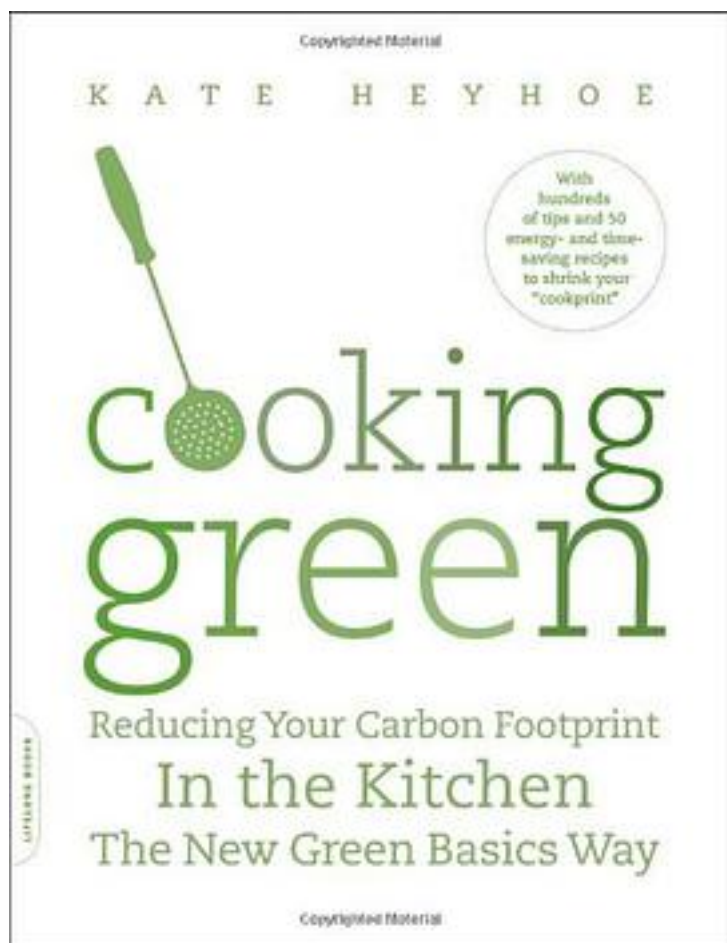


# Cooking Green



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Choosing local, organic foods benefits your health and the planet's. But how you cook is as important as what you cook: cooking itself is an under-reported yet substantial greenhouse gas creator. Now, Kate Heyhoe shows you how to think like an

environmentalist in the kitchen. Without changing your politics or completely disrupting your routine, you can reduce your impact on the planet by rethinking how you cook, shop, and consume food. Using your favorite recipes, you can bake, broil, and grill in greener ways, saving fossil fuels and shrinking your cookprint.”

作者介绍:

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