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The Locavores Handbook: A Busy Persons Guide to Eating Local on a Budget is here to help! With practical, down-to-earth advice, Leda Meredith guides readers through the process of incorporating locally grown foods into their meals.

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Leda Meredith offers practical, down-to-earth advice as she guides foodies, home cooks, and anyone else interested in the locavore movement through the process of incorporating locally grown foods into meals. Drawing from her own locavore experience, she discusses budgeting; sourcing, growing, and preserving food; shopping efficiently; and supporting local merchants and planet Earth. Everyone, including time-pressed, cash-strapped urbanites with mini-refrigerators and zero

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**Budget** storage space, will find inspiration and a host of helpful ideas.

These days, nearly everyone wants to eat green and local, but tight schedules and even tighter budgets can make it seem like an unattainable goal. The Locavore's Handbook: A Busy Person's Guide to Eating Local on a Budget is here to help! With practical, down-to-earth advice, Leda Meredith guides readers through the process of incorporating locally grown foods into their meals. In a concise book designed for mainstream readers, she discusses budgeting; sourcing, growing, and

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**Budget** preserving food; shopping efficiently; and supporting local merchants and planet Earth. Everyone, including time-pressed, cash-strapped urbanites with mini-refrigerators and zero storage space, will find inspiration and a host of helpful, surprising ideas. Brooklyn-based Meredith's tips and tricks are particularly helpful for readers in cooler climes.

Explores the history and evolution of environmentalism in modern America, featuring essays that look at environmental issues facing each state, primary source documents,

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"An invaluable guide for the feast in the East." –Hank Shaw, author of the James Beard Award-winning website Hunter Angler Gardener Cook The Northeast offers a veritable feast for foragers, and with Leda Meredith as your trusted guide you will learn how to safely find and identify an abundance of delicious wild plants. The plant profiles in Northeast Foraging include clear, color photographs, identification tips, guidance on how to ethically harvest, and suggestions for eating and preserving. A handy seasonal planner

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**Budget** details which plants are available during every season. Thorough, comprehensive, and safe, this is a must-have for foragers in New York, Connecticut, Massachusetts, Maine, New Hampshire, Vermont, Pennsylvania, New Jersey, Delaware, and Rhode Island.

The ingredients for unique and exciting recipes are waiting to be foraged from local forests. Adventurous cooks can try incredible meals with wild food ingredients such as berries, fennel, mustards, nettles, plantain, and watercress. With The Forager's Gourmet Kitchen, readers can discover new flavors and



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**Budget** forgotten foods that many chefs haven't tried before. Mia Wasilevich - a professional chef and wild food educator - provides extensive foraging how-tos to ensure readers select the correct wild ingredients and provides creative recipes that range from easy to advanced. With recipes such as Acorn Burgers, White Fir Beignets, Pine Smoked Mussels with Pine Mignonette, Watercress Granita and Nettle and Dandelion Chimichurri, there are options for meat eaters as well as vegans and vegetarians. The Forager's Gourmet Kitchen provides a new adventurous side to food that foodies, farmers, and nature lovers will not

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**Budget** want to miss out on. With the help of Wasilevich, they can elevate their cooking and hone new skills. This book includes 80 recipes and 80 photos.

Support your local farmers, and enjoy fresher, healthier foods that are friendly to the environment--here's the guide to doing it right! There are so many great reasons to shop for and eat locally-grown or raised foods, including freshness, taste, energy conservation, and supporting small business owners. Tens of thousands of people have made the switch to local foods. Families and

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**Budget** Communities are enthusiastically supporting farmer's markets, artisan dairy farmers, cheese makers, family farms, local vineyards, and local livestock. Learn how you and your family can do the same! Food expert and nutritionist Diane A. Welland explains what it means to eat a little bit closer to home (and what it doesn't) and how anyone, including you, can move toward a more sustainable way of eating. The Complete Idiot's Guide to Eating Local offers: A practical approach for a challenging endeavor. Types of foods considered local What foods are in season and when Best

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**Budget** practices for storing foods Money-saving tips  
A complete overview of local eating across  
all 50 states

Increasing American fear about terrorism, environmental catastrophes, pandemics, and economic crises has fueled interest in "prepping": confronting disaster by mastering survivalist skills. This trend of self-reliance is not merely evidence of the American belief in the power of the individual; rather, this pragmatic shift away from expecting government aid during a disaster reflects a weakened belief in the

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Budget between government and its citizens during a time of crisis. This ethnographic study explores the rise of the urban preppers' subculture in New York City, shedding light on the distinctive approach of city dwellers in preparing for disaster. With attention to the role of factors such as class, race, gender and one's expectations of government, it shows that how one imagines Doomsday affects how one prepares for it. Drawing on participant observation, the author explores preppers' views on the central question of whether to "bug out" or "hunker down" in the event of disaster, and

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**Budget** examines the ways in which the prepper economy increases revenue by targeting concerns over developing skills, building networks, securing equipment and arranging a safe locale. A rich qualitative study, *Bracing for the Apocalypse* will appeal to scholars of sociology and anthropology with interests in urban studies, ethnography and subcultures.

The *Busy Person's Guide to the Done List* is how making progress, even small wins, on meaningful work is the most powerful motivator.

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How many ways can you preserve a strawberry? You can freeze it, dry it, pickle it, or can it. Milk gets cultured, or fermented, and is preserved as cheese or yogurt. Fish can be smoked, salted, dehydrated, and preserved in oil. Pork becomes jerky. Cucumbers become pickles. There is no end to the magic of food preservation, and in *Preserving Everything*, Leda Meredith leads readers--both newbies and old hands--in every sort of preservation technique imaginable.

Droves of people have turned to local food as

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**Budget** a way to retreat from our broken industrial food system. From rural outposts to city streets, they are sowing, growing, selling, and eating food produced close to home—and they are crying out for agricultural reform. All this has made "local food" into everything from a movement buzzword to the newest darling of food trendsters. But now it's time to take the conversation to the next level. That's exactly what Philip Ackerman-Leist does in *Rebuilding the Foodshed*, in which he refocuses the local-food lens on the broad issue of rebuilding regional food systems that can replace the



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destructive aspects of industrial agriculture, meet food demands affordably and sustainably, and be resilient enough to endure potentially rough times ahead. Changing our foodscapes raises a host of questions. How far away is local? How do you decide the size and geography of a regional foodshed? How do you tackle tough issues that plague food systems large and small—issues like inefficient transportation, high energy demands, and rampant food waste? How do you grow what you need with minimum environmental impact? And how do you create a foodshed that's resilient enough if fuel grows scarce,

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weather gets more severe, and traditional supply chains are hampered? Showcasing some of the most promising, replicable models for growing, processing, and distributing sustainably grown food, this book points the reader toward the next stages of the food revolution. It also covers the full landscape of the burgeoning local-food movement, from rural to suburban to urban, and from backyard gardens to large-scale food enterprises.

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