



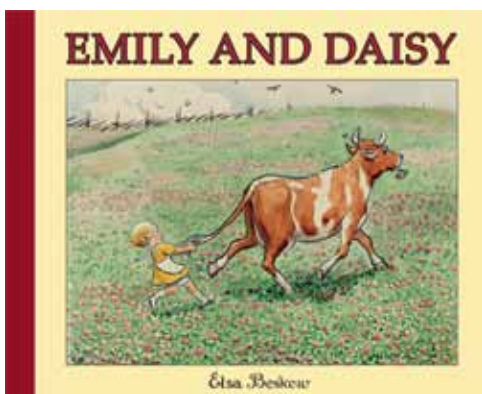
New this issue...

The Crazy Wisdom Kids Section

Great kid-relevant articles, reviews of books, music and dvds, and listings for upcoming events for kids.

Children's Book Reviews

By Sarah Newland, mother of two (ages three and eleven) and devoted parent of Waldorf education

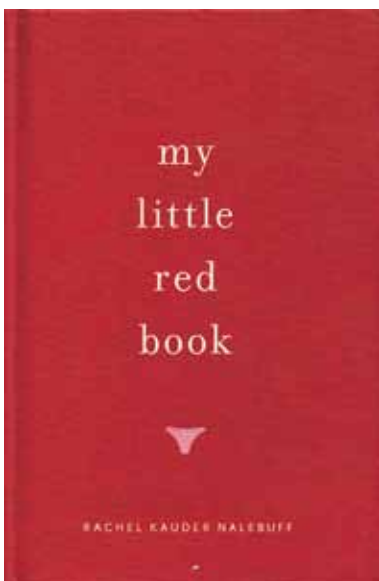


Emily and Daisy by Elsa Beskow

Elsa Beskow's numerous picture books for children have been known and loved for over a century. In this new publication, Emily is going to the meadow to look after Daisy the cow and meets some elves along the way. This is a beautiful view into traditional Swedish farming life and a gentle story about a young girl, for ages 3-7. \$17.95 by Floris Books

Growing Green: A Young Person's Guide to Taking Care of the Planet by Christina Goodings with illustrations by Masumi Furukawa

This book will help children learn about simple ways to take care of our world by tending to small creatures, nurturing seeds, picking up trash, and recycling. The pastel artwork makes this book extremely appealing and helps children identify with these larger issues. My son, who is almost four, loves this book (especially the camping page!) even though it's probably written for slightly older children, ages 4-10. \$12.95 by Lion Hudson



My Little Red Book by Kauder-Nalebuff

This is an anthology of stories about first periods, collected from women of all ages from around the world. The accounts range from lighthearted (the editor got hers while waterskiing in a yellow bathing suit) to heart-stopping (a first period discovered just as one girl was about to be strip-searched by the Nazis). The contributors include well-known women writers, such as Erica Jong and Gloria Steinem, alongside today's teens. Ultimately, this book is a call for a change in attitude. By revealing what it feels like to undergo this experience firsthand and giving women the chance to explain their feelings in their own words, My Little Red Book aims to provide support, entertainment, and a starting point for discussion for mothers and their girls. It will be the perfect gift for my daughter's First Moon celebration (but I'm reading it first, and it's great!). \$14.99 by Twelve Books

Baking Bread with Children by Warren Lee Cohen

With a little know-how, anyone can transform a few basic ingredients into a delicious, sustaining loaf of bread. This book has everything you need to know to share the magic of baking bread with children of all ages. In the Waldorf tradition, the techniques and recipes are cleverly

seasoned with stories, songs, and poems to make the whole process really enjoyable for everyone. The Cheesy Snails are super fun, the braided Harvest Spelt Bread looks very special to children (and is easy to make), and now I can finally find the recipe for Santa Lucia Buns for December 13th! I'm currently making the 14-day sourdough starter for the Old World Rye Bread, and I can't wait to try it.

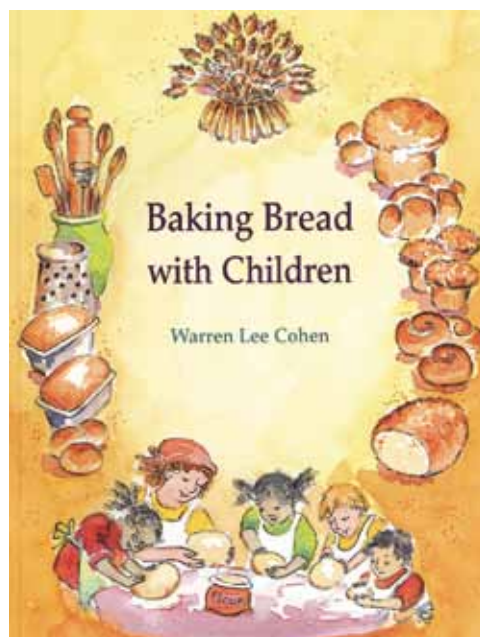
This is a perfect way to spend a couple hours each Sunday with your children, with all your hands kneading dough. \$30.00 by Hawthorn Press in the UK

Devon Scones (reprinted with permission from Hawthorn Press)

These are wonderful served warm out of the oven with homemade jam, and also delicious if you add a handful of currants or 4 ounces of cheddar cheese and chives.

- 1 ½ cups flour
- 2 tsp baking powder
- ½ tsp salt
- ½ cup milk
- ¼ cup butter, softened

Sift together flour, salt, and baking powder. Cut in butter, then stir in milk. Knead lightly to form a ball. Place on floured surface and flatten to ¾" thickness. Cut out circles and place on greased tray. Bake 10-12 minutes at 425 degrees.



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