



Eat Local for Less: The Ultimate Guide to Opting Out of Our Broken Industrial Food System (Paperback)

By Julie Castillo

Ruka Press, United States, 2015. Paperback. Book Condition: New. 226 x 213 mm. Language: English . Brand New Book. Featuring down-to-earth advice on finding, buying, growing, and preparing great food from local sources, this important resource shows readers how to bring what s on their plates in line with what s in their hearts. For anyone concerned about animal welfare, economic fair play, family cohesion, community wellbeing, or the impact of human activity on the environment, the book is a compendium of practical know-how, showcasing another whole food system that has been quietly producing delicious foods in ways that don t wreck any ecosystems but actually improve some of them. These are the foods lovingly produced by small-scale farmers and family-run cottage businesses, not corporations. They re made in small quantities close to the community by people who cherish their land and work hard to keep it healthy. Millions more Americans would love to eat this bounty, but many worry that eating fresh, local food is too difficult or expensive. Here, readers will discover how to: buy a tomato that actually tastes like a tomato instead of insipid mush; navigate CSAs, farmer s markets, buyer s clubs, co-ops, and more;...



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