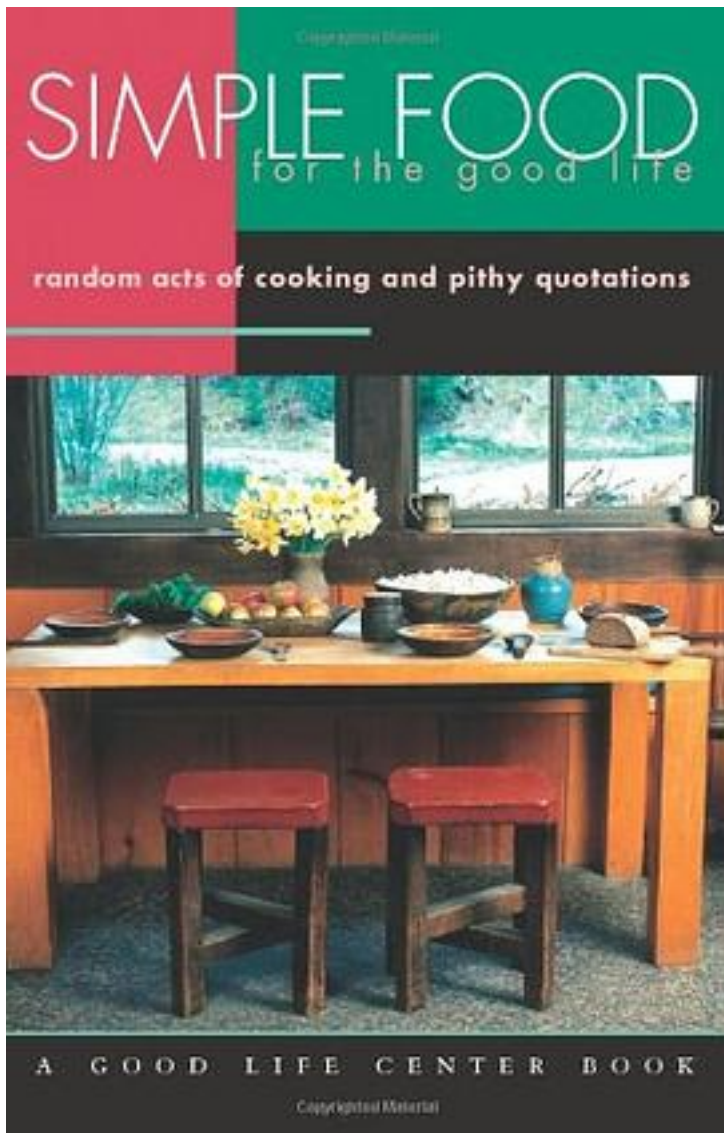


Simple Food for the Good Life



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著者:Helen Nearing

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Fifty years before the phrase "simple living" became fashionable, Helen and Scott Nearing were living their celebrated "Good Life" on homesteads first in Vermont, then in Maine. All the way to their ninth decades, the Nearings grew their own food, built their own buildings, and fought an eloquent combat against the silliness of America's infatuation with consumer goods and refined foods. They also wrote or co-wrote more than thirty books, many of which are now being brought back into print by the Good Life Center and Chelsea Green. Simple Food for the Good Life is a jovial collection of "quips, quotes, and one-of-a-kind recipes meant to amuse and intrigue all of those who find themselves in the kitchen, willingly or otherwise." Recipes such as Horse Chow, Scott's Emulsion, Crusty Carrot Croakers, Raw Beet Borscht, Creamy Blueberry Soup, and Super Salad for a Crowd should improve the mood as well as whet the appetite of any guest.

作者介绍:

目录:

[Simple Food for the Good Life_ 下载链接1](#)

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