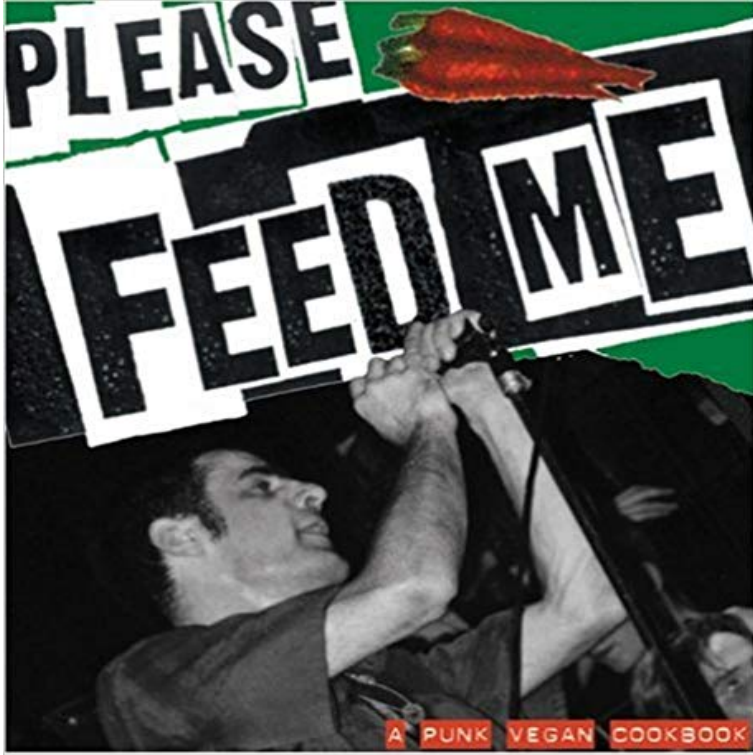


Please Feed Me: A Punk Vegan Cookbook



Please Feed Me is a punk rock vegan cookbook. Each recipe features an anecdote by a band that performed at the Hope Collective, a popular punk venue in Dublin the author helped maintain for over a decade. (The Hope Collective became a blue print and inspiration for punk and DIY spaces across Ireland and the UK.) The book features contributions from over 120 people who donated their vegan recipes and thoughts on the importance of the punk rock community and culture, including stories from seminal punk bands such as Fugazi, Bikini Kill, and Chumbawamba. In addition to great recipes, Please Feed Me uniquely illustrates the connections between community, art, activism and health. The thunderous subtext of the book is the vital underground community and network created and maintained by a collective of organizers and hundreds of musicians at a time when most punk bands were signing to major labels for the highest dollar amount. The book documents pieces of the stories of many popular US and international punk bands that continue to have a major influence on youth subcultures today.

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anecdote by a band that. This Pin was discovered by Aimee OConnor Gading. Discover (and save!) your own Pins on Pinterest.