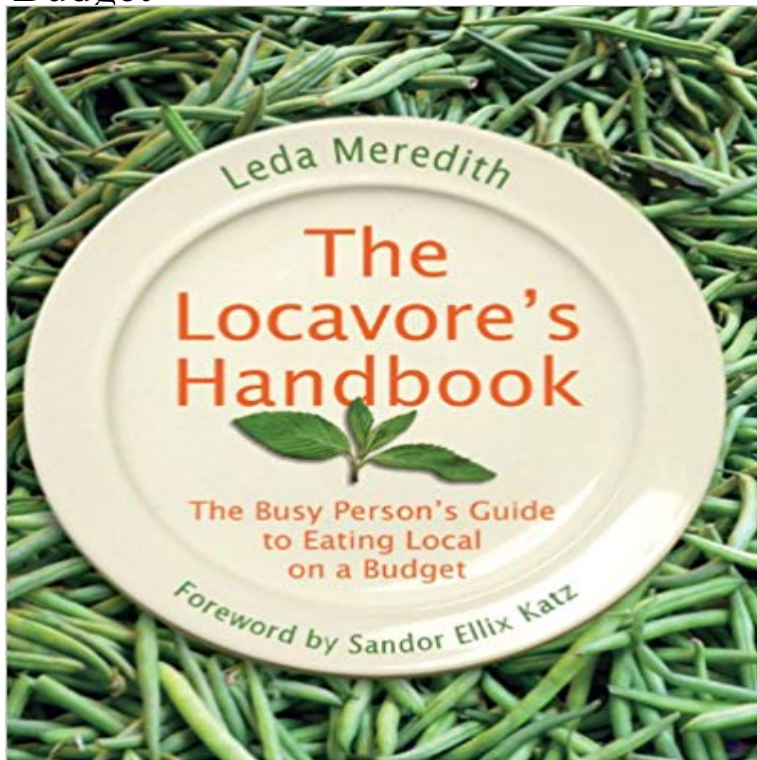


The Locavores Handbook: The Busy Persons Guide to Eating Local on a Budget



These days, nearly everyone wants to eat green and local, but tight schedules and even tighter budgets can make it seem like an unattainable goal. The Locavores Handbook: A Busy Persons Guide to Eating Local on a Budget is here to help! With practical, down-to-earth advice, Leda Meredith guides readers through the process of incorporating locally grown foods into their meals. In a concise book designed for mainstream readers, she discusses budgeting; sourcing, growing, and preserving food; shopping efficiently; and supporting local merchants and planet Earth. Everyone, including time-pressed, cash-strapped urbanites with mini-refrigerators and zero storage space, will find inspiration and a host of helpful, surprising ideas. Brooklyn-based Meredith's tips and tricks are particularly helpful for readers in cooler climates.

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