosopher and an honorary Greek, knows better. This delightful culinary odyssey explores the relationship between eating right and living right. Ball s mental journey parallels a physical one as he travels from the grey skies of New York s North County to the blue sea of Crete. Along the way, he forages for dandelion greens, hunts wild mushrooms, tenderizes spring lamb, and improvises mantinades over baklava and coffee. Practicing filoxenia, the ancient art of hospitality, Ball is the perfect host for thoughtful readers. Buy his book. St. Euphrosynos, patron and guardian of the Greek kitchen, will bless you. Anthony Di Renzo, author of Bitter Greens: Essays on Food, Politics, and Ethnicity from the Imperial Kitchen

Ball s inquiries go beyond food and into issues of family, culture, and place. Throughout, his perspective is heartfelt, honest, and unique, and the lived-experience narrative of the recipes make this book stand out. "ForeWord Reviews"

Eric Ball s new book has an ingenious premise and covers important topics Ball offers much appetizing writing and explains why eating right, with care for yourself and the places that grow the food, is important to body and soul. Schenectady "Daily Gazette" More than just a reflection on life, the book focuses on a food philosophy that promotes fresh local ingredients, including foraged vegetation. Glens Falls "Post-Star" A fascinating account of a life devoted to deep appreciation of

family, food, and cultural difference. So engaging and well-written you won't want to put it down. Eugene W. Holland, The Ohio State University When Hippocrates asked Socrates what nourishes the soul, Socrates replied, Knowledge. Plato, Socrates student, however, did not think such knowledge could be found in the kitchen. Eric Ball, a true philosopher and an honorary Greek, knows better. This delightful culinary odyssey explores the relationship between eating right and living right. Ball's mental journey parallels a physical one as he travels from the grey skies of New York's North County to the blue sea of Crete. Along the way, he forages for dandelion greens, hunts wild mushrooms, tenderizes spring lamb, and improvises "mantinades" over baklava and coffee. Practicing "filoxenia", the ancient art of hospitality, Ball is the perfect host for thoughtful readers. Buy his book. St. Euphrosynos, patron and guardian of the Greek kitchen, will bless you. Anthony Di Renzo, author of "Bitter Greens: Essays on Food, Politics, and Ethnicity from the Imperial Kitchen"[Ball's] very creative work nicely blends ideas and offers nutritious juices for an empirical, know thyself process, showing how nothing about eating right should be Greek to us. Journal of Folklore Research Ball's inquiries go beyond food and into issues of family, culture, and place. Throughout, his perspective is heartfelt, honest, and unique, and the lived-experience narrative of the recipes make this book stand out. ForeWord Reviews Eric Ball's new book has an ingenious premise and covers important topics Ball offers much appetizing writing and explains why eating right, with care for yourself and the places that grow the food, is important to body and soul. Schenectady Daily Gazette More than just a reflection on life, the book focuses on a food philosophy that promotes fresh local ingredients, including foraged vegetation. Glens Falls Post-Star A fascinating account of a life devoted to deep appreciation of family, food, and cultural difference. So engaging and well-written you won't want to put it down. Eugene W. Holland, The Ohio State University When Hippocrates asked Socrates what nourishes the soul, Socrates replied, Knowledge. Plato, Socrates student, however, did not think such knowledge could be found in the kitchen. Eric Ball, a true philosopher and an honorary Greek, knows better. This delightful culinary odyssey explores the relationship between eating right and living right. Ball's mental journey parallels a physical one as he travels from the grey skies of New York's North County to the blue sea of Crete. Along the way, he forages for dandelion greens, hunts wild mushrooms, tenderizes spring lamb, and improvises mantinades over baklava and coffee. Practicing filoxenia, the ancient art of hospitality, Ball is the perfect host for thoughtful readers. Buy his book. St. Euphrosynos, patron and guardian of the Greek kitchen, will bless you. Anthony Di Renzo, author of Bitter Greens: Essays on Food, Politics, and Ethnicity from the Imperial Kitchen""[Ball's] very creative work nicely blends ideas and offers nutritious juices for an empirical, 'know thyself' process, showing how

nothing about 'eating right' should be Greek to us." -- Journal of Folklore Research "Ball's inquiries ... go beyond food and into issues of family, culture, and place. Throughout, his perspective is heartfelt, honest, and unique, and the lived-experience narrative of the recipes make this book stand out." -- ForeWord Reviews "Eric Ball's new book has an ingenious premise and covers important topics ... Ball offers much appetizing writing and explains why eating 'right,' with care for yourself and the places that grow the food, is important to body and soul." -- Schenectady Daily Gazette "More than just a reflection on life, the book focuses on a food philosophy that promotes fresh local ingredients, including foraged vegetation." -- Glens Falls Post-Star "A fascinating account of a life devoted to deep appreciation of family, food, and cultural difference. So engaging and well-written you won't want to put it down." -- Eugene W. Holland, The Ohio State University "When Hippocrates asked Socrates what nourishes the soul, Socrates replied, 'Knowledge.' Plato, Socrates' student, however, did not think such knowledge could be found in the kitchen. Eric Ball, a true philosopher and an honorary Greek, knows better. This delightful culinary odyssey explores the relationship between eating right and living right. Ball's mental journey parallels a physical one as he travels from the grey skies of New York's North County to the blue sea of Crete. Along the way, he forages for dandelion greens, hunts wild mushrooms, tenderizes spring lamb, and improvises mantinades over baklava and coffee. Practicing filoxenia, the ancient art of hospitality, Ball is the perfect host for thoughtful readers. Buy his book. St. Euphrosynos, patron and guardian of the Greek kitchen, will bless you." -- Anthony Di Renzo, author of Bitter Greens: Essays on Food, Politics, and Ethnicity from the Imperial Kitchen

"When Hippocrates asked Socrates what nourishes the soul, Socrates replied, 'Knowledge.' Plato, Socrates' student, however, did not think such knowledge could be found in the kitchen. Eric Ball, a true philosopher and an honorary Greek, knows better. This delightful culinary odyssey explores the relationship between eating right and living right. Ball's mental journey parallels a physical one as he travels from the grey skies of New York's North County to the blue sea of Crete. Along the way, he forages for dandelion greens, hunts wild mushrooms, tenderizes spring lamb, and improvises mantinades over baklava and coffee. Practicing filoxenia, the ancient art of hospitality, Ball is the perfect host for thoughtful readers. Buy his book. St. Euphrosynos, patron and guardian of the Greek kitchen, will bless you." -- Anthony Di Renzo, author of Bitter Greens: Essays on Food, Politics, and Ethnicity from the Imperial Kitchen

Ball's memoir offers an engaging report of the -sometimes very subtle- differences between learning

and acquiring (in a technical sense) modes of behavior and ways of living as demonstrated by sentient life's striving to imbue the universe with meaning and purpose. By focusing (mostly) on variant human customs and practices in the procurement, preparation, and consumption of food, Ball provides the reader with many interesting observations about (mainly his) life in the Mediterranean and North America, not to mention delectable anecdotes involving edible items as diverse as hobo bread and oversized kabobs (aptly baptized as "souvlaras" by him -a non-native speaker of Greek I might add, but a worthy descendant of his literary Cretan hero, Kanzantzakis).

[Download to continue reading...](#)

Sustained by Eating, Consumed by Eating Right: Reflections, Rhymes, Rants, and Recipes Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weigh loss, Eat Clean Diet Book Korean Nursery Rhymes: Wild Geese, Land of Goblins and other Favorite Songs and Rhymes [Korean-English] [MP3 Audio CD Included] Being Consumed: Economics and Christian Desire CLEAN EATING: The Detox Process And Clean Eating Recipes That Help you lose weight naturally (Clean eating cookbook, Weight Watchers,Sugar free detox,Healthy ... Eating Cookbook,Loss weight Fast,Eat thin) Consumed: Food for a Finite Planet Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) Binge Eating: Cure Binge Eating, Overcome Food Addiction, and Rid Your Life of Eating Disorders (Binge Eating Cure Series Book 1) Eat to Live Quick and Easy Cookbook: 131 Delicious Recipes for Fast and Sustained Weight Loss, Reversing Disease, and Lifelong Health Eat to Live Cookbook: 200 Delicious Nutrient-Rich Recipes for Fast and Sustained Weight Loss, Reversing Disease, and Lifelong Health The Eat Fat, Get Thin Cookbook: More Than 175 Delicious Recipes for Sustained Weight Loss and Vibrant Health Jello Shot Recipes: 55 Fun & Creative Jello Shot Recipes for your Party (Jello Shots, Jelly Shots, Party Recipes, Jungle Juice, Punch Recipes, Vodka Recipes, ... Rum Recipes, Cocktail Recipes, Wine Making) Low Carb Recipes: American Cooking Recipes - Paleo Diet Cookbook for Healthy Eating, Quick and Easy Recipes, Weight Loss Cooking Recipes, Salad, 130+ Additive Free, American Recipes When to Rob a Bank: ...And 131 More Warped Suggestions and Well-Intended Rants Casual Cyclist's Guide To Melbourne: Routes, Rides, Rants And Raves About The City And The Bike Ai Weiwei's Blog: Writings, Interviews, and Digital Rants, 2006-2009 (Writing Art) Sprinkle Glitter on My Grave: Observations, Rants, and Other Uplifting Thoughts About Life Every Day Is Epic: A Guided Journal for Daydreams, Creative Rants, and Bright Ideas The Rants, Raves and Crazy Days of an ER Nurse: Funny, True Life Stories of Medical Humor from the Emergency Room

More Rants, Raves, and Crazy Days of an ER Nurse: Funny, True Life Stories of Medical Humor from the Emergency Room

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)