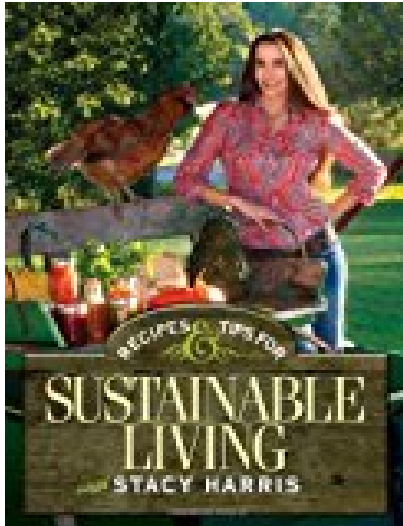


Recipes and Tips for Sustainable Living



BOOK DETAILS

- Author : Stacy Harris
- Pages : 144 Pages
- Publisher : Krause Publ
- Language : English
- ISBN : 1440235554

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BOOK SYNOPSIS

Responding to the trend toward sustainable living, *Recipes and Tips for Sustainable Living* helps you make delicious food using natural ingredients. Inside this lushly illustrated volume, you'll find: Tips and techniques to grow and harvest natural, organic foods in and around your home. More than 80 mouth-watering recipes for cooking those ingredients. Tips on preservation and storage of your harvest. Health benefits of natural, organic ingredients. Chapters cover: Gardening - Heirloom gardening, container gardening, herbs and preserving. Beyond the Garden - Foraging, beekeeping, poultry and eggs. Wood and Water - Venison, wild turkey, duck, quail, small game, seafood and fish.

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