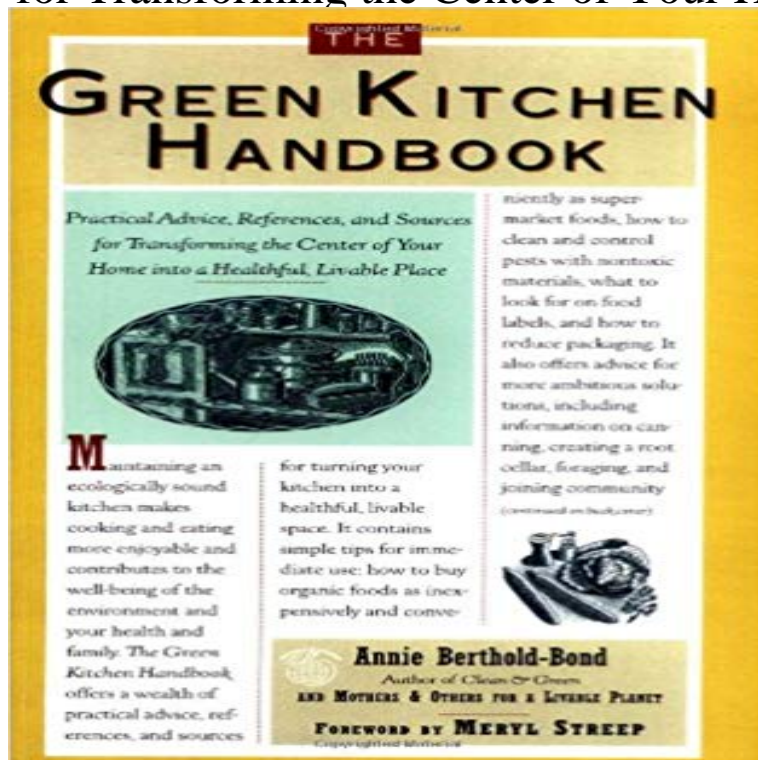


The Green Kitchen Handbook: Practical Advice, References, & Sources for Transforming the Center of Your Home into a Healthy, Livable Place



The Green Kitchen Handbook contains basic tips on and simple solutions to: what to look for on packaged food labels, how to recognize which food additives to avoid, and how to buy organic foods as inexpensively and conveniently as supermarket foods. And it offers advice for more ambitious projects including information on canning, creating root cellars, buying kitchen appliances, and joining community gardens. The Green Kitchen Handbook also includes valuable insights on how to buy local foods in season; how to avoid excess fat, sugars, and salt; where to locate the best food sources; preparing and storing foods; and integrating the principles of keeping a green kitchen with your daily routine. This unique handbook offers economical and environmentally conscious alternatives that make keeping a green kitchen simple, sensible, and delicious.

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