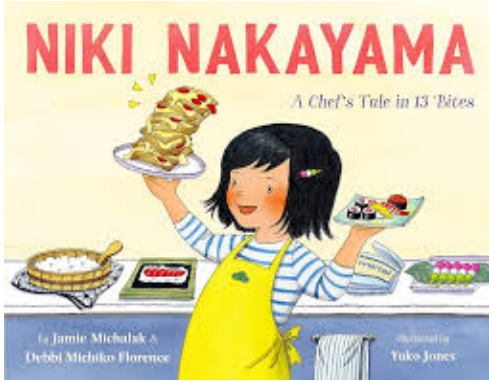


ART FEEDS THE SOUL



This month we couldn't decide on one #BookoftheMonth, so we have a pick for both young and adult readers. May is Asian American Pacific Islander Heritage Month, and both books follow the stories of two young Asian American women navigating self-identity within their own worlds.

Both of our May books have a connection to cooking, especially our children's book. That's why our corresponding art project will take you into the kitchen this time. We suggest that young artists work with an adult to bring their masterpiece to life.



As you can see from your reading, chefs are also artists – using flavors and textures as a base to blend with various cooking styles and techniques. They can bring to life a variety of recipes that, like Niki Nakayama's dishes, are often very personal and a reflection of who they are.

Your project is to create a meal or just one dish that reflects who you are. Talk with your family to explore any flavors or dishes that are important to your culture and ethnicity. They will help to serve as a foundation before you add your own personal twist to the meal or dish. Don't forget to consider the presentation – they say people eat with their eyes first. Have some delicious fun!



May Book of the Month

**Niki Nakayama:
A Chef's Tale in 13**

&

Green Frog: Stories

Green Frog: Stories, written by Korean American author Gina Chung. Her collection of short stories brings together a variety of characters unified by emotions and an underlying commentary on the human condition.

For our young readers, we've selected a book co-authored by Debbi Michiko Florence, a local author, and Jamie Michalak. Together, they share the story of Japanese American chef Niki Nakayama's rise to fame. Beautifully illustrated by Yuko Jones, *Niki Nakayama: A Chef's Tale in 13 Bites* follows the chef's journey from her childhood table to her Michelin-starred restaurant n/naka in Los Angeles.