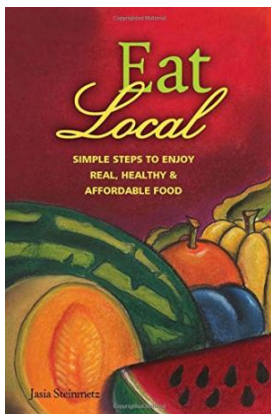


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EAT LOCAL: SIMPLE STEPS TO ENJOY REAL, HEALTHY AFFORDABLE FOOD



New World Publishing, Ltd (VA). Paperback. Book Condition: New. Paperback. 196 pages. Dimensions: 7.8in. x 5.3in. x 0.6in. Your Essential Guide to Enjoy Local Foods! Eat Local is an essential guide for enjoying local foods. While many have heard about local foods, most don't know how to go about changing their food choices and integrating local fare into their menus. This book is a concise, easy-to-digest handbook for those interested in improving their diets and menus with local, sustainable food choices. What...

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