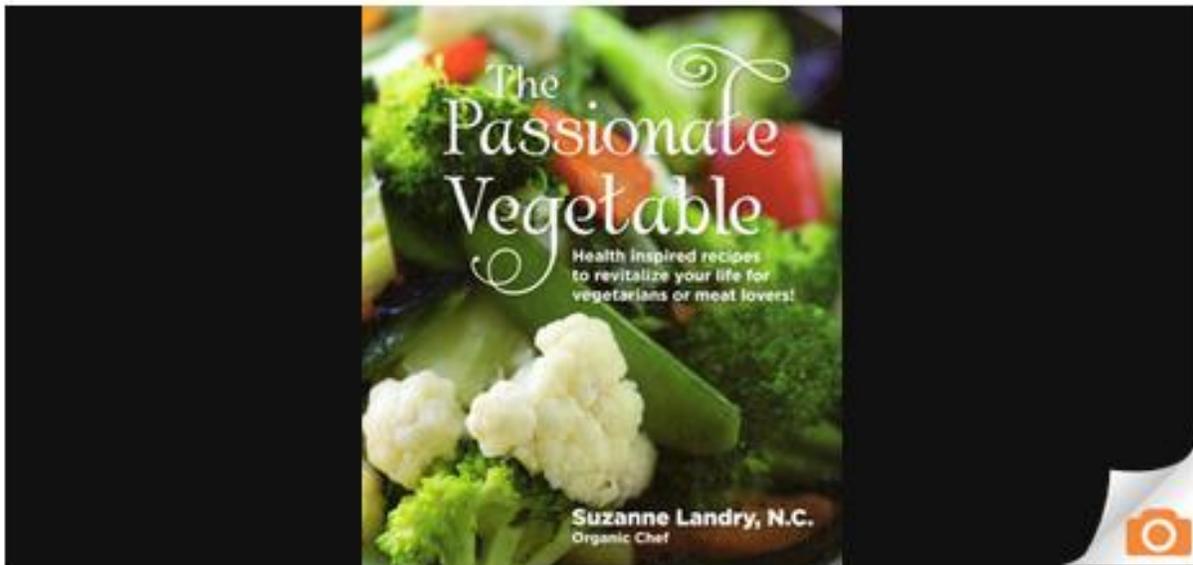


# From the Shelves: The Passionate Vegetable

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First of all, let me state I am not a [vegan](#) nor a [vegetarian](#). I do believe in eating healthy and never eating processed foods, but I do partake in my share of eating the muscle mass of animals. With this noted, I usually stay away from vegan or vegetarian [cookbooks](#) due to the fact most of the time the person who wrote the book just wants to preach and my kitchen is no one's pulpit but mine. Happily, this is not the case with the latest book from Suzanne Landry called **The Passionate Vegetable** ([Health Inspired Publishing](#), 2012). No preaching here but there is plenty of natural goodness!

As we now live in an age where the government wants to tell us what to eat and the owners of this government, such as Monsanto, want to poison us without our knowledge, it is rather important that we think before we put that fork of food into our mouth. It is a pretty safe bet we all want to eat organic but... what the hell is organic? This is one of the things I love about this book! **The Passionate Vegetable** is not just a cookbook, it is a book which delves into the world of healthy food, whether you're a vegetarian or not -- and there is no preaching. The book reads as if Ms. Landry is sitting at our table over a cup of herbal tea and sharing her expertise with us.

As noted above, this is not just a cookbook but have no fear, you are going to get a fair share of recipes and delicious dishes and luckily for all of us, this is a perfect time for this cookbook as spring and summer are the bountiful seasons for the freshness this book celebrates! If you are passionate about salads, as I am, you will have many bookmarks in the section called Fresh Garden Salads. As **The Passionate Vegetable** points out, salads are not just a bunch of greens tossed on a plate. They can be their own meal! This isn't preaching, this is just damn good food!

And don't feel guilty about eating desserts. As a matter-of-fact, have a second serving! With the section called Good For You Desserts (my second favorite section of the book), Ms. Landry, who is an Organic Chef, shares with us some incredible pies, cakes and cobblers (to name a few) featuring the glorious goodness of Mother Nature herself.

Eating well and eating naturally does not have to be boring. You do not have to give up flavors and even better, you don't have to give up dessert! It is really quite logical when you think about it. Our body's are one with nature so it only makes sense that we replenish our body's with nature and **The Passionate Vegetable** will guide you in this direction.

**The new cookbook from Chef Larry Edwards is now available from Amazon.com and bookstores worldwide. One of the most anticipated cookbooks of the year, "Edwardian Cooking: Inspired by Downton Abbey's Elegant Meals."**

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