



# **Sustained by Eating, Consumed by Eating Right: Reflections, Rhymes, Rants, and Recipes**

*Eric L. Ball*

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*Returning to his hometown after a fifteen-year absence, a northern New Yorker confronts his unlikely Mediterranean past.*

When Eric L. Ball returned to his hometown in northern New York after a fifteen-year absence that included time in Greece, he began building his version of the good life, largely revolving around growing, foraging, and cooking safe and wholesome foods. Yet, surrounded by family and old memories, he found himself grappling with the loss of his unlikely Mediterranean past and struggling to navigate the interplay of intellectual convictions and emotional needs as he strived to construct a fulfilling ethical life in the unsustainable modern world. In *Sustained by Eating, Consumed by Eating Right*, Ball shares his experiences and explores questions about food and drink, including the relationship between recipes and learning, the significance of the Mediterranean diet, how to cook authentic Greek foods in the United States, and how to obtain safe and healthy food in a toxic world. Ultimately, Ball considers broader questions about the evolving significance of family, the nature of freedom, the future of the environment, and thinking that one can change the world. The result is a bittersweet story that ponders questions about living a decent and fulfilling life when it comes to food and family.

“[Ball’s] very creative work nicely blends ideas and offers nutritious juices for an empirical, ‘know thyself’ process, showing how nothing about ‘eating right’ should be Greek to us.” — *Journal of Folklore Research*

“Ball’s inquiries ... go beyond food and into issues of family, culture, and place. Throughout, his perspective is heartfelt, honest, and unique, and the lived-experience narrative of the recipes make this book stand out.”  
— *ForeWord Reviews*

“Eric Ball’s new book has an ingenious premise and covers important topics ... Ball offers much appetizing writing and explains why eating ‘right,’ with care for yourself and the places that grow the food, is important to body and soul.” — Schenectady *Daily Gazette*

“More than just a reflection on life, the book focuses on a food philosophy that promotes fresh local ingredients, including foraged vegetation.” — Glens Falls *Post-Star*

“A fascinating account of a life devoted to deep appreciation of family, food, and cultural difference. So engaging and well-written you won’t want to put it down.” — Eugene W. Holland, The Ohio State University

“When Hippocrates asked Socrates what nourishes the soul, Socrates replied, ‘Knowledge.’ Plato, Socrates’ student, however, did not think such knowledge could be found in the kitchen. Eric Ball, a true philosopher and an honorary Greek, knows better. This delightful culinary odyssey explores the relationship between eating right and living right. Ball’s mental journey parallels a physical one as he travels from the grey skies of New York’s North County to the blue sea of Crete. Along the way, he forages for dandelion greens, hunts wild mushrooms, tenderizes spring lamb, and improvises *mantinades* over baklava and coffee. Practicing *filoxenia*, the ancient art of hospitality, Ball is the perfect host for thoughtful readers. Buy his book. St.

Euphrosynos, patron and guardian of the Greek kitchen, will bless you.” — Anthony Di Renzo, author of *Bitter Greens: Essays on Food, Politics, and Ethnicity from the Imperial Kitchen*

Eric L. Ball is Associate Professor of Cultural Studies at Empire State College, State University of New York. He lives in the Town of Moreau, New York.

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### **From reader reviews:**

#### **Sammy McManus:**

Playing with family inside a park, coming to see the ocean world or hanging out with good friends is thing that usually you could have done when you have spare time, and then why you don't try factor that really opposite from that. One activity that make you not sense tired but still relaxing, trilling like on roller coaster you already been ride on and with addition details. Even you love Sustained by Eating, Consumed by Eating Right: Reflections, Rhymes, Rants, and Recipes, you are able to enjoy both. It is good combination right, you still need to miss it? What kind of hang-out type is it? Oh seriously its mind hangout people. What? Still don't understand it, oh come on its named reading friends.

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Reading a book to be new life style in this 12 months; every people loves to learn a book. When you examine a book you can get a lot of benefit. When you read books, you can improve your knowledge, simply because book has a lot of information in it. The information that you will get depend on what kinds of book that you have read. If you want to get information about your analysis, you can read education books, but if you act like you want to entertain yourself you are able to a fiction books, this sort of us novel, comics, as well as soon. The Sustained by Eating, Consumed by Eating Right: Reflections, Rhymes, Rants, and Recipes will give you a new experience in examining a book.

#### **Evelyn Rogers:**

As a college student exactly feel bored to reading. If their teacher asked them to go to the library or to make summary for some publication, they are complained. Just small students that has reading's heart or real their leisure activity. They just do what the professor want, like asked to the library. They go to right now there but nothing reading significantly. Any students feel that looking at is not important, boring in addition to can't see colorful pics on there. Yeah, it is to become complicated. Book is very important in your case. As we know that on this period, many ways to get whatever we want. Likewise word says, ways to reach Chinese's country. Therefore , this Sustained by Eating, Consumed by Eating Right: Reflections, Rhymes, Rants, and Recipes can make you experience more interested to read.

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