



The Savvy Shopper

Rose Prince

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Inspired by her weekly column in Telegraph Weekend, this is Rose Prince's guide to buying the tastiest, highest-quality good food with peace of mind and a clear conscience.

Following the success of 'The New English Kitchen', Rose Prince's eye-opening guide to shopping, cooking and eating in a cost-effective and environmentally conscious way, this must-have reference book provides comprehensive and insightful information on how and where to find the best ingredients.

Rose Prince's weekly 'Savvy Shopper' column in Saturday's Telegraph Weekend has become essential reading over the past few months, not least because of our current preoccupation with questioning the quality of the food we eat. This book takes the best of Rose's journalism and much more, encouraging readers to look for the right qualities in the food they buy, to ask the right questions of food producers and retailers, and to eat better – and with greater awareness of the provenance of their meals – than ever before.

With its easy-to-read format and listings of essential stockists and markets, 'The Savvy Shopper' is absolutely essential for anyone who cares about how and what they shop, cook and eat.

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