

Foreword

Real Fresh Food is a beautiful and timely book that will appeal to anyone with an interest in growing and cooking fresh, natural food that is good for you. This constitutes a large audience because, thankfully, more and more people are turning their backs on a modern, highly processed industrial diet and rediscovering the joys of growing, preparing and eating fresh, healthy food.

Roger and Anna Wilde teach us how to prepare and cook food so that it retains its flavour, looks fantastic and retains its essential nutrients as well. Readers will be genuinely inspired by these sumptuous yet easy-to-prepare recipes and tips about how to eat for optimum health.

Roger and Anna's passion for fresh-tasting whole foods, a balanced diet and healthy living permeates this book, and I am certain that *Real Fresh Food* will introduce dozens of recipes that become firm favourites with the whole family.

Real Fresh Food is the perfect book for anyone interested in fresh food, great taste and healthy living.

SUE KEDGELY

Sue Kedgely is a New Zealand Green Party MP and chairperson of the NZ Parliament Health Committee. She is also a founder of the Safe Food Campaign in New Zealand and the National Food Safety Network.

Introduction

We all want to be healthy and happy. Eating delicious, top quality food is a great way to improve your life in so many ways.

Even with the best of intentions, the challenges and temptations of everyday life can lead to unhealthy eating habits. You may be living with constant stress, weight worries, exhaustion, digestive difficulties and emotional upheaval. Changing to a healthier way of eating might seem like yet another hassle to add to an already hectic lifestyle, but by putting diet-change into the too-hard basket, you may not realise the damage you are doing to your body.

A keen awareness of your body is the most valuable tool you have for managing your health; pain and discomfort are invitations to adjust behaviour. Learn to trust your intuition and experiment to discover which foods make you feel truly alive.

Believe it or not, you have the power to make hugely beneficial improvements to your health and happiness by introducing some simple changes to your diet. It's actually easier than you might realise to achieve and maintain a state of well-being, even amongst the complex challenges of modern life.

Despite common misconceptions, healthy food:

- ⊗ is quick and easy to prepare;
- ⊗ may be made from readily available ingredients;
- ⊗ is delicious and interesting;
- ⊗ can be enjoyable for the whole family, including doubtful kids;
- ⊗ satisfies your cravings for sweets and special treats;
- ⊗ is possible on any budget.

Try the recipes in this book and discover how delicious, economical and easy-to-prepare healthy food can be. A little experimentation with whole foods will not only result in your feeling healthier and happier but will also introduce you to a whole new world of satisfying food.

Real Fresh Food calls for a return to healthy home cooking. Begin today by introducing gradual changes, incorporating our ideas into your daily routine as energy and time allow.

ANNA AND ROGER WILDE