

# Feel-Good Food

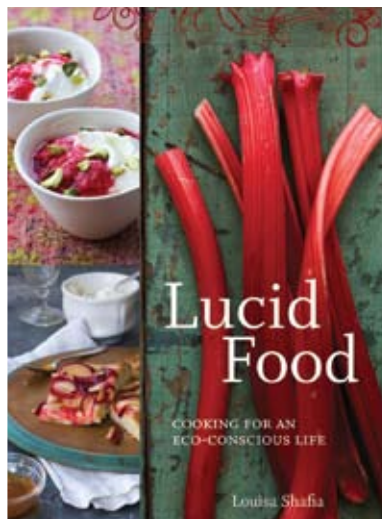
For the Fourth, books celebrating good eats and togetherness

**Recipes from an Italian Summer** (Phaidon Press): This seasonal cookbook helps a home chef create wonderful Italian meals with a warm summer feeling sure to last all year round.

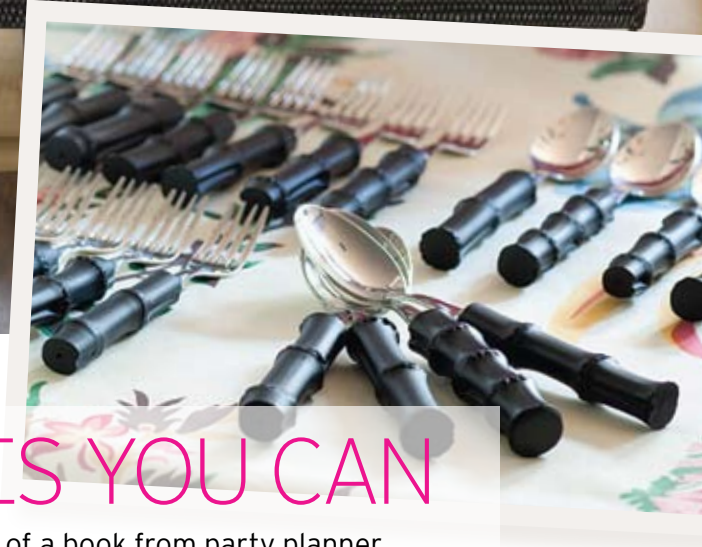
**Maggie's Harvest** (Penguin Global) by Maggie Beer: In combining both author Beer's memories and recipes from her life, this book makes anyone reading it feel a connection with both her and her passion for food.

**Slow: Life in a Tuscan Town** (Welcome Books) by Douglas Gayeton: An ideal addition to any coffee-table book collection, this tome features gorgeous sepia-tone photographs and evocative writing that take readers on a journey through Tuscany by way of food. —MARISSA BIENSTOCK

**Lucid Food: Cooking for an Eco-Conscious Life** (Ten Speed Press) by Louisa Shafia: Shafia, founder of Lucid Food, an eco-oriented fine-catering outfit in NYC, shows how home cooks can green their culinary approach from top to bottom. Substantial tips on how to harness the power of sustainability (the ethical sourcing of animal products; local-food support; practices like composting, gardening and preserving) mingle with 90 recipes (beautifully illustrated by lovely photography) for ecologically responsible dishes like eggs and new potatoes with green-olive pesto, grape- and ginger-glazed chicken, watermelon gazpacho and apricot shortcake with lavender whipped cream.



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## YES YOU CAN

A gem of a book from party planner **Joe Nye** shows how anyone can create a fabulous get-together.

Clients and friends turn to interior designer Joe Nye for advice on everything related to a life of beauty and elegance—a passion for which he inherited from his mother—and now he's put it all into words for the rest of us in *Flair*, *Exquisite Invitations*, *Lush Flowers*, and *Gorgeous Table Settings* (Rizzoli New York). Filled with inspirational ideas and tips on how to make the most of what you



have for any occasion, the book provides helpful tips, like serving soup in antique finger bowls and matching every fussy gesture with a plain one to make home entertaining a (dare we say it) delight. Nye urges readers not to be afraid to mix it up, pointing out that an unexpected touch is the sort of personal accent that makes for a memorable event. But to help ease any confusion, think of it like this: Setting the table is just like getting dressed in the morning—you put on the essentials first, and then you pull together an outfit. Not everything will match, and that's OK, because no matter what you own, you can always work with it. Just don't forget the napkins.—LYNDSAY MCGREGOR

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