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#### Holiday Packaging Ideas:

- Use Mason jars topped with coffee filters or fabric squares.
- Use purchased food-grade gift bags.
- Decorate dollar store gift bags with fabric, foam, stickers, sequins, paper cut-outs.
- Re-use old Christmas tins.
- Use paper, foil, or ceramic bread pans
- Cushion baked goods in a box filled with dish towels, dishcloths, pot holders.
- Put hot cocoa mix in a clear bag and “wrap” in a large mug. Tie a fancy spoon to the handle.
- Fill a mug with homemade hard candy.
- Purchase low-cost take-out boxes.
- Search yard sales and estate sales for orphan spoons or unusual bottles.
- Give cookies on an antique plate. Wrap it all in plastic wrap with a bow.
- Use holiday themed disposable plastic storage containers.
- Make your own bags using end pieces of wrapping paper

# Food Gifts

Trust me, everyone on your list wants a homemade gift from the kitchen.

You don't have to be the world's greatest cook or spend days at the stove to easily whip up the perfect gift for your child's teacher, your workplace Secret Santa, your hard to please mother-in-law, and the friend you can call even if it's 2am.

Homemade food gifts are also a fantastic way to show off your food preservation skills. Gift little jars of home canned jam lemon curd, or bags of granola made with fruit you dehydrated over the summer, or soup mixes full of your home-grown herbs and dried veggies, or a jar of pickles made from an old family recipe. Or perhaps you prefer one of the ideas on the next pages!

## Chocolate Truffles

Chocolate truffles are an elegant gift - and so easy to make! This is the perfect gift for the chocolate fanatic at the office, the Mom who already has everything, and the shut-in who would love something homemade.

Place truffles in individual candy cups (like miniature cupcake papers) and fill your own candy box. Candy cups and boxes can be found at your local craft shop.

- 1 cup semisweet mini chocolate chips
- 1/3 cup heavy cream
- Optional flavoring (see below)
- 2 Tablespoons unsweetened cocoa powder

1. Combine chocolate and cream in a saucepan over low heat.
2. Stir constantly until chocolate melts and combines with cream. NOTE: If cream boils remove from heat and stir until chocolate melts.
3. Pour chocolate mixture into a bowl. Press plastic wrap directly on the surface of the chocolate to prevent the formation of a skin.
4. Refrigerate for 2 hours or freeze for 1/2 hour.
5. Shape mixture into small balls, no larger than 1 inch. (You may want to wear disposable gloves for this step as it gets messy – or just be prepared to lick chocolate off your fingers after all the balls are made!)
6. Roll balls in cocoa.

**Optional Flavorings:** Add 1 Tbsp Grand Marnier, Cognac, or Amaretto to melted mixture. Or add 1/4 tsp vanilla or mint extract.

**Other Options:** Truffles may be rolled in finely chopped nuts instead of cocoa.

Truffles remain fresh for up to two weeks in the refrigerator. Store in an air-tight container and return to room temperature before serving.

Or: Freeze truffles before rolling in cocoa. Thaw and roll in cocoa before serving.

## Tortellini Soup Mix

A great way to use up some of the dehydrated vegetables you made this summer. Didn't make any dehydrated vegetables? Make a few now using fresh or frozen vegetables from the grocery store.

Layer this mix in a Mason jar for an attractive and welcome gift.

1/3 cup red lentils  
1 Tablespoon dried leeks  
1 Tablespoon dried bell peppers  
1 Tablespoon dried carrots  
1 bay leaf  
1 – 1 ¼ cups dried tortellini  
1 Tablespoon chicken bouillon  
1 Tablespoon onion powder  
½ teaspoon black pepper  
1 teaspoon salt  
1 teaspoon fennel seeds  
1 Tablespoon dried parsley  
1 teaspoon Spanish paprika

1. Layer lentils, leeks, peppers, and carrots in a 1-pint Mason jar. Place bay leaf standing up on one side of the jar.
2. Pour tortellini into jar, being careful not to overfill.
3. Add the bouillon, onion powder, pepper, salt, fennel, parsley and paprika to a small zip-top bag.
4. Seal the bag and place on top of the soup mixture.

Write the following directions on a decorative tag or index card. Attach to the jar with ribbon or rubber band.

Add all ingredients to a large saucepan with 5 cups of water and 1 (14oz) can diced tomatoes. Bring to a boil. Reduce heat and simmer for 15-20 minutes or until lentils and tortellini are tender. Serve topped with grated cheese or pesto.

Optional additions: Add 2 cups of chopped chicken or turkey and ½ cup frozen peas.

*Reprinted with permission from **Food Mixes in a Jar** by Renee Pottle*

## Christmas Tea

As a New England native, I grew up drinking tea. There was tea in the morning. Tea during dinner. Tea in the afternoon. Tea and toast before bed. There wasn't much a good cup of tea couldn't solve. There still isn't. Although I no longer live in New England, I have passed my love of tea on to my sons, and their children.

Making your own tea blends is a delicious way to use some of the herbs you dried during the summer, and the leftover orange peels that dot your counters in the fall.

### Tea Gifting Tips

- Place your loose tea mix in a plastic zip-top bag (to keep it fresh) and then in a fancy tin.
- Make your own tea-bags with blank tea sacs. Sew or glue closed.
- Gift teas in an antique tea cup. This is a great way to use those estate-sale tea cups you just couldn't resist but now have no room for.
- Include some honey sticks with the gift.

Strong and spicy, this tea makes a good pick-me-up.

2 teaspoons loose black tea leaves  
2 teaspoons coarsely crushed cinnamon stick  
1 teaspoon dried orange peel  
3 whole allspice berries  
3 whole cloves  
½ star anise

Place all ingredients in a tea bag or a 5-inch square of cheesecloth. Tie cheesecloth together with a string.

To brew tea, place bag in a mug with 8-10 ounces of boiling water; steep 4-5 minutes.

*Reprinted with permission from **Holiday Gifts from the Kitchen**, by Renee Pottle*

## Microwave Toffee

- 1 cup butter
- 1 cup granulated sugar
- ½ cup brown sugar
- 1 Tablespoon corn syrup
- 2 Tablespoons water
- ½ cup chopped nuts (divided)
- 1 cup chocolate chips

1. In a large, microwave safe bowl, combine butter, sugar, brown sugar, corn syrup and water. Microwave on high 2 – 2 ½ minutes until butter melts.
2. Stir well to blend butter and sugar.
3. Stir in 1/3 cup nuts and microwave for 9-11 minutes or until temperature reaches 300 degrees.
4. Pour onto baking sheet. Sprinkle with chocolate chips and let slightly melt. Sprinkle with remaining nuts.
5. Let cool until hard. Break into small pieces.

## Cranberry Christmas Jam

Summer isn't the only time of the year to make jam. This Christmas jam uses the best of autumn's harvest – cranberries and apples.

Cranberries, full of healthy antioxidants, add a fresh, tart flavor to breads and sauces. Their flavor melds especially well with apples and warm spices.

This spicy jam is delicious spread on homemade biscuits or post-holiday turkey sandwiches. It also makes an interesting fill for Christmas cookies.

Fun Fact: Cranberries, blueberries, and Concord grapes are the only Native American berries grown commercially.

1 (12oz.) package cranberries, about 3 cups  
6 cups peeled, diced apples  
1<sup>3</sup>/<sub>4</sub> cups water  
6 cups granulated sugar  
½ teaspoon ground allspice  
½ teaspoon ground cinnamon  
¼ teaspoon ground cloves

1. Add the cranberries, apples, water, sugar, and spices to a large Dutch oven.
2. Slowly bring the mixture to a boil over medium heat stirring until the sugar is dissolved.
3. Turn the heat up a little and cook rapidly, stirring often to prevent sticking, until the jam reaches the gelling point.
4. Use the plate method to check for gelling or use a digital thermometer. Gelling is reached at 220 degrees or 8 degrees above the boiling point of water.
5. Spoon the hot jam into prepared jars, leaving ¼ inch head space.
6. Wipe the lip of each jar with a damp paper towel, top the jars with a lid and a lid ring.
7. Process the jars in a water bath canner for 15 minutes. Remove and let cool completely.

Makes about 6 half-pints.

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# The Holiday Table

The holidays aren't just about gift-giving, they are also about hosting friends and family for a fancy meal.

But a fancy meal doesn't have to mean lots of last-minute work. After all, you want to enjoy time with your friends and family – not be so exhausted the whole experience becomes a trial.

That's where these easy dishes will come to the rescue. There's everything from make-ahead appetizers to make-ahead sides to make-ahead desserts here! And you will also find some special dishes for the vegetarians and diabetics or people following the keto diet. Because let's face it, holiday meals are usually heavy in carbohydrates and meat!

## Cranberry Orange Relish

One of the best things about November? Cranberries. Yes, the summer stone fruits are gone for another year and delicate strawberries are resting up for a springtime show, but late autumn brings us tart and tangy cranberries.

Cranberries and their Scandinavian cousins, lingonberries, are too mouth-puckering for most of us to eat out of hand. But temper that tartness with a little sugar and cranberries become the star of the holiday show. If you don't count turkey!

Homemade cranberry sauce is so easy I often wonder why I ever purchased it in cans. And dried cranberries are a wonderful addition to homemade [Swiss Muesli](#), Pumpkin Cranberry Scones and [Fruitcake](#). But one of my favorite fall-winter recipes is Cranberry Orange Relish.

Cranberry orange relish adds something special to the Thanksgiving table. But this relish isn't just for the holidays. Try it all winter long with pork chops, pot roast, baked chicken, a baked bean meal, or served alongside a one-dish casserole.

4 cups fresh or frozen cranberries (about 1½ bags)  
1 large navel orange  
½ cup water  
½ - 1 cup sugar

1. Wash orange. Cut unpeeled orange into 6-8 pieces, removing seeds.
2. Place the cranberries in a food processor. Process until evenly chopped. Spoon into a large saucepan.
3. Place the orange pieces in a food processor. Process until evenly chopped. Add to the cranberries.
4. Add water and sugar; less sugar if you like a tart relish, more if you prefer it sweeter.
5. Simmer over medium heat until cranberries are hot and soft, 5-10 minutes.
6. Ladle into clean half-pint canning jars and process in a water bath canner for 15 minutes.

Cranberry Orange Relish can also be frozen or kept in the refrigerator for up to a month.

## Savory Red Wine Cheese Ball Recipe

I love all things miniature, and this recipe is no exception. Although I have made this as one large cheese ball covered in chopped pecans, I like it better as a group of small balls with several colorful coverings.

Use Spanish paprika, parsley, or camellina seeds to cover the balls. The paprika adds a smoky flavor, and the camellina seeds add a bit of a mustard-like bite. Other good coverings might be chopped nuts, sesame or poppy seeds, or dried dill weed.

You can also tweak the flavor by using different types of red wine. Port is traditional, but is sweeter than I like. Since the whole recipe only uses a tablespoon of wine, I do recommend something with a lot of body, a Malbec or Cabernet Sauvignon.

Best yet, the cheese balls can be made ahead and frozen before covering. Just thaw and roll in a covering before serving or gifting. A group of cheese balls with some homemade crackers would make a wonderful hostess gift or gift for your boss. They also are a welcome addition to the holiday appetizer tray.

Be sure to use low-fat or full-fat cream cheese here. Non-fat cream cheese doesn't hold together as well.

8 ounces low-fat cream cheese

1 (7 or 8 ounce) bag finely shredded Cheddar cheese

1 Tablespoon red wine

½ teaspoon each: onion powder, dried basil, dried mint, dried parsley

1 teaspoon dried chives

¼ teaspoon dried dill weed

Additional parsley, chives, seeds, nuts, etc. to coat balls

1. Let cream cheese come to room temperature.
2. In a large bowl, beat cream cheese and red wine until fluffy. Stir in remaining ingredients.
3. Flour your hands and make tablespoon sized balls from the mixture. Roll balls in desired coating.
4. Set balls in mini-cupcake papers and chill until set. Serve on crackers or flat bread or pita chips.

## Artichoke Feta Spread

Move over mayo! Sometimes the simplest recipes deliver the greatest flavor burst.

That is true for this sandwich spread. It combines Mediterranean flavors like sun-dried tomatoes, pine nuts, and basil into a taste treat that will make everyone forget about ever using mayonnaise again.

Use the spread on focaccia with grilled veggies, or on ciabatta rolls with tuna and spinach, or perhaps with a BLT. Add to the holiday table with along with crackers for an unusual appetizer.

- 1 (14 ounce) can artichoke hearts
- 1 cup crumbled Feta cheese
- 2 Tablespoons lemon juice
- 2 teaspoons olive oil
- ½ cup soft, sun-dried tomatoes
- ¼ - ½ cup fresh basil leaves
- ¼ cup toasted pine nuts

1. Drain and rinse artichoke hearts.
2. Combine artichoke hearts, Feta, lemon juice and olive oil in a food processor or high-speed blender. Pulse until smooth, or desired consistency.
3. Snip sun-dried tomatoes into small pieces.
4. Shred basil leaves.
5. Combine all ingredients in a mixing bowl.
6. Add salt and pepper to taste.
7. Serve immediately, or cover and refrigerate for up to two days.

## Apple Walnut Crostini

Crostini are basically a smaller version of the ever-popular bruschetta. Instead of a typical Italian style topping, here, the crostini bring the flavors of Normandy, France.

This recipe is a great way to use some of your own dried apples or herbs from your garden.

Herbs de Provence is usually a mixture of rosemary, thyme, savory, basil, tarragon, marjoram and sometimes lavender.

2 cups walnuts, chopped  
3/4 cup honey  
3/4 cup dried apples  
2 Tablespoons orange zest  
1 Tablespoon orange juice  
2 teaspoons Herbs de Provence  
1 teaspoon ground coriander  
1 teaspoon lemon juice  
8 ounces goat cheese  
1 baguette

1. Combine all ingredients except the baguette.
2. Slice baguette and spread some of the mixture on each slice.
3. Place under the broiler for about 2 minutes, just long enough to warm the bread and cheese.
4. Garnish with additional herbs de Provence if desired.

## Marinated White Beans

Make these beans using canned cannellini (white kidney) beans, or giant white beans (which can sometimes be found in the frozen food aisle) or butter beans.

2 cups cooked white beans, drained and rinsed  
3 ribs celery, diced  
1 clove garlic, minced  
2 Tablespoons chopped Italian parsley  
Salt, pepper, and red pepper flakes to taste  
3 Tablespoons red wine vinegar  
¼ cup extra-virgin olive oil

Add all ingredients to a large bowl and gently stir to combine. Beans are best if allowed to marinate for an hour before use.

Options:

Give these beans a Provençal flavor by using tarragon vinegar instead of red wine vinegar, and adding ½ teaspoon each dried basil and dried tarragon.

Give these beans a Greek flavor by using lemon juice instead of red wine vinegar and adding ½ teaspoon dried dill.

Keep the beans white by using white wine vinegar instead of red wine vinegar.

Add 1 Tablespoon minced shallot if desired.

## Roasted Brussels Sprouts and Cauliflower with Orange

This recipe might just convert the Brussels sprouts haters in the family. It's also a lower-carb side dish for those who are watching their carbohydrate intake.

1 large head cauliflower  
1-pound fresh Brussels sprouts  
¼ cup olive oil  
1 large shallot, minced  
2 garlic cloves, minced  
1 Tablespoon grated orange peel  
½ cup orange juice  
1/3 cup chopped fresh Italian parsley

1. Preheat oven to 450 degrees
2. Cut cauliflower into 1-inch florets. Trim Brussels sprouts and halve if large.
3. Combine cauliflower, Brussels sprouts, olive oil, shallot, garlic and orange peel.
4. Spread on a large baking sheet. Sprinkle with salt and pepper to taste.
5. Roast until lightly browned and almost tender, stirring once, about 12 minutes.
6. Pour orange juice over. Roast until vegetables are tender and juice evaporates, about 8 more minutes.
7. Stir in parsley. Serve.

## Quinoa-Cranberry Stuffed Squash

Acorn squash can be easily found at almost any grocery store. It's a mild flavored vegetable, so works well for family members who aren't crazy over squash. Adding a few more seasonal items like cranberries and walnuts makes it even better.

Although the squash takes a while to cook, this whole recipe is super-easy to prepare. Feel free to substitute whatever you have on hand. You could use rice instead of quinoa (although the quinoa provides complete meatless protein), pecans instead of walnuts, increase the cranberries or add chopped apple.

Add this dish to your holiday table as either a lower-carb side dish or a meatless main dish.

Serves 2 - 4 but the recipe can easily be increased to meet your holiday dinner needs.

1 small acorn squash  
1 stalk celery, chopped  
1 small shallot, diced  
2 Tablespoons olive oil  
½ cup red quinoa  
1 cup water or broth  
½ cup fresh cranberries  
2 Tablespoons brown sugar  
¼ cup chopped walnuts  
Parmesan cheese

1. Preheat oven to 400 degrees.
2. Cut squash in half, lengthwise. Scoop out and discard seeds.
3. Grease a baking pan. Place squash hollow side down in pan. Bake for 50 minutes or until squash is fork-tender.
4. Meanwhile heat olive oil in a 2-quart saucepan over medium heat. Sauté celery and shallot until soft. Add quinoa, water, cranberries, sugar, and walnuts. Bring to a boil. Reduce heat, cover and simmer for 20 minutes or until quinoa is tender and most of the water is absorbed.
5. Remove from heat and add salt and pepper to taste.
6. Carefully flip the squash. Stuff each with half of the stuffing mixture. Cover with grated Parmesan cheese.
7. Return to oven and cook until heated through, 5-15 minutes.

## Cauliflower with Capers

This cauliflower dish can be served as a side salad or an appetizer. Best of all, it can be made in advance and brought to room temperature before serving.

1 large cauliflower, broken into florets

2 garlic cloves, minced

¼ cup chopped Italian parsley

¼ cup capers, drained

3 Tablespoons white wine vinegar

7 Tablespoons extra virgin olive oil

Salt and pepper to taste

1. Cook cauliflower in boiling water until tender, 5-8 minutes.
2. Drain and rinse with cold water.
3. Mix together garlic, parsley, capers, vinegar and olive oil. Season with salt and pepper. Toss with the cauliflower. Let marinate, stirring occasionally, for 30 minutes.

## Spanakopita

Every family seems to have their own unusual holiday food traditions. My husband's family always served boiled pearl onions with butter. My daughter-in-law's family looks forward to a decadent, cheesy, hash brown concoction. Many years ago, we started a "ham bread" tradition. Ham bread is a loaf stuffed with chopped ham, cheese, and dill pickles. But when I became a vegetarian ham bread no longer worked for me. That's when I started making Spanakopita.

Although I (sadly) have no Greek heritage, it's a flavor palate I adore. So, spanakopita in one form or another finds its way to our holiday table. This recipe makes a large amount, enough for all of the meat eaters and the vegetarians in the family. It is also a lower-carb option for those watching their carbohydrate intake. Leftovers can be heated in the oven the next day.

2 pounds fresh baby spinach  
1 large leek, white and light green parts only, washed well and thinly sliced  
1 small fennel bulb, chopped  
½ cup chopped fresh dill  
½ cup chopped Italian parsley  
2 eggs, slightly beaten  
1 cup crumbled feta  
Salt and pepper to taste  
Dried bread crumbs (optional)  
½ cup olive oil  
12 sheets phyllo dough, thawed

1. Preheat oven to 375 degrees.
2. Wash spinach in cold water and drain. Squeeze out as much water as you can and place spinach in a large bowl.
3. Heat 1 Tablespoon olive oil in a skillet over medium heat. Add sliced leeks and chopped fennel. Sauté until soft, about 5 minutes.
4. Add leek mixture to the bowl with the spinach. Add the dill, parsley, feta, eggs, and 2 Tablespoons of olive oil. Add salt and pepper. Stir to combine.
5. Brush a 12-inch tart pan or a 9 x 13-inch baking pan with olive oil. Layer 6 sheets of phyllo dough, brushing each sheet with olive oil before adding the next, allowing the excess dough to hang over the pan edge.
6. Sprinkle dough with dried bread crumbs if desired. Spoon filling into pan and spread evenly over dough.

7. Fold the excess phyllo dough edges over the filling.
8. Repeat the dough layering procedure with the remaining sheets of dough, brushing each with olive oil.
9. Roll the excess dough forward or tuck into baking pan to make a decorative or neat edge.
10. Pierce the top 2 or 3 layers with a sharp knife in several places. Bake for 45 – 50 minutes or until top is golden brown. Serve warm or at room temperature.

Note: Commercial phyllo dough should be thawed in the refrigerator. When preparing to use, unroll and cover with a damp paper towel so that dough does not dry out. Don't worry if dough breaks while you are transferring it to the baking dish. It will still taste great!

## Mulled Wine Gingerbread with Orange Frosting

Maybe you have never considered pairing mulled wine with gingerbread, but it's a combination made in foodie heaven; right up there with peanut butter and chocolate or blueberry and lemon. It's also the perfect combination for a cold winter's eve, and as always - simple to make!

This is a good addition to the holiday buffet, not too sweet or rich, but a true old-fashioned comfort food.

2 cups unbleached all-purpose flour or white whole wheat flour  
1/3 cup granulated sugar  
2 1/2 teaspoons baking powder  
1/2 teaspoon ground cinnamon\*  
1/4 teaspoon ground cloves\*  
1/2 teaspoon ground ginger\*  
1/2 teaspoon ground allspice\*  
1 teaspoon lemon zest  
1 cup molasses  
1/2 cup canola oil  
3/4 cup water or orange juice

\*Substitute 1 1/2 teaspoons of Pumpkin Pie spice for individual spices if you prefer.

1. Preheat oven to 350 degrees.
2. Place dry ingredients in a large bowl. Stir to combine.
3. Add wet ingredients and mix just until combined. Spoon into a greased, 8 x 8-inch pan and bake for 35-40 minutes.
4. Remove from oven. Let cool completely.

Prepare frosting - beat together:

1/4 cup butter (at room temperature)  
2 cups powdered sugar  
1 tsp vanilla  
2 Tbsp orange juice.

I also added just a drop of red and yellow food coloring to make the frosting a light orange color.

Cut gingerbread into 64 bite-sized pieces. Pipe a dollop of frosting on each, then lightly sprinkled with orange sugar sprinkles.

## Black Forest Merlot Brownies

Really, can you think of anything better? Brownies. Wine. Tart cherries. Cream cheese. Chocolate chips. Put them all together and you have the perfect home-made gift or dessert. One that looks like you cooked for hours (even though they are done in no time!), and is decadent enough for the chocolate connoisseur on your list.

This recipe is a great way to use those canned cherries you made this summer.

$\frac{3}{4}$  cup unbleached all-purpose flour  
 $\frac{1}{2}$  cup baking cocoa  
 $\frac{1}{2}$  cup granulated sugar  
 $\frac{1}{2}$  teaspoon baking powder  
 $\frac{1}{4}$  cup miniature chocolate morsels  
2 eggs  
 $\frac{1}{2}$  cup plain yogurt  
 $\frac{1}{4}$  cup Merlot or other red wine  
1 cup drained, chopped pie cherries (not cherry pie filling)

1. Preheat oven to 350 degrees.
2. Place dry ingredients in a large bowl. Stir to combine.
3. Add wet ingredients and mix just until combined. Spoon into a greased 8 x 8-inch pan and bake for about 25 minutes.
4. Remove from oven. Let cool completely.

Prepare filling:

Let 3 ounces of low-fat cream cheese and 1 Tablespoon of butter come to room temperature.

Beat cream cheese and butter together with 1 teaspoon vanilla extract until fluffy. Stir in 2  $\frac{1}{2}$  cups of powdered sugar. Spread over the cooled brownies and chill.

When the frosted brownies are well chilled, melt  $\frac{1}{2}$  cup chocolate chips in the microwave for 30 seconds or so. Stir to combine and drizzle over the brownies. Chill until set. Cut brownies and enjoy or pack in a tin for the perfect gift!

Note: Carry the Black Forest theme even further by topping each brownie with a Maraschino cherry before the final chill. When making the frosting you could also use red wine instead of vanilla for a slightly pink, adult frosting!

## More Holiday Ideas

Searching for even more holiday gift and table ideas? Check out these [Seed to Pantry](#) posts:

[Chocolate Hazelnut Fruitcake](#)

[Light and Lemony Fruitcake](#)

[Pumpkin Blueberry Muffins](#)

[Pumpkin Bread](#)

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