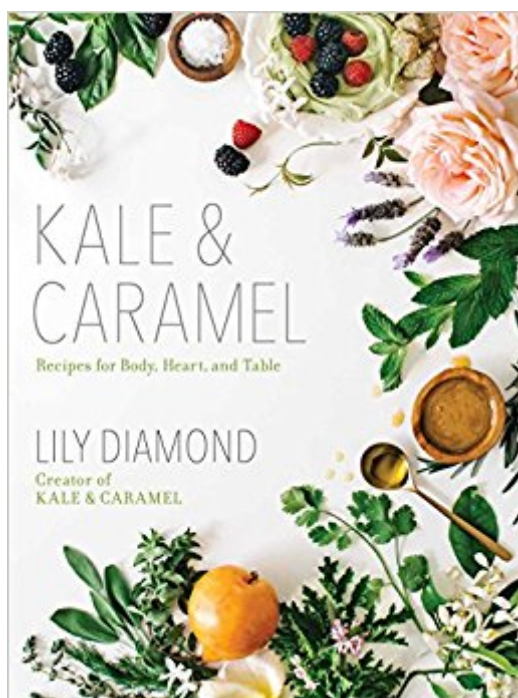


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# Kale & Caramel: Recipes For Body, Heart, And Table



## Synopsis

Born out of the popular blog Kale & Caramel, this sumptuously photographed and beautifully written cookbook presents eighty recipes for delicious vegan and vegetarian dishes featuring herbs and flowers, as well as luxurious do-it-yourself beauty products. Plant-whisperer, writer, and photographer Lily Diamond believes that herbs and flowers have the power to nourish inside and out. "Lily's deep connection to nature is beautifully woven throughout this personal collection of recipes," says award-winning vegetarian chef Amy Chaplin. Each chapter celebrates an aromatic herb or flower, including basil, cilantro, fennel, mint, oregano, rosemary, sage, thyme, lavender, jasmine, rose, and orange blossom. Mollie Katzen, author of the beloved Moosewood Cookbook, calls the book "a gift, articulated through a poetic voice, original and bold." The recipes tell a coming-of-age story through Lily's kinship with plants, from a sun-drenched Maui childhood to healing from heartbreak and her mother's death. With bright flavors, gorgeous scents, evocative stories, and more than one hundred photographs, Kale & Caramel creates a lush garden of experience open to harvest year round.

## Book Information

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## Customer Reviews

"I am so happy Lily Diamond has expanded her exquisite blog into an actual book. Her ability to frame solid instruction (both herbal and culinary) with a deeper take on what it means to live through our senses is a gift, all articulated through a poetic voice, original and bold." (Mollie Katzen, author of Moosewood Cookbook and The Heart of the Plate)"Lily's deep connection to nature is

beautifully woven throughout this personal collection of recipes. Whether it's the healing power of herbs, delicious and unique flavor combinations or the stories of her mother's natural medicine, *Kale & Caramel* truly is a book for body, heart and table." (Amy Chaplin, James Beard Award winning author of *At Home in the Whole Food Kitchen: Celebrating the Art of Eating Well*) This is a remarkable book of food and longing, tending as much to our deep human need for storytelling as our hunger for vibrant, life-sustaining nourishment. (Rebecca Walker, author of *Adapt and Black Cool*) "I want to inhale and grow and cook and slather on every single thing in this book! Lily has carefully crafted each recipe to harness the healing powers of flowers and herbs in a simple and accessible way. A gorgeous guide to plant-based self-care!" (Laura Miller, Author of *Raw. Vegan. Not Gross.*) "I'm captivated by Lily's story of healing, and how she called upon the innate, beautiful power of plants to nourish body and soul. These are powers available to all of us, and Lily is the perfect guide. It's pure pleasure to dive into Lily's beautiful, delicious world." • (Sarah Copeland, author of *Feast*) "Lily is a magician of plants and a wizard of salads, a fierce friend and storyteller. She has coached me through chamomile infusion woes and mint surpluses with the patience and humor of a wise old soul. While I selfishly don't want to share her, with *Kale & Caramel* the world can finally have its spirulina and eat ice cream too. (It's ok, I didn't know what spirulina was either until Lily came into my life.) Through this book, you will not only learn beautiful new ways of using your favorite garden staples and approachable methods of trying less common ingredients like bee pollen and hemp seeds, but you will also gain a friend, laughter and tears included." • (Molly Yeh, creator of *My Name is Yeh* and author of *Molly on the Range*) "Thank you, Lily Diamond, for your brave and sassy and beautiful words. For your sumptuous photos. For your decadent, comforting, and healthful recipes. And most of all, bless you for teaching me to put olive oil in my mint ice cream, lavender in my hair, and honey on my face." • (Phyllis Grant, author of the *Dash and Bella* blog) "Kale & Caramel is full of so many quizzical yet immediately appealing flavor combinations it's hard to decide which recipe to make first!" • (edible, Hawaiian Islands) "A plant whisperer is born." • (Booklist)

Lily Diamond is a writer, photographer, and proponent of wildness in the kitchen. In 2012, she created the award-winning, much-beloved blog *Kale & Caramel*. Lily grew up on Maui and graduated from Yale University. She lives in California.

This book is truly a thing of beauty. I can tell it will take me several seasons to fully sift through its multi-layered, extraordinarily meaningful offerings (how often does one say that about a cookbook?).

I'm not sure how Lily manages to tap into truth on so many levels (gut-truth, heart-truth, tastebud-truth, writerly-truth, eye candy-truth, educational truth, soul truth, and so on) but she does it with a clarity, finesse, and depth of insight I've never seen in a cookbook before. In truth, this book stands apart -- not just for its thrilling recipe ideas that have already shaken up our routine (I mean- lemongrass basil coconut ice cream with black sesame brittle... roasted fig pizza with rosemary chevre & balsamic caramelized onion... braised radicchio, nectarine & burrata flatbread... cucumber rose petal mask... c'MON!) -- but as a bonafide work of art. Each recipe offers such deep care, surprise, subtlety, daring, and reflections so funny, poignant, and sneak-up-on-you-profound that I would just as likely pore through this as my end-of-the-day bedtime reward as I would in preparation for a meal (and I already have). Brava!

Run - don't walk - to get Lily Diamond's book, *Kale & Caramel*. This book is part story, part learning, part cooking, part self-care. It's expertly written and makes you see food and plants as our god-given gifts in healing, growing and thriving on this amazing earth. Lily writes in such a way that you get drawn into the story of the food as you read it -- "in this version, basil sings a dulcet melody to zucchini..." "Rose soothed a dozen broken hearts..." It's just an absolutely fantastic book, thank you for this gorgeous offering, Lily!!

I've been following the *Kale & Caramel* blog for a while so I was delighted to find out the author recently published this amazing cookbook and bodycare book! What I love about this book is not only will you learn a non-nonsense way to make homemade beauty products like face washes, masks and moisturizers infused with fresh herbs and flowers, but you'll also enjoy the author's candid storytelling about love, loss and the lessons learned along the way!! I literally read this book over the course of two days before I even started to dig into its food recipes just because the writing was so enthralling. Other than the great prose and all the skincare knowledge this book is packed full with dozens of drool-worthy recipes for healthful desserts, salads, beverages and tons of amazing vegetable dishes! At under \$15 right now, this book is a total steal! Buy away and enjoy this lovey addition to your cookbook collection!

Something rare. A genuine creation that marries the personal with the practical. Genuinely good recipes from a good person. I'm not a vegetarian, or a hippie, or all that into what's trendy with food -- but there's a ton in here for me. I bought a copy for myself and one for a friend and she loves it too.

Kale and Caramel is one of my favorite instagram accounts (@KaleAndCaramel) so I was really excited when I heard Lily had made a book with recipes for food and face/body products. Her recipes are really pretty and easy. This book is a great gift, and a great value. I got several for friends and family!

Wow, what a beautiful book. It's not only beautiful to read, it is wonderful to look at on my coffee table. Lily is a terrific writer who brings you into her story from the first pages to the last. You get to know her throughout the book. Trying the recipes will be quite an adventure. Thank you, Lily, for writing and sharing your story with us all.

Texas born and bred here. I was raised eating fried foods (everything, especially vegetables) and this book has opened up a whole new world of how to eat well (+ sustainably and practically). Lily Diamond has a culinary creativity that will change the way you think about how and even why you eat. Congrats on an incredible book - looking forward to more!!!

I devoured this book cover to cover. It's a deeply personal exploration of herbs, love, and the food that heals and nourishes both body and soul. Whether it's a soothing oatmeal bath or tempting dessert, I look forward to pulling this from the shelf for years to come. I might even start washing my face with honey, too!

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