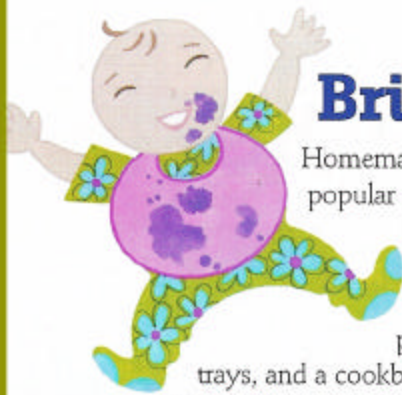




In the news



{ **ORGANIC LIVING** } ANSWERS



Bringing Up Baby

Homemade baby food is healthy, inexpensive, and—contrary to popular opinion—easy to prepare. Need proof? Check out the **Fresh Start Kit** (\$35, myfreshbaby.com, 866-403-7374), a step-by-step guide to making vegetable and fruit purees at home. A boon to first-time parents, the fool-proof program contains a how-to video, covered freezer trays, and a cookbook—everything you need to create nutritious dishes for kids four to six months old. Once your little ones have their first teeth, you'll want to turn to *Feeding Baby* by Joachim and Christine Splichal (Ten Speed Press, \$22) and *The Baby Bistro Cookbook* by Joohee Muromcew (Rodale, \$23), two new volumes dedicated to making mealtime a pleasure for the whole family. The first, from the owners of Los Angeles' Patina restaurant, offers enticing, Mediterranean-inspired recipes organized by children's ages. The second, sporting raves from food-world stars Mario Batali and Alice Waters, focuses on adapting dishes with a global flavor to young palates. Both books are packed with time-saving tips, allergy advice, and practical cooking strategies that will keep kids of all ages interested in fresh, exciting food. —ANDREA STRONG