

COMFORT CUISINE' OFFERS FOOD FROM THE HEART

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ABSTRACT (ABSTRACT)

Virginia Naeve founded The Box Project in 1962 while living in Jamaica, Vt. That year, Naeve met Claire Collins Harvey of Jackson, Miss., and Coretta Scott King of Atlanta at the Geneva Disarmament Conference. Their discussions concerning war and segregation made an indelible impression upon Naeve.

A Mississippi civil-rights newspaper Harvey sent to Naeve provided access to names of Mississippi and Georgia families living below the poverty level, and Naeve set in motion the events that led to The Box Project. She and her family organized a one-day civil-rights fair that netted 250 boxes of mailable food and clothing as well as \$1,000. Visitors to Naeve's house mailed the packages.

At the last publication, Comfort Cuisine sold for \$15, plus \$3 for mailing. To order, make check payable to Comfort Cuisine, The Box Project, P.O. Box 11321, Fort Wayne, IN 46857.

FULL TEXT

One of the pluses of writing for a newspaper's food section is getting review copies of cookbooks hot off the press.

One such book came my way several months ago from an organization called The Box Project, a national group that brings people together in supportive friendship and help relationships.

All the recipes in the Comfort Cuisine Recipe Collection are from member families of The Box Project. Profits from its sale support the organization's purpose and programs.

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As recipient families began to respond to the senders, a personal and direct interaction that became The Box Project's hallmark developed. Friends began sending their own boxes, and an organization was born.

Currently with 9,700 member families, The Box Project proves that one person can make a difference. Jacqueline Heriteau sets the tone of what the book is all about in the preface:

"Because I've written a lot of cookbooks, I know for sure that a recipe is a love letter from a good eater. So here are 475 love letters to you from American families who are good eaters. As you try them, you'll be joining families in kitchens all over the country -- frying catfish in the Mississippi Delta, trimming pumpkins in Vermont, basting ribs in Texas."

This cleverly illustrated 308-page cookbook contains recipes for picnics, lunches, teas, buffets, fund-raisers and bake sales.

But most of the recipes are home-style family foods -- fast, efficient, simple and tasty.

As the book notes, each family has its own way with food -- and every thoughtful cook works out personal variations of the best recipes. Comfort Cuisine is a collection of 475 recipes that have become traditions in the hundreds of American families that donated them.

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Vera N. White is a staff writer for the Moscow-Pullman (Idaho) Daily News, a Salt Lake Tribune group newspaper.

DETAILS

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| People: | Naeve, Virginia |
| Company: | Comfort Cuisine |
| Publication title: | The Salt Lake Tribune; Salt Lake City, Utah |
| Pages: | B3 |
| Number of pages: | 0 |
| Publication year: | 1994 |
| Publication date: | Feb 2, 1994 |
| Section: | DayBreak-Food &Garden |
| Publisher: | The Salt Lake Tribune |
| Place of publication: | Salt Lake City, Utah |
| Country of publication: | United States, Salt Lake City, Utah |
| Publication subject: | General Interest Periodicals--United States |
| ISSN: | 07463502 |

Source type: Newspaper

Language of publication: English

Document type: NEWSPAPER

ProQuest document ID: 288612152

Document URL: <http://umiss.idm.oclc.org/login?url=https://www.proquest.com/newspapers/comfort-cuisine-offers-food-heart/docview/288612152/se-2?accountid=14588>

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Last updated: 2017-11-06

Database: ProQuest One Academic

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