

FOR IMMEDIATE RELEASE

Introducing *Iona Abbey Cookbook* by Anja Jardine, published by Wild Goose Publications

Glasgow, 29th June 2023 – We are delighted to announce the release of *Iona Abbey Cookbook*, filled with easy-to-cook-at-home recipes. This food won't just fill a hole in your stomach, but will also nourish your soul. The long-awaited cookbook, written by Anja Jardine, head of the Iona Abbey Kitchen, showcases her passion for delicious, healthy and inclusive meals while highlighting the importance of gratitude and ethical discernment when it comes to our food choices. This full-colour book includes (often with vegan, gluten-free and dairy-free alternatives) soups, salads, numerous vegetarian main courses, fish and seafood, meat, sandwich spreads, bread, sweet treats, drinks and – as many Abbey guests will affirm – the best porridge ever.

The Iona Community, with its roots stretching back to the 1930s, has long been a beacon of social justice and a haven for individuals seeking to create a fairer society where everyone can thrive. It found its home on the breathtaking island of Iona, where the community has flourished amidst the deep spiritual tradition and inspiring landscape. The reopening of the communal and living spaces of Iona Abbey in 2021 after extensive renovation has further strengthened its role as a vital part of the life and economy of Iona and Mull.

At the heart of this vibrant community lies the Iona Abbey Kitchen, led by the remarkable Anja and fuelled by the dedication of volunteers. More than simply a place to enjoy meals, the kitchen serves as a nurturing hub, fostering inclusivity, warmth, and a sense of belonging for all who visit. Anja's unwavering commitment to providing nourishment for body and soul has created a transformative experience for guests, staff and all who gather around their table.

Anja's journey in the Abbey Kitchen spans over 17 years, during which she has provided delicious and wholesome meals for the weekly guests of the Iona Community. Her culinary expertise is complemented by her deep-rooted belief in ethical food practices. Drawing from her upbringing on the other side of the Iron Curtain, Anja understands the value of not taking food for granted. Her experiences have instilled in her a strong conviction that everyone, regardless of socioeconomic background, should have access to good food.

The *Iona Abbey Cookbook* is a testament to Anja's dedication and the community's commitment to sustainable and just food choices. Within its pages, readers will discover a treasure trove of recipes that prioritise local ingredients, supporting nearby producers and reducing food miles. Fair Trade, organic farming, animal welfare, and a range of plant-based options take centre stage, reflecting the community's ethos of living simply and responsibly on Earth. Anja's resourcefulness shines through as she navigates the challenges of budgeting and purchasing, ensuring that the meals are not only realistic but also affordable and nutritious. Anja's easy-to-follow recipes, scaled down for home use, evoke the power and joy of communal dining. She invites us to savour the simple pleasures of a well-prepared meal and to recognise the vital connection between food, justice and overall well-being. This cookbook is a reminder that

nourishing people with care and intention lies at the heart of building a strong sense of community in our ever-challenging world.

Iona Abbey Cookbook is now available for purchase, inviting readers to embark on a culinary adventure inspired by the spirit of the Iona Community. To learn more about the cookbook or to place an order, please visit <https://www.ionabooks.com/product/iona-abbey-cookbook/>

For media inquiries, interviews, or review copies, please contact:

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About Anja and the Iona Community:

Iona Abbey Kitchen, run by two cooks and powered by volunteers, provides nourishing food for the Iona Community's weekly guests. It aims to serve tasty, colourful, healthy, mainly vegetarian meals, many of which are reflected in this cookbook where Anja Jardine, Abbey Cook for over 17 years, has collected people's favourites.

To see Anja and her kitchen crew in action, visit <https://www.instagram.com/ionaabbeykitchen/>

For further information about the Iona Community, please visit www.iona.org.uk