



For Goodness Sake: Plant Based Recipes from the Spiral House Kitchen

The Spiral House Crew

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The Spiral House Crew This lush, 288-page, full-color vegan cookbook with 150 recipes and 250 photographs, features food that's good for you, good for life, and good for the planet. It's also a book about community, showcasing the wisdom that this eclectic circle of friends, artists, and professionals has acquired about growing, preparing, and preserving the food they share each day.

Diane Hagedorn prepares the group's meals in the kitchen of the Spiral House, a unique stone structure based on sacred geometry in New York's Hudson Valley that was designed by artist Tom Gottsleben. The recipes, selected from the varied dishes that Chef Hagedorn creates daily, are based on nutrient-dense ingredients, such as microgreens and quinoa, as well as childhood comfort foods, traditional holiday fare, and ethnic cuisines. A variety of scrumptious new recipes for innovative dishes are also included. Many of Chef Hagedorn's creations are gluten-free.

For Goodness Sake is suitable for vegans and vegetarians, meat eaters seeking to add more plant-based foods to their diets, and anyone interested in good health, a more compassionate lifestyle, and minimizing their ecological footprint through food-related choices.



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