

“An amazing family tale. Poignant and uplifting,
not to mention delicious.”

—A.J. Jacobs, author of *The Year of Living Biblically*

Life from Scratch

a memoir of food,
family, and forgiveness



SASHA MARTIN

READING GUIDE

LIFE FROM SCRATCH READING GUIDE



1. About the challenges of her childhood, Sasha writes, “there’s a difference between poverty of resources and poverty of spirit.” What does she mean by this? —●
2. Do you think Sasha’s longing to reconnect with her mom influences her memory of her childhood? —●
3. How would you describe Sasha’s relationship with Patricia Dumont? In what ways do you identify with Sasha? In what ways do you identify with Patricia? —●
4. When Sasha realizes that her college boyfriend John is about to propose and offer her the sense of love and belonging she yearned to find, why do you think she breaks up with him? —●
5. When Sasha and her mom reconnect, they are reluctant to speak about their past. How do you think their actions illustrate what they might not be saying? —●
6. After Sasha’s boyfriend Greg breaks up with her, he says “I understand that your life has been a struggle... but you have to work through that on your own.” Do you agree or disagree with this advice? How do you think this influenced Sasha in the long run? —●
7. How would you describe Sasha’s relationship with the Dumonts after her brother Michael’s death? —●
8. Why do you think the apple pie that Sasha loved as a child tastes different to her as an adult? —●
9. In what ways does Sasha’s culinary journey take a toll on her family? In what ways does it bring them together? —●
10. How does cooking the world open Sasha’s eyes to her local community? —●
11. Which dish are you most excited to share with your family or friends and why? —●
12. How has Sasha’s relationship with her mother impacted her relationship with her daughter? —●
13. Of all the themes present in this novel – love, loss, forgiveness – which resonated with you the most? Why? —●

