

Alice Oldford

Born in NJ and transplanted to Florida and Maine, Alice wears a variety of hats – wife, mother, grandmother, Realtor, author, herbalist. Alice says “It is my good fortune to pursue what I love, which is mostly found outdoors, whether walking, gardening or locating the perfect home with a client.”

Her book, **“Recipes and Life: Life is Too Short to be Stuck in the Kitchen,”** awarded a gold medal in the Home and Garden category by Florida Authors and Publishers Association, is a collection of practical and inspirational stories and kitchen tips. She adds a sprinkling of recipes, and voila – some creative ideas as well as old favorites because life is too short to be stuck in the kitchen.

Alice raised 5 kids in the most self-sustaining environment she could conjure, of home-made and home-grown. Her kids remember no one would trade lunches with them because their sandwiches consisted of home-made peanut butter and jelly on home-made whole wheat bread, an adolescent’s version of yucky.

Her grandkids look forward to walks in the woods or even the neighborhood seeking traveling gnomes, puzzle rocks and edible wild plants.

Alice’s presentation - **“Is There a Book in You?”** She will discuss getting that book, whether it is a novel or a memoir, out of your head and into print. It’s fun and easier than you might think. You are an expert. You will be inspired, and you will get the tools you need to realize your dream.

A sampling of Amazon 5* reviews:

By Patricia Corelli: I loved “Recipes and Life” by Alice Oldford! It was fun to read and it is full of good and useful information and great recipes.

Like Alice Oldford, I have been transplanted to Florida, in my case from New England. Reading through the recipes brought back good memories of snowy days, fireplaces, spring rains, the flowers that would follow, beaches where the water temperature could be as low as 56 degrees (very refreshing) and the beauty of the fall foliage.

I am looking forward to making my way through the recipes and I love the idea that I can sit the book on my counter top while I’m doing it; a nice change from the computer.

By Matthew Howard Gooley: I just finished reading Alice Oldford's new book "Recipes and Life: Life Is Too Short To Be Stuck In The Kitchen" and I am thoroughly pleased with it! It is unlike any traditional memoir or cook book, yet it is somehow both - and MORE! The author flawlessly integrates her passion for nature, family, and food with stories, recipes and beautiful photos making it one of the most unique books I've read. I would recommend this book to all ages because there are anecdotes that everyone can relate to. Alice Oldford did a great job compiling unique recipes from a very diverse range of contributors. The most interesting meals are those that are comprised of left-over ingredients, which plays to the theme of not having to be stuck in the kitchen - use leftovers to simplify your next meal, but still have a delicious one. Interestingly enough, other passages detail how fun some of the meals can be to prepare - which will keep you in the kitchen, without feeling STUCK. So whether you enjoy cooking for hours or cannot even cook, you will look at life and meals in a different light after reading this fun easy-read by Alice Oldford.