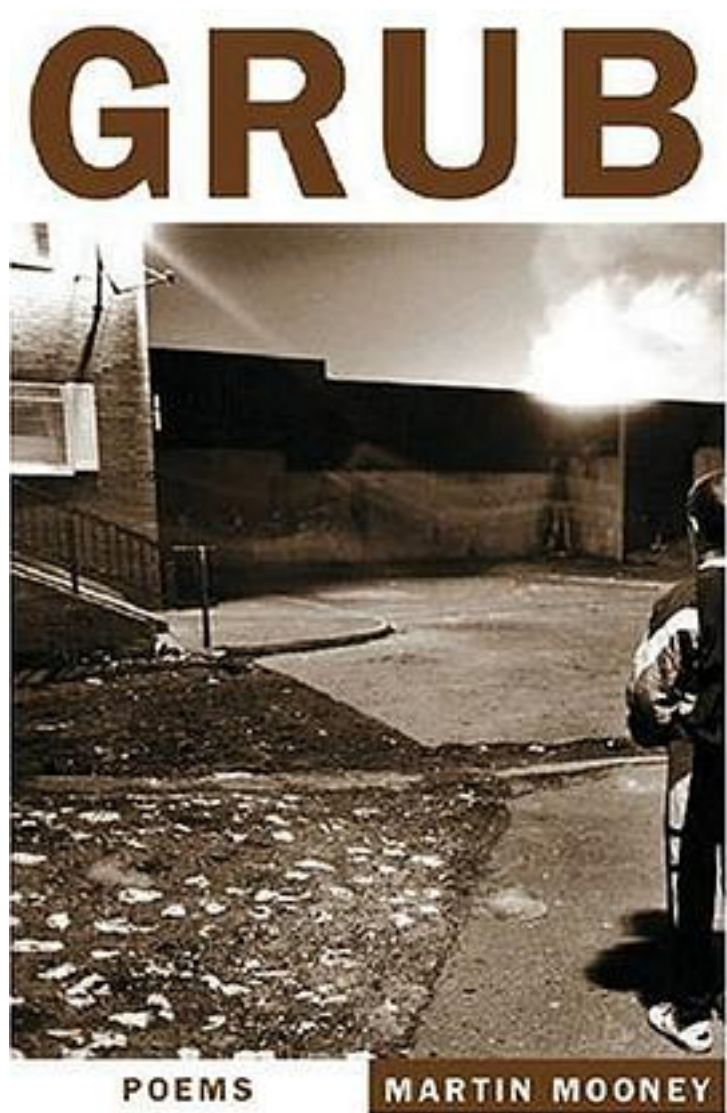


Grub



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From making healthy food choices and preparing mouth-watering meals, to unmasking corporate flimflam and supporting sustainable farming, here is the complete guide for the young, the hip, the socially tuned-in - and for all who want to eat real food.

In the past few decades, organic food has moved out of the patchouli-scented aisles of food co-ops and into over three-quarters of conventional grocery stores. Hand-in-glove, more and more of us are becoming aware of the social, environmental, and health benefits of organic eating, independent farming, and promoting "fair food."

Combining a straight-to-the-point exposé about the fake food filling our supermarkets and the compelling reasons for choosing organic, local, "fair" food, Grub helps all of us become a part of one of the most hopeful movements of the new century: a revolution in food and farming that is best for our bodies and the earth.

With spirited and practical how-to's for creating an affordable, easy-to-use organic kitchen and dozens of delectable recipes, Grub also offers the millions of people who buy organics fresh ideas and easy ways to cook with them. From the Valentine's Day Decadence Dinner to the Straight-Edge Punk Brunch Buffet, Grub includes over a dozen menus paired with soundtracks to cook (and party) by and artwork and poetry evoking the spirit of Grub .

If organic food has a user's guide, this is it.

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