



Lucid Food: Cooking for an Eco-Conscious Life

Louisa Shafia

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Lucid Food: Cooking for an Eco-Conscious Life

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Lucid Food: Cooking for an Eco-Conscious Life Louisa Shafia **Green Your Cuisine with Earth-Friendly Food Choices.**

With organic and seasonal cooking principles becoming ingrained in today's kitchens, and new buzzwords including locavore and CSA steadily gaining traction, how do we integrate food politics into daily life in ways that are convenient, affordable, and delicious? *Lucid Food* offers more than eighty-five healthy, eco-oriented recipes based on conscientious yet practical environmental ideals. Sustainable chef and caterer Louisa Shafia demystifies contemporary food issues for the home cook and presents simple, seasonal dishes that follow nature's cycles, such as Baby Artichokes with Fresh Chervil, Apricot Shortcake with Lavender Whipped Cream, and Roasted Tomato and Goat Cheese Soup. Her empowering advice includes how to source animal products ethically and responsibly, support local food growers, and reduce one's carbon footprint through urban gardening, preserving, composting, and more. This cookbook celebrates the pleasures of savoring home-prepared meals that are healthful, honest, pure, additive-free, and transparently made, from the source to the table.



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