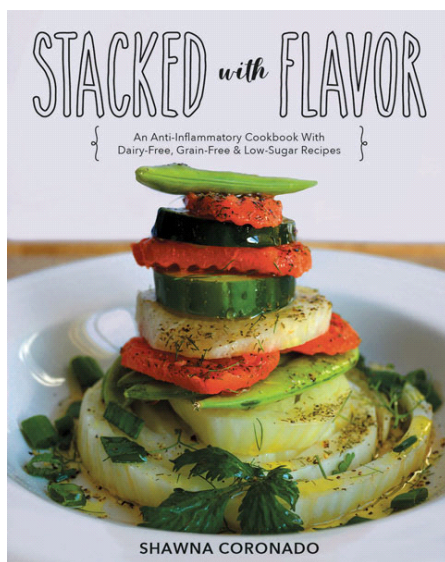


Front Lines

10/1/2019

Eating from the Garden

Jennifer Polanz



Longtime garden writer Shawna Coronado has a new book out focusing on an anti-inflammatory food plan, much of which can come from the garden. Called “Stacked With Flavor: An Anti-Inflammatory Cookbook With Dairy-Free, Grain-Free & Low-Sugar Recipes,” it highlights Shawna’s own struggle with chronic pain and inflammation.

Why the name? According to Shawna: “Stacking and swapping flavors means combining herbs and spices into your own seasonings and layering them throughout your recipes while cooking.”

The book is available through Ogden Publishing and features 224 pages of full-color recipes and healthy eating tips. Visit www.ogdenpubs.com for more. **GP**