



The Conscious Kitchen: The New Way to Buy and Cook Food - to Protect the Earth, Improve Your Health, and Eat Deliciously

Alexandra Zissu

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Your everyday food choices can change the world—and make meals taste better than ever

For anyone who has read *The Omnivore's Dilemma* or seen *Food, Inc.* and longs to effect easy green changes when it comes to the food they buy, cook, and eat, *The Conscious Kitchen* is an invaluable resource filled with real world, practical solutions.

Alexandra Zissu walks readers through every kitchen-related decision with three criteria in mind: what's good for personal health, what's good for the planet, and what tastes great. Learn, among other things, how to:

- Keep pesticides, chemicals, and other harmful ingredients out of your diet
- Choose when to spend your dollars on organic fruit and when to buy conventionally grown
- Avoid plastic—including which kinds in particular and why
- Figure out what seafood is safe to eat *and* is sustainable
- Use COOL (country of origin labels) to your advantage
- Determine if a vegetable is genetically modified just from reading its PLU (price look up) code
- Decipher meat labels in the supermarket
- Cook using the least energy—good for the earth and your wallet
- Eat locally, even in winter
- Understand what “natural” and other marketing terms really mean
- Buy packaged foods wisely

Navigate farmers' markets, giant supermarkets, and every shop in between to find the freshest and healthiest local ecologically grown and produced meat, dairy, fruits, and vegetables—no matter where you live

With *The Conscious Kitchen* as your guide, you will never again stand in the market bewildered, wondering what to buy. You can feel confident you are making the best possible choices for you, your family, and our planet.

ALEXANDRA ZISSU writes about green living, food, and parenthood. She is the author of *The Conscious Kitchen*, coauthor of *The Complete Organic Pregnancy*, and contributes the “Ask an Organic Mom” column to The DailyGreen.com. Her stories have appeared in *The New York Times*, *The Green Guide*, *Cookie*, *Details*, *Bon Appétit*, *Self*, and *Health*, among other publications. She is also a public speaker and “greenproofer,” an eco-lifestyle consultant. Visit her website, www.alexandrazissu.com.

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Debra Capone:

This book untitled *The Conscious Kitchen: The New Way to Buy and Cook Food - to Protect the Earth, Improve Your Health, and Eat Deliciously* to be one of several books in which best seller in this year, honestly, that is because when you read this e-book you can get a lot of benefit in it. You will easily to buy this particular book in the book retail store or you can order it via online. The publisher with this book sells the e-book too. It makes you easier to read this book, as you can read this book in your Smartphone. So there is no reason for your requirements to past this reserve from your list.

Heather Killen:

A lot of people always spent their particular free time to vacation or go to the outside with them family or their friend. Are you aware? Many a lot of people spent many people free time just watching TV, or perhaps playing video games all day long. If you need to try to find a new activity here is look different you can read some sort of book. It is really fun for you personally. If you enjoy the book which you read you can spent the entire day to reading a book. The book *The Conscious Kitchen: The New Way to Buy and Cook Food - to Protect the Earth, Improve Your Health, and Eat Deliciously* it is extremely good to read. There are a lot of people who recommended this book. We were holding enjoying reading this book. If you did not have

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