



At Freedom's Table: More Than 200 Years of Receipts and Remembrances from Military Wives

Carolyn Quick Tillery

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Now in paperback, *At Freedom's Table* is a tribute to the unique contributions of American military wives to the morale of their families and the well-being of the nation. Featuring recipes, anecdotes, and vintage photographs, it recreates the scenes and foods that recount the commitments and sacrifices that military wives have given the nation for more than two hundred years. Presented in a menu format, *At Freedom's Table* is divided into six large sections: Teas and Coffees; Buffets, Brunches, and Lunches; A Taste of Home: Dinner Family Style; Alfresco Dining Over There: An International Affair; and Home for the Holidays and Other Celebrations. Each chapter includes a story that relates to the recipes that follow, placing them in a historical context. Some chapters recreate recipes from a specific event, such as "A Colonial Thanksgiving" and "Christmas in the Confederate White House," both of which describe holidays celebrated under wartime conditions. Other recipes are of the international foods that military families have learned to enjoy from such places as Morocco, Italy, Spain, France, Germany, Japan, and Korea. The women whose stories are told and whose recipes are shared in *At Freedom's Table* are truly remarkable. They courageously balanced the responsibilities of maintaining home and hearth, raising a family, managing family businesses, and supporting a war effort. In addition, they found time to extend themselves in friendship and hospitality to one another and to women in the places where they were stationed, earning them a well-deserved reputation that continues to this day.

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