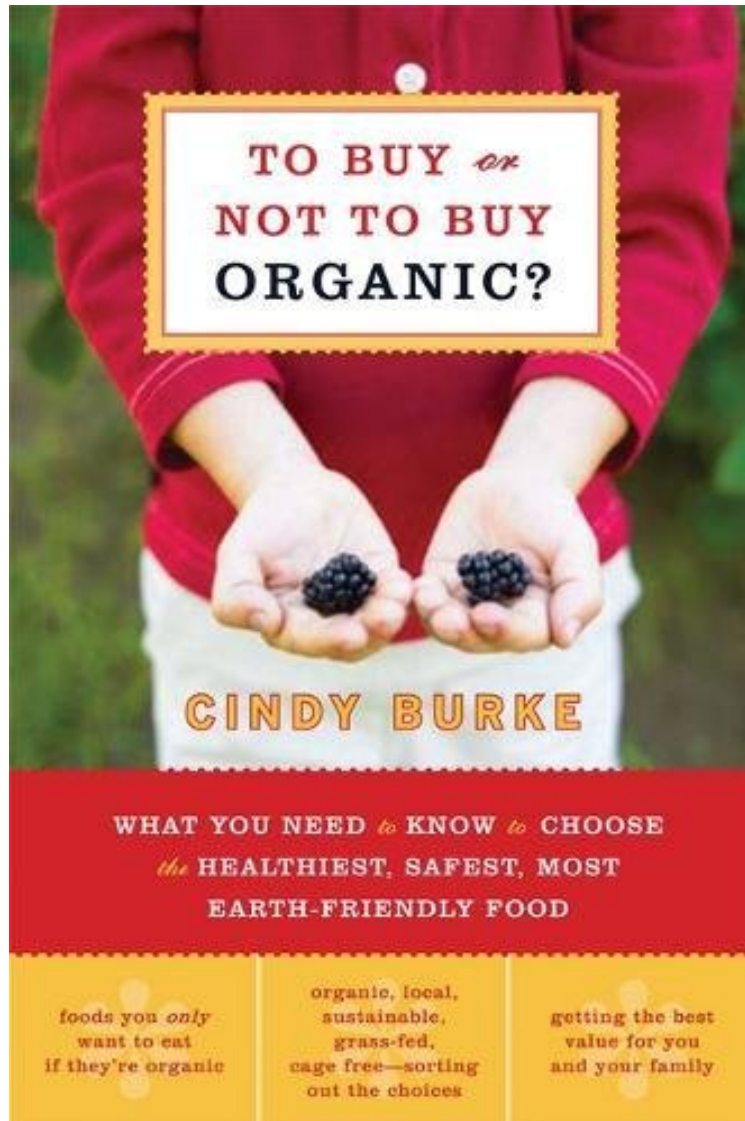


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# To Buy or Not to Buy Organic: What You Need to Know to Choose the Healthiest, Safest, Most Earth-Friendly Food

Cindy Burke

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Cindy Burke : To Buy or Not to Buy Organic: What You Need to Know to Choose the Healthiest, Safest, Most Earth-Friendly Food before purchasing it in order to gage whether or not it would be worth my time, and all praised To Buy or Not to Buy Organic: What You Need to Know to Choose the Healthiest, Safest, Most Earth-Friendly Food:

Food journalist and former professional chef Cindy Burke writes in the introduction to this book: "Organic food can be so expensive and difficult to find that I always wondered if I was spending my money wisely. I decided to become informed, really informed, about the options organic, conventional, local, sustainable so that I could choose the healthiest, safest food available." *To Buy or Not to Buy Organic* is the result of Burke's investigations. It tells you how to choose the healthiest, safest, most earth-friendly food, as you make your way through the supermarket, your local farmer's market, or your natural foods store. Highlights include: Making sense of the choices presented by organic, local, sustainable, minimally treated, grass-fed and cage-free foods Reducing your exposure to pesticides Save money by knowing the foods you want to eat only if they're organic and the foods that are pesticide-free even when they are nonorganic Protecting your child's health from pesticides An at-a-glance shopper's guide to more than 100 foods