



# Get It Ripe: A Fresh Take on Vegan Cooking and Living

*Jae Steele*

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## Get It Ripe: A Fresh Take on Vegan Cooking and Living Jae Steele

*Get It Ripe* is a vegan cookbook for the twenty-first century with an emphasis on holistic living and whole food (i.e. unprocessed and unrefined) ingredients. Jae Steele is a registered holistic nutritionist; she has also been a professional vegan baker and has worked on an East Coast organic farm. Her life experiences and her love of vegan whole foods are at the heart of *Get It Ripe*, which not only includes uncomplicated yet delicious animal-free recipes, but advice and information on various aspects of holistic vegan living, including cleansing and detox programs, yoga and meditation, ethical consumerism, and the connections among mind, body, and spirit.

The two hundred recipes include Butternut Risotto, Chipotle Black-Eyed Peas with Maple Mashed Sweet Potatoes, Cauliflower Chickpea Curry, Pad Thai, Fettuccini No-Fredo, Cinnamon Pumpkin Soup, Banana Cream Pie, and Cowgrrrl Cookies. Two-color throughout, the book also includes sixteen full-color recipe photographs.

Get healthy and energetic with *Get It Ripe*.

In addition to being a registered holistic nutritionist, **Jae Steele** has authored numerous vegan cookzines and runs the blog Domestic Affair. She lives in Montreal.

## Get It Ripe: A Fresh Take on Vegan Cooking and Living Details

Date : Published April 1st 2008 by Arsenal Pulp Press

ISBN : 9781551522340

Author : Jae Steele

Format : Paperback 256 pages

Genre : Food and Drink, Cookbooks, Vegan, Food, Cooking, Nonfiction

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# From Reader Review Get It Ripe: A Fresh Take on Vegan Cooking and Living for online ebook

## Annette says

Excellent book! Great recipes and lots of health info. Quite a few raw recipes too! Love it!

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## Andie says

This book was my first (and is still my favourite) vegan cookbook. Jae Steele offers advice, techniques, and clear instructions for cooking and eating vegan. Her banana muffin and apple crisp recipes have become my go-to, and the book as a whole has really encouraged my culinary adventurousness. A great, well-written guide to a healthy, vegan lifestyle!

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## Rukshana says

This book is awesome! Full of great, simple-to-make recipes and her food aesthetic is very similar to my own. Lots of useful information in the first few chapters about micronutrients, essential pantry items and cookware, and guidelines for eating and living healthfully. Steele's advice helps you to start creating a vegan lifestyle and build your kitchen without a lot of fuss. I especially liked her tips on her "ideal" diet, which I think is a great guideline. I've been trying to follow it. Definitely considering this for purchase when I buy another veggie cookbook!

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## Pamela says

Jae Steele is all about whole foods, low sugar, and flexible recipes that allow for gluten-free, nightshade-free, and other -free modifications, as well as opening a can of beans when you didn't get to the overnight soaking. I appreciate Steele's approach to recipe ingredients, like using spelt flour in baked goods because it's less likely to cause gluten tolerance problems than the standard wheat flour, and including a variety of main vegan entrees that don't depend on tofu or other soy products for their protein. Emphasizing whole foods over processed packages doesn't mean spending hours in the kitchen, either! Her early chapters give an excellent primer on the vegan pantry and tips on meal planning and optimal health. Highly recommended!

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## Alexis says

I really like Jae Steele's books because they are so holistic and have such useful information. I learned a lot about food from reading this book.

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## **Nina says**

Everything from this book has been an absolute knockout!

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## **Kathi says**

One of my favorite vegan cookbooks. Full of useful lifestyle and health information. And great recipes. Jae Steele is awesome. Also contains recipes that are marked gluten-free, soy-free, nightshade-free, and raw/living.

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## **Jyoderdc says**

I'm not planning on going vegan, but the first third of this book does an excellent job of explaining nutrition and all the recipes I've tried so far have been delicious.

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## **Beetsobriety says**

I really like this book. It's got a decent intro for those who are curious about this and that about going vegan, organic, whole food-centric, etc, but doesn't go on in any great detail about anything. There are useful guides to vegan baking, pantry buildign, bean cooking, etc etc. The recipes are delicious (for the most part), the photos make you want to eat the page and her classifications (soy free, gluten free, nightshade free, raw) are super useful. Highly recommended!

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## **Adrienne says**

I picked up this cookbook as I was browsing through our town's new library branch. I have been looking to explore meatless meal options.

Very happy to report that the first recipes I made are total WIN and that they are going into my recipe collection to be loved and cherished: her hummus and these flax maple cookies. I look forward to trying more of Jae's recipes this week.

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## **Erin says**

Enjoyed the first few chapters that talk about nutrition and the ethics of being vegan. Rocco's Granola and Cowgrrrl Cookies were great. Wasn't as excited about the main dish recipes as I was about the baked goods.

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## **Amy says**

i'm still an omnivore although i think a bit more about what i eat and where it comes from. i have liked all the recipes i have tried. and i have found the only way i will eat and enjoy collard greens that aren't made with pork fat!

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## **AJ says**

Get It Ripe is pretty thorough in that it covers more than what most cookbooks do. The first few chapters cover things such as organic vs. conventional food; different types of flours, beans and rice; good types of stores to shop at (co-ops, health food stores, farmer's markets); nutrients in common foods; and how to cleanse / detox.

The book is big on using whole grains and not using any refined sugars. So don't buy this book if you like using your white flour or don't have things such as agave or coconut oil.

I found the recipes themselves to be somewhat underwhelming, but at this point it's probably just because I have amassed so many recipes in my collection. A lot of the recipes call for many ingredients, and I like to keep it simple, so I'm not sure how realistic many of these are for my lifestyle. That said, it's definitely worth checking out if you're in need of some new recipes in your life.

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## **Sps says**

Yay for nutrition, digestion, and concern for the origins of your food. I didn't get a chance to try many recipes, but the white beans+greens soup was tasty and hearty.

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