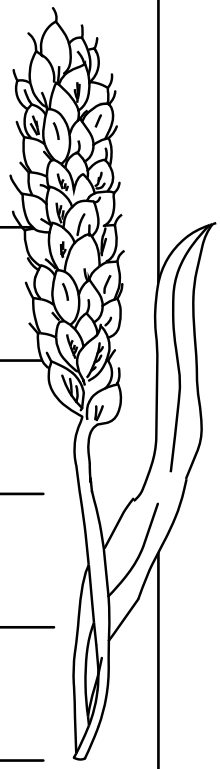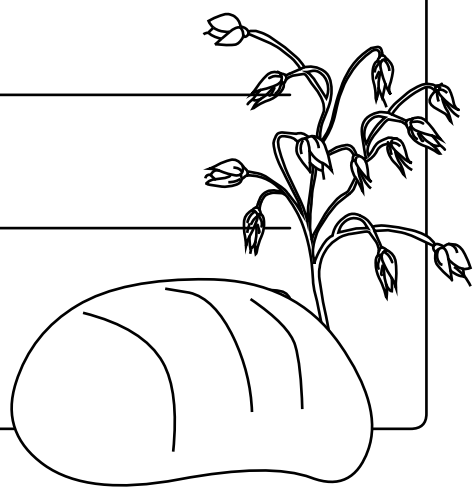Inhaltsverzeichnis vom Korn zum Brot