

The Blue Umbrella



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aThe hearth used to be the center of every home, and on dreary days my stove beckons me to join its captive warmth. Together we can quickly fill my noiseless rooms with aromas that call back times of yore and sing out awelcomea to those who enter my door.a aThe Blue Umbrella Reconnect yourself and your family to the healing foods from your own table. Re-link with a time when eating was nourishing to both body and soul. Rekindle the energy that you once had and experience a renewal of fellowship with the world around you. Return your table to innocence; Come Under the Blue Umbrella. This is a gentle guide to regaining the health-sustaining virtues of the home meal. Itas time that we do.

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