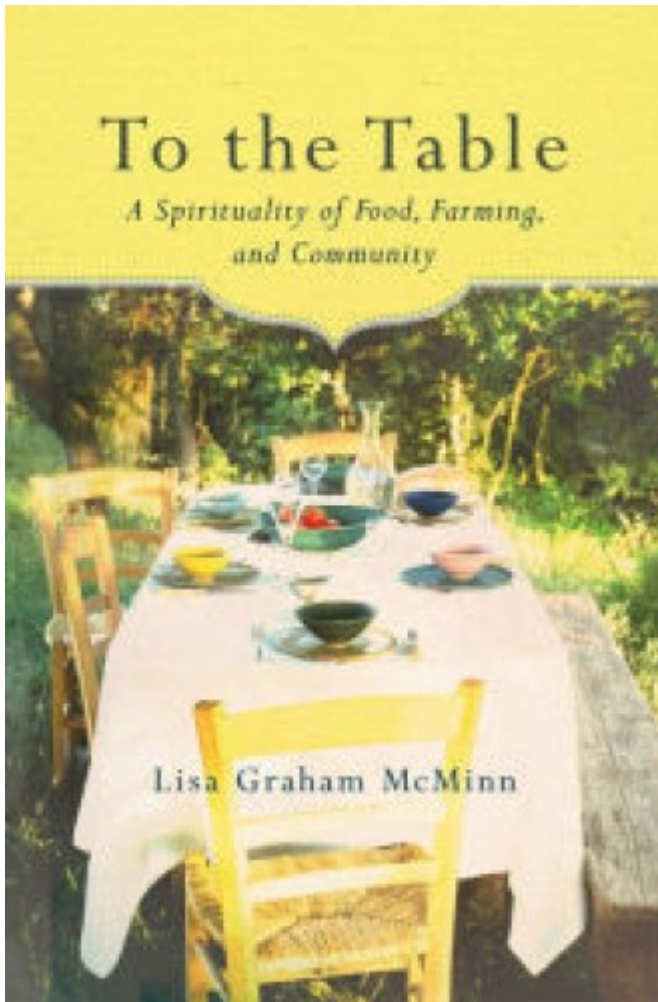


*To the Table*, by Lisa Graham McMinn

Books in the [March 30, 2016](#) issue

## In Review



## To the Table

By Lisa Graham McMinn

Brazos

McMinn, a sociologist and co-owner of a small farm, presumes a certain level of privilege among her readers: choose heirloom seeds; eat only fair trade chocolate; avoid plastic food containers; and buy eggs “from a local source, if possible, and/or

from chickens raised outside eating grass and bugs.” Still, this book is an enticing reflection on the sacramental nature of preparing and eating meals. Harvesting mimics eschatology. Eating local foods is a way to “practice aggressive loving-kindness.” McMinn explores the ethics of food growth, preparation, and consumption alongside a history of eating. She intersperses her own reflections on the religious significance of food practices with recipes and practical tips for gardening, canning, and cooking. Discussion questions ending each chapter make this book ideal for group study.