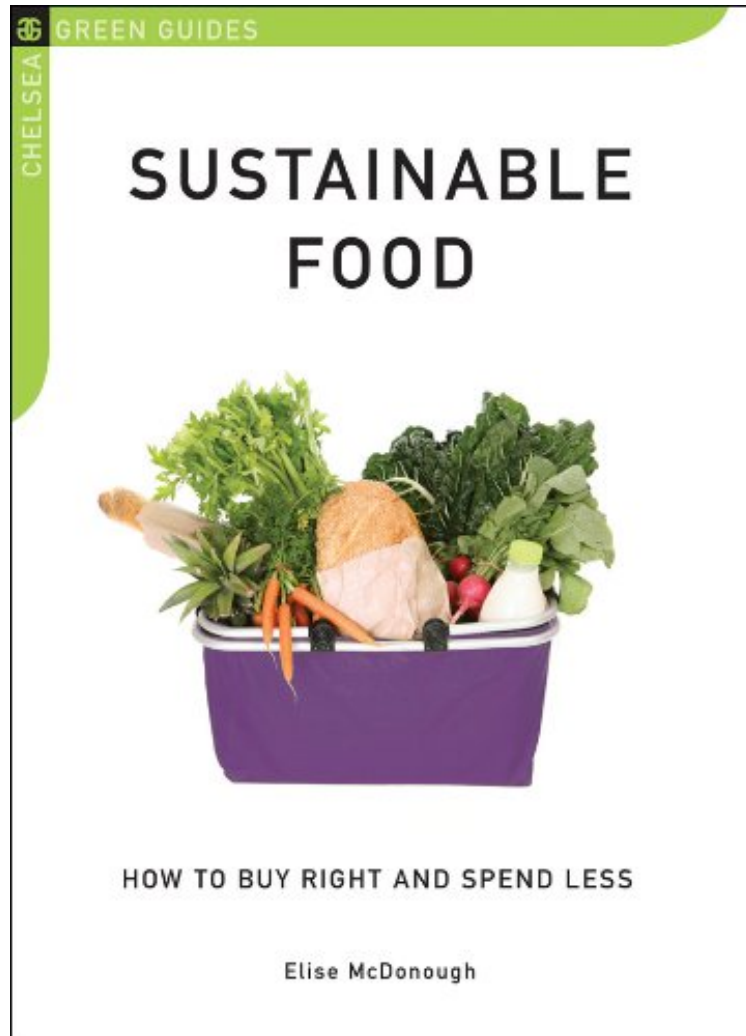


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## Sustainable Food: How to Buy Right and Spend Less (Chelsea Green Guides)

*Elise McDonough*

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**Elise McDonough : Sustainable Food: How to Buy Right and Spend Less (Chelsea Green Guides)** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Sustainable Food: How to Buy Right and Spend Less (Chelsea Green Guides):

0 of 0 people found the following review helpful. Good, understandable information By kathy My daughter bought this book for me for my birthday, and I absolutely love it! I never had a good understanding of terms like organic, conventional, real, and natural. I also didn't realize how completely unsustainable our "conventional" modern farms are, or the value of community supported agriculture. This book is a real eye-opener, and the information is presented in a very reader-friendly way. It has helped me be more aware of what I buy and what I eat and feed my family. I have

since purchased one for my daughter and another for my son's girlfriend. It's well worth the price! 2 of 2 people found the following review helpful. **DO NOT BUY** By A. Summers I was very disappointed in this book. It was very misleading. It pretty much just described the different groups of foods available (organic, natural, feedlot) in the different types (beef, pork, seafood, vegetables.) I don't recall any money saving tips other than buy in bulk and preserve. I will never spend \$8 on a 96 page book again. Buy *Eat Where You Live* by Lou Bendrick instead. A better quality book, a little bit longer, too. 1 of 1 people found the following review helpful. **Good Start - Disappointing Finish** By GoneGreen I purchased this book for my bookshelf to hope to have a quick reference guide to a more sustainable and organic way of life. One aspect of that is the fact that I am in college and don't have a lot of money to spend on food; Walmart is always the cheaper option because I can get a lot of food for less, yet I hoped that this book would give a few tips on how to buy organic while still saving a buck. This book fell extremely short of my expectations!! It did however do a fairly decent job of breaking down different types of food and explain how in today's world, most foods are processed to the point of being unhealthy. This was interesting to me and I was able to learn a bit about certain food and what to watch for in supermarkets, yet I purchased this book to help me "buy right, and spend less." This book did half of that, I now have a better incite into buying right, but it did nothing to help me spend less!! In the end I was excited to read a book that was short and informational on the subject of sustainable foods, yet it only lived up to half of its title. Thus I would not buy this book unless it was on sale from its already cheap \$8 price tag. Decent edition to your bookshelf, yet try "*The Organic Food Shoppers Guide*," by Jeff Cox, its much more informative and its only \$2 more!

Wondering whether its 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 small enough to be slipped into your pocket 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.

**About the Author** Elise McDonough trained at New York City's Natural Gourmet Institute, but her informal training in counterculture cuisine began at the Cleveland Food Co-op, where she was initiated into the world of food politics, strange ingredients, and alternative diets. She lives in New York, where she volunteers at the Union Square Greenmarket, and is actively involved in many local farm and food issues.