



# To the Table: A Spirituality of Food, Farming, and Community

*Lisa Graham McMinn*

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With the growing farm-to-table movement and popularity of local farmers' markets, we are becoming more conscious of where our food originates. This spirituality of eating and food helps us reflect on current realities and understand how eating forms our souls inwardly, upwardly, and outwardly. The author offers practical guidance on what it means to eat alone or in community with more intention, compassion, humility, and gratitude. She also tells the story of food as it transitions from seed to table. Sidebars contain gardening and food tips, recipes, and food preservation guides. End-of-chapter questions for individual and group use are included.

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