

# Simply Ancient Grains: Fresh And Flavorful Whole Grain Recipes For Living Well By Maria Speck

**By Maria Speck**

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Award-winning cookbook author Maria Speck is coming out with a new book this April, SIMPLY ANCIENT GRAINS -- Fresh and flavorful whole grain recipes for living well.  
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Author Talk: Simply Ancient Grains. Date and time: 05/05/2015 - 6:30pm to 8:00pm.

Venue: Book Larder . Puget Sound Fresh is a program of Cascade Harvest Coalition.

<http://www.pugetsoundfresh.org/event/author-talk-simply-ancient-grains>

Simply Ancient Grains. Maria Speck makes cooking with ancient grains faster, flavorful, and sophisticated whole grains can be.

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