



Soul Stirrings

The
Sage Woman
Cookbook

Edited by
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Soul Stirrings: The SageWoman Cookbook
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This book is dedicated to Hestia, Goddess of the Hearth.

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Introduction

Women and food — a natural connection. Women provide food from their very bodies. Down through the misty centuries, women have faithfully gathered and prepared food for their loved ones, nurturing bodies and delighting the senses with the creations of their hands. But somewhere along the line (and we won't attempt to place blame here), women got the message that it wasn't all that okay to love food themselves, and that there was something wrong with enjoying food or having a loving relationship with food.

But that is changing. Even in our fat-obsessed, exercise-mad culture, there are glimmers of hope that things are swinging back into balance, that food is being recognized once again as sacred, and women are seeing themselves as goddesses, not slaves to fashion. Life-sized women are appearing in the media, celebrating their curves and their appetites. As I was working on this book, I happened upon Courtney Love, of all people, on MTV, urging young women to eat and to love food. She sat with the members of her band in front of a table loaded with food, and said, “We LOVE food! Food is great! And we have the best asses in rock!” — at which point they put down their forks, stood up, turned around, and wiggled at the camera while exhorting the young women watching to feed themselves well and to love themselves while they did it. I laughed, hoping some girls were getting the message: Food is fun!

This book is about fun, as women share their recipes, wisdom and stories filled with the joy of *yummy*. It's about the delights of the Mother's bounteous table — creamy, crunchy, gooey, chewy, cool and fresh, hot and spicy. And, most of all, it's about the connection between the food you take into your mouth and the nourishment you take into your spirit. It's about food as Goddess, and eating as prayer.

From Eve's apple to Persephone's pomegranate, from the golden honey of Oshun to the creamy milk of Brigid, food is Her body, Her gift, Her abundant love made manifest. Spiritual traditions worldwide invariably include sacred food and drink, and some are so universal as to seem holy by their natures: wine, bread, a simple bowl of rice, a handful of corn.

In these pages, many women's voices harmonize in a chorus of joyful grace before the blessing of food. The book is divided into seasons, since most of us tend to associate the turning of the Wheel with the foods

that enhance seasonal celebrations. We begin in the Spring, honoring the cleansing and healing time of Candlemas/Imbolc, as well as the greens and eggs that symbolize growth and renewal. This is the time of the child and the young Maiden, and her presence is felt with some delights for a faery tea party. Summer follows, the time of lushness, of heat and sensuality, brought forth here in luscious treats for Beltane, cool salads and fruits, picnic nibbles, and much more. This is the time of the ripening woman, moving into her power and her passion.

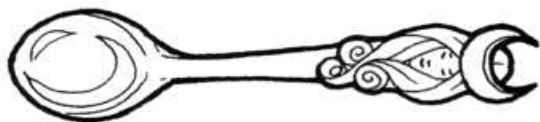
Then comes Autumn, time of harvest home, with earthy breads for Lammastide, the pumpkin's Harvest Moon presence, and Avalon's ripe apples. This is the time of the Mother, of preservation, when we gather our store for the dark months to come. Finally, we come to Winter, as our Wheel turns downward into Halloween/Samhain and then to Yule, Hanukkah, Kwanzaa. Here we pay tribute to the foods of our ancestors and traditions, warming foods to share by the hearth fire. This is the time of the Crone, the grandmother whose cozy kitchen fed many a hungry child, and whose love feeds us still.

Renée Christine Yates's illustrations pay tribute to each of these seasons, and we encourage you to add your own energy to these pages by coloring the artwork! Cooking is creativity, and creativity leads to further creativity, so let it begin — in every way — with this little book.

I had a wonderful time putting *Soul Stirrings* together for you. I'm very grateful to all the women who sent in the recipes they treasure and stories from their hearts and lives. I wish I could have included everything that was sent, for the care and love was tangible in every scrap of paper, every carefully copied recipe card, every email. *Here is my gift, each said, here is how I feed the world.*

We make our world sacred by the intention and awareness we bring to the most humble act — stirring a pot, lifting a glass, taking a morsel of bread between our lips. The Goddess is present in every savory moment, if we have eyes to see her and hearts ready to taste her sweetness. She is there in the kitchen, holding out a heaping spoonful of the most delicious concoction of all: love. May you always have good appetite for it.

Lunaea Weatherstone



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Page 15: "Spell to Send Away Mal Occhio" appeared in *SageWoman* #7.

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Page 29: Cornbread ritual excerpted from "I Come to Changing Woman," *SageWoman* #21.

Page 34: "The Morning After," first published in *The Lucid Stone*, Spring issue 1999, #17.

Page 39: Cookie quote appeared in *SageWoman* #35.

Page 60: From *The Moon Is Always Female*, by Marge Piercy, Alfred A. Knopf, 1977.

Page 77: Carol Christ prayer appeared in *SageWoman* #39.

Page 87: *Honey Bee* is a segment from an original body of work titled *Goddess-in-Training: Sensual Divinity in Nature and Beyond*, by Sienna Wildfield.

Page 99: Salmon blessing excerpted from "Salmon People," *SageWoman* #20.

Page 105: From *The House by the Sea*, by May Sarton, Norton & Co., 1981.

Page 108: From *The Book of Found Goddesses*, excerpted in *SageWoman* #1.

Page 116: Excerpted from *The Goddess Path*, by Patricia Monaghan, Llewellyn Publishing, 1999.

Page 126: From Mary Cantwell's "Eat" column in *Mademoiselle* magazine, 1980.

Page 127: Pumpkin pie recipe appeared in *SageWoman* #35.

Page 132: Crone of Autumn, from the *SageWoman Calendar* for 1994.

Page 172: From Mary Cantwell's "Eat" column in *Mademoiselle* magazine, 1980.

Alice May Brock quotes from *Alice's Restaurant Cookbook*, Random House, 1969.

Alicia Bay Laurel quotes from *Being of the Sun*, Harper & Row, 1973.

Linda Ledbetter's writings from her *Mother Earth Kitchen Newsletter*.

Waverly Fitzgerald's writings from her School of the Seasons, online information at: <http://www.nas.com/jpcolbertart/seasons/sos.html>.

Seasonal invocations by Lunaea Weatherstone.

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