

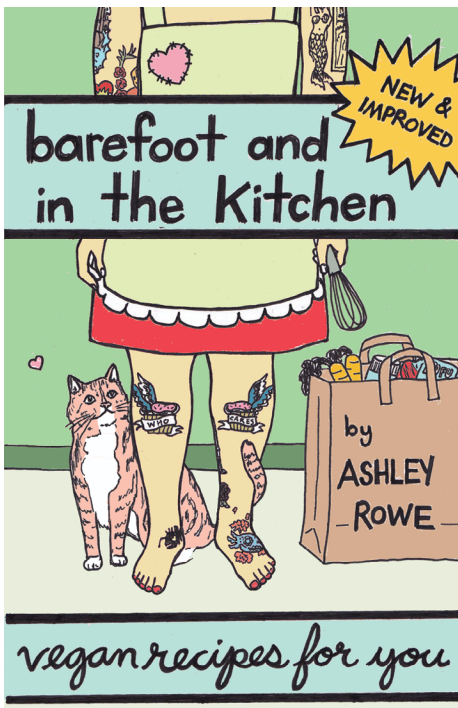
BAREFOOT & IN THE KITCHEN:

Vegan Recipes For You by ASHLEY ROWE

Proves that vegans can stuff themselves silly with the best of them. All that, and no heart burn! I'm in love. Bust it out when you need to impress omnivores and you'll most likely get marriage proposals in return." —**Laura Beck, Vegansaurus.com**

"Ashley Rowe leads the revolution with her new cookbook, showing the punks how to cook up great vegan meals and treats. For anyone from the veteran vegans to those who are just starting to discover progressive means of eating. If only anarchy was as obtainable as vegan mac and cheese, we all would be much better off." —**Justin Pearson, The Locust, Retox, Three One G Records**

An illustrated cookbook with a unique, classic feel unique while reminding of classic proto-revolutionary fervor like Soy Not Oi!



Barefoot and in the Kitchen is my kind of cookbook—fun, quirky, and informative. Filled with accessible vegan recipes and engaging stories, it will appeal to kitchen novices and seasoned veterans alike. —**Bryant Terry, author of The Inspired Vegan**

Packed with comics, drawings and helpful asides—oh yeah, and over 80 vegan recipes—*Barefoot and in the Kitchen* is an entertaining and extremely accessible way to bring the joy of animal-free cooking to your own kitchen. Recipes from the simple Apple Cinnamon Beer Bread to fancy-pants Moussaka and Award Winning Mac and Cheese will delight your pallet and impress your friends! With an emphasis on demystifying veganism and taking the intimidation out of cooking, this book's tips, tricks, and glossaries of important ingredients and cooking terms serve to encourage the uninitiated as well as inspire the veteran vegan.

ISBN: 978-1-934620-55-7

Published: July 2012

Format: Paperback, 5.5 x 8.5", 96 Pages

Subjects: Vegan / Food / Cooking

Price: \$8.95 U.S.

Comparable/Competitive Titles:

Soy Not Oi 9781904859192 (AK Press) 7.00

Appetite for Reduction 9781600940491 (Da Capo) 19.95 2010

Please Don't Feed the Bears 9780977055715 (Microcosm Publishing) 9.00 2006

Benefits

- 1: A better understanding of health, veganism, and the important components of a good vegan diet
- 2: A strong revolutionary fervor attaching political emotion to this diet
- 3: An ability to prepare food for oneself from ingredients easily located.



Ashley Rowe makes cupcakes through her business, Fat Bottom Bakery. A former collective member of AK Press, she set out to take those radical pursuits to their tastiest extremes.

Microcosm Publishing strives to add credibility to zine writers and their ethics, teach self empowerment, show hidden history, and nurture people's creative side! Now based in Lansing, KS and Portland, OR, Joe Biel started the distro and then-record-label out of his bedroom in 1996. Since then we've grown to become one of the largest zine distributors in the world, reaching an international audience through our website and retail store.

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