

Earth Manifesto



Twelve Delicious Recipes for Good Health and Gourmet Appreciation

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Walnuts, Pecans, Sunflower Seeds, Sesame Seeds, Chia Seeds and Ayurvedic Health Spices.
These tasty and relatively healthy cookies are referred to in *Huckleberry Finn*, the
California Gold Rush, and *Related Reflections*.

ADDENDUM ONE

Delicious Nutritious Toasted Granola

Sea of Cortez Sopa de Tortilla

This is the recipe for the savory Tortilla Soup I made on the catamaran in *Tall Tales, Provocative Parables, Luminous Clarity and Evocative Truths: A Modern Log from the Sea of Cortez*.

Delicious Heirloom Tomato Soup

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THE RECIPIES

1. **Lover's Leap Golden Beet Salad with Smoked Trout Salad and French Feta** (To Serve 8)

- 3 large golden beets, prepared as below
- 3 Persian or 1 regular cucumber, peeled and cut in bite-sized pieces
- 5 oz. smoked trout, torn into small bite-sized pieces
- 1 large red or orange bell pepper, or 9 tri-color mini-sweet bells
- 1-2 large ripe peach or ripe Bartlett pear or Asian pear, cut in bite-sized pieces
- 6 red radishes, sliced
- 2 ripe avocados
- 3 TBLS. raw sunflower seeds
- 5 oz. French Feta cheese
- 1 head butter leaf lettuce - leaves

Tantalizing Allure

Optional inclusions:

- 2 purple carrots, thinly sliced
- 6 hard-boiled eggs, quartered, topped with golden caviar
- 2 stalks celery, thinly sliced
- 2 Heirloom tomatoes, in season, tossed in 1 tsp. mayo
- fresh chives

Serve as a composed salad, each ingredient on its own space on a large plate

Meyer Lemon Vinaigrette:

- Put in a jar to be shaken vigorously -
- Juice of 1 Meyer Lemon (or regular, if unavailable)
- 4 Tbls. rice vinegar
- 6 Tbls. extra virgin olive oil
- 2 Tbls. sesame seeds (black, for best effect)
- 1 Tbls. Dijon mustard 1 tsp. sesame oil
- Spices - sea salt, black pepper, basil, oregano

Golden Beets - put in a pot with water to cover, and bring to a rapid boil, reduce to simmer, cover and cook for 40 minutes. Cool, remove skins, chop into bite-sized pieces, marinate in some of the vinaigrette along with 1 tsp, caraway seeds and 1 tsp. dried dill.

Avocados -- wash, cut in quarters, remove skins, toss in vinaigrette

Chop into bite-sized pieces: cucumbers, bells and radishes, and toss in some of the vinaigrette

Assemble and enjoy!

2. **Perspicacious Golden Gate Bridge Soup** --- A ginger-carrot soup with a color resembling the iconic International

- Orange color of the beautiful Golden Gate Bridge.
- (20 Servings; leftovers keep well in refrigerator for a week)

1 big yellow onion or white onion --- Sauté for 5 minutes in 4 Tbls. olive oil in a big soup pot with 1 Tbls. each basil, oregano, cumin seed, black pepper and salt, and $\frac{1}{2}$ tsp. cayenne.

Optional: add 2 Tbls. of butter

16 carrots --- peeled, sliced; add to onion. Sauté 5 more minutes.

2 parsnips --- peeled, sliced; add to sauté.

3 Tbls. fresh minced ginger --- add.

Essential Freedom

7 cloves garlic, minced --- add.

72 ounces of chicken stock, preferably Swanson's Natural Goodness, which contains no MSG; add to pot, and bring to a boil; simmer for 20 minutes.

Puree, preferably with that wonderful device, the infusion blender. Add some water if you want a thinner consistency.

NOTE: For a vegetarian version, substitute vegetable stock and add one heaping Tbls.miso. 1/2 bunch fresh cilantro, washed, culled of stems, coarsely chopped --- add.

Juice of 1 lime --- add and stir.

Serve hot with a dollop of good plain lowfat yogurt spooned on top in an artistic flourish.

3. **Manhattan Clam Chowder** (15 Servings)

2 onions --- diced and sautéed 5 minutes in $\frac{1}{4}$ cup olive oil (plus 3 Tbls. butter, optional), with some cayenne, basil, oregano, thyme, marjoram, cumin, lemon pepper and black pepper.

1 head of celery --- washed, chopped; add to sauté.

5 carrots --- peeled and sliced, add to sauté.

Noble Intentions

1 green bell pepper and 1 red bell pepper --- chopped coarsely, add.

3 large Russet potatoes -- peeled, diced, added to sauté for 5 minutes, stirring.

1 28-oz. can whole plum tomatoes, chopped, with juice. Add to sauté. When good fresh tomatoes are in season, add some of those, chopped.

2 heaping tsp. of miso, plus 36 oz. vegetable stock and/or chicken stock or water -- add and bring to boil, with 5 Bay leaves.

Simmer 10 minutes.

1 32-oz. bottle Clamato Picante Tomato juice --- add, bring to a boil, simmer 5 minutes.

(If you prefer a less spicy soup, use regular Clamato Tomato juice.)

Add 1 or 2 cans baby clams, with their juice.

NOTE: This is a vegetarian version of Manhattan Clam Chowder, except for the clams, the Clamato juice and the butter (which are all optional). This soup can also be made to very good gustatory effect by adding 7 strips of bacon to the sauté, chopped in 1/2 inch strips, fried and fat drained off, It is yummy with or without the bacon.

Serve hot. Let cool, and refrigerate leftovers. It is delicious for days after making, as the flavors meld together and improve with the passage of a little time.

Also, include fresh clams in their shells when serving, washed well, and boiled in the broth until they have opened, if you want to make an impressive presentation.

4. **Steinbeck's 'East of Eden' Asparagus Spinach Cucumber Soup** (Serves 20)

Sauté in a big soup pot: 1 large onion - chopped. Sauté for 3 minutes in 5 Tbls. olive oil with 1/2 tsp. cayenne and 1 tsp. each basil, oregano, lemon pepper, black pepper and salt.

Add 2 parsnips --- peeled, sliced; then add to the sauté 5 cloves garlic and 1/2 inch ginger, peeled and minced

2 big potatoes - peeled and coarsely chopped; add to

the sauté mixture, and stir, sauté more

2 cucumbers - peeled and chunkily diced; add to the sauté.

2 bunch asparagus (if in season -- optional) --- ends cut off, sliced in thirds; add and sauté for a few more minutes.

72 oz. vegetable stock --- add, bring quickly to a boil; then simmer 10 minutes.

(For a non-vegetarian version, 2/3 chicken stock and 1/3 water can be used.)

1 heaping Tbls. Miso

1 lb. package Earthbound Baby Spinach (or 3 heads spinach, washed very well and stemmed); add, and simmer 5 minutes.

Puree, preferably with an infusion blender. Simmer 5 more minutes. Add juice of 1 or 2 Lemons, stir, and turn off heat.

Serve hot, garnished with Paprika Oil or some grated hard cheese or spicy diced pecans or radish slices or fresh mint.

(Paprika Oil: 2 tsp. paprika and a dash of cayenne and 1 tsp. cumin seeds put in 2 oz. of olive oil, heated on medium heat for 2 minutes.)

5. Mississippi River Cauliflower Bisque (Serves 8)

1 onion --- diced. Sauté in soup pot in 2 Tbls. olive oil and 2 Tbls. butter (optional).

3 cloves garlic, plus these spices: 1/2 tsp. each cumin seed, thyme, basil, ground coriander, yellow curry powder, turmeric, black pepper, and salt; and some cayenne.

Sauté for 5 minutes over medium heat.

Add 1 large head of cauliflower, stemmed, washed and coarsely chopped, and sauté 7 more minutes, covered.

Genuine Honesty

Optional: if in season, add one bunch of fresh asparagus, ends trimmed, cut in thirds.

Add 1 large can of chicken stock (49 oz). Bring to a boil, then simmer for 12 minutes.

(For a vegetarian version, substitute vegetable stock and add 1 heaping tsp. miso.)

Puree with an infusion blender --- or puree carefully in batches in a regular blender.

Optional (to make it a bisque): Add 1 cup of milk or some half-and-half or sour cream.

Enjoy! Add or substitute your own favorite spices. Optional: add half of a small butternut squash, peeled and chopped carefully into chunks, when sautéing the onion.

6. Yummy Kyoto Autumn Fuyu Persimmon Waldorf Salad (Serves 12)

Fuyu Persimmons are optional! -- They are available only from October through early January; Do NOT use firm Hachiya persimmons (they are astringent, unless very soft).

This salad is delicious without persimmons, if they happen to be out of season. A "Three Pear" version is delicious, using one Asian variety of crispy pear.

5 Fuyu persimmons, chopped in bite-sized pieces

3 Fuji or Honey Crisp apples (or other crisp variety),

chopped in bite-sized pieces, and tossed immediately in a little lemon juice to keep from turning brown.

Epicurean Appreciation

2 Bartlett pears (or Bosc or Asian), chopped in bite-sized pieces, tossed with the apple and persimmon.

7 stalks celery, ends removed, washed and chopped

1 cup toasted walnuts, chopped coarsely

1/2 cup dried cranberries

Dressing -- Mix together well these three things:

- 1/2 cup plain yogurt
- 1/3 cup Best Foods mayonnaise
- 5 oz. 'garlic and herb' goat cheese

Toss fruit salad with the dressing, and sprinkle in enough cinnamon, tossing, to taste but not to be a dominating flavor (2 tsp., more-or-less. Serve as a buffet item, or individually plated on a bed of butter leaf lettuce. Top with fresh pomegranate seeds, if you like, when they are in season, for a colorful splash. When Fuyu Persimmons are not in season (January to Sept.), substitute 3 kinds of pears. This salad is even good leftover the next day; cover and refrigerate (without lettuce).

Note: This recipe evolved from a delicious "fruit sushi" that I highly recommend when Fuyu persimmons are in season (best in November and December). Wash the persimmons, then cut them in half from the non-stem bottom; remove the stem area and slice them up in 1/4 inch slices; put some herb and garlic goat cheese on each slice, and top with some toasted walnuts and dried cranberries. Yummy!

7. **Athenian Greek Salad with French Feta Cheese** (Serves 8)

- 1 cucumber, peeled, sliced lengthwise into 6 pieces, then cut into bite-sized pieces.
- Add: 1 red and/or orange bell pepper, cut into large bite-sized pieces
- 1/2 green bell pepper, cut into small bite-sized pieces
- 1/2 pound green beans, par-boiled in 3" hot water for 3 minutes, plunged in cold water, stem-ends cut off, chopped into 1" lengths.
- 5 radishes, cut into chunks.
- 1 pound Heirloom or best fresh tomatoes, cut into bite-sized pieces (optional)
- 20 pitted Kalamata olives, cut in half to make sure they have no pits.
- 1 avocado tossed in dressing, Intellectual Inspiration
- 5 oz. French Feta cheese, crumbled
- OPTIONAL: 1/4 cup pine nuts or Marcona almonds. Or a handful of snap peas.
- Sprinkle with 1 Tbls. each dried oregano, basil, and 1/2 tsp black pepper. Toss.

Dressing:

- 1/3 cup olive oil and some flax seed oil and walnut oil
- 1 Tbls. sesame oil
- Juice of 1 lemon
- 1/4 cup red wine vinegar or 1/8 cup Balsamic
- 2 tsp Dijon mustard or dried mustard
- 2 Tbls. Black or white sesame seeds
- A small amount of red onion or 5 scallions, chopped (optional)
- A little salt, to taste (optional)

8. **Spanish Avocado Gazpacho** (Serves 25; Serve Chilled)

- Combine all ingredients, mix well, and refrigerate. Requires no cooking. Serve cold.
- 28 ounce can whole Plum tomatoes (or Heirloom fresh ones) --- diced, with juice.
- 48 ounces of V-8 juice (or spicy tomato juice)
- 3 cucumbers --- peeled and diced

3 bell peppers --- diced (1 green, 1 red, 1 orange)

5 ripe avocados --- cubed

7 celery stalks --- diced

1 small mild red onion --- diced

3 ears white corn, steamed or grilled, cut off ear (or 1 can whole kernel corn)

1 or 2 limes or lemons, juiced

1/3 cup red wine vinegar

3 Tbls. Worcestershire sauce

2 Tbls. cumin

2 Tbls. black pepper

1/4 tsp. cayenne

4 cloves garlic --- minced

5 Tbls. virgin olive oil

1 tsp. Tabasco and 1 Tbls. salt (both optional)

Fresh or dried basil and oregano.

Enthusiastic Embraces

Gazpacho -- Good, and good for you!

9. Imperial Roman Pasta Fazul (Serves 12)

"When the moon hits your eye like a big pizza pie, That's amore ...

When the stars make you drool justa like pasta fazul, That's amore ...

When you walk down the street

With a cloud at your feet, You're in love ..."

1 onion, sautéed in olive oil and/or butter;

3 carrots, peeled and sliced --- add to sauté.

Romantic Rapport

5 cloves garlic --- add.

1 cut-up smoked ham hock --- add.

1 large can chicken stock (49 oz.) --- bring to boil and add sauté to this.

28-ounce can Italian plum tomatoes --- add.

2 cans Cannellini beans, drained --- add. Barely simmer, for 1-2 hours.

To serve: Cook 1 pound Penne pasta per instructions on box.

Drain; add 3 Tbls. olive oil, toss. Add hot Fazul to pasta, toss, and serve with grated Locatelli, Parmesan or Romano cheese and fresh Italian Parsley, chopped.

10. Armenian Curried Chicken Salad Delicioso (Serves 8)

Boil 2/3 cup chicken broth. Add: 1 Tbls. cumin, 2 Tbls. coriander, 2 Tbls. curry,

1/3 tsp cayenne , 1/2 tsp. chili powder, 2 tsp. basil, 1/2 tsp. turmeric, 2 Tbls. honey,

3 Tbls. Dijon mustard. Cool. Then ADD:

2 lb. cooked chicken breast --- cut in chunks;

Elegant Expression

(Sauté sliced chicken breast in olive oil and spices over

medium high heat, about 4 minutes on one side, turn over, cover,

and turn off heat after 2 minutes, done in a few minutes; slice in bite-sized chunks)

1 cup mayonnaise

1/2 head of butter leaf or red leaf lettuce, torn into bite-sized pieces

3 carrots, grated

Serve the Chicken Salad on a nice bed of butter leaf or red leaf lettuce.

Garnish with chopped Marcona almonds and slices of your favorite colorful raw vegetable.

11. Pacific Northwest Bodega Beets with Cointreau (Serves 8)

3 lb. fresh beets, peeled and then chopped into bite-sized chunks (carefully!).

Sauté in olive oil and lots of garlic over medium heat

for 30 minutes with some cayenne, cilantro,
oregano, basil, lemon pepper and salt.

Heartwarming Generosity

Then add 2 ounces Cointreau, a handful of pecans, Italian Parsley, and juice of 1 lemon.

Sauté for another minute, and serve while hot.

Optional: Add cubes of jicama, or sugar snap peas or snow peas, for the last minute of the sauté.

12. Italian Cheesecake Panna Cotta with Blueberries (Serves 6)

Mix together:

4 oz. cream cheese -- soften, whip until smooth.

3/4 cup sour cream

2 Tbls. cream

1/3 cup sugar

Capricious Indulgence

Mix all together.

Sprinkle 1 packet Unflavored Gelatin on 2 Tbls. water for 5 minutes. Add to the warm half-and-half. Add 2 tsp vanilla extract, and 1/2 tsp lemon extract (or 1 Tbls. Limoncello).

3/4 cup half-and-half: Put in small saucepan and bring just to a boil over medium heat, uncovered, stirring often; Pay attention, and once it boils, remove from heat. Add the gelatin and stir in.

Add half-and-half mixture to cream cheese mixture.

1 pint fresh blueberries --- rinse and put most of them in the bottom of 6 ramekins.

Spoon the Panna Cotta over the berries, and top each with a few blueberries or other berries. Chill in refrigerator for 3 hours or more.

13. Tiffany Twain's Crusader Cookies A Baker's Dozen: Dark Chocolate Chip Cookies Made with Almond Meal and Lots of Oats, Walnuts, Pecans, Sunflower Seeds, Sesame Seeds, Chia Seeds and Ayurvedic Health Spices (and they are Gluten Free!).

NOTE: See ADDENDUM TWO on pages 26 to 28 for instructions on how to make these cookies into 3 (or 12) quart-sized gift jars of pre-assembled ingredients in colorful layers, each ready to be easily transformed into 3 dozen **Tiffany Twain's Crusader Cookies**. These make wonderful presents to give to family or friends. The instructions include a recipe for each jar that conveys the simple procedure for turning the contents into sensationally delicious and nutritious cookies. Both a Vegan Version and a regular one with butter, egg and milk are included; all are gluten-free.

Recipe to make three dozen cookies.

1/2 cube butter - softened	}	
1/3 cup brown sugar	}	Beat these 3 ingredients together until creamy
1/4 cup white sugar	}).	

Add, beating well:

1 egg

1 Tbls. whole milk (or Vanilla Silk soy milk)

Hearty Gratitude

2 tsp. vanilla
2 tsp. molasses

NOTE: Delicious vegan version - Omit butter, egg and milk, and use 1/3 cup maple syrup and 1/2 cup of safflower seed oil or canola oil.

Then mix in:

1/4 cup Almond meal (100% pulverized almonds, available at Trader Joes. This is optional; if unavailable, substitute an equal amount of any kind of gluten-free flour.)
3/4 cup Bob's Red Mill all purpose gluten-free flour, or experiment using a combination of gluten-free flours like garbanzo flour, sorghum flour, quinoa flour, soy flour or organic brown rice flour,).
1/2 tsp baking soda
A few pinches of salt
1 tsp each cinnamon and powdered ginger
1/3 tsp. each cardamom, nutmeg, turmeric, coriander, cumin, pumpkin pie spice, Chinese Five Spice and black pepper
A few dashes of cayenne
1 cup oats (Bob's Red Mill gluten-free rolled oats, or much less expensive regular bulk oats).
4 ounces dark chocolate chips - 60% cocoa or more (reserve 36 for topping)
2/3 cups coarsely-chopped walnuts
1/4 cup coarsely-chopped pecans
1/4 cup raw sunflower seeds
3 Tbls. sesame seeds
1 Tbls. Chia seeds

Preheat oven to 350 degrees. Put directly on cookie sheets by the teaspoon full, at least an inch apart (12 per sheet works well). Press each one down a bit to flatten, and press in one chocolate chip, upside down, in the middle of each cookie - or a shelled pistachio nut. Set timer and bake each batch in the top and middle levels of the oven for about 12 minutes until brown and approaching crisp. Cookies keep for a long time, except they are so tasty and nutritious that it's likely they'll be eaten sooner rather than later. Make for special occasions!

ADDENDUM ONE

Delicious Nutritious Toasted Granola (Makes 3 to 4 quarts)

Dry Ingredients

3 cups organic rolled oats
1 cup coconut chips/"Smiles"/flakes, or more (bulk at Whole Foods)
1/2 cup raw pecans
1/2 cup raw walnuts
1/2 cup shelled roasted salted pistachios
1/2 cup sunflower seeds and/or Chia seeds
1/2 cup raw pumpkin seeds
1/4 cup sesame seeds
1/2 teaspoon salt
1/2 cup light brown sugar
2 tsp. each cinnamon, cardamom, coriander and ginger and 1 tsp. nutmeg
Optional: 2 Tbls. uncooked Quinoa

Wet Ingredients

1/4 cup maple syrup
 1/4 cup honey or agave
 1/4 cup extra-virgin olive oil
 2 Tbls. vanilla
 1 egg white, beaten well

Add after baking: 1/2 cup dried cranberries, 1/4 cup raisins, and/or 1/3 cup dried currants and/or 1/3 cup dried apricots, cut in pieces. Dried blueberries or cherries are also yummy.

Directions

In a large mixing bowl, toss together all the dry ingredients. Preheat oven to 300 degrees. Mix together the wet ingredients, then add to the dry ingredients and toss to coat well. Spread out onto two large rimmed baking sheets lined with parchment paper. Bake for 25 minutes, use spatula to turn carefully and stir well, and bake for 15 to 18 minutes more, until lightly toasted. Remove from oven, put into a bowl and stir in the dried fruit. Allow to cool to room temperature, then store in glass jars, nicely labeled: *Delicious Nutritious Toasted Granola*

Sea of Cortez Sopa de Tortilla

(Serves 10)

2 onions, diced --- Sauté in olive oil in large soup pot with 2 Tbls. cumin seeds, 1 Tbls. black pepper, and some coriander (optional).

1 large poblano chili, diced and 1 red bell pepper (optional), and add to sauté.

Yummy Satisfaction

9 cloves garlic --- add.

Add 64 oz. Chicken stock and 8 oz. Fresh water, and bring to a boil. Then add:

28 oz. Canned whole Roma tomatoes, coarsely chopped, with juice, plus 3 tsp. Maggi,

2 tsp. Worcestershire sauce (or 1 tsp. salt), and 1/4 tsp. Tabasco. Return to boil.

3 ears fresh corn, cut from ear, or 2 cans whole kernel corn, drained --- add.

Note: If you have a gas grill, barbecued corn is delicious. Remove the corn husks and silk, pour a little olive oil on each ear and massage it onto the whole ear. BBQ at 400 degrees for 3 minutes on each of roughly 3 sides, about 10 minutes total, then cut the corn from the ear.

1 bunch cilantro, washed, culled of stems, coarsely chopped: add 2/3 of the cilantro to the stock, and keep the rest to serve as a topping for the soup.

Serve with these Toppings passed around in separate bowls:

1/3 lb. grated white cheddar cheese

2 corn tortillas, brushed with a little olive oil, cut in 1/4-inch strips, fried in medium hot skillet until crisp (5-7 minutes), then tossed in salt.

Fresh chopped cilantro.

Two avocados, in slices or chunks, tossed in lemon or lime juice.

Fresh squeezed lime juice.

Delicious Heirloom Tomato Soup

(Serves 15 to 20)

7 lbs. Heirloom Tomatoes (Best season is August to October for lowest prices)

1/2 cup olive oil

4 Tbls. butter

1 large white onion

2 parsnips, peeled and chopped

2 medium Russet potatoes, peeled and coarsely diced

1 small garnet yam
 1 red bell pepper
 7 cloves fresh garlic
 32 ounces of vegetable stock
 14 or 28 ounces of chicken stock
 2 handfuls of fresh basil leaves, coarsely torn
 2 cups tomato juice
 1 cup dry red or white wine (optional)

Method:

Bring 3" water to boil in a big saucepan. Put tomatoes in water, in batches of one full layer, so that the tomatoes are completely covered for 1 minute. Remove with a slotted spoon to a large plate and let them cool. Cut in half, removing skins and the stem cores.

In separate large soup pot, sauté the onion, parsnips, potatoes, yam and red bell pepper in olive oil and butter with spices: 1/3 tsp. cayenne, 2 Tbls. each basil, oregano, cumin seeds and turmeric, 1 Tbls. each thyme, lemon pepper, garlic pepper, black pepper and salt, and 1/2 of the fresh basil. Add peeled tomatoes and juice generated in removing their skins. Add the garlic. Bring to a boil.

Add vegetable stock, chicken stock and tomato juice. Bring to a boil and simmer for 15 minutes. Then use an Infusion Blender to puree the soup in the pot.

Return to boil, adding the wine, if using, and the other half of the fresh basil in leaves coarsely torn apart. Taste for flavor. Let cool.

Serve with a dollop of artistically-arranged lowfat yogurt, and some sweet orange cherry tomatoes cut in halves, and julienned basil leaves, or whatever.

Russian Borscht (Yummy Beet and Red Cabbage Soup)

(Vegan Version)

(15 to 20 Healthy Servings)

2 medium onions - diced; Sauté in 4 Tbls. Grapeseed oil and/or olive oil for a few minutes

Add: 7 medium-sized beets, carefully peeled and chopped into pieces;
 Stir and continue to sauté.

Add: 5 stalks celery, continue to sauté.

Add 5 cloves garlic, 1/2 inch fresh ginger, peeled and diced, and 1/2 inch fresh turmeric root,
 peeled and diced (optional)

Add spices:

1/3 tsp cayenne and 1 tsp each dill, basil, oregano, caraway seeds, cumin or cumin seeds, sea salt, lemon pepper, black pepper and paprika

Add: 3 carrots, peeled; continue to sauté.

Add: 1 large potato, peeled and cut up; continue to sauté, tossing

Add: 1 small red cabbage, chopped (3 cups); continue to sauté, tossing for a few more minutes.

Add 4 cans (14.5-oz. each) of vegetable stock and 1 can water;

Bring to a boil and simmer 15 - 20 minutes.

Add 1 heaping Tbls. of miso (optional).

Puree carefully using an infusion blender.

Add 2 Tbls. apple cider vinegar, juice of 1 lemon, 1/4 tsp. Tabasco (optional), and water to make the soup the desired consistency (thick but not too thick).

Serve hot with an artistic dollop of Lowfat Yogurt. This makes a beautiful presentation. Vegans can skip this dairy product, or create a tasty vegan aioli using silken tofu, garlic, miso, lemon, spices and such.

The flavor improves after a day or two, so make it in advance! It keeps well for a week, properly refrigerated.

Roasted Butternut Squash Soup with Granny Smith Apple and Fuyu Persimmon

(Serves 15 to 20)

Preheat oven to 400 degrees.

Toss the following in 4 Tbls. melted butter and 4 Tbls. virgin olive oil, plus spices that include cayenne, basil, oregano, cumin seeds, turmeric, black pepper, salt, pumpkin pie spice, Chinese Five spice, coriander, cardamom, and lemon pepper.

2 medium onions - quartered and outer layer discarded.

1 Garnet yam, peeled and cut in 8 pieces.

2 Russet potatoes, peeled and cut in 6 pieces.

1 medium-large Butternut Squash, washed and cut in half, seeded, and each half cut in 4 pieces for baking and subsequent peel removal.

Bake for 45 minutes. Spoon the onion, yam and potatoes into a big soup pot. Add 2 cans (14.5-oz. each) of chicken stock or vegetable stock and 2 cans of water. Bring to a boil.

Let the squash cool for a while and then slice off the skin and discard, and add the squash to the soup pot. Add 5 cloves garlic, 1/2 inch fresh ginger, peeled and diced.

Once boiling, let simmer 15 - 20 minutes. Then puree carefully using an infusion blender. Adjust for thickness by adding water; the soup should be somewhat thick.

Serve hot with an artistic dollop of lowfat yogurt for a beautiful presentation. Vegans can skip the butter and chicken stock.

The flavors meld together after a day, so make it in advance. It easily keeps well for at least a week, properly refrigerated.

Fuyu Persimmons are only in season from September through early January, so when they are not in season, the soup is good with just the Granny Smith apple, or add 2 ripe Bartlett pears.

Yummy Red Cabbage Salad

(Serves 12)

1/2 head red cabbage, shredded

3 Tbls. sesame seeds

3 oz. slivered almonds

3 scallions, chopped

Dressing:

1/4 cup vegetable oil

2 Tbls. sesame oil

3 Tbls. rice vinegar

1/2 tsp. garlic powder

1/2 tsp. black pepper

1/2 packet Top Ramen Chicken-Flavor Seasoning

1 Tbls. sugar

Toss the cabbage, etc, in the dressing. About 10 minutes before serving, add 1 package of crumbled Top Ramen Noodles.

Tiffany Twain's Baked Corn Pone Polenta with Shiitake Mushrooms

This recipe is included in *A Quite Curious and Illuminating Biography of Mark Twain*.

(Serves 12)

3 cups coarse or medium polenta cornmeal
 9 cups water
 1.5 teaspoons salt
 1 teaspoon each dried sage and thyme
 4 oz. grated Parmesan
 1/2 cup olive oil
 3 Tbls. butter (optional)

1 pound shiitake mushrooms, tip of ends chopped off, sliced in bite-sized pieces
 1 red onion, outer layers discarded, chopped medium fine
 2 red bell peppers, or 12 tri-color mini-sweet peppers, cut into bite-sized pieces
 3 crowns broccoli (3/4 lb.), washed and cut into bite-sized pieces
 2 zucchini, washed and cut into bite-sized pieces (optional)
 2 yellow summer squash or 4 small sunburst yellow squash (optional)
 3 Tablespoons sesame seeds and 1 Tbls. sesame oil
 Spices: 1/2 teaspoon fresh-ground black pepper, plus 2 tsp. basil, oregano, cumin seeds, turmeric, black pepper, and coriander, plus a few dashes of cayenne.
 1/2 cup Kalamata olives and/or yummy pimiento-stuffed green olives, cut in thirds
 1 bunch Fresh Italian Parsley or cilantro, washed, stems removed, and chopped
 1/2 lb. fontina cheese, or pepper jack, grated

Procedure:

In a medium saucepan, bring the water to a boil with the salt. Add half the olive oil (and butter, if using), and the sage and thyme, and then whisk in the cornmeal in a slow stream. Reduce the heat to very low and simmer, stirring frequently with a wooden spoon so it doesn't stick to the bottom, until it is very thick -- about 20 minutes. Remove from heat and stir in half the grated Parmesan.

Heat the oven to 350° and butter (oil) an 8-by-12-inch baking dish.

In a large frying pan, heat the remaining olive oil over moderately high heat for a minute. Add the mushrooms, stirring, and the spices. Cook, stirring for a few minutes. Add the red onion, stir together, and then the broccoli, squashes and bell peppers. Cook, stirring for 4 or 5 more minutes. Add olives, sesame seeds and sesame oil, and sauté one minute more. Remove. (Can be done in two batches if the pan does not accommodate all the ingredients).

Pour the vegetables into the big baking dish and spread into an even layer. Top with the Italian Parsley or cilantro and the rest of the Parmesan and the grated fontina or pepper jack. Top with the polenta, smoothing it into an even layer. Sprinkle lots of red paprika on top. Bake until bubbling, about 25 minutes.

Ratatouille Paella on Rice Pilaf (Serves 8-10)

Ratatouille Paella:

2 white onions - Begin sautéing in 3 Tbls. grapeseed oil or olive oil over medium heat
 1 each red bell pepper, orange bell pepper, and green bell pepper - diced: Add to sauté
 Continue adding ingredients in this order:
 Spices: 1/2 tsp. cayenne,

1 tsp. each sea salt and marjoram
 1 Tbls. oregano, cumin seeds, basil, thyme, black pepper
 5 cloves garlic - chopped
 1/2 pound Shiitake mushrooms, quartered
 1 medium Japanese eggplant, diced into 1" cubes
 2 zucchini, halved lengthwise and cut into 1/3 inch crescents
 8 oz. smoked tofu
 2 Tbls. capers
 1 can pitted whole Nicoise olives or black olives
 8 Campari tomatoes or Roma tomatoes - quartered
 2 Tbls. orange zest
 Juice of 1 lemon

Basmati Rice Pilaf:

1 yellow onion, diced -- sauté for a few minutes in 2 Tbls. avocado oil or grapeseed oil or olive oil, adding herbs and spices:
 2 tsp. cumin seeds or ground cumin
 2 tsp. basil
 2 tsp. black pepper
 1 tsp. each parsley, sage, rosemary and thyme
 1 tsp. sea salt

Add: 2 carrots, peeled, diced
 3 stalks celery, diced
 2 cloves garlic
 Sauté for 5 minutes total.

Add 1 and 1/2 cups brown basmati rice, or 1 cup brown basmati rice and 1/2 cup wild rice; sauté for two minutes. Add 3 cups vegetable stock or water, bring to a boil, reduce heat to medium low, set timer, and simmer for 20 to 25 minutes, until liquid is absorbed. Remove from heat and let sit for 10 minutes.

To Serve: Put a wedge of Navel orange at the top of the plate and the rice in the middle, half covered with a mound of the Ratatouille Paella spilling down to the bottom of the plate

Cauliflower Mashed Potatoes (Serves 6)

This recipe may taste better than mashed potatoes, and is healthier because it contains cauliflower.

1 head cauliflower, sliced in half, leaves discarded, stem cut off, and broken into florets
 4 large potatoes, peeled and sliced into 1/2 inch pieces
 1/3 cup milk or half-and-half
 1/2 cup sour cream
 3 Tbls. butter
 Salt and pepper

Put cauliflower and potatoes into a large pot with just enough water to cover. Add 1 Tbls. salt.

Bring to a boil, and simmer for 12 to 15 minutes until potatoes are soft when punctured with a fork. Drain carefully, and immediately add the milk, sour cream, butter, salt and pepper.

Optional: add 2 diced cloves garlic with the other ingredients, or 2 Tbls. prepared creamy horseradish. To serve, top with paprika and/or chopped chives.

Spicy East Indian Garbanzo Bean Sauté (Serves 8; Dollop Generously over Rice)

1 onion, diced; and

1 bell pepper, chopped in big bite-sized chunks: Sauté for 5 minutes in 3 Tbls. olive oil and spices: 2 Tbls. fresh ginger, 3 cloves minced garlic, 1/2 tsp each cumin seed, coriander, turmeric, cardamom, curry, black pepper, salt and chili powder or Thai chili sauce; and 1/4 tsp each cayenne, ground cloves, and cinnamon.
Add 1 can Garbanzo beans with some of its liquid;
simmer for 15 minutes. Add 3 large fresh tomatoes, chopped, 1/2 cup fresh cilantro, and 3 Tbls. fresh lemon juice; heat through and serve over hot cooked rice.

ADDENDUM TWO

Dr. Tiffany Twain's Destined-To-Be-Famous Crusader Cookies

Dark Chocolate Chip Cookies with Oats and Nuts (Gluten Free, with Vegan Option)

Note that cookies generally contain sugar, so they are not the best nutrition as a food, but the high nutritive value of all the oats, nuts and seeds in these cookies make them practically health food. They also contain lots of marvelously healthy Ayurvedic spices that provide numerous digestive and nutrient absorption benefits. I figure that the more things mixed in with the sugar, the better!

This cookie recipe is sensationally delicious and nutritious and can be made into either regular gluten-free cookies using butter and egg or completely vegan cookies using maple syrup that are equally yummy. In fact, the vegan version turn out to make crispier cookies, and some prefer them.

I'm not a religious gal, but in this instance I believe in the maxim inscribed above the entrance to Apollo's Temple in Delphi: "Everything in moderation." Enjoy these nutrient dense cookies in moderation. This maxim, incidentally, may be one of the secrets of *eudemonia*, the ancient Greek concept of *human flourishing*.

I chuckle to myself to think how delightful it might be, at least from a poetic justice standpoint, if the Earth Manifesto were to gain far-flung familiarity and powerful influence -- through cookies!!

Here's the plan to make sensational gifts of yummy cookies:

Dr. Tiffany Twain's Crusader Cookies

(Makes 12 Quarts that will yield about three dozen cookies each)

Buy 12 Mason Jars, each 1-quart (costs about \$12 total).

Shopping List:

- 2 pounds raw walnuts
- 1 pound raw pecans
- 1 pound sunflower seeds
- 1/2 pound sesame seeds
- 1/2 pound chia seeds
- 2 pound brown sugar
- 2 pound white sugar
- 1 and 1/2 pound almond meal (100% pulverized almonds - available at Trader Joe's; if unavailable substitute equal amount of any kind of flour)
- 12 cups oats (for seriously Gluten Free, buy expensive Bob's Red Mill gluten free oats that have been made in a factory guaranteed never to have seen a speck of gluten)

Some of each of these 12 spices: cinnamon, cardamom, turmeric, powdered ginger, coriander, nutmeg, cumin, Chinese Five Spice, Pumpkin Pie Spice, cayenne, black pepper and salt, plus baking soda.

4 pkg. (10-12 oz. each) of 60-70% cocoa dark chocolate chips

1 big pkg. Bob's Red Mill all-purpose gluten free flour (2 lb. 12 oz.), or any combination of gluten-free flours like sorghum flour, soy flour, quinoa flour, garbanzo flour, and/or brown rice flour. (Consistency will vary if not using all-purpose flour.)

Recipe Assembly

Make sure jars are clean and dry, then spoon in the ingredients in layers, giving the finished gift jar a beautiful-appearing visual effect.

Step 1 - Preparation. Coarsely chop the walnuts and pecans, and mix them together with the sunflower seeds, sesame seeds and chia seeds.

Contents for 3 Quart Jars:

Put 1/3 of each of the following in each of 3 quart jars. (To make 12 at once, multiply recipe by 4):

Layer 1 - Mix together 1.5 cups chopped walnuts and 3/4 cup chopped pecans,

Layer 2 - 1 cup brown sugar

Layer 3 - 3/4 cup white sugar

Layer 4 - 2/3 cup almond meal

Layer 5 - 1/2 cup raw sunflower seeds, 1/3 cup sesame seeds and 3 Tbls. chia seeds.

Layer 6 - Spices, mixed together in advance: 3 tsp each cinnamon and powdered ginger, and 1 tsp. each nutmeg, cardamom, turmeric, coriander, cumin, Pumpkin Pie Spice, and Chinese Five Spice; and 1/2 tsp. black pepper, and 1/4 tsp. salt and 1/6 tsp. cayenne

Layer 7 - 3 cups Bob's Red Mill gluten free oats or regular oats

Layer 8 - 10 to 12 ounces 60-70% cocoa dark chocolate chips

Layer 9 - 2 cups Bob's Red Mill all-purpose gluten free flour, with 1 tsp baking soda well mixed in, or equivalent mixture of several other gluten-free flours. **

Top off each jar with oats to be completely full, and put the top on. Should store well for a month or two.

** Don't forget to put the baking soda in the recipe!

Attach the Recipe Directions to each jar, printed out, folded in half three times and taped to the top of each jar. Here they are, below, with both regular and vegan options, in a template of two identical sets of directions that fits on one page, to conserve paper.

Note: The current estimated cost per jar, including the Mason jar cost is about \$12. The estimated cost per cookie is thus about \$.33. Note that one good friend indicated that his jar did not make 3 dozen cookies. He likes big cookies, and easier baking, so he made only 9 cookies! LOL.

Dark Chocolate Chip Cookies with Oats and Nuts (Gluten Free)

(Makes three dozen small nutritious and delicious cookies)

Recipe:

Beat together the following in a mixing bowl:

- 4 Tbls. (1/2 cube) of butter, room temp (or melted in a microwave for 20 seconds only).
- 1 large egg
- 1 Tbls. milk (or Vanilla Silk soy milk)
- 2 tsp. vanilla
- 2 tsp. molasses

Stir in contents of this jar, and mix well. Optional: freeze or refrigerate this batter for half an hour. Mixture should be moist, not crumbly dry or overly wet, so adjust by adding some of any wet ingredient, or flour or oats, as needed.

Preheat oven to 350 degrees. Put on baking sheets by the small teaspoon, at least an inch apart -- 12 per cookie sheet works well. Press each one down a bit to flatten, and press in one dark chocolate chip for appearance, pointy side down (or a whole shelled pistachio nut).

Set timer and bake each batch in the top level of the oven about 12 minutes until distinctly browning.

Ingredients: Gluten free oats, almond meal, Bob's Red Mill All-Purpose Gluten Free flour, 70% cocoa dark chocolate chips, walnuts, pecans, sunflower seeds, sesame seeds, chia seeds, brown sugar, white sugar, baking soda, and 12 spices (cinnamon, turmeric, cardamom, ginger, coriander, cumin, cayenne, nutmeg, Chinese Five Spice, Pumpkin Pie Spice, black pepper, and salt).

Dark Chocolate Chip Cookies with Oats and Nuts (Gluten Free)

VEGAN VERSION

(Makes three dozen small nutritious and delicious cookies)

Recipe:

Mix together the following in a mixing bowl:

- 1/3 cup maple syrup
- 1/2 cup of safflower seed oil (or canola oil)
- 2 tsp. vanilla
- 2 tsp. molasses

Stir in contents of this jar, and mix well. Optional: freeze or refrigerate this batter for half an hour. Mixture should be moist, not crumbly dry or overly wet, so adjust by adding some of any wet ingredient, or flour or oats, as needed.

Preheat oven to 350 degrees. Put on baking sheets by the small teaspoon, at least an inch apart -- 12 per cookie sheet works well. Press each one down a bit to flatten, and press in one dark chocolate chip for appearance, pointy side down (or a whole shelled pistachio nut).

Set timer and bake each batch in the top level of the oven about 12 minutes until distinctly browning.

Ingredients: Gluten free oats, almond meal, Bob's Red Mill All-Purpose Gluten Free flour, 70% cocoa dark chocolate chips, walnuts, pecans, sunflower seeds, sesame seeds, chia seeds, brown sugar, white sugar, baking soda, and 12 spices (cinnamon, turmeric, cardamom, ginger, coriander, cumin, cayenne, nutmeg, Chinese Five Spice, Pumpkin Pie Spice, black pepper, and salt).