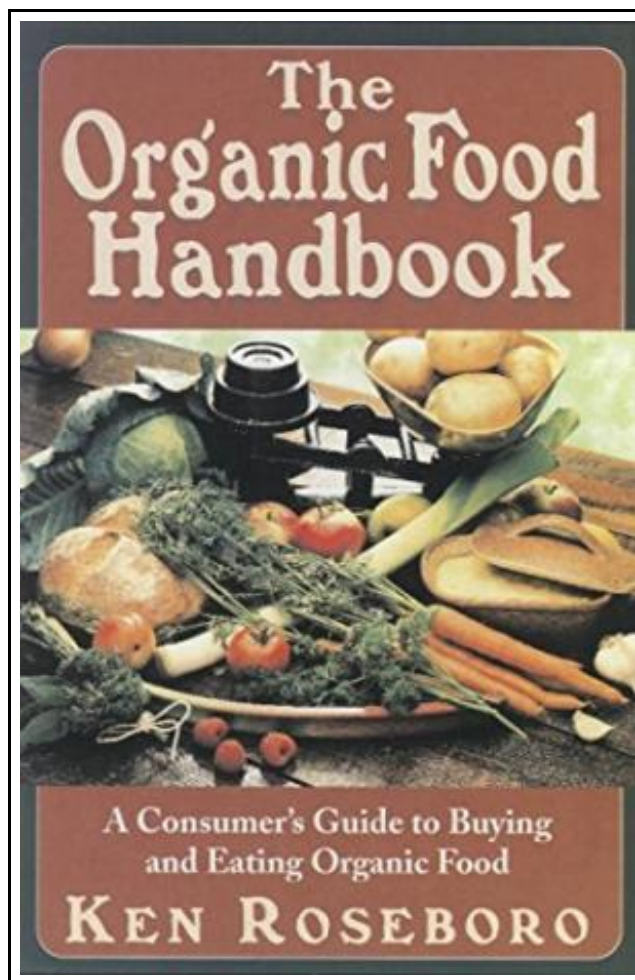


The Organic Food Handbook: A Consumers Guide to Buying and Eating Orgainc Food



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Reviews

*This publication will never be straightforward to get going on looking at but really fun to see. This can be for all those who statte that there had not been a worth looking at. You wont really feel monotony at at any moment of your own time (that's what catalogs are for about should you request me).
(Cale Hansen Sr.)*

THE ORGANIC FOOD HANDBOOK: A CONSUMERS GUIDE TO BUYING AND EATING ORGAINC FOOD



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Basic Health Publications. Paperback. Book Condition: New. Paperback. 96 pages. Dimensions: 8.1in. x 5.1in. x 0.6in. More and more people are eating organic food. Once derided as a hippie fad, today organic is the fastest growing segment of the United States food industry with consumer demand increasing by nearly 20 percent a year. No longer confined to natural food stores, organic food is now on supermarket shelves, served in restaurants and fast food chains, and even sold at national parks and major league baseball stadiums. Many schools and colleges, such as Yale and Stanford, now serve organic food to their students. People are choosing organic because they want a healthier and safer alternative to conventional food with its use of toxic pesticides, antibiotics, hormones, and genetic engineering. The Organic Food Handbook examines this important trend and provides a concise, simple guide to eating and buying organic food. The Organic Food Handbook covers: What organic food is, and how it is produced; How conventional food poses threats to human health and environment; Why organic is a healthier, safer choice for you and your family; How organic certification ensures that organic food is produced to the highest standards; The high costs of conventional foods that are hidden in the subsidies we are supporting; Where to buy organic food at the most economical prices; Research showing how organic food benefits personal health and the environment; Understanding how eating organic contributes to a more sustainable world. As this book shows, organic food clearly benefits our personal health as well as the health of our environment. Eating organic contributes to a more sustainable world and a healthier future. Author Ken Roseboro provides the information we need to make eating healthy, organic foods a priority in our lives. This item ships from multiple locations. Your book may...



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