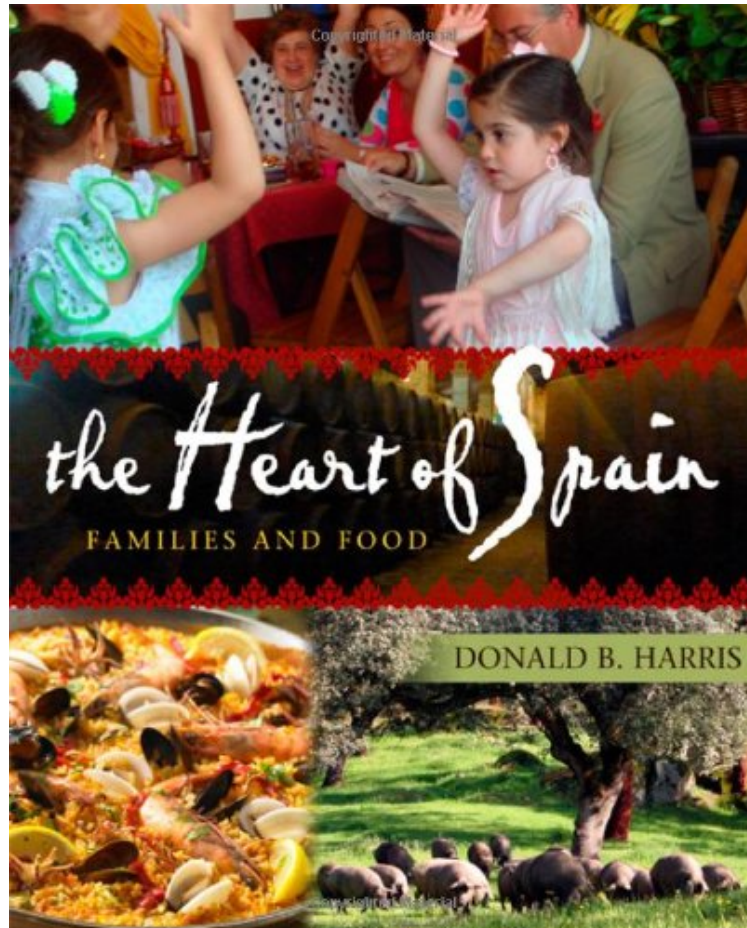


(Download) The Heart of Spain: Families and Food

## The Heart of Spain: Families and Food

*Donald B. Harris*

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**Donald B. Harris : The Heart of Spain: Families and Food** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Heart of Spain: Families and Food:

4 of 4 people found the following review helpful. A True SpainBy Tom LozanoDon Harris has trapped in his words and images, through his experiences in Spain, a vision of a country not known by most part of the world. The real Spain with its real people, the ones who made the country what it is, the folks, the countrymen and their families who have devoted their lives in connection with their land to produce that wonderful food and art that nourishes the body and the soul.Congratulations Mr. Harris.Bloomington, Indiana.2 of 2 people found the following review helpful. Intensively humanBy HansAfter admiring the beautiful artwork and the rich look of this book, my wife Daida and I found the lovely chapter dedicated to our life's work making us blush for Don's praise and for his choice of words. We know Don Harris almost a decade now and are proud to be included in his circle of friends. Don felt in love with his adopted country many years before, of course, and his quest to meet special people who have a story to tell comes to a splendid culmination in his "Heart of Spain".Hans and DaidaOwners of Can SoliveraGerona

La Tienda founder Don Harris gives you a unique look at the food, people and soul of Spain. Whether you are from Spain or just love the country and her food, you will find this book a delight. Beautifully designed, book includes over 100 color photographs. Don Harris has a gift for telling refreshing, meaningful and inspiring stories. Stories of regular people living quietly remarkable lives. Stories filled with emotional depth and understanding, brimming with the rich sights, sounds and smells of life. Spanish life. In this fast-paced era of high tech and long to-do lists, there is much we can learn from the Spanish approach to life. This insightful collection of essays will help you: Immerse yourself in the grace and warmth of Spain and her people, be inspired by stories of resilience, dignity and generosity, and learn about families who continue food-making traditions that go back generations.

Don Harris's authority is supported by extraordinary experience. I doubt that there is another American or North European who has had over these forty years (since Harris's early years as a Navy chaplain in the American base in Rota, Cadiz) as wide an experience of the many parts and many foods of Spain. It's a blessing, frankly, to have 'Don Don,' his wife Ruth, and their extended family inscribe here their long experience, for us to savor in so many different ways, in so many different Spanish places, in so many different vignettes. --James W. Fernandez, Professor Emeritus of Anthropology, University of Chicago  
What Don has done with our beloved Iberia is dig into its essence. Don Harris has the eye of an explorer, the taste of a gourmet, the touch of a painter, and the sense of a spiritual teacher. --Alberto Avendano, *El Tiempo Latino*, published by The Washington Post  
About the Author  
Don Harris has been writing very popular reflections on Spain since 1997. He fell in love with the Spanish culture over forty years ago, when he stepped ashore in Spain as a chaplain in the U.S. Navy. For a time he and his wife Ruth raised their young family among the sherry bodegas of El Puerto de Santa Maria (Cadiz). As they enjoyed life with their sons in a Spanish neighborhood, they grew to appreciate the intimate dimension of Spanish life, where children are cherished and family ties are central. After retiring from the Chaplain Corps as a captain, Don founded LaTienda.com with his wife and sons. They all visit Spain regularly. The company is now one of the finest providers of Spanish food in the U.S., supporting artisanal and small family firms. In 2009, Don received the Admiral Pedro Menendez Friend of Spain Award from the Society of Spain for his outstanding leadership and dedication on behalf of Spain and Spanish culture.