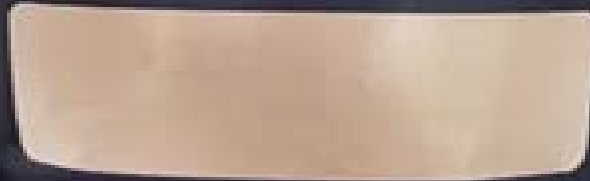


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Simple Foods for the Pack Claudia Axcell, Diana Cooke, 1986 180 trail tested recipes

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Supplement - Food and Nutrition Information and Educational Materials Center Food and Nutrition Information and Educational Materials Center (U.S.),

Simple Food for Busy Families Jeannette Bessinger, Tracee Yablon-Brenner, 2009 An accessible guide to nutrition and healthful meal planning for busy parents including recipes and tips for preparing wholesome meals and teaching children good eating habits for life Provided by publisher

Simple Food for the Good Life Helen Nearing, 1999-05-19 Fifty years before the phrase simple living became fashionable Helen and Scott Nearing were living their celebrated Good Life on homesteads first in Vermont then in Maine All the way to their ninth decades the Nearings grew their own food built their own buildings and fought an eloquent combat against the silliness of America's

infatuation with consumer goods and refined foods They also wrote or co wrote more than thirty books many of which are now being brought back into print by the Good Life Center and Chelsea Green Simple Food for the Good Life is a jovial collection of quips quotes and one of a kind recipes meant to amuse and intrigue all of those who find themselves in the kitchen willingly or otherwise Recipes such as Horse Chow Scott s Emulsion Crusty Carrot Croakers Raw Beet Borscht Creamy Blueberry Soup and Super Salad for a Crowd should improve the mood as well as whet the appetite of any guest Here is an antidote for the whole foods enthusiast who is fed up with the anxieties and drudgeries of preparing fancy meals with stylish expensive hard to find ingredients This celebration of salads leftovers raw foods and homegrown fruits and vegetables takes the straightest imaginable route from their stem or vine to your table The funniest crankiest most ambivalent cookbook you ll ever read said Food Wine magazine This is more than a mere cookbook said Health Science magazine It belongs to the category of classics destined to be remembered through the ages Among Helen Nearing s numerous books is Chelsea Green s Loving and Leaving the Good Life a memoir of her fifty year marriage to Scott Nearing and the story of Scott s deliberate death at the age of one hundred Helen and Scott Nearing s final homestead in Harborside Maine has been established in perpetuity as an educational program under the name of The Good Life Center

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