

### The Mom's Guide to Growing Your Family Green: Saving the Earth Begins at Home (Stonesong Press Books)

Terra Wellington

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With the multitude of green choices available, how can moms determine what will be best for their families—and the environment? Terra Wellington has the answers.

This user-friendly and invaluable resource is packed with hundreds of easy green how-tos including:

- **Shopping**: Get the most bang for your buck by purchasing organic foods that would otherwise have high pesticide residue, like apples, grapes, green peppers, peaches, and pears.
- **Kitchen:** Save money and water by scraping—not rinsing— dishes before putting them in the dishwasher. Today's models are so efficient that rinsing is not necessary.
- Home office: Screensavers don't save energy. Instead have the computer switch to sleep mode when idle.



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#### **Judith Roemer:**

Spent a free time and energy to be fun activity to complete! A lot of people spent their down time with their family, or their friends. Usually they doing activity like watching television, going to beach, or picnic from the park. They actually doing same task every week. Do you feel it? Do you wish to something different to fill your own personal free time/ holiday? Could possibly be reading a book could be option to fill your totally free time/ holiday. The first thing that you'll ask may be what kinds of e-book that you should read. If you want to try look for book, may be the publication untitled The Mom's Guide to Growing Your Family Green: Saving the Earth Begins at Home (Stonesong Press Books) can be great book to read. May be it may be best activity to you.

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