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The Good Housekeeping Organic Handbook: A Complete Guide to a Healthier Way of Living (Hardback)

By Claire Younger, Jane Clifton, Mary Eastoe

HarperCollins Publishers, United Kingdom, 2001. Hardback. Condition: New. Language: N/A. Brand New Book. Fuelled by concerns about the BSE crisis, GM foods and numerous health scares, the demand for organic goods has increased dramatically in the last few years. No longer a fringe sector, this fast expanding area now has mass market appeal and huge potential for growth on a global scale. This title looks at the ever increasing range of ingredients available, discussing their health benefits, as well as where to buy and how to store them, and provides a delicious collection of recipes - showing how best to use these foods in a creative way. One in four American babies eat organic food and 90 of German babyfood is organic. The Organic Family captures this global interest with advice to expectant and nursing mothers and even for those planning conception. For each child's age group there is nutritional information, buying advice and ideas for meals, snacks and party foods. This reference combines advice and information from the fields of food, drink, health, beauty, interiors and gardening. It includes a comprehensive directory of organic suppliers and over 50 organic recipes.



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