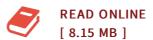




Blessing the Hands that Feed Us

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 massproduced, 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.



Reviews

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Violet Rose and the Surprise Party

Book Condition: New. Publisher/Verlag: Nosy Crow | With activities, 3D press-out models and over 175 stickers! Plus free games and printables online! | When busy rabbit, Violet Rose, discovers that her friend Lily has a birthday coming up, she and her buddies...



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

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Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. Tim Archbold (illustrator). 175 x 148 mm. Language: N/A. Brand New Book. These engaging Storybooks provide structured practice for children learning to read the Read Write Inc. Set 1 and 2 sounds....



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