



The Green Food Bible

Judith Wills

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The Essential Guide to Ethical, Organic, Whole and Healthy Food

All you need to know about food that is ethical, organic, whole and healthy.

Until quite recently it was considered fairly radical to buy organic produce, and the term “ethical food” was almost unheard of. Today, millions of us are trying to improve our lives, our health — and the planet — by eating not only organic, healthy, additive-free food, but also food that has been produced responsibly. But with so much conflicting information out there, many of us still have concerns about what we are really buying and eating, and where our food has come from. Today, the concept of “green food” embraces so many things including how far our food has travelled to reach us, seasonal eating, free trade, fair trade, slow food, and many more concerns.

The Green Food Bible offers a guiding hand through the complicated maze that is eating today. Fully illustrated throughout, it is packed with fascinating information about the food industry. It includes a hands-on guide to growing your own organic fruits and vegetables. Practical, comprehensive and up-to-date, **The Green Food Bible** will enable consumers to make confident, informed choices about buying and eating food that is not only healthy for us, but healthy for the environment

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