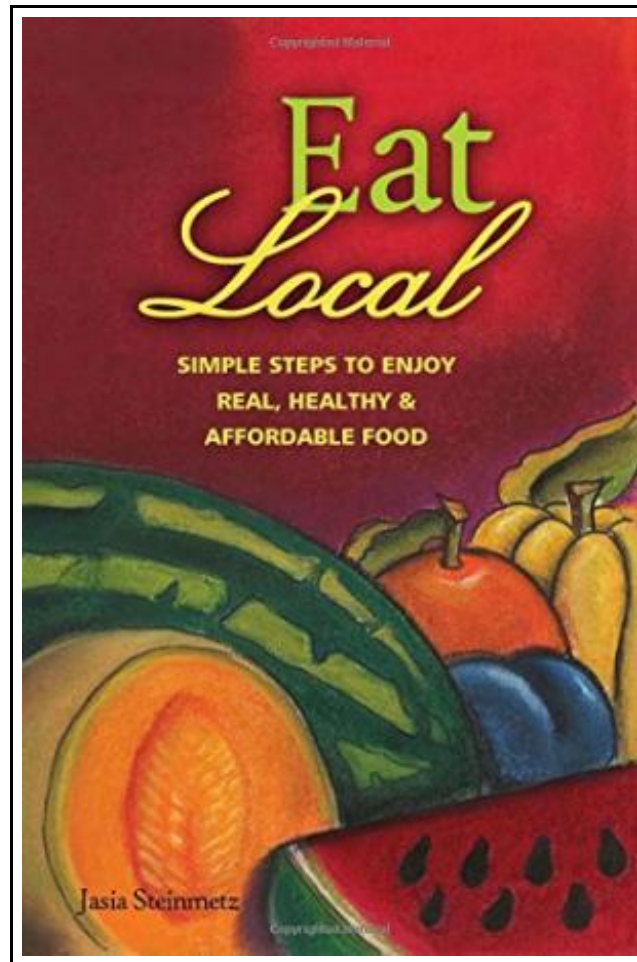


Eat Local: Simple Steps to Enjoy Real, Healthy Affordable Food



Filesize: 5.22 MB

Reviews

A superior quality book along with the font employed was exciting to see. It is one of the most amazing book i have got read through. You wont really feel monotony at anytime of the time (that's what catalogs are for about in the event you ask me).

(Santina Sanford)

EAT LOCAL: SIMPLE STEPS TO ENJOY REAL, HEALTHY AFFORDABLE FOOD



New World Publishing, Ltd (VA). Paperback. Book Condition: New. Paperback. 196 pages. Dimensions: 7.8in. x 5.3in. x 0.6in. Your Essential Guide to Enjoy Local Foods! Eat Local is an essential guide for enjoying local foods. While many have heard about local foods, most don't know how to go about changing their food choices and integrating local fare into their menus. This book is a concise, easy-to-digest handbook for those interested in improving their diets and menus with local, sustainable food choices. What you will learn: Eat Local - Why and how to find, purchase, preserve and use local foods; Benefits of local foods - health, economic, environmental, and otherwise; Seasonal local food eating strategies; Convenience: how purchasing local foods can be far more convenient than you think; How to properly pick local produce; Important questions to ask the farmer, grocer or other food purveyor; Children's Health: How locally grown foods can be integral in the fight against childhood obesity, while also better promoting family traditions, and more. Saving Money with Local Food - Practical shopping tips to save money with local foods, including a whole chapter devoted to money saving tips at farmers markets; Eat Well - Local food cooking and preparation tips, slow food, organic and sustainable choices, plant-based diet options and more; The Local Food Movement - Change and improve our runaway food system for future generations, such as supporting school gardens or farm-to-school programs and hunger projects, farmland protection, etc. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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Dont Line Their Pockets With Gold Line Your Own A Small How To Book on Living Large

Madelyn D R Books. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in.This book is about my cousin, Billy a guy who taught me a lot over the years and who...

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DK Readers Day at Greenhill Farm Level 1 Beginning to Read

DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.8in. x 5.7in. x 0.2in.This Level 1 book is appropriate for children who are just beginning to read. When the rooster crows, Greenhill Farm springs...

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Too Old for Motor Racing: A Short Story in Case I Didnt Live Long Enough to Finish Writing a Longer One

Balboa Press. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in.We all have dreams of what we want to do and who we want to become. Many of us eventually decide...

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Summer Fit Preschool to Kindergarten Math, Reading, Writing, Language Arts Fitness, Nutrition and Values

Summer Fit Learning. Paperback. Book Condition: New. Paperback. 160 pages. Dimensions: 10.6in. x 8.3in. x 0.5in.Summer Fit Activity Books move summer learning beyond academics to also prepare children physically and socially for the grade ahead....

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The Day I Forgot to Pray

Tate Publishing. Paperback. Book Condition: New. Paperback. 28 pages. Dimensions: 8.7in. x 5.8in. x 0.3in.Alexis is an ordinary five-year-old who likes to run and play in the sandbox. On her first day of Kindergarten, she...

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