



New Good Food, rev: Essential Ingredients for Cooking and Eating Well

Margaret M. Wittenberg

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In NEW GOOD FOOD, industry veteran Margaret M. Wittenberg offers reliable, practical, one-stop advice on organics, whole grains, buying local, sustainability, and more. Focusing on core food products available at large-scale and natural foods markets, she profiles everything from new sweeteners like agave nectar to specialty flours like spelt and barley to gourmet salts. She also clears up confusing food labels, misleading marketing claims, and common misperceptions behind everyday foods, conclusively answering questions like "Grass-fed beef versus grain-fed--what's the difference?" and "Are there good options for gluten-free cooking and baking?" Seasonal produce charts and preparation advice for new (or new-to-you) products provide the essentials for enjoying whole foods every day, every way.

An updated and expanded edition of the definitive guide to buying, storing, and preparing whole foods. Revisions include seven new chapters, with one devoted exclusively to whole grains. Provides an insider's view on agriculture and livestock, including a look at grass-fed beef and antibiotic use in meat production, as well as organic labeling and new nutritional findings.

Reviews"Margaret M. Wittenberg delves into the world of organic foods to help guide you through its twists and turns."-Taste for Life Magazine

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From reader reviews:

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This New Good Food, rev: Essential Ingredients for Cooking and Eating Well book is simply not ordinary book, you have after that it the world is in your hands. The benefit you get by reading this book is usually information inside this reserve incredible fresh, you will get info which is getting deeper you actually read a lot of information you will get. This New Good Food, rev: Essential Ingredients for Cooking and Eating Well without we know teach the one who reading through it become critical in considering and analyzing. Don't always be worry New Good Food, rev: Essential Ingredients for Cooking and Eating Well can bring any time you are and not make your bag space or bookshelves' become full because you can have it with your lovely laptop even cell phone. This New Good Food, rev: Essential Ingredients for Cooking and Eating Well having excellent arrangement in word in addition to layout, so you will not experience uninterested in reading.

Gilbert Pellerin:

The knowledge that you get from New Good Food, rev: Essential Ingredients for Cooking and Eating Well is the more deep you excavating the information that hide in the words the more you get thinking about reading it. It does not mean that this book is hard to comprehend but New Good Food, rev: Essential Ingredients for Cooking and Eating Well giving you joy feeling of reading. The writer conveys their point in certain way that can be understood simply by anyone who read the idea because the author of this publication is well-known enough. This kind of book also makes your vocabulary increase well. It is therefore easy to understand then can go together with you, both in printed or e-book style are available. We advise you for having that New Good Food, rev: Essential Ingredients for Cooking and Eating Well instantly.

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