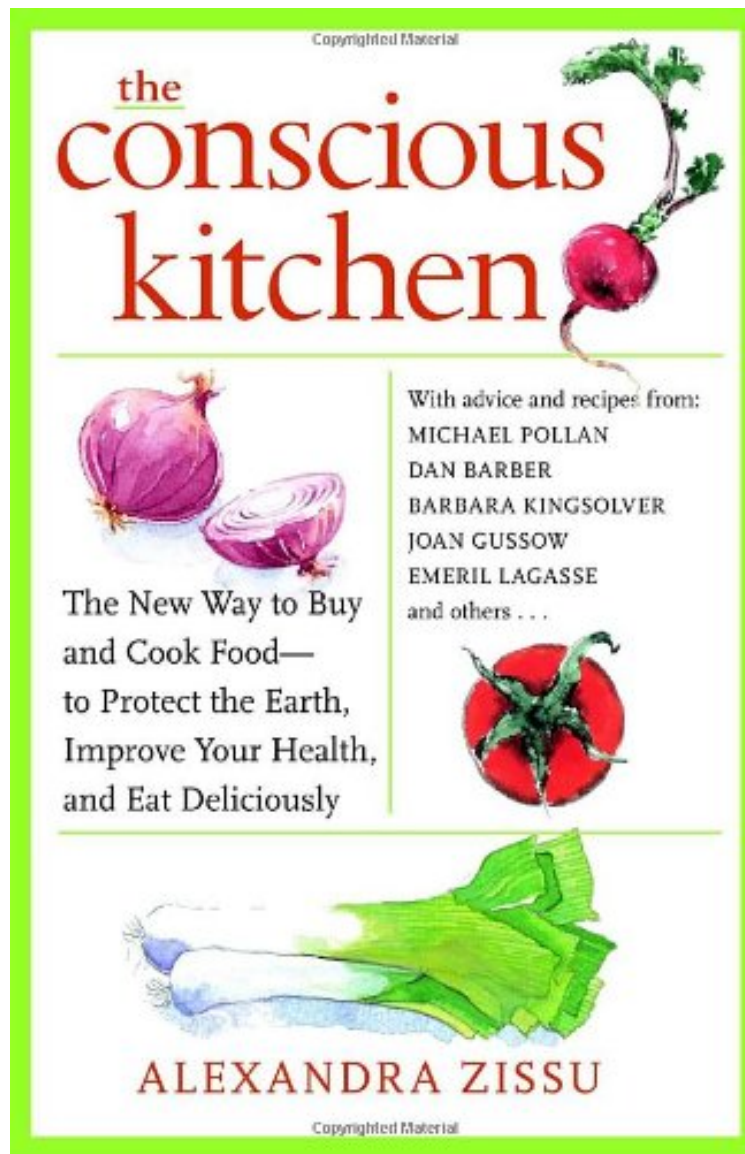


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## The Conscious Kitchen: The New Way to Buy and Cook Food - to Protect the Earth, Improve Your Health, and Eat Deliciously

Alexandra Zissu

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**Alexandra Zissu : The Conscious Kitchen: The New Way to Buy and Cook Food - to Protect the Earth, Improve Your Health, and Eat Deliciously** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Conscious Kitchen: The New Way to Buy and Cook Food - to Protect the Earth, Improve Your Health, and Eat Deliciously:

1 of 1 people found the following review helpful. Great read  
By C. Kane  
One of the best books on greening your life and kitchen; you won't be sorry you purchased this.  
8 of 8 people found the following review helpful. Organic "beef"  
By Bobbi Avery  
My biggest beef with organics is that they seem very expensive and only affordable to the affluent. However in "The Conscious Kitchen" Alexandra gives great money saving tips! I love the "The Conscious Commandments". The list of better kid gear is a great guide to buying dishes and utensils that are toxin free. But I must say my favorite part of the book is the wine and beer section!  
0 of 0 people found the following review helpful. Five Stars  
By Gluten Free Oma  
Good primer for those starting to be more aware of a conscious life style.

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 Apptit*, *Self*, and *Health*, among other publications. She is also a public speaker and greenproofer, an eco-lifestyle consultant. Visit her website, [www.alexandrazissu.com](http://www.alexandrazissu.com).

Think of *The Conscious Kitchen* as a nuts and bolts guide that helps make sense of the many things we consume without questioning, but probably know we should. Deborah Madison  
It could easily become as thumbed-through and trusted a resource for conscious cooks as *Mastering the Art of French Cooking* was for home cooks. LeitesCulinaria.com  
Zissu covers appliances, pots and pans, dealing with waste, and vetting your storage containers for toxins with a straightforward, non-judgmental tone that makes it all seem do-able. Her some is better than none philosophy means you can take on the suggestions that fit your life without feeling guilty about the ones you leave behind. An indispensable book for anyone looking to eat and cook more sustainably. The Associated Press  
One good book take it along to the market with you and it will prove to be invaluable. The Detroit Press  
[A] great book well researched and thorough and there is nothing preachy or doctrinaire about the writing. Its filled with all kinds of useful information, like short tips about everything from fishing to making your own pasta, to lists for further reading on many topics, to sources for ingredients and organic beer. Treehugger.com  
[A] \$13.99 paperback with so much information that it almost opens itself and reads to you. The Lakeland Ledger  
Concise [and] eminently readable. The Montreal Gazette  
Looking for simple ways to be good to the environment and your bod? *The Conscious Kitchen* offers how-tos on cutting energy bills, avoiding pesticides in food, and whipping up tasty, healthy meals. Heath Magazine  
Thoughtful and extremely informative. Library Journal Express  
About the Author ALEXANDRA ZISSU writes about green living, food, and parenthood. She is the coauthor of *The Complete Organic Pregnancy*, contributes the Ask an Organic Mom column to *TheDailyGreen.com*, and blogs for *PlanetGreen.com*. Her stories on food and environmental topics have appeared in the *New York Times*, *Green Guide*, *Plenty*, *Cookie*, *T: The New York Times Style Magazine*, *New York magazine*, *Details*, *Bon Apptit*, *Teen Vogue*, *Self*, and *Health*, among other publications. She is also a public speaker and greenproofer, an eco-lifestyle consultant. Visit her website [www.AlexandraZissu.com](http://www.AlexandraZissu.com).