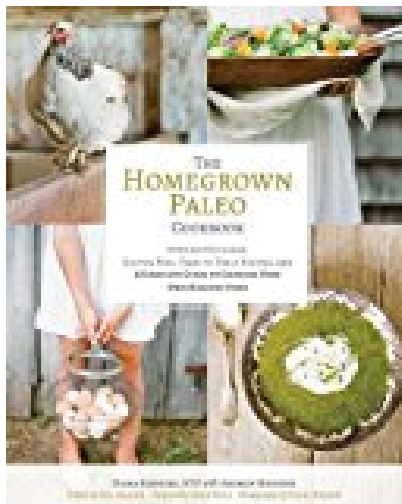


The Homegrown Paleo Cookbook Over 100 Delicious Gluten-Free Farm-t-Table Recipes and a Complete Guide to Growing Your Own Healthy Food



BOOK DETAILS

- Author : Diana Rodgers
- Pages : 432 Pages
- Publisher : Victory Belt Publishing
- Language : English
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BOOK SYNOPSIS

Seasonal, gluten-free, farm-to-table eating never tasted so good! On her farm in Massachusetts, nutritionist Diana Rodgers has found a way back to a healthy, active lifestyle with a focus on nutritious and delicious eating, raising animals, growing vegetables, and balancing work and play. Anyone can have the same healthy, balanced lifestyle and a closer connection to their food—whether you live in a house in the suburbs, a farmhouse in the countryside, or an apartment in the city. The Homegrown Paleo Cookbook shows you how. With over 100 seasonal Paleo recipes, guides to growing your own food and raising animals, and inspiring how-tos for crafts and entertaining, The Homegrown Paleo Cookbook is a guide not just for better eating, but for better living—and a better world.

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