

We Want Real Food



[We Want Real Food_下载链接1](#)

著者:Harvey, Graham

出版者:Book Sales

出版时间:2008-1

装帧:HRD

isbn:9781845295455

Completely revised in a new B format paperback, Graham Harvey provides a concise, practical guide on how food can be grown in truly nutritious ways, the crucial importance of minerals in the soil and how to tell what's good and what isn't. Harvey explains not only why our food is in such a parlous state but how we can change what we eat and radically improve our health. This edition also contains: a comprehensive listings of outlets where readers can find the best foods; advice on 'How to give up the supermarket habit'; sections headed 'Which Foods to Buy' that help the reader to

make the choice of which food is real food full of nutrients and which isn't; and, a new chapter on bio-fuels - attacking it the concept as a disastrous example of the agricultural industry's addiction to subsidies.

作者介绍:

目录:

[We Want Real Food_下载链接1](#)

标签

评论

[We Want Real Food_下载链接1](#)

书评

[We Want Real Food_下载链接1](#)