



## **PhanFood: From the Kitchen Pot to the Tour Lot (Excelsior Editions)**

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# PhanFood: From the Kitchen Pot to the Tour Lot (Excelsior Editions)

## **PhanFood: From the Kitchen Pot to the Tour Lot (Excelsior Editions)**

*A cookbook for—and by—fans of the rock band Phish.*

Like the band they follow from city to city, Phish fans have their own history of creativity, which in turn follows them wherever they go—even into the kitchen. Edited by Taraleigh Weathers (Healthy Hippie Magazine) and Pete Mason (Phanart: The Art of the Fans of Phish), PhanFood bring together many of the recipes that Phish fans have made and shared over the years. Included are appetizers, salads, soups, sandwiches, entrees, desserts, drinks (with and without alcohol), and a variety of other concoctions that Phish fans enjoy while they are in the lots, at the site, or just sitting at home waiting for the next tour to be announced. PhanFood is also a wholly nonprofit endeavor, with all net profits being donated to regional food banks and charities in the cities where Phish plays. A cookbook by Phish fans and for Phish fans (as well as anyone else who likes good, healthy food), PhanFood aims to benefit the Phish community and to give back to the communities Phish fans visit as they follow the band to the next great show!

Taraleigh Weathers is a graduate of the Institute for Integrative Nutrition and the publisher and editor of Healthy Hippie Magazine. She lives in Burlington, Vermont.

Peter Mason is a Special Education teacher and the author of Phanart: The Art of the Fans of Phish. He lives in Albany, New York

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