



A WORLD COMMUNITY COOKBOOK

.....
40TH ANNIVERSARY EDITION

More-*with*-Less

Timeless recipes and inspiration
for simple, joyful eating



Doris Janzen Longacre
with Rachel Marie Stone

More With Less A World Community Cookbook

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More With Less A World Community Cookbook:

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 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

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

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

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

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 To the Table Lisa Graham McMinn,2015-12-29 With the growing farm to table movement and popularity of local farmers markets we are becoming more conscious of where our food originates This spirituality of eating and food helps us reflect on current realities and understand how eating forms our souls inwardly upwardly and outwardly The author offers practical guidance on what it means to eat alone or in community with more intention compassion humility and gratitude She also tells the story of food as it transitions from seed to table Sidebars contain gardening and food tips recipes and food preservation guides End of chapter questions for individual and group use are included **Extending the Table** Joetta Handrich Schlabach,2012-12-07 Cook with neighbors from around the world as you prepare flavorful dishes and feel the warmth of their kitchens This revised edition of Extending the Table simmers together the best loved recipes from the first edition of this global cuisine cookbook with the enticing flavors of new recipes Extending the Table contains stories proverbs and recipes from more than ninety countries Extend your table in the spirit of the More with Less Cookbook by experiencing the gratitude hospitality and foodways of friends near and far Part of the World Community Cookbook series Royalties fund global relief peace and community efforts What is New in the Revised Edition Colorful photographs of people cultural settings and mouthwatering dishes from around the world Recipes and stories from places like Afghanistan South Sudan Thailand and Cambodia Labels and indexes for gluten free and vegetarian recipes Regional menus to help cooks plan special meals from a particular country or continent Hospitality and Community After Christendom Andrew Francis,2012-09-01 This book aims to show how nurturing hospitality in the discipleship community leads to growth It seeks to re examine the challenge biblically and in radical Christian movements presented by the pre Christendom church in its patterns of hospitality and community to so re work these to be more effective in mission personally and corporately after Christendom The book re examines Jesus intentions the wider biblical

material and congregational practices of sharing Communion as well as drawing on radical church history to demonstrate that despite increasing marginalization hospitality and community are essential to the church's nature, well-being, and mission. It goes on to use many practical examples as well as leadership strategies to enable congregations to restore hospitality and community to its necessary place. It also provides an accessible theology as well as some original liturgies to underpin Christian life as we move forward after Christendom.

Sex, Soup, and Two Fisted Eating Katie Robles, 2016-08-09 Laugh until you love your body. Are you ready to lose weight and get healthy but you hate celery sticks and sweat? This book is for you. *Sex, Soup, and Two Fisted Eating* is fun, laugh-a-minute encouragement complete with cartoons, poetry, and enough cheesy puns to make you lactose intolerant. Sustainable for long-term results: look no further because the healthy habits you develop will help you stay fit until you die. See how encouraging this is: Flexible, easily adaptable to fit your needs and preferences like a need for chocolate and a preference to avoid spandex, for example. Educational: the science supporting healthy habits is explained in a memorable way like how REM sleep is like a toilet.

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.

The Production of Consumers and the Formation of Desire Christine Darr, 2022-12-13 We live in a society surrounded by stuff and bombarded with advertisements that try to convince us that shopping will improve our lives. Sometimes our lives do improve, yet our purchases are more often motivated by an impulse to satisfy immediate desires rather than reflective deliberation about how our purchasing choices enable us to live the lives we want. Christian moral reflection often criticizes this conundrum as mindless consumerism, arguing that it pulls Christians away from loving God above all things. While such critiques often encourage Christians to focus their desire on God rather than material goods, we might still wonder how we can exercise such control over our desires. By attending to desire itself—how it arises, how it is shaped by social context, and its role in cultivating a virtuous life—we can learn how to desire and then act in ways that are more consonant with our conception of what it means to live well. Within the Christian tradition, Thomas Aquinas offers a compelling model of human desire that when juxtaposed with Pierre Bourdieu's theory of social practices can help us make more considered judgments about how to navigate the consumer society in which we live.

Concise Encyclopedia of Amish, Brethren, Hutterites, and Mennonites Donald B. Kraybill, 2010-11-01 Donald B. Kraybill has spent his career

among Anabaptist groups gaining an unparalleled understanding of these traditionally private people Kraybill shares that deep knowledge in this succinct overview of the beliefs and cultural practices of Amish Brethren Hutterites and Mennonites in North America Found throughout Canada Central America Mexico and the United States these religious communities include more than 200 different groups with 800 000 members in 17 countries Through 340 short entries Kraybill offers readers information on a wide range of topics related to religious views and social practices With thoughtful consideration of how these diverse communities are related this compact reference provides a brief and accurate synopsis of these groups in the twenty first century No other single volume provides such a broad overview of Amish Brethren Hutterites and Mennonites in North America Organized for ease of searching with a list of entries a topic finder an index of names and ample cross references the volume also includes abundant resources for accessing additional information Wide in scope succinct in content and with directional markers along the way the Concise Encyclopedia of Amish Brethren Hutterites and Mennonites is a must have reference for anyone interested in Anabaptist groups

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

Moving Meals and Migrating Mothers Abdullahi Osman El-Tom, Tanya M Cassidy, 2021-07-30 Moving Meals and Migrating Mothers Culinary cultures diasporic dishes and familial foodways explores the complex interplay between the important global issues of food families and migration We have an introduction and twelve additional chapters which we have organised into three parts Part I Moving Meals Markets and Migrant Mothers Part II Migrating Mothers Performing Identity through Moving Meals Part III Meanings and Experiences of

Migrant Maternal Meals Although these parts are not mutually exclusive they are meant to emphasize socio cultural and economic considerations of migration Part I the food itself Part II and families Part III We have a wide geographic representation including Europe Ireland and France the USA Canada New Zealand and Korea In addition we have contributors from all stages of career including full professors as well recent doctoral graduates Overall the contributions are interdisciplinary and therefore use a variety of methodologies although most make use of traditional social sciences methods including interviews and ethnographic observations

A Way to Stay Home Anne Kruse,2023 Discover helpful strategies that make stay at home parenting and living on a single income financially successful At the same time learn to enjoy your children and create the life you want living simply and pursuing your dreams and goals

Learning the Language of the Fields Daniel G. Deffenbaugh,2006-12-25 Deffenbaugh calls us to live in a reciprocal relationship with our biotic communities the plants animals and other non human cultures that share our particular places in the world By rerooting our global lifestyles in the ecological knowledge of our homes we may truly begin to mend the health of our planet Deffenbaugh marries Christian theology and spiritual disciplines with Native American mythology and the practice of organic gardening to deepen our engagement with the places in which we live

Caring for Creation in Your Own Backyard Loren Wilkinson,Mary Ruth Wilkinson,2001-11 Why should New Age trends and philosophies shape the ecological agenda Loren and Mary Ruth Wilkinson believe that it s time Christian families took a biblical position on environmental issues In this wonderfully creative and practical book they offer more than a hundred simple things you and your family can do to make God s earth a better place in which to live But more than this they show you how to celebrate God s creation through the seasons of the year If you have wanted to get involved in environmentalism but felt overwhelmed or confused by the philosophies shaping the ecological movement here is a book to help you sort through the confusion It offers biblically based answers and practical ideas that will not only help the environment but will enrich your life In *Caring for Creation in Your Own Backyard* you will discover a host of smart and simple things to do at home with your children neighbours and community Learn how to Shop for a better world Make creative and ecological meals that everyone enjoys Save money and energy through recycling and re using Support businesses that care for creation and much more Loren and Mary Ruth Wilkinson have worked in both city and countryside putting principles of caring for creation to work They live on Hunterston Farm Galiano Island British Columbia Loren is Professor of Interdisciplinary Studies and Philosophy at Regent College He is editor of *Earthkeeping Christian Stewardship of Creation* Mary Ruth teaches as a sessional lecturer at Regent College

Walking Gently on the Earth Lisa Graham McMinn,Megan Anna Neff,2010-08-04 Sociologist and author Lisa McMinn and Megan Anna Neff invite you to rediscover through new eyes the beauty and goodness of our earth and to make faithful choices that will help it prosper Each chapter uniquely begins with a prelude by Megan Anna that highlights an African perspective or practice and Lisa s fluid passionate writing then offers both the truth about the state of the earth and

inspiration to get back to shalom a peace that allows all things to thrive *Simply in Season* Mary Beth Lind, Cathleen Hockman-Wert, 2006-10-01 *Simply in Season* serves up more than three hundred recipes organized by season along with a popular and expanded fruit and vegetable guide This 10th anniversary edition transforms a beloved cookbook with recipes and stories linking food and faith into a visual masterpiece with colorful photographs to help cooks novice to seasoned learn how to prepare local and seasonal produce Part of the World Community Cookbook series published in cooperation with Mennonite Central Committee Proceeds help support this worldwide ministry of relief development and peace Royalties from the sale of these books go to nourish people around the world What's new in the 10th anniversary edition Colorful photographs of seasonal dishes Expanded fruit and vegetable guide with storage preparation and serving suggestions Labels on gluten free and vegetarian recipes Seasonal menus to guide meal planning

Decoding **More With Less A World Community Cookbook**: Revealing the Captivating Potential of Verbal Expression

In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**More With Less A World Community Cookbook**," a mesmerizing literary creation penned with a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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