



# The Spectrum

## The Hearty Chef

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### EVERYDAY FOOD

Tips & How-to's

Cooking & Recipes

Planning & Budgeting

Nutrition & Diet



 **Rick Graf**

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My love of cooking ... I learned the art of cooking flavorful dishes by watching my grandparents make meals in their kitchen. They cooked with fresh ingredients — vegetables, fruits and herbs grown in big garden plots tilled with a spade & shovel. They cooked with & out of love for family & friends. Buon Appetito!