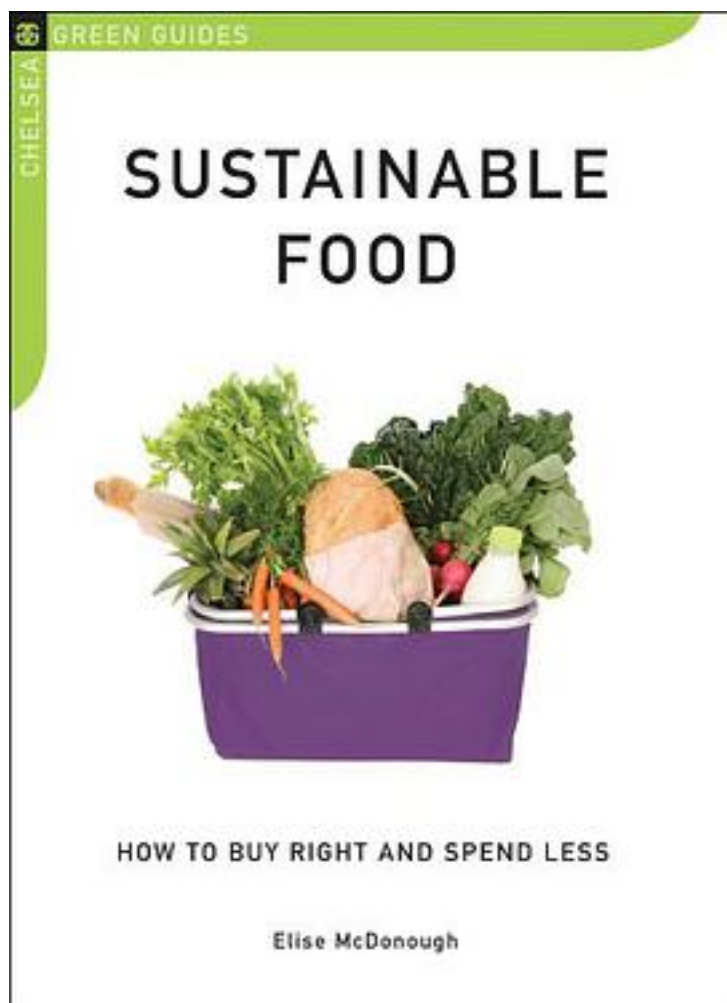


Sustainable Food



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Wondering whether it's worth it to splurge on the locally raised beef? What about those organic carrots? New in the Chelsea Green Guides series, "Sustainable Food:

How to Buy Right and Spend Less" helps the average shopper navigate the choices, whether strolling the aisles of a modern supermarket or foraging at a local farmers market. This down-to-earth, casual guide is small enough to be slipped into your pocket and answers these and other questions for the shopper: What are the differences among organic, local, fair-trade, free-range, naturally raised, and biodynamic foods? How affordable is it to subscribe to a CSA farm and what are the advantages? Is it better to choose wild Alaskan salmon at \$18.99, or the Chilean farmed fish at \$11.99? What cooking oils can be sustainably sourced? How can a food co-op increase access to, and affordability of, healthier, Earth-friendly foods? Where can you find sustainably produced sugar, and are there any local replacements for sweeteners from faraway lands? What do the distinctions between shade-grown and trellised coffee mean? Is shark okay to eat? How about mackerel? Why is the war on plastic bags so important? Sustainable eating just got easier.

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