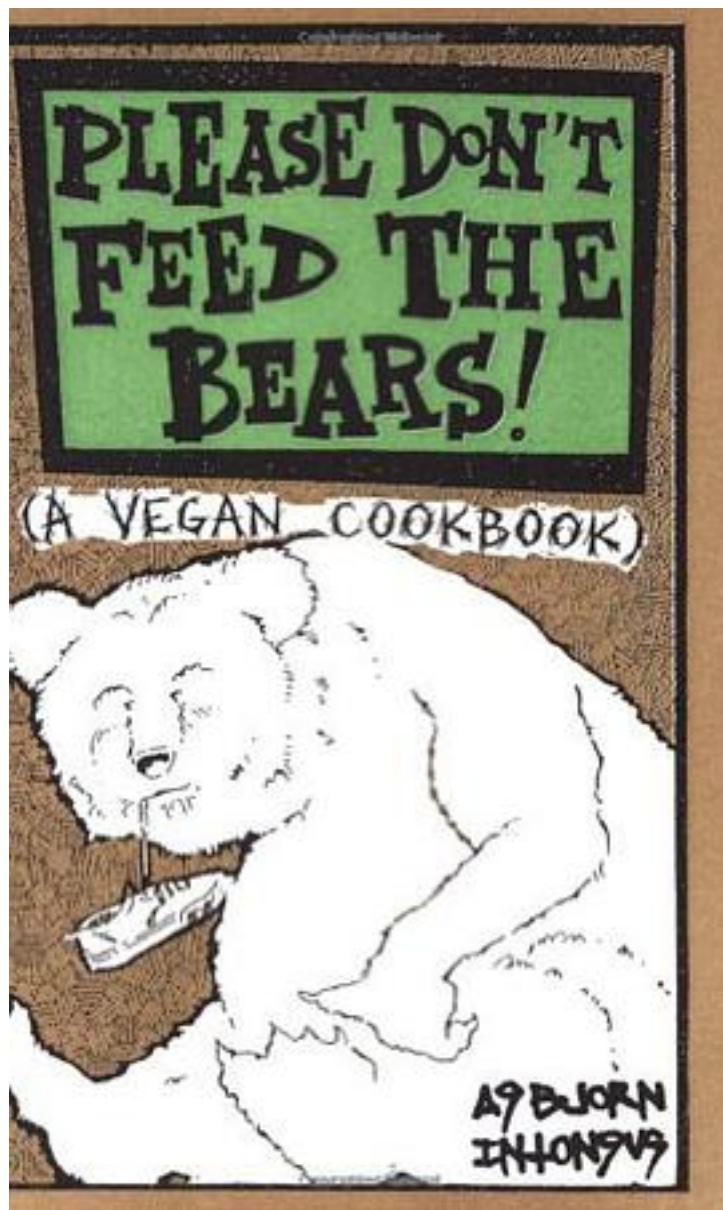


# Please Don't Feed the Bears



[Please Don't Feed the Bears 下载链接1](#)

著者:Intonsus, Asbjorn

出版者:A K Pr Distribution

出版时间:2008-12

装帧:Pap

isbn:9780977055715

A vegan cookbook in the vein of "Soy Not Oi" with hundreds of recipes and a wide variety of interesting dishes in here, too many to even try and pick out a few favorites to mention. Also, like "Soy Not Oi" there are articles about being vegan, numerous illustrations, and music to listen to while preparing food. Even a crossword about your favorite metal trivia to do while baking lasagna. It's exciting that after all of these years there is someone who has expanded on the groundbreaking idea of a political cookzine for the ungourmet, limited budget average punk.

作者介绍:

目录:

[Please Don't Feed the Bears](#) [下载链接1](#)

标签

评论

---

[Please Don't Feed the Bears](#) [下载链接1](#)

书评

---

[Please Don't Feed the Bears](#) [下载链接1](#)