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to Die" chronicles the Greek  
wisdom and food traditions  
Island Where People Forget  
of generations of Ikarians.  
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is a unique glimpse into an  
island where time seems to  
stand still and the worries

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reasoning of the Greek  
island "blue zone" and a  
culinary excursion through  
tasty plans, ravishing

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Much of this has been  
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stress-free lifestyle and  
Mediterranean diet-daily  
naps, frequent sex, a little  
fish and meat, free-flowing  
wine, mindless exercise like  
walking and gardening, hyper-  
local food, The remote and  
lush island of Ikaria in the

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northeastern Aegean is home  
to one of the longest-living  
populations on the planet,  
making it a "blue zone."

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remote and lush island of  
Ikaria in the northeastern  
Aegean is home to one of the  
longest-living populations  
on the planet, making it a  
"blue zone." Much of this

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has been attributed to  
Ikaria's stress-free  
lifestyle and Mediterranean  
diet—daily naps, frequent  
sex, a little fish and meat,  
free-flowing wine, mindless  
exercise like walking and  
gardening, hyper-local food,

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Kochilas, Vassillis Stenos.  
Ikaria is mythical,  
beautiful, enigmatic--and,  
as we learned after reading  
the New York Times article  
about it, a place where  
residents live unaccountably  
long lives. Part cookbook,



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part travelogue, filled with  
gorgeous photography,  
stunning recipes, and  
interviews with locals, and  
packed with the often quirky  
secrets to a long life that  
Ikarians are spoon-fed at

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Diane Kochilas Categories:

Stews & one-pot meals; Main  
course; Greek; Vegan;

Vegetarian Ingredients:

leeks; spring onions; baby  
spinach; chervil; mint;  
sorrel; tomato paste; black  
peppercorns; green almonds;

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We'll learn about the life-  
giving benefits of delicious  
salads both raw and cooked,

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the gorgeous breads and  
savory pies that are a part  
of every meal, the bean  
dishes that are passed down  
through generations, and the  
seafood that is at the root  
of the Ikarian culinary  
culture. filled with

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mouthwatering recipes and  
remarkable stories, this  
book will introduce many  
Americans to food as life,  
as only the Ikarians know  
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- LESSONS ON FOOD, LIFE AND



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to Die A Cookbook the work  
is already done for ...

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Part cookbook, part  
travelogue, Kochilas's  
Ikaria is an introduction to  
the food-as-life philosophy  
and a culinary journey

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To Die. Capturing the true  
spirit of the island,  
Kochilas explains the  
importance of shared food,  
the health benefits of raw

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and cooked salads, the bean dishes that are passed down through generations, the greens and herbal teas that are used in the kitchen and in the teapot as "medicine," and ...



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Part cookbook, part travelogue, Ikaria is an introduction to the food-as-life philosophy of the Greek island "blue zone" and a

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Ikaria in the Northeastern  
Aegean is Home to One of the  
Longest-Living Populations

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and cookbook about the

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of Ikaria, a tiny Greek  
island off the coast of  
Turkey. Fascinating to read  
of their lives and much to  
learn from their cooking!  
usable and healthy recipes.  
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