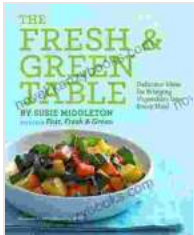


# The Fresh Green Table: A Revolutionary Guide to Sustainable Eating



## The Fresh & Green Table: Delicious Ideas for Bringing Vegetables Into Every Meal by Susie Middleton

★★★★☆ 4.4 out of 5

Language	: English
File size	: 10004 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 391 pages
Lending	: Enabled



In a world where the climate crisis is becoming increasingly urgent, it's more important than ever to make sustainable choices about our food.

The Fresh Green Table is a comprehensive guide to sustainable eating, providing practical tips and actionable steps to make healthy and environmentally conscious choices about food.

This book will teach you:

- How to reduce your carbon footprint through food
- How to eat a healthy diet that is also sustainable
- How to support local farmers and food producers

- How to reduce food waste
- How to make sustainable choices when dining out

The Fresh Green Table is a must-read for anyone who wants to make a positive impact on the environment through their food choices.

### **What others are saying about The Fresh Green Table:**

"The Fresh Green Table is an essential guide for anyone who wants to eat sustainably and healthily. Shoshana Hoose provides practical tips and actionable steps that make it easy to make a difference." - Marion Nestle, PhD, MPH, author of Food Politics

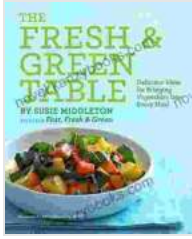
"The Fresh Green Table is a well-written and comprehensive guide to sustainable eating. Shoshana Hoose provides a wealth of information on how to reduce your environmental impact through food choices." - Dana Gunders, PhD, Senior Scientist at the Natural Resources Defense Council

"The Fresh Green Table is a valuable resource for anyone who wants to make sustainable choices about food. Shoshana Hoose provides practical tips and actionable steps that can make a real difference." - Chef Alice Waters, Chez Panisse

### **Free Download your copy of The Fresh Green Table today!**

The Fresh Green Table is available in hardcover, paperback, and e-book formats. You can Free Download your copy from your favorite bookstore or online retailer.

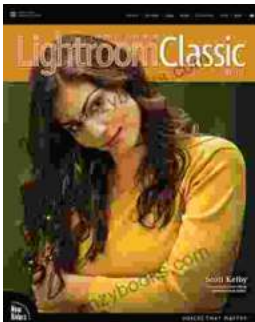
To learn more about sustainable eating, visit The Fresh Green Table website at [freshgreentable.com](http://freshgreentable.com).



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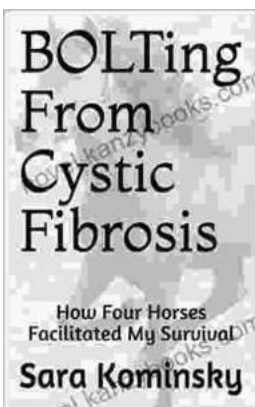
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