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Blessing the Hands that Feed Us

By Robin, Vicki / Lappé, Frances Moore

Book Condition: New. Publisher/Verlag: Penguin US | Lessons from a 10-mile diet | Taking the local food movement to heart, Vicki Robin pledged for one month to eat only food sourced within a ten-mile radius of her home on Whidbey Island in Puget Sound, Washington. | An exploration of our relationship with food and eating locally-from the bestselling author of Your Money or Your Life Taking the local food movement to heart, Vicki Robin pledged for one month to eat only food sourced within a ten-mile radius of her home on Whidbey Island in Puget Sound, Washington. Like Barbara Kingsolver's Animal, Vegetable, Miracle and the bestselling books of Michael Pollan, Blessing the Hands That Feed Us is part personal narrative and part global manifesto. Robin's challenge for a sustainable diet not only brings to light society's unhealthy dependence on mass-produced, prepackaged foods but also helps her reconnect with her body, her community, and her environment. Featuring recipes throughout, along with practical tips on adopting your own locally-sourced diet, this is a candid, humorous, and inspirational guide to the locavore movement and a healthy food future. | Format: Paperback | Language/Sprache: english | 265 gr | 203x136x17 mm | 352 pp.



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