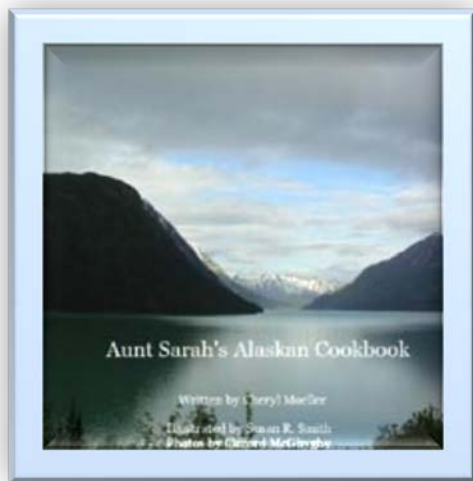




## REVIEWS BY MEREDITH!

### AUNT SARAH'S ALASKAN COOKBOOK

*In the last election, Sarah Palin captured my heart and imagination with her spunky attitude, devotion to her family, and good common sense. I was so excited to see a woman of God who was not ashamed to talk about her faith in Jesus! Who was this woman from Alaska that I'd never heard of before? A governor? I never think much about Alaska, though my parents dreamed of taking an Alaskan cruise together. "Brrr...too cold," was my thought when they asked if I wanted to join them. But, as I have been learning more about this beautiful wilderness state of ours with its breathtaking landscape, I'm having second thoughts about taking an Alaskan cruise. At the very least, I am interested in learning about this wild state that produces hearty, spunky souls who value family and hard work.*



With this in mind, I was eager to take a look at an E-book, [Aunt Sarah's Alaskan Cookbook](#) by [Cheryl Moeller](#). With lovely illustrations by [Susan R. Smith](#) and breath-taking photographs by Clifford McGrayhy, this cookbook is a homeschool treasure. Use it as a foundation for a unit study on Alaska or just enjoy the yummy recipes.

More than a collection of recipes, Aunt Sarah's Alaskan Cookbook gives you a look at Alaska's history and beauty throughout its 60 pages. Divided into seven sections (six chapters and an appendix), each section contains information about Alaska that can be used as a springboard for a unit study or as a supplement to your family's Alaska unit study. Here are the sections with some recipe examples from each section.

- Chapter One: Refreshing Cold and Hot Beverages (Polar Bear Guzzler, Pacific Rim Hot Lemonade, Dogsled Caramel Apple Cider, and more!)
- Chapter Two: Berries and Fruit ("After the Sauna" Cold Fruit Soup, Aleutian Grilled Fruit-Kabobs, Klondike River Rhubarb Bars, and more!)
- Chapter Three: Salmon and the Fish of the Sea (Fairbanks Citrus Salmon, Kanai Breakfast Fish Tacos, Water's Edge Crockpot Trout, and more!)
- Chapter Four: Choose Moose, Rabbit, Deer, Elk, Bear and Caribou (Katishna Venison Sausage and Flax Pancakes, Barrow Buttermilk Grilled Rabbit, Wild Buck Beans, and more!)
- Chapter Five: Dog Sled Race Party for Kids (Finger Lake Moose Munch, Rainy Pass Wheat Germ Cookies, White Mountain Ice Cream, and more!)
- Chapter Six: Banquet of the North (Czar Alexander Elk Meatloaf, Easy Baked Alaska, Okmok Volcano, Mashed Potatoes with Gravy, and more!)
- Appendix: Curriculum for Children (Coloring Pages, Comprehension Chapter Questions, Comprehension Chapter Questions Answer Sheets)

Each section begins with a Scripture with some related fun facts about Alaska. You learn about icy waters, Alaska's produce, salmon runs, The Iditarod Trail Dog Sled Race, and President Andrew Johnson's purchase of Alaska from Czar Alexander II of Russia. The Iditarod Trail Dog Sled Race section would make a fun birthday party for younger children. You could watch [Disney's Snow Dogs](#) at the end of the party. The Banquet of the North section of recipes would make a great "end-of-the-Alaska Unit Study" party for your family or coop to celebrate. [The Iditarod Dog Sled Race](#) makes a fascinating study for your children too!

You can purchase [Aunt Sarah's Alaskan Cookbook](#) at [Currclick](#) for \$3.00--yes, that's right! It only costs \$3.00. You can download it to your computer immediately and print the whole thing, or only the pages you need to print. That's what's so great about E-books! I love being about to download the book immediately, rather than waiting for the package in the mail weeks later!



Why are cookbooks such a fun addition to history and geography classes or unit studies? Well, many children enjoy cooking, but almost all children enjoy eating. Let your children learn about Alaska and then

whip up some recipes from this cookbook. When your husband gets home, they can tell him all about what they learn and show him what they cooked or baked. That's something Daddy will enjoy sampling when he gets home from work. This has been extremely popular in our house. Why not try it in yours?

If you are interested in using cookbooks in history and geography class, there are many out there. Just visit your local bookstore and browse. We have enjoyed [The U.S. History Cookbook: Delicious Recipes and Exciting Events from the Past](#) by [Joan D'Amico](#) and [Karen Eich Drummond](#). This book is fun because it is upbeat and lighthearted while sharing history facts in a brief, interesting way. They have also written [The Coming to America Cookbook: Delicious Recipes and Fascinating Stories](#) and [The United States Cookbook: Fabulous Foods and Fascinating Facts from All 50 States](#). Everyone from [Nancy Drew](#) to [Anne of Green Gables](#) has their own cookbooks too! We have found treasures at museums when we visit, such as [The Williamsburg Cookbook](#) for Colonial Times cooking.

Cooking and baking are also fun ways to learn about science, especially chemistry. All baking is a chemical change. And, then, of course, there is the [Special Effects Cookbook](#), equipping you to make food that "erupts, moves, sings, glows, talks, snaps, crackles, pops, and swims."

Enjoy the fun that cooking and baking can add to your homeschool!