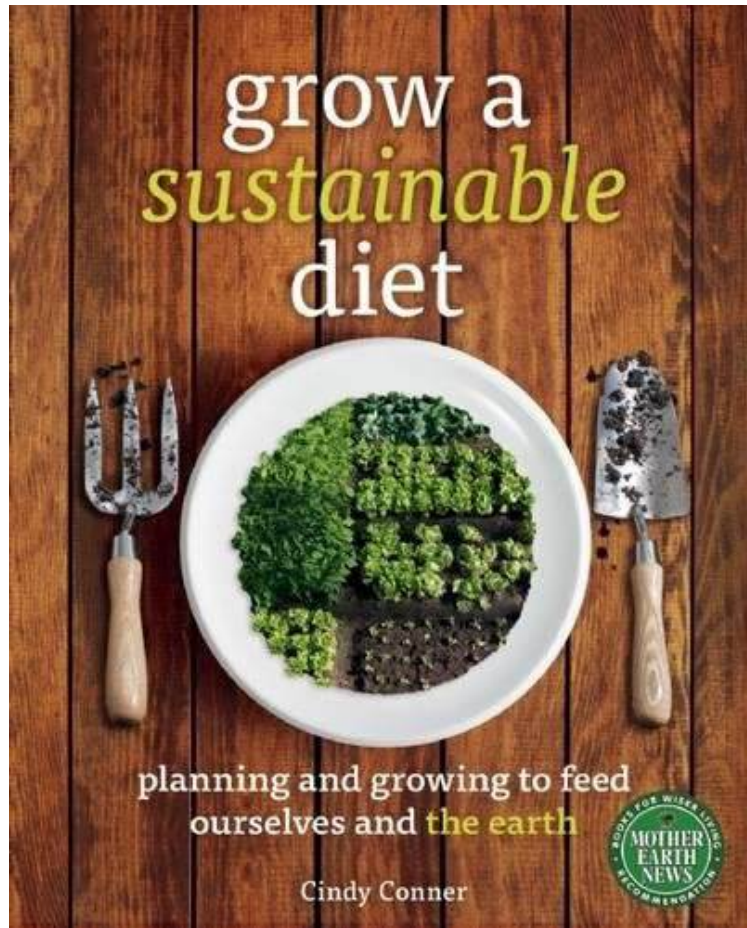


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# Grow a Sustainable Diet: Planning and Growing to Feed Ourselves and the Earth

By Cindy Conner

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care for the earth and care for everybody too My translation kind of Everyone loves to prepare a meal with ingredients fresh from their own garden But for most of us no matter how plentiful our harvest homegrown produce comprises only a fraction of what we eat And while many gardening guides will tell you everything you ever wanted to know about individual crops few tackle the more involved task of helping you maximize the percentage of your diet you grow yourself Grow a Sustainable Diet will help you develop a Grow A Sustainable Diet is just the book you have been looking for John Jeavons author of How To Grow More Vegetables and Fruits Nuts Berries Grains and Other Crops Than You Ever Thought Possible On Less Land Than You Can Imagine Amid the ple

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