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“A comprehensive cookbook returning us to a simple truth: love is metabolized in every cell of the body.”

—Christina Donnell, PhD  
Author, *Transcendent Dreaming*

“A journey that reminds us to connect with the foods we eat in a deeper and more meaningful way... and that the very act of cooking is an honor to engage in and something that can heal and balance us.”

—Tracey Ryder, cofounder, *Edible Communities*

# Seasoned with Gratitude

250 Recipes and Blessings Celebrating the Greater Nourishment of Real Food

KATHRYN LAFOND

Foreword by Mark Winne

IN THIS INNOVATIVE COOKBOOK, Kathryn Lafond infuses mouth-watering recipes with an added ingredient: reverence for nature’s bounty and the sustenance it offers our species. *Seasoned with Gratitude*, seeded by the idea of creating life out of life, is for people of all dietary persuasions—vegetarian and carnivore, Paleo and gluten-free. It introduces not only nourishing recipes for everything from breakfasts through desserts, but also blessings and practices to help nurture an awareness of our place in the circle of life. Discover whole food cooking that embodies good fats, robust meat or vegetable stocks, and savory ways to incorporate vegetables into every meal. Lafond reminds us that preparing and eating food is how we heal, comfort, and connect with others and suggests by including the secret ingredient of gratitude, we just might gain even greater nourishment.

“A celebration of the alchemy of cooking and the magic of nutrition, of life itself.”

—Larry Dossey, MD, author, *One Mind and Why It Matters*



*Kathryn Lafond, known for her love of prayer, song and ceremony, is devoted to helping us remember that all life is sacred and that cooking is the act that transforms the sacred plants and animals into nourishment. For over 20 years she has served her community as an Intuitive Energy Healer, spiritual guide, writer, health coach, home-chef, as well as teacher of Wild Foods and Medicine classes.*



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*KATHRYN LAFOND*



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Kathryn worked as a professional chef and caterer for 11 years, although most of her cooking inspiration and creativity draws from over two decades of raising and feeding her family. As an intuitive healer and health coach, she has worked with clients throughout the country; taught cooking, foraging, and spirituality classes; and has been featured as a guest speaker and singer. In 2008, she wrote and produced a full-length CD of spiritual music. From 2005-2009 she wrote and published a quarterly health newsletter after experiencing a life-threatening illness.

In *Seasoned with Gratitude*, Kathryn brings a reverent perspective to preparing food and nourishing bodies. Kathryn says: *It is my hope that when people understand that they too are a part of an interconnected web of life, they will take better care of themselves and all life on this planet.*



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Summary of *Seasoned with Gratitude*  
by Kathryn Lafond

*Seasoned with Gratitude* is a unique cookbook that offers an inspiring, well-rounded recipe selection with clear reminders that all whole foods are actually generous offerings of life. Author Kathryn Lafond uses fresh, sustainably raised ingredients in her recipes from breakfasts to desserts. The book fosters environmental and spiritual awareness around our very primal connection with the natural world, all the while encouraging the home chef of any spiritual persuasion or food preference, to rediscover a key missing ingredient for healthy, home-cooked meals: GRATITUDE.

Four factors make *Seasoned with Gratitude* uniquely stand apart from the wealth of cookbooks already available. Those are:

First: The inclusion of a blessing of gratitude at the beginning of each recipe, which honors the sacred nature of the gift of life that is being given.

Second: Information at the end of many recipes introducing distinctive health benefits of an ingredient included in the recipe; suggestions on how we can heal ourselves and the earth by using humanely-raised or grown ingredients; and/or variations for ingredients to stir the creative chef within us.

Third: Recipes from simple to complex are included in order to nourish the “whole family” of eaters: carnivores, omnivores, vegetarians, as well as those with special dietary desires or needs such as candida and/or gluten-free.

Fourth: The inspiring story of how the author (who initially lacked in all kitchen skills) grew to develop a unique relationship with plants and animals, along with a love of cooking.



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### Praise for *Seasoned with Gratitude*

*“Seasoned with Gratitude* is a magnificent collection of recipes, but it is much more as well — a celebration of the alchemy of cooking and the magic of nutrition, of life itself.”

—Larry Dossey, MD

Author, *One Mind: How Our Individual Mind Is Part of a Greater Consciousness and Why It Matters*

“Readers need look no further for a comprehensive cookbook returning us to a simple truth: love is metabolized in every cell of the body.” *Seasoned with Gratitude* connects readers back to this truth and the source of our earthbound nutrition—ingredients grown locally, sustainably harvested, and raised ethically. I would send our next generation off to college with this complete and nourishing cookbook, gift it to someone recovering from illness, and recommend it to anyone interested in a sustainable and renewable earth.”

—Christina Donnell

Author, *Transcendent Dreaming: Stepping Into Our Human Potential*

“We know that food is sacred and that when we prepare meals with love we are infusing physical nourishment with metaphysical substance, but hectic schedules and spiritual forgetfulness make it challenging to match up our intentions with action. In *Seasoned with Gratitude*, Kathryn Lafond offers an array of scrumptious recipes with an equally delectable menu of blessings, prayers, and practices to help elevate and integrate body, heart, and soul.”

—Mirabai Starr

Author, *God of Love: A Guide to the Heart of Judaism, Christianity and Islam* and *Caravan of No Despair: A Memoir of Loss and Transformation*

“*Seasoned with Gratitude* is a sensuous and spiritual treat—thanks to Lafond’s reverence for food, cooking, eating, and the relationship between these three and what she calls “The Great Mystery.” Along with each recipe, she offers “blessings of gratitude and connection,” including this traditional Sufi blessing: “May this food nourish not only my body but my soul.” *Seasoned with Gratitude* is the best guide I know to make that happen!”

—Rivvy Neshama  
Author, *Recipes for a Sacred Life:  
True Stories and a Few Miracles*

“Kathryn Lafond’s *Seasoned with Gratitude* is not only a terrific cookbook filled with nutritious, healthy, and beautiful recipes, it’s a journey that reminds us to connect with the foods we eat in a deeper and more meaningful way—and it teaches us that the very act of cooking is an honor to engage in and something that can heal and balance us. “In today’s world, when days often pass at the speed of light, there are few things more soul-comforting than cooking a meal for ourselves and our loved ones. As Kathryn so aptly puts it: ‘My entire being cooks—my hands, my heart, my senses, and my spiritual nature.’ This is something all of us who cook can aspire to.”

—Tracey Ryder  
Cofounder, Edible Communities

“*Seasoned with Gratitude* is a rare and exceptional culinary book. Love and beauty permeate this book so that the mouth-watering recipes and sacred blessings not only delight the palate but also nourish the body and nurture the soul. A truly unique book!”

—Imam Jamal Rahman  
Cofounder, Interfaith Community Sanctuary  
Author, *Sacred Laughter of the Sufis and Fragrance of Faith*

“How would we act if we knew the most sacred room in the house was the kitchen? Kathryn Lafond answers this question in her marvelous book, *Seasoned with Gratitude*. The result is a delicious blend of the sacred and the savory—a cook’s book complementing recipes with meditations, folk wisdom with current scientific research, to expand the meaning of our holistic relationship to food. I’m planning to make a place for it on my bookshelf between *Laurel’s Kitchen* and *The Omnivore’s Dilemma*, and I suspect you’ll want to as well!”

—Alice Peck  
Author, *Bread, Body, Spirit: Finding the Sacred in Food*  
and *Be More Tree: A Journey of Wisdom, Symbols, Healing, and Renewal*



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Why I Wrote *Seasoned with Gratitude*  
by Kathryn Lafond

In the teachings of the wise woman tradition (which I have studied and practiced), I learned to work with plants and animals in a very seasonal way. I am daily reminded that it is the living world that supplies our needs—yet the energy or intent behind all that we think and do is what makes the biggest difference.

One day, as I was experiencing a deep chasm in my life, I asked myself: *What truly brings me joy?* Once I realized that it was the creative state of making new recipes and exploring the world of food, my decision to write a cookbook began to take form.

The joy that comes from mindfully preparing food with respect and love brings a sense of connection with the entire web of life. Nowhere could I find a cookbook author that was willing to openly bridge this connection. In fact, for years I believed it must be taboo to mention spirituality or spirit in regards to food because it could possibly bring up feelings of guilt.

We have struggled as a society to be in relationship with the spirit of anything other than ourselves, and also with our understanding of death and life giving itself to create more life. But times have changed, and I believe the time is ripe for connecting the sacred with the practical act of cooking and eating. It is my belief that this has been a missing message in the world of cookbooks. With my love of cooking and blessing all that is, I hope to begin to fill this void.



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*Seasoned with Gratitude* by Kathryn Lafond

## Q & A's

1. Given that there are hundreds upon hundreds of cookbooks available, what makes *Seasoned with Gratitude* special; what would we find here that we will not find in another cookbook?

**Answer:** *Seasoned with Gratitude* was created out of a love of cooking; the fun of exploring with various spices and herbs; and the realization that there was a gap in the cookbook world around what food really is.

So often food is thought about for its caloric value or its numeric breakdown of carbs, proteins, fats, sugars, etc. For me, it is life giving itself for the nourishment of another species. That's a huge difference, and I entertain that difference by writing blessings of gratitude or an encouragement to remember the sacredness of all life before each recipe. At one point, I realized it was no longer enough for me to simply thank the butcher, baker, or grocery clerk. I needed to be thanking the plants and animals too.

2. How is it that a healer and health coach decided her voice was needed in the world of cooking?

**Answer:** I was in somewhat of a dark place and questioning who I was in the world and wanted to know what brought me the most joy. One day it hit me that being creative with food was one of my deepest pleasures. I also realized there was a missing link not often expressed in the world of cookbooks: acknowledgement that all foods are part of the "Great Mystery." I thought this was one way I could bring my healing and health coaching work to the Earth herself!

3. On the back cover, you imply that gratitude is the "secret ingredient." Why do you think so few cookbooks include this aspect?

**Answer:** Thankfully, we've seen a migration back to people wanting to know where their food comes from; how it was raised; and whether it was grown or raised in a healthy environment. Just look at the growth in farmers markets all across the country. There has been a "disconnect" for a generation or so as we grew more transient in our lifestyle, where we didn't seem to care about quality; rather, we were concerned with quantity.

There is a growing body of folks who want to eat in a conscientious manner. They don't want to be eating animals for instance, that have lived tortuous lives for their given species. Nowadays we have scientific ways of measuring plant responses to changes in their environments too. I am suggesting in *Seasoned with Gratitude* that we bring loving intentions into our work with food and honor that life, whether plant or animal. In this way, we can remember our place in the web of life and also remember that when our own death comes, we will be nourishment for another as well.

4. I've read that you started out not knowing how to cook. What professional steps brought you into the world of food?

**Answer:** I grew up in a family of girls. I had 3 older sisters that could backup our stay at home Mom, so I never took an interest. In my early 20's I had already failed at making jello! At that time, I worked in domestic sales and quality control of seafood. I was also an avid sailor. After a vacation one year, friends invited me to do a boat delivery from the Bahamas to the Virgin Islands. While there, I met a Danish family who invited me to be the chef on their charter yacht. Love of sailing was the hook that got me interested. You don't say no to such an offer, so I flew back to Seattle and basically took a 40-day crash course with my brother-in-law who is a great cook, and other friends. That began the process; later came cooking school, catering and such, which you can read about in *Seasoned with Gratitude*.

5. How does one manage to create an affordable and nutritious food budget when you are suggesting we buy sustainable and organic foods?

**Answer:** Did you know that back in the 60's most families spent about one-third of their monthly income on food? Nowadays it's a much smaller fraction. And did you also know that it's estimated that we in the United States spend less on food than any other country in the world?

There are many reasons for this, but what I have learned is that as our government subsidized corn, for instance, our food costs went down. But the calories that come from this cheap food create havoc for our health. Look at our sky-high diabetes rates. I tend to see my food budget as part of my health care budget and consider food as my first medicine.

How I save is to portion out what I can afford to buy as organic or sustainably raised. If I'm making a granola for instance, I'll buy organic oats but no other organic ingredients so that the base of what I am eating is clean food free of pesticides. I'll eat organic rice and lentils or beans as a cheaper meal during the week, or I'll prepare chicken stock from leftover carcasses by saving bones in the freezer, along with vegetable trimmings. Then I can make a soup that will last a couple days. I think food budgets need to be regularly adjusted to consider one's state of health. I do give up other life necessities in order to put this higher on my priority list.