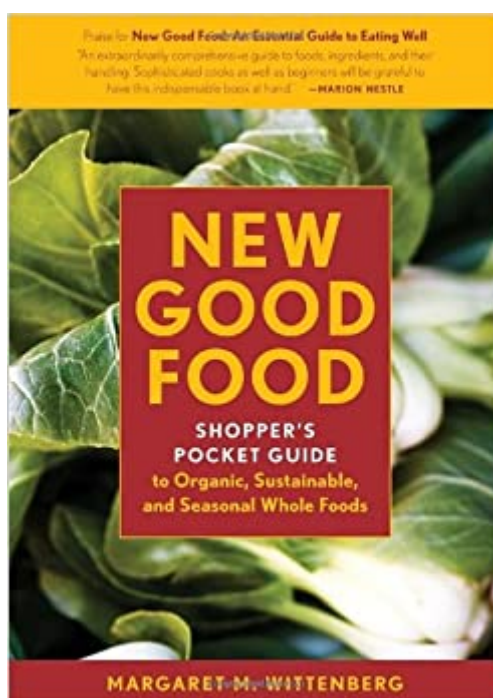


The book was found

# New Good Food Pocket Guide, Rev: Shopper's Pocket Guide To Organic, Sustainable, And Seasonal Whole Foods



## Synopsis

This convenient pocket guide packs the knowledgeable information of the original whole foods bible into a concise, easy-to-carry format. Focusing mainly on core food products available at large-scale supermarkets and natural foods stores, easy-reference entries help shoppers navigate their many options when choosing organic, whole, local, and sustainably and ethically produced foods. ã An updated pocket-size edition of the definitive guide to buying, storing, and preparing whole foods. Handy charts and tables summarize what's in season when. Organic food sales totaled nearly \$17 billion in 2006, up 22 percent from the previous year, in the U.S. alone.

## Book Information

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## Customer Reviews

MARGARET M. WITTENBERG is global vice president of Whole Foods Market, where she has served since 1981. She is a former member of the USDA National Organic Standards Board and currently serves on the Marine Stewardship Council's Board of Trustees and the Animal Compassion Foundation. She lives in Fredericksburg, Texas.

Great reference book. Everyone should have one.

I had to get this for a college class, but find it very helpful.

Delivered promptly, as advertised. Thanks!

It's handy, helpful, I would have preferred some pictures with it but it does the job and it comes handy. Thanks.

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