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Frugavore: How to Grow Organic, Buy Local, Waste Nothing, and Eat Well

Arabella Forge

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More and more people are interested in eating well and in un-derstanding where their food comes from. But where do you start? Organic, free-range, local, or sustainable: the choices can be overwhelming—not to mention expensive.

In *Frugavore*, Arabella Forge shows that developing a better relationship with food is not as difficult as it may appear. She provides hands-on, practical advice for a new way of living—eating frugally. Learn how to access quality produce straight from the source, re-discover forgotten cooking techniques, create your own kitchen garden (complete with compost and a chicken coop), learn how to stock your pantry well, shop for and cook the most economical cuts of meat and fish, discover local farmers' markets, community gardens and co-ops, and more! Packed with over 100 recipes for delicious dishes, such as heirloom roasted vegetables, chicken and leek pie, chickpea and rosemary soup, meatloaf with red sauce, minced fish cakes, and minty lemonade, plus resources, tips, and tricks to living and eating well, this is the book for every healthy, modern kitchen.

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