

Grub Ideas For An Urban Organic Kitchen

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Grub: Ideas for an Urban Organic Kitchen by Lappe, Anna ...

Her second book, Grub: Ideas for an Urban Organic Kitchen, will be out from Tarcher/Penguin in Spring 2006. The co-founder of the Small Planet Institute and the Small Planet Fund, Anna's articles and op-eds have been widely published, appearing in The Washington Post, San Francisco Chronicle, Los Angeles Times, International Herald Tribune, and the Globe and Mail , among others.

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Combining a straight-to-the-point exposé about organic foods (organic doesn't mean fresh, natural, or independently produced) and the how-to's of creating an affordable, easy-touse organic kitchen, Grub brings organics home to urban dwellers. It gives the reader compelling arguments for buying organic food, revealing the pesticide industry's influence on government regulation and the extent of its pollution in our waterways and bodies.

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