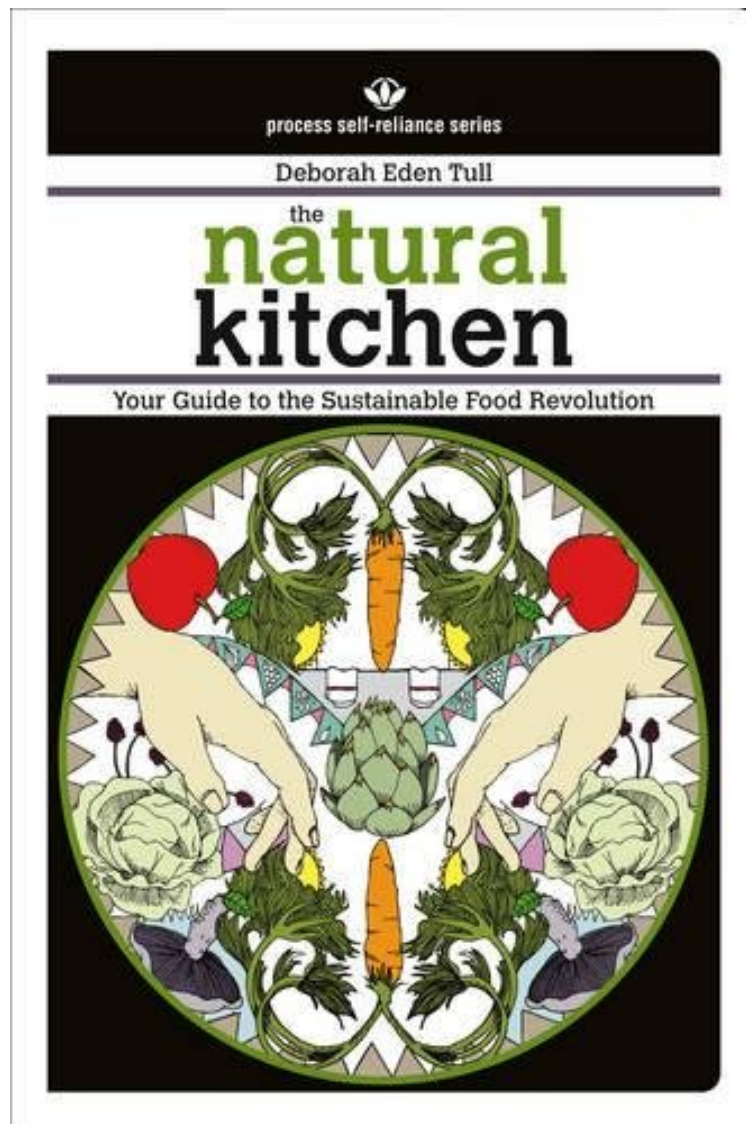


[DOWNLOAD] The Natural Kitchen: Your Guide to the Sustainable Food Revolution (Process Self-Reliance Series)

The Natural Kitchen: Your Guide to the Sustainable Food Revolution (Process Self-Reliance Series)

Deborah Eden Tull
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#1409717 in Books Tull, Deborah Eden 2010-09-21Original language:EnglishPDF # 1 8.82 x .65 x 6.32l, 1.00 #File Name: 1934170127250 pages | File size: 36.Mb

Deborah Eden Tull : The Natural Kitchen: Your Guide to the Sustainable Food Revolution (Process Self-Reliance Series) before purchasing it in order to gage whether or not it would be worth my time, and all praised The Natural Kitchen: Your Guide to the Sustainable Food Revolution (Process Self-Reliance Series):

3 of 3 people found the following review helpful. Enjoyable and illuminating!By Libby GoldsteinI would highly

recommend this book to everyone. It is written accessibly for people unsure of the ways in which their daily lives contribute to larger-scale environmental degradation as well as already active environmentalists ready for new, positive and creative responses to this challenging time in history. What I enjoyed most about it was that it was not merely a guide to how to live in harmony with nature but also emphasized and illuminated how when one lives and eats mindfully, food can be a wonderful expression of the interconnectedness that people have with the earth. Deborah Eden Tull's writing style and voice is excellent. Her book is easy on the mind and reading it is a truly delightful experience. It gives concise and informative explanations of how we contribute to environmental issues ranging from waste to supporting unsustainable agriculture without being self-righteous or heavy. It offers the tools, skills and knowledge to act responsibly in the face of a century of immense suffering in a way that makes the daunting task of "greening" one's home and life accessible and fun! The five stars it has received are well deserved!

2 of 2 people found the following review helpful. Thorough, accessible and inspiring

By Patty Lin I was hoping this book would be a primer for someone who doesn't know much about "going green" and it totally delivered. It's chock full of information, and yet I did not feel overwhelmed because everything is presented in an accessible way. Plus, the author takes a process-oriented approach to going green, encouraging us to take things one step at a time and acknowledge every single effort. As soon as I started reading this book, I began to make gradual changes in my cooking, eating, shopping and housekeeping, and these changes felt organic (no pun intended). In a culture where the green movement can often be pious and off-putting, this book was a breath of fresh air.

0 of 0 people found the following review helpful. I loved this guide

By Lisa M. Chapman I loved this guide. It is written in a very organized, step by step manner. I will continue to refer to it for a long time, as achieving a truly green kitchen is an evolving process. The guide has lots of helpful ideas, no matter where you are in the process.

This quietly revolutionary guidebook picks up where the bestselling Process Self-Reliance Series' The Urban Homestead left off and brings us into the kitchen, where the daily choices we make involving food have a profound impact both on our lives and the world at large. Deborah Eden Tull draws upon years of experience as a monk, organic farmer, and chef to introduce simple but life-changing ways for urbanites to adopt a more mindful relationship with food, from shopping, menu planning, cooking, growing, and storing food, maintaining the kitchen, and eating out, to community food sharing and tips for parents. Beautifully illustrated, practical, and fun, this book is filled with anecdotes and step-by-step instructions to inspire neophytes and experienced homesteaders alike. The Natural Kitchen's introspective and educational journey will inspire action and change forever the way readers relate to food, the environment, and their daily lives.

"We are what we eat. And if what we eat is genetically modified, industrially grown and processed toxic junk, we are turning our bodies into a junkyard and a graveyard. The Natural Kitchen shows how you can bring back reverence for food, for your body and for the earth. And like the examples cited, you too can join this amazing revolution in the making one kitchen at a time, one meal at a time."

Vandana Shiva, Founder, Navdanya
Author, *Monocultures of the Mind, Stolen Harvest: The Hijacking of the Global Food Supply, and Biopiracy: The Plunder of Nature and Knowledge*

Deborah Eden Tull's book will change your life and how you relate to food and to the planet on a daily basis. It is a guide to help people make the shift from "consumers" to 'earth stewards,' and teaches an approach to food and cooking that is about celebrating nature, mindfulness, community, pleasure, and long-term sustainability, rather than convenience and short-sightedness.

Helena Norber-Hodge, Founder, International Society for Ecology and Culture
Author, *Ancient Futures: Learning from Ladakh*

Deborah Eden Tull teaches an awareness of the big picture of our relationship with food, and offers a powerful, inspiring manifesto for how to apply this greater awareness to our daily lifestyle, starting with the meals we eat. Through her grounded and compassionate approach to sustainability and inspiring stories from sustainable communities, she guides us in embodying the change, rather than just thinking about it. This comprehensive book offers many realistic and practical options for radically reducing consumption and waste in the kitchen while increasing awareness of the impact of our decisions on our world. This should be in every household library.

Penny Livingston-Stark, Co-director, Regenerative Design Institute

"The Natural Kitchen is a wonderful introduction to applying sustainability to your life through the food you eat. The thoughtful, step-by-step process will make you see and taste food in a whole new way."

Debra Lynn-Dadd, Author, *Home Safe Home*