



Pumpkin Soup and Cherry Bread

A Steiner-Waldorf Kindergarten Cookbook

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Pumpkin Soup and Cherry Bread: A Steiner-Waldorf Kindergarten Cookbook



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Meals are healthy, delicious, vegetarian and 100% natural. At Bonsai Steiner-Waldorf Kindergarten, the children happily clean their plates at every meal, even when they're served Brussels sprouts or kale! This beautifully illustrated cookbook includes over 80 seasonal quality recipes that celebrate character: from campfire soup to strawberry ice lollies, swede fries to kale pasta, and green pea cake to cherry focaccia. They help peel, chop and bake; Food forms section of play and meals are fun: the kids develop vegetables and forage for herbal products and berries; Living and consuming holistically, in tune with the natural globe, is paramount to the philosophy at Bonsai. Food is involved in play and tunes, and is definitely celebrated through seasonal festivals. As well as offering new methods to serve a range of delicious vegetables, grains and fruit, this inspirational resource contains a wealth of tips on developing your very own food culture and encouraging kids to enjoy balanced diet. Recipes are completely adapted to serve the category of four, or forty children.



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What unique suggestions. It's nothing lacking inspirational. And it's inspirational in the nicest way, which is to state, the recipes are actually doable. This is a book which schools will need multiple copies of because I guarantee parents would want to borrow it. Delicious, Inspirational, and a Must Buy for a Waldorf Family or School. We have quite a collection of Waldorf cookbooks and this is -- by far -- the best. And the photos of children chowing down on the meals just make me smile. Five Stars. The recipes look extremely good. However, this reserve is uniquely helpful because each recipe's ingredient list can be given twice, to be the correct quantities for a family of 4 AS WELL AS for a classroom of 40 children. Hallelujah! Not much time is spent on cooking techniques, so you will want to be comfy in the kitchen 1st, but wow! As a Waldorf homeschool consultant, I'm already planning on buying yet another copy so that I won't be without this publication when someone wants it from my Lending Library. This is an excellent all-year-round early childhood vegetarian cookbook which contains, as you would expect, recipes arranged seasonally, inspiring pictures of a Danish Waldorf kindergarten classroom including foraging and cooking outdoors, helpful information about how exactly to include fresh seasonal produce in all aspects of your curriculum, and details about how they run their school.



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