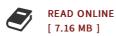




Blessing The Hands That Feed Us: Lessons from a 10 Mile Diet (Paperback)

By Vicki Robin, Frances Moore Lappe, Anna Lappe

Penguin Putnam Inc, United States, 2015. Paperback. Condition: New. Language: English. Brand New Book. An exploration of our relationship with food and eating locally from the bestselling author of Your Money or Your Life Taking the local food movement to heart, Vicki Robin pledged for one month to eat only food sourced within a ten-mile radius of her home on Whidbey Island in Puget Sound, Washington. Like Barbara Kingsolver's Animal, Vegetable, Miracle and the bestselling books of Michael Pollan, Blessing the Hands That Feed Us is part personal narrative and part global manifesto. Robin's challenge for a sustainable diet not only brings to light society's unhealthy dependence on mass-produced, prepackaged foods but also helps her reconnect with her body, her community, and her environment. Featuring recipes throughout, along with practical tips on adopting your own locally-sourced diet, this is a candid, humorous, and inspirational guide to the locavore movement and a healthy food future.



Reviews

It is great and fantastic. It can be writter in easy phrases and never hard to understand. You will not really feel monotony at at any time of your respective time (that's what catalogues are for concerning if you request me).

-- Michel Halvorson

An extremely great ebook with perfect and lucid answers. This is certainly for anyone who statte that there was not a well worth looking at. Its been designed in an exceptionally simple way and is particularly only soon after i finished reading through this ebook in which actually transformed me, modify the way in my opinion.

-- Libbie Farrell