



# Locavore's Handbook: The Busy Person's Guide to Eating Local on a Budget

*Leda Meredith*

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## Locavore's Handbook: The Busy Person's Guide to Eating Local on a Budget Leda Meredith

Leda Meredith offers practical, down-to-earth advice as she guides foodies, home cooks, and anyone else interested in the locavore movement through the process of incorporating locally grown foods into meals. Drawing from her own locavore experience, she discusses budgeting; sourcing, growing, and preserving food; shopping efficiently; and supporting local merchants and planet Earth. Everyone, including time-pressed, cash-strapped urbanites with mini-refrigerators and zero storage space, will find inspiration and a host of helpful ideas.



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