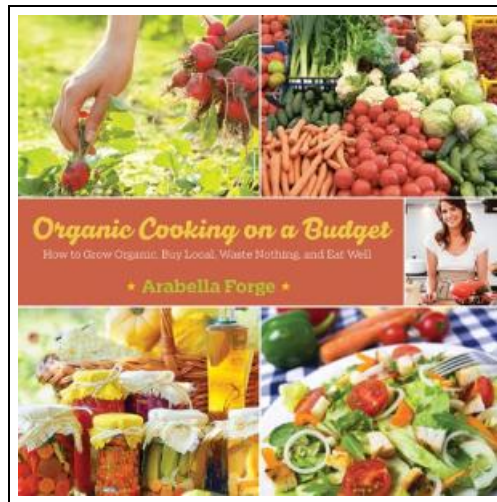


## Organic Cooking on a Budget: How to Grow Organic, Buy Local, Waste Nothing, and Eat Well



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## ORGANIC COOKING ON A BUDGET: HOW TO GROW ORGANIC, BUY LOCAL, WASTE NOTHING, AND EAT WELL



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Skyhorse Publishing, United States, 2015. Paperback. Book Condition: New. 176 x 176 mm. Language: English . Brand New Book. More and more people are interested in eating well and in understanding where their food comes from. But where do you start? Organic, free-range, local, or sustainable: the choices can be overwhelming--not to mention expensive. In *Organic Cooking on a Budget*, Arabella Forge shows that developing a better relationship with food is not as difficult as it may appear. She provides hands-on, practical advice for a new way of living--eating frugally. Learn how to access quality produce straight from the source; rediscover forgotten cooking techniques; create your own kitchen garden (complete with compost and a chicken coop); learn how to stock your pantry well; shop for and cook the most economical cuts of meat and fish; discover local farmers markets, community gardens, and co-ops; and more! Packed with more than one hundred recipes for delicious dishes, such as heirloom roasted vegetables, chicken and leek pie, chickpea and rosemary soup, meatloaf with red sauce, minced fish cakes, and minty lemonade, plus resources, tips, and tricks to living and eating well, this is the book for every healthy, modern kitchen. Skyhorse Publishing, along our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We've been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are...



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