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and op-eds have been widely published, appearing in The Washington Post, San Francisco Chronicle, Los Angeles Times, International Herald Tribune, and the Globe and Mail , among others.

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Oct 05, 2007 Phaedra rated it it was
amazing. Recommends it for: foodies.
Since I can't eat all the time, I spend a
lot of my free time reading about food.

Grub: Ideas for an Urban Organic Kitchen by Anna Lappé

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GRUB: Ideas for an Urban Organic Kitchen - Real Food Media

October 2, 2008 • Bryant Terry is a young chef and author committed to local urban food systems. The eco-chef and food justice advocate is co-author of

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In "Grub: Ideas for an Urban Organic Kitchen," best-selling author Anna Lappe and chef Bryant Terry dish up the social, political and economic impact of our food choices with a side serving on how

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we can improve our health and the health of our communities.

The New Food Revolution: Grub--Ideas for an Urban Organic ...

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a friend gifted me with this cookbook.

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Grub: Ideas for an Urban Organic Kitchen. by Sara Kate Gillingham. published May 9, 2006. Save Comments. ITsagarakis@optonline.net. Sara Kate Gillingham. Contributor. Sara Kate is the founding editor of The Kitchn. She co-

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founded the site in 2005 and has since written three cookbooks.

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Very rarely does a book as complete and engaging as *Grub: Ideas for an Urban Organic Kitchen*, make it to the mainstream. *Grub*, as defined by the authors, Anna Lapp and Bryan Terry, is "healthy, local, sustainable food for all... food that supports community, justice, and sustainability."

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Grub: Ideas for an Urban Organic
Kitchen By Anna Lappé and Bryant Terry
. Grub isn't just the title of this book; it's
a whole new way of eating. In the first
section of the book, the authors ...

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EcoSalon Book Review: Grub: Ideas for an Urban Organic ...

This is the case with Anny Lappé and Bryant Terry's new book, *Grub: Ideas for An Urban Organic Kitchen*. From Ms. Lappé's thought-provoking essays on topics like how our perceptions of the safety of our food govern our eating habits to workable suggestions on how

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to change our current food system, the book leaves the reader feeling hopeful, and not browbeaten.

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