



The Essential Good Food Guide: The Complete Resource for Buying and Using Whole Grains and Specialty Flours, Heirloom Fruit and Vegetables, Meat and Poultry, Seafood, and More

Margaret M. Wittenberg

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The definitive guide to buying, storing, and enjoying whole foods, in full color for the first time and revised and updated throughout.

An inspiring and indispensable one-stop resource, *The Essential Good Food Guide* is your key to understanding how to buy, store, and enjoy whole foods.

Margaret M. Wittenberg shares her insider's knowledge of products available at national retailers and natural foods markets, providing at-a-glance buying guides. Her ingredient profiles include detailed preparation advice, such as dried bean cooking times, cooking ratios of whole grains to water, culinary oil smoke points, and much more. She also clarifies confusing food labels, misleading marketing claims, and common misperceptions about everyday items, allowing you to maximize the benefits of whole foods cooking.

With full-color photography, this new edition of *The Essential Good Food Guide* is fully revised with the most up-to-date advice on organics, heirloom grains and legumes, gluten-free cooking options, and the new varieties of fruits and vegetables popping up at farmers' markets across the country to help you make the most of your time in the grocery aisle and the kitchen.

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Spent a free time for you to be fun activity to do! A lot of people spent their sparetime with their family, or their friends. Usually they accomplishing activity like watching television, gonna beach, or picnic within the park. They actually doing ditto every week. Do you feel it? Do you wish to something different to fill your own personal free time/ holiday? May be reading a book may be option to fill your cost-free time/ holiday. The first thing you will ask may be what kinds of reserve that you should read. If you want to try look for book, may be the guide untitled The Essential Good Food Guide: The Complete Resource for Buying and Using Whole Grains and Specialty Flours, Heirloom Fruit and Vegetables, Meat and Poultry, Seafood, and More can be very good book to read. May be it might be best activity to you.

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