

READER'S SAMPLER

The Kitchen Alchemy Cookbook Collection

Where the Sky Meets the Table

MOONLIT TABLES · THE LOST ASTROLOGY COOKBOOK
EDIBLE TALISMANS · THE SOUTHAMPTON COOKBOOK

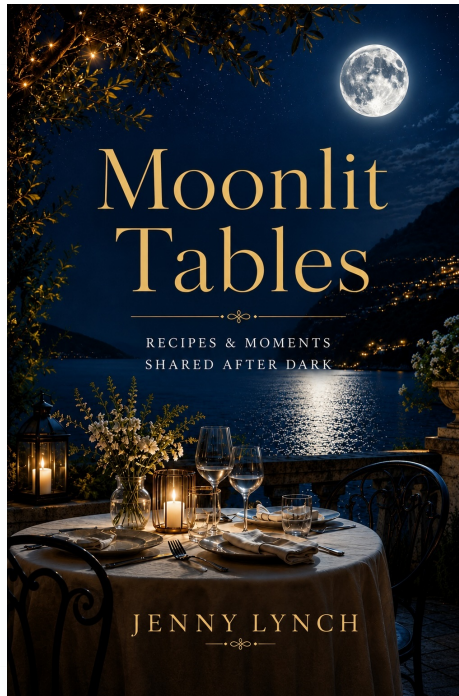
JENNY LYNCH

Two Lives, One Table

Jenny Lynch has spent her life at the crossing point of two callings: fifty years reading horoscopes, and just as many spent in kitchens—from one of the East Village's first farm-to-table restaurants in the mid-1970s, through decades as a private chef in the Hamptons. The Kitchen Alchemy Cookbook Collection is where those two lives finally sit down at the same table.

Each book approaches food as something more than sustenance—a way of marking time, setting intention, and gathering the people who matter. *Edible Talismans* and *The Lost Astrology Cookbook* draw on planetary correspondence, timing your cooking to the sky itself. *Moonlit Tables* builds a full year of feasts around the New and Full Moon. *The Southampton Cookbook* brings it all back down to earth: bright, seasonal recipes from a lifetime of Hamptons summers.

The pages that follow offer a look at each book — the cover, the concept, and what's inside.



RECIPES & MOMENTS SHARED AFTER DARK

Moonlit Tables

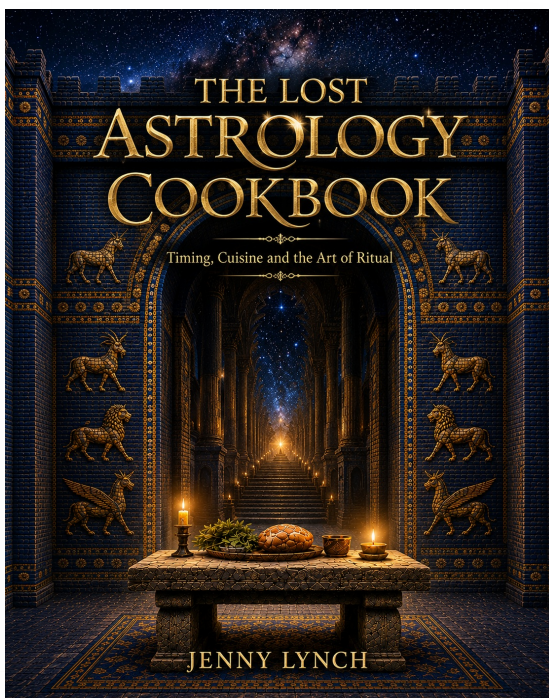
"The moon keeps rising. The table is always set."

Twenty-four seasonal menus built around every New and Full Moon of the year—a complete calendar of moon-timed hosting. Inside: how to set a lunar table, a seasonal pantry, hosting rituals and moon magic, and two full menus for every month of the year.

Why Feast with the Moon?

Twice each month, the Moon marks a turning point. The New Moon is a beginning—a quiet moment for planting an intention, best marked with intimate meals and meaningful conversation. The Full Moon is a culmination—something to celebrate, something worth raising a glass to—calling for menus that are generous, festive, and made for lingering long after dessert.

Inside are twenty-four seasonal menus, one for every New and Full Moon of the year, following the changing light and mood of the lunar cycle. You don't need to know anything about astrology to enjoy this book—only a love of good food, a beautiful table, and the simple magic of people gathering together. The Moon merely gives us a reason. The feast is up to us.



TIMING, CUISINE & THE ART OF RITUAL

The Lost Astrology Cookbook

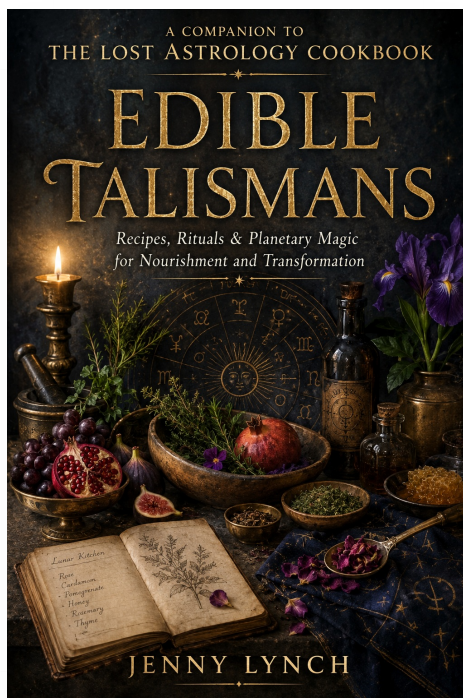
"Every kitchen lives under the same sky."

A deeper dive into the same cosmology—food and the sky as one continuous tradition stretching back four thousand years. Inside: the foundations of cooking by time and sky, a full set of planetary recipes from the Sun through Saturn, and a closing chapter of resources on planetary hours and electional timing.

Every Kitchen Lives Under the Same Sky

I moved to New York City in the 1970s for the only place that held everything I loved: music, natural foods, and astrology. Years later, my small farm-to-table restaurant in the East Village carried that same spirit—people came for honest food that tasted of soil and sun, but stayed for something more. Birth charts appeared between courses. Readings happened as naturally as the meal itself. We didn't call it anything back then. We simply set the table, lit the candles, and let the evening unfold.

This book grew from those evenings. Its system is rooted in the seven classical planets our ancestors could watch move across the sky with their own eyes—the Sun, Moon, Mercury, Venus, Mars, Jupiter, and Saturn—and every ingredient and timing in these pages draws from that ancient tradition. An edible talisman is simply a meal prepared at the right celestial moment with a clear intention: you eat it, and the meal becomes the medicine. It asks only three things of you—the right ingredients, the right timing, and a clear sense of what you're cooking toward.



A COMPANION TO THE LOST ASTROLOGY COOKBOOK

Edible Talismans

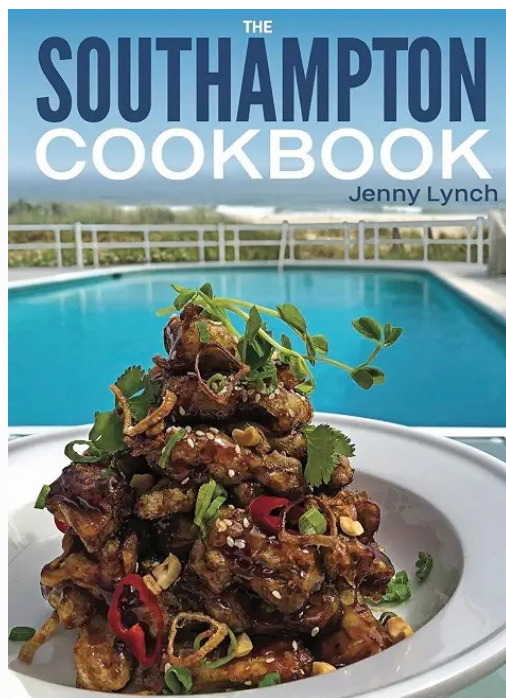
"Because you are what you eat."

Edible Talismans treats each recipe as a small piece of magic—dishes built from the foods traditionally associated with each planet, cooked with intention at an astrologically meaningful moment. Inside: the seven planetary powers, a full planetary pantry, and a chapter of recipes for each planet in turn, Sun through Saturn.

From Talisman to Table

For centuries, astrologers, physicians, and magicians believed everything on Earth echoed something in the heavens—plants, spices, stones, and flavors were each assigned to the Sun, Moon, and planets, and surrounding yourself with the right correspondences was thought to draw down that planet's influence. The *Picatrix* took this further than most, instructing practitioners to actually eat foods assigned to their chosen planet, even sharing planetary meals communally. Ficino later folded this into Renaissance medicine and daily life, while Agrippa built an entire catalog of planetary foods and plants—Jupiter's figs and grapes, Venus's pears and pomegranates—that Barrett's *The Magus* would carry into the nineteenth century. Through every era, the idea held steady: things of Earth could correspond to things of the sky.

Edible Talismans picks up that thread and brings it into a modern kitchen. Rather than engraving a planetary symbol onto metal or burning the right incense, the book asks the same question earlier practitioners asked—what belongs to this planet?—and answers it with a recipe instead of a ritual object. The ingredients become the correspondences, the cooking becomes the working, and the talisman, in the end, is simply eaten.



OVER 100 SUMMERTIME RECIPES

The Southampton Cookbook

"Bursting with bold flavors and fresh ingredients."

Jenny's love letter to a lifetime of Hamptons summers—over 100 recipes spanning starters, salads, pasta, vegetables, seafood, chicken, meats, and dessert, each one personally cooked and photographed by Jenny between New York City and Southampton.

Coastal Cooking, Collected

A selection of Jenny's favorite recipes, collected over 35 years as a private chef in Southampton. Step into sun-soaked kitchens and seaside gardens with over 100 seasonal recipes—elegant starters, bright vegetable sides, fresh seafood, grilled mains, and light summer desserts—built for entertaining, weeknight dinners, and relaxed beachside gatherings.

Drawing from years of cooking for clients in Southampton and New York City, Jenny brings her signature bold flavors and intuitive technique to every dish. It's a timeless invitation to cook with joy, creativity, and confidence—simple and luxurious in the same breath.

ABOUT THE AUTHOR

Jenny Lynch

Jenny Lynch has been practicing astrology since the early 1970s. She holds NCGR Level IV certification and is a certified AstroCartoGrapher, having studied directly with its founder, Jim Lewis. Her work has reached audiences around the world as an internationally syndicated astrology columnist for Condé Nast and host of Star Power, a New York City television program.

Earlier in her career, she owned a celebrated farm-to-table restaurant in New York City's East Village—a gathering place for artists, musicians, and writers during one of the city's most creative eras. She went on to spend thirty-five years as a private chef in the Hamptons, cooking the seasons long before it was fashionable to say so.

Jenny is the founder of Kitchen Alchemy Press, an independent imprint devoted to astrology, creativity, and the art of living with greater awareness. She lives and works in New York.

WHERE THE SKY MEETS THE TABLE

The Complete Catalog

The Astrology Wisdom Series

The Saturn, Chiron & Lunar Nodes Wisdom Books

The Astrology Handbook Series

The Saturn, Chiron & Lunar Nodes Handbooks

The Jenny Lynch Pocket Guide Series

The Saturn, Chiron & Lunar Nodes Pocket Guides



Kitchen Alchemy Press · New York, New York

kitchenalchemypress.com

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