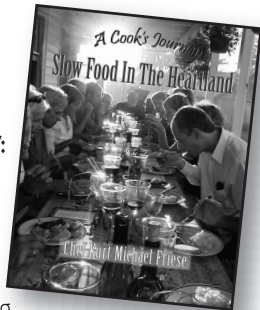


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Chef Kurt Michael Friese's **A COOK'S JOURNEY: SLOW FOOD IN THE HEARTLAND** is a great culinary journey through our region. His expedition explores and explains the Slow Food movement throughout the 13 states making up the American Midwest. This inspiring collection also includes mouth-watering recipes by the author and the folks featured in this remarkable journey.



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