

*The **10** Best Books for Your **Traditional Foods Journey***

Updated for
2020

Publisher Name
20XX





Mary's Nest

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Hi Sweet Friends,

My name is Mary and I'm the creator of Mary's Nest Cooking School (MarysNest.com) - The Home Cook's Free Online Video Resource for Easy Recipes using Traditional "Nutrient-Dense" Foods for making Delicious and Affordable Meals.

The following books are my favorites that I recommend if you are just getting started with cooking Traditional Foods or if you have been cooking these foods for years. They all offer something for everyone no matter where you are on your Traditional Foods Journey.

For this 2020 update, I added three additional books to my essentials collection. I also added a link for each book that includes a related traditional foods recipe video for that book.

Enjoy!

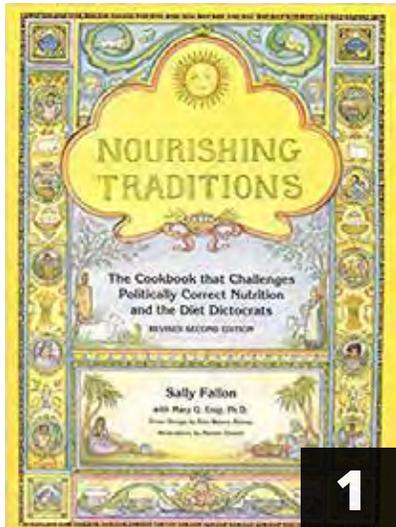
Love and God Bless,

Mary ❤️

Nourishing Traditions

The Cookbook that Challenges Politically Correct Nutrition and the Diet Dictocrats

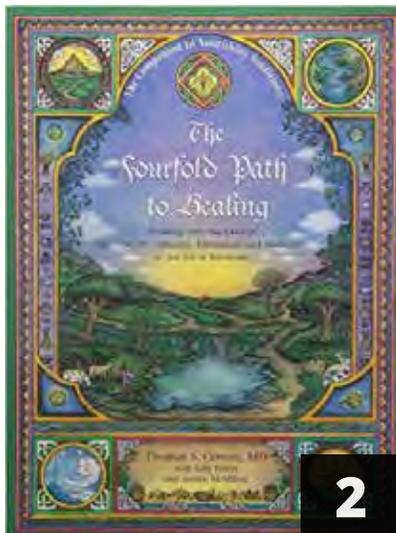
by Sally Fallon and Mary Enig



- [Link to related video](#)

This book is truly the tome that started it all for many people new to traditional foods. Part textbook, part cookbook, *Nourishing Traditions*, is the quintessential book covering traditional foods cooking. Together, authors Sally Fallon and Mary Enig walk newbies step-by-step through mastering the basics of traditional foods cooking.

Already know the basics? No problem. These ladies share over 600 pages of nutrient-dense recipes! If you have only one traditional foods cookbook on your shelf, this is the book to have.



- [Link to related video](#)

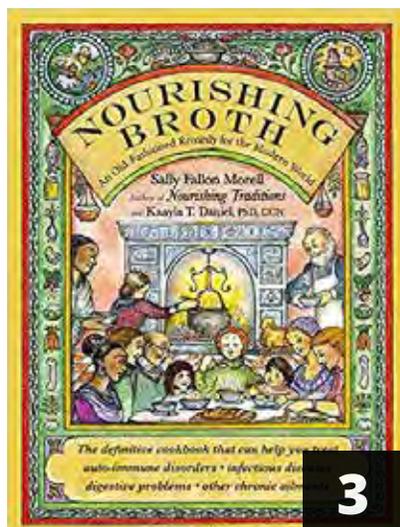
The Fourfold Path to Healing

Working with the Laws of Nutrition, Therapeutics, Movement and Meditation in the Art of Medicine

by Dr. Thomas S. Cowan

Many of us turn to traditional foods to maintain good health. But if you are in need of improving your health and overcoming illness through the use of real foods, then Dr. Thomas Cowan's book can help. He shares treatment plans for many of our modern-day maladies, including hypertension, diabetes, digestive disorders, chronic fatigue, depression, and arthritis.

He dispenses insights on how traditional foods can contribute to healing in various conditions, including heart disease and cancer. In addition to these illnesses, Dr. Cowan also provides a plan for losing weight using traditional foods.



- [Link to related video](#)

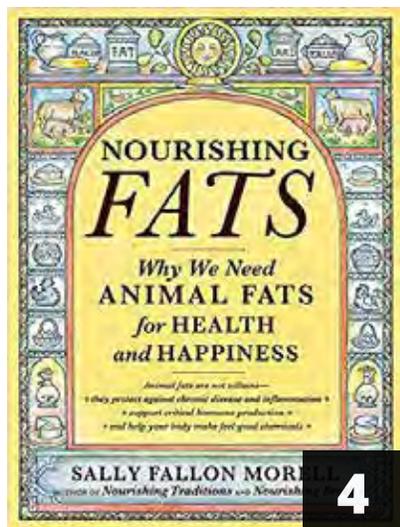
Nourishing Broth

An Old-Fashioned Remedy for the Modern World

by Sally Fallon Morell

Sally Fallon (now Sally Fallon Morell) returns with a follow-up to her best selling book *Nourishing Traditions*. This book focuses just on making bone broth—a true pillar of traditional foods cooking. Sally explains why broth is so nutritious and how it can help in the healing of many illnesses, including rheumatoid arthritis, psoriasis, digestive disorders, infectious diseases, and cancer.

She also includes a number of chapters on how bone broth can help with mental health, sports fitness, and even as an anti-aging regimen! From start to finish, Sally shares all the steps necessary for making a wide variety of bone broths. And once you learn the basics, this book contains over 100 pages of recipes on how to use your homemade bone broth.



- [Link to related video](#)

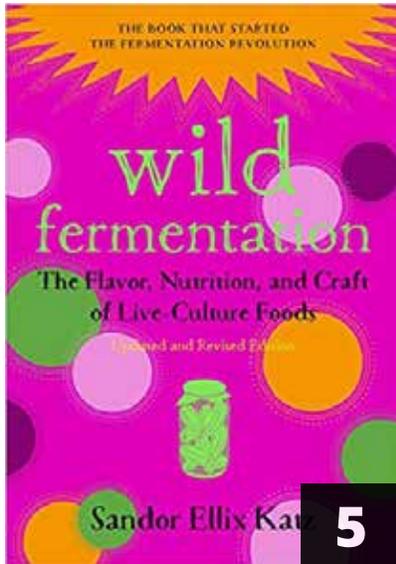
Nourishing Fats

Why We Need Animal Fats for Health and Happiness

by Sally Fallon Morell

You may be sensing a pattern here, but when it comes to traditional foods cooking, Sally Fallon Morell is the best go-to source for accurate information and clear recipe instructions. In this follow-up to her *Nourishing Traditions* and *Nourishing Broth* books, Sally is back with a wonderful book that explains why we need fat in our diet, especially saturated animal fat.

She explains the importance of these fats and the effects they have on both your physical and mental health. And she shows you exactly how to incorporate these nutritious fats into your diet to combat infertility, depression, and chronic disease.



- [Link to related video](#)

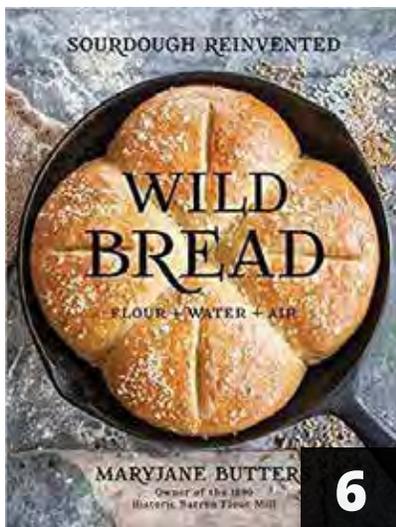
Wild Fermentation

The Flavor, Nutrition, and Craft of Live-Culture Foods

by Sandor Ellis Katz

Sandor Katz, like Sally Fallon Morell, is one of the true pioneers of the traditional foods movement. He specializes in fermented food, and he is a master at teaching you how to be successful at making fermented foods right in your own kitchen.

In this book, Sandor describes the history and benefits of cultured foods and then walks you step-by-step through the basics of successful fermentation. Plus, he includes over 100 pages of recipes for all myriad of ferments, including vegetables, beans, dairy, breads, grains, and beverages, covering wines and beers. He also shares how to make your own vinegar. And if you eat a dairy-free diet, Sandor offers fermented dairy alternatives, including those suitable for vegans.



- [Link to related video](#)

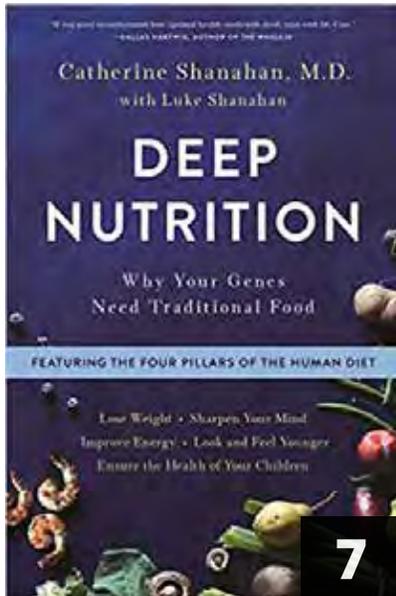
Wild Bread

Sourdough Reinvented

by Maryjane Butters

There are so many books about making sourdough bread that one could put together an entire edition just about books about how to make sourdough bread! But when it comes to picking only one, my favorite is this relatively new book by Maryjane Butters. I like to recommend this book because it is perfect for beginners, as well as experienced sourdough bakers who will be tempted to try one of the 295 recipes offered.

These recipes use a variety of flours, including heirloom wheat, sprouted grains, white and brown rice, and even quinoa. But what makes this book special is how beautiful it is. This hardback book with glossy pages walks beginners through the sourdough process clearly—step-by-step—with full-color pictures. It's a coffee table book that offers both good looks and great information.



- [Link to related video](#)

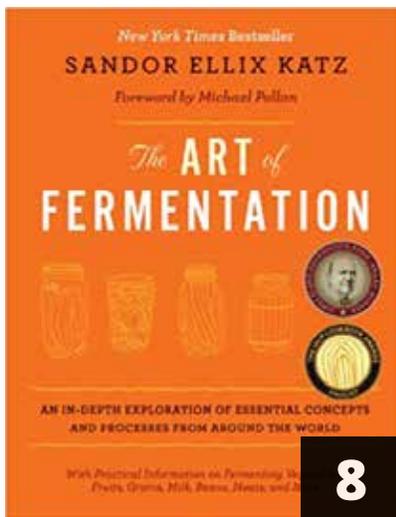
Deep Nutrition

Why Your Genes Need Traditional Food

by Dr. Catherine Shanahan M.D.

In this book, which started out as a self-published phenomenon, Dr. Catherine Shanahan (Dr. Cate as she refers to herself) lays out what she calls “The Human Diet” for great health. It is based on four nutritional strategies, including fresh food, fermented and sprouted foods, meat cooked on the bone, and organ meats.

Based on her scientific research, she clearly explains, in a delightfully readable and approachable manner, why what we eat can alter our genes—for better or worse—leading to good or poor health. So if you want to fare on the healthier side, Dr. Cate says you better eat traditional foods. She also shares the story of how traditional foods healed her debilitating injuries, which will be especially interesting to athletes.



- [Link to related video](#)

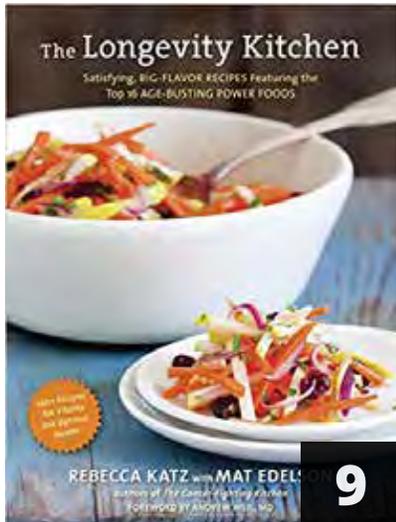
The Art of Fermentation

An In-Depth Exploration of Essential Concepts and Processes from Around the World

by Sandor Ellis Katz

If you enjoyed the *Wild Fermentation* book by Sandor Ellis Katz, you will love his follow-up book, *The Art of Fermentation*. In this book, Sandor provides greater detail and expands on the fermentation areas that he covered in his first book. He leaves no fermentation question unanswered.

For those of you who are looking for an alternative to salt fermentations, this book is for you! Sandor provides numerous alternatives on how to ferment vegetables without using salt.



- [Link to related video](#)

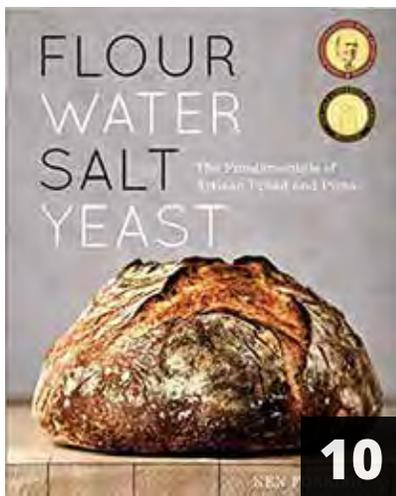
The Longevity Kitchen

Satisfying, Big-Flavor Recipes Featuring the Top 16 Age-Busting Power Foods

by Rebecca Katz and Mat Edelson

If you enjoyed my [Mineral Broth videos](#), you will thoroughly enjoy this outstanding book by Rebecca Katz and Mat Edelson. The authors are amazing at creating recipes with ingredients that have been identified as contributing to good health and a long life.

The recipes are not just healthy—They're delicious! You'll enjoy such dishes as Thyme Onion Muffins and Silk Road Spiced Walnuts. Thanks to the authors' detailed information on balancing flavors through the proper use of seasonings, every recipe will be outstanding.



- [Link to related video](#)

Flour Water Salt Yeast

The Fundamentals of Artisan Bread and Pizza

by Ken Forkish

If you are new to sourdough or even if you are an experienced baker, this is the book for you! Ken Forkish's book on sourdough is both a James Beard Foundation Book Award Winner and an IACP Cookbook Award winner.

This book covers every aspect of the fundamentals of making artisan sourdough breads, including the best pizza dough! But most importantly, this book helps those who have struggled with getting a traditional sourdough starter going, or have been dissatisfied with the lack of rise in their sourdough bread. Ken diagnoses these problems and more. This book provides practical solutions that accommodate the traditional home kitchen.

I hope you enjoyed my top 10 books about Traditional Foods and the accompanying recipes and videos.

Please share this eGuide and my website marysnest.com with your friends and family. Let's help as many people as we can learn how to make Traditional "Nutrient Dense" Foods!

I'd love to hear about your favorite Traditional Foods books too! Please share your comments with me on one of my YouTube videos or recipe blog posts. You can also find me on social media:

- **Facebook:** facebook.com/marysnest
- **Instagram:** instagram.com/marysnest
- **Pinterest:** pinterest.com/marysnest
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That's all for now, but I look forward to chatting with you again! And be sure to join me in my kitchen with my next video as we make traditional foods together.

Love and God Bless,

Mary ❤️