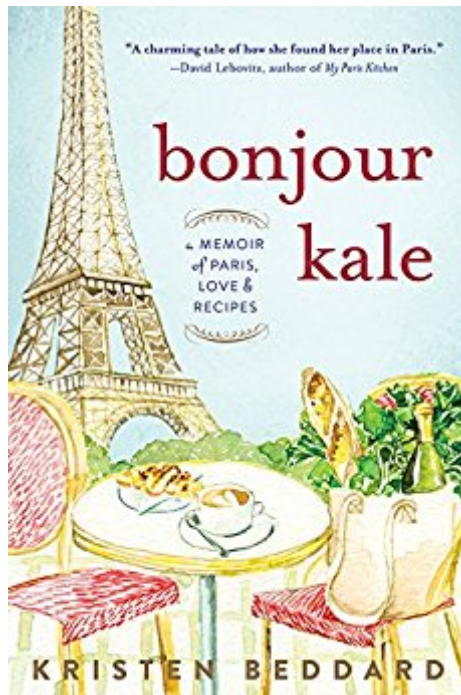




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Bonjour Kale: A Memoir Of Paris, Love, And Recipes



Synopsis

A memoir of love, life, and recipes from the woman who brought kale to the City of Light The story of how one expat woman left her beloved behind when she moved to France-her beloved kale, that is. Unable to find le chou kale anywhere upon moving to the City of Light with her new husband, and despite not really speaking French, Kristen Beddard launched a crusade to single-handedly bring kale to the country of croissants and cheese. Infused with Kristen's recipes and some from French chefs, big and small (including Michelin star chef Alain Passard) Bonjour Kale is a humorous, heartfelt memoir of how Kristen, kale, and France collide.

Book Information

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Customer Reviews

The only word to describe how I read this book was simply that I devoured it - I couldn't put it down! The memoir was incredibly well written, taking me on a journey throughout some of my favorite cities, both New York and Paris, leaving me with a longing to visit Madame Mustard at her farm outside of Paris. Not only was the book a beautiful coming of age story filled with love, loss and overcoming the every day challenges you face with moving abroad, but it was a charming story to

remind us all to dream big. The book has also become a staple in my kitchen, as I'm experimenting with the forgotten vegetable, and had no idea I could transform kale in so many delicious ways - a must read!

Such an enthralling tale, I could not put the book down, reading it in less than a week.

Kristen's writing is witty, engaging and honest. Her story of love and life will capture your heart (and your taste buds). Everyone can relate to the homesick feeling and wanting to find yourself when in a new place; I know I can. Following Kristen as she created her new path and found her passion brought a smile to my face.

For those of you who have left your home and entered an unfamiliar place, you will relate to Kristen as she arrives in Paris feeling lost not knowing the language or her place in her new city. As Kristen makes tiny steps towards bringing kale to Paris you will cheer for her as she falls in love and make a lasting impression on Parisian food culture. You don't have to love kale to love this book, keep your mind open as the author shares some great recipes throughout the book that may help you change your mind about kale.

I thoroughly enjoyed reading Bonjour Kale! This beautifully written memoir is an inspiring story of a young wife who leaves the security of her job, family, friends, and a city she loves to follow her new husband to Paris for a his job promotion. Her quest to bring kale, a comfort food on which she was raised, to Paris provides an inspiring tale of her journey as a successful entrepreneur, Bonjour Kale is a touching, humorous, passionate account of that journey, interspersed with yummy recipes using kale.

This book is really well written and so enjoyable to read! It's an interesting commentary on the cultural differences between US and France as well as France food culture overall. I also loved the personal story of finding a purpose and managing the impact on your relationships as an ex pat. I read this while on leave after having a baby and it was like a vacation for the brain; perfect thing to rest your mind before going to bed at night to dream of rose, cheese, and kale!

An expat story that goes far beyond kale and Paris. A truly wonderful tale of making one's mark and finding happiness in a foreign land and cooking nutritious recipes that remind of home. Kristen is a wonderful storyteller and I felt as though I was along for her journey right by her side.

An honest, relatable read that goes well beyond Kale! The recipes are simple and delicious, I love all of them!

I loved this book! Not only was I treated to a fun tale, but also fabulous recipes. This book is not just for francophiles or vegans but anyone who loves food, travel, and a good old story of persistence and passion. I highly recommend and I plan to gift a few copies to friends this holiday season!

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