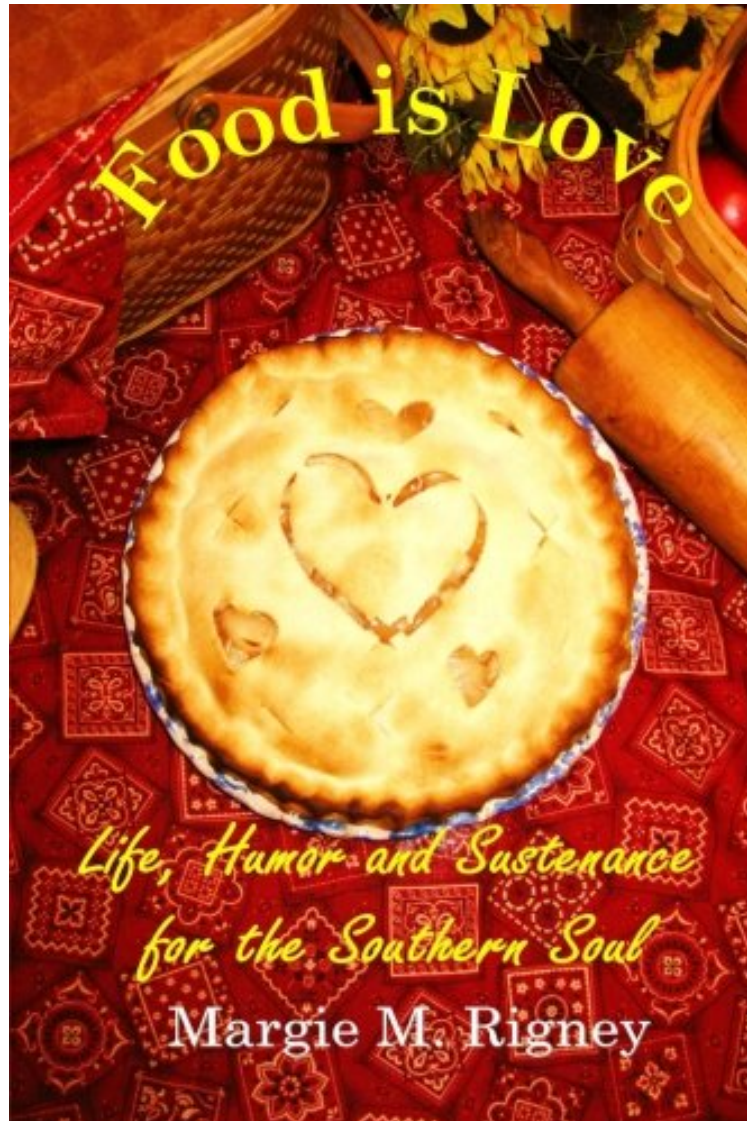


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Food is Love: Life, Humor and Sustenance for the Southern Soul

Margie M. Rigney, David L. Rigney jr.

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for my wife for her birthday. She enjoyed it very much. Mrs. Rigney writes a column for our local newspaper and she has a writing style that is interesting to read. 1 of 1 people found the following review helpful. Outstanding author takes you back in time, this is writing at its best. By Marlisa This author takes you back to her childhood and you along with her, she captivates you and transports you back in time. This author is a natural. I could not put down the book, she absolutely brings you in to the time she writes about and you feel like you are right there with her. I can't wait for her to write another volume!

As a child born in the 1960's I grew up sipping the last bitter drops of my mothers "straight" black coffee at a well worn kitchen table with her lady friends. This was a daily ritual in our suburban neighborhood. Coffee breaks began as soon as sons and daughters were packed off to school and before most of the women even had a chance to get the foam rollers and bobby pins out of their hair. Gathering around a kitchen table, good food, laughter...its a way of life to me. Food is Love is a book about my life, stories from my youth, others from my chaotic life as a married, mom o' three...with each chapter followed by a favorite recipe. Honest and hopefully, humorous recollections and revelations about me and why I turned out to be the woman I am today. Food is my friend. Rumor has it I've never met a casserole I didn't like. Good food has been my companion throughout my life and at times, it's been my salvation. As a columnist for nearly 10 years, the idea of combining my love for writing about life with recipes came to me one day after I realized I had a tendency to romanticize about food in much of my work. So the idea for this peek-into-the-life-of-moi, "foodie" book was born. ~Margie M. Rigney

About the Author Hello. My name is Margie Rigney. I grew up in the heart of the Bluegrass. I'm happily married to my wonderful husband David and mother to three beautiful people; William, Ben and Lydia. Food is my friend. Rumor has it I've never met a casserole I didn't like. Good food has been my companion throughout my life and at times, it's been my salvation. The idea of combining my love for writing about life with recipes came to me one day after I realized I had a tendency to romanticize about food in much of my work. Oftentimes, something I wrote would actually make me hungry. So the idea for a peek-into-the-life-of-moi, "foodie" book was born. I was always taught the pathway to anyone's heart begins at the kitchen door. Recipes passed down from generation to generation should be considered treasured artifacts. These relics are an edible history of our family trees. Most of the recipes in this book have been handed down, made up out of necessity or I've reworked recipes to satisfy my family's own tastes and preferences. Never be afraid to try new things, if you're not an onion lover, leave them out. Take a recipe and make it your own, simply by changing a few ingredients you can create a culinary masterpiece. I got my first apron before I was four years old and I haven't stopped wearing one since. While most women may not aspire to be June Cleaver, you gotta admire a gal that can do it all in heels and pearls and still have time for the beauty parlor. I have a tendency to laugh at myself more than most people. I quit worrying about what people thought of me for my fortieth birthday present. I've learned the hard way that life is precious and it's too short to spend worrying about people and things you can't control. For me, it's always the perfect time to pop a cork, crack a good cookbook and stir things up.