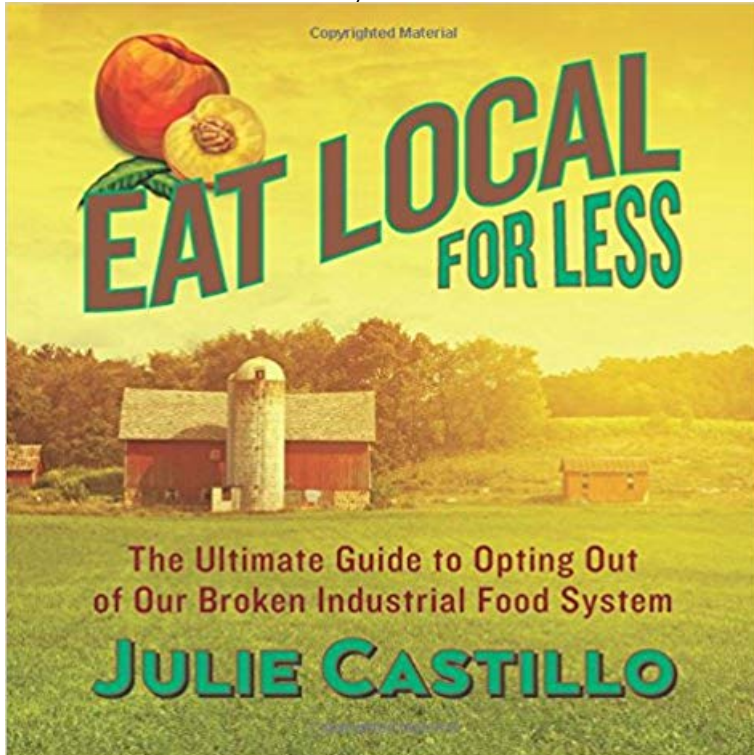


Eat Local for Less: The Ultimate Guide to Opting Out of Our Broken Industrial Food System



Featuring down-to-earth advice on finding, buying, growing, and preparing great food from local sources, this important resource shows readers how to bring whats on their plates in line with whats in their hearts. For anyone concerned about animal welfare, economic fair play, family cohesion, community wellbeing, or the impact of human activity on the environment, the book is a compendium of practical know-how, showcasing another whole food system that has been quietly producing delicious foods in ways that dont wreck any ecosystems but actually improve some of them. These are the foods lovingly produced by small-scale farmers and family-run cottage businesses, not corporations. Theyre made in small quantities close to the community by people who cherish their land and work hard to keep it healthy. Millions more Americans would love to eat this bounty, but many worry that eating fresh, local food is too difficult or expensive. Here, readers will discover how to: buy a tomato that actually tastes like a tomato instead of insipid mush; navigate CSAs, farmers markets, buyers clubs, co-ops, and more; fit cooking into a jam-packed modern lifestyle; get kids to eat their vegetables and love them; and do it all for even less than theyre paying now for industrial food. The results will help them derive more pleasure from meals, enjoy better health, experience a deeper connection with nature, nurture a robust local economy, and support a fairer world simply by sitting down to a deliberately chosen, lovingly prepared meal.

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Our newest book, Eat Local for Less: The Ultimate Guide to Opting Out of Our Broken Industrial Food System, is getting ready to make its way from the printer to the **Eat Local for Less: The Ultimate Guide to Opting Out of Our Broken** Julie Castillos new book, Eat Local for Less: The Ultimate Guide to Opting Out of Our Broken Industrial Food System, is featured in this local author lecture. **Eat Local For Less: The Ultimate Guide To Opting Out Of Our Broken** The Ultimate Guide to Opting Out of Our Broken Industrial Food System. By Julie Castillo. Eat Local for Less book cover. ISBN: 978-0-9855748-6-4. Nonfiction **Eat Local for Less: The Ultimate Guide to Opting Out of Our Broken** Berkeley Springs Book Festival Features 5 New Books from Local Authors. BERKELEY Books range from murder mysteries, romances and war memoirs to supernatural tales, history, food and childrens stories. 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