



# **New Good Food, rev: Essential Ingredients for Cooking and Eating Well**

*Margaret M. Wittenberg*

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## **New Good Food, rev: Essential Ingredients for Cooking and Eating Well** Margaret M. Wittenberg

In NEW GOOD FOOD, industry veteran Margaret M. Wittenberg offers reliable, practical, one-stop advice on organics, whole grains, buying local, sustainability, and more. Focusing on core food products available at large-scale and natural foods markets, she profiles everything from new sweeteners like agave nectar to specialty flours like spelt and barley to gourmet salts. She also clears up confusing food labels, misleading marketing claims, and common misperceptions behind everyday foods, conclusively answering questions like "Grass-fed beef versus grain-fed--what's the difference?" and "Are there good options for gluten-free cooking and baking?" Seasonal produce charts and preparation advice for new (or new-to-you) products provide the essentials for enjoying whole foods every day, every way.

An updated and expanded edition of the definitive guide to buying, storing, and preparing whole foods. Revisions include seven new chapters, with one devoted exclusively to whole grains. Provides an insider's view on agriculture and livestock, including a look at grass-fed beef and antibiotic use in meat production, as well as organic labeling and new nutritional findings.

Reviews"Margaret M. Wittenberg delves into the world of organic foods to help guide you through its twists and turns."-Taste for Life Magazine

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