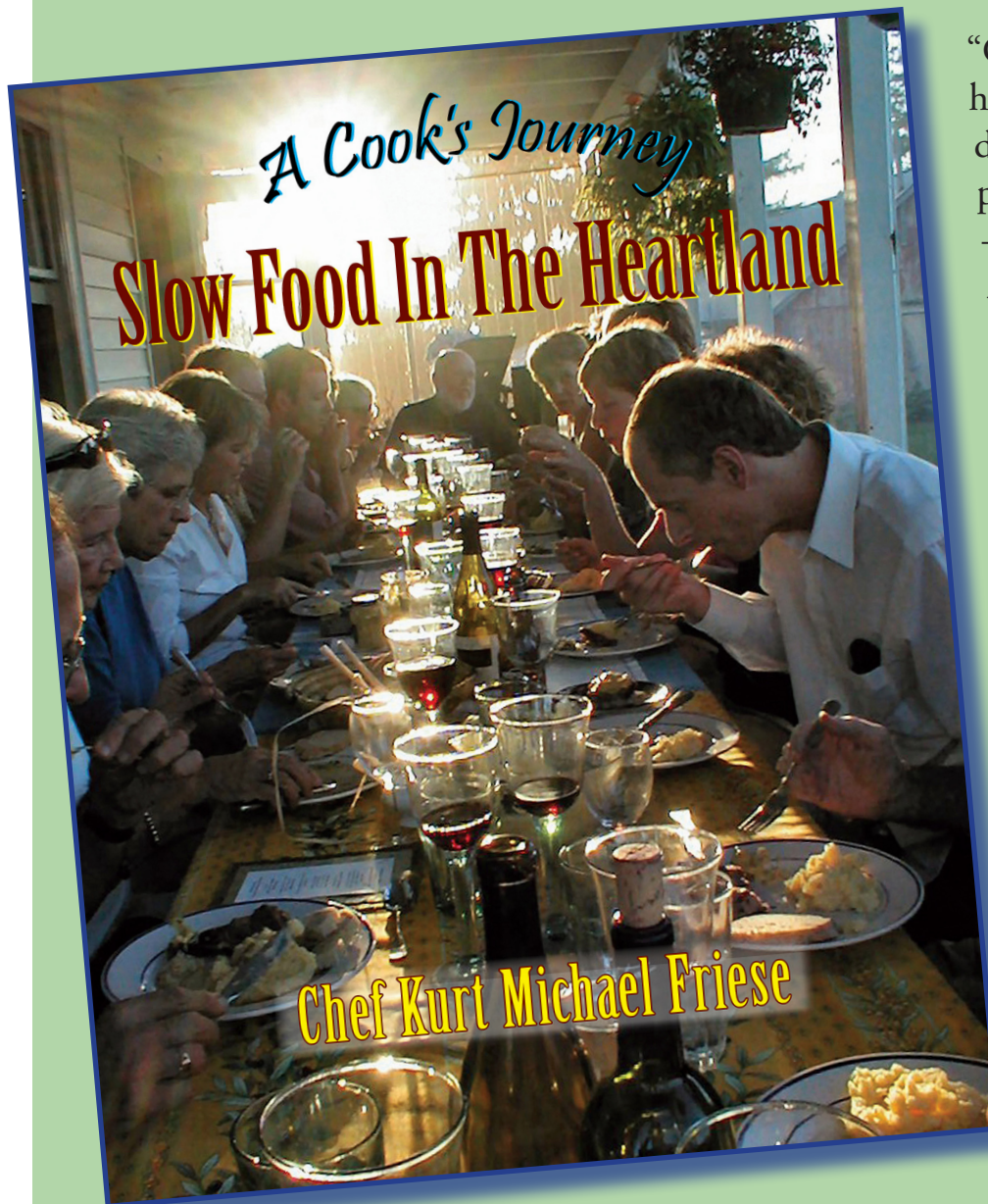


A MIDWEST CONNECTIONS PICK!

Join Chef Kurt Michael Friese as he travels through our nation's Heartland. The world's culinary heritages have always been located in the heart of a nation's grain belt, whether it be France, Italy, India, or Germany. The Heartland of the United States is full of fascinating, varied and healthy food stories! Discover the foods of Minnesota, Wisconsin, Iowa, Missouri, Kansas, Nebraska ... thirteen states in all.



“Chef Kurt Michael Friese has written a terrific introduction to the theory and practice of slow food.”
—**Michael Pollan**, author,
In Defense of Food

“*Slow Food in the Heartland* will give great encouragement to the reader who cares about good food and enjoys sitting down to a convivial table. Kurt Friese has drawn a new portrait of the Heartland. These states are teeming with good cooks, fine producers and appreciative eaters who are turning their abilities and senses towards delicious foods and worthy traditions.”
—**Deborah Madison**, author, *Local Flavors, Cooking and Eating From America's Farmers Markets*

