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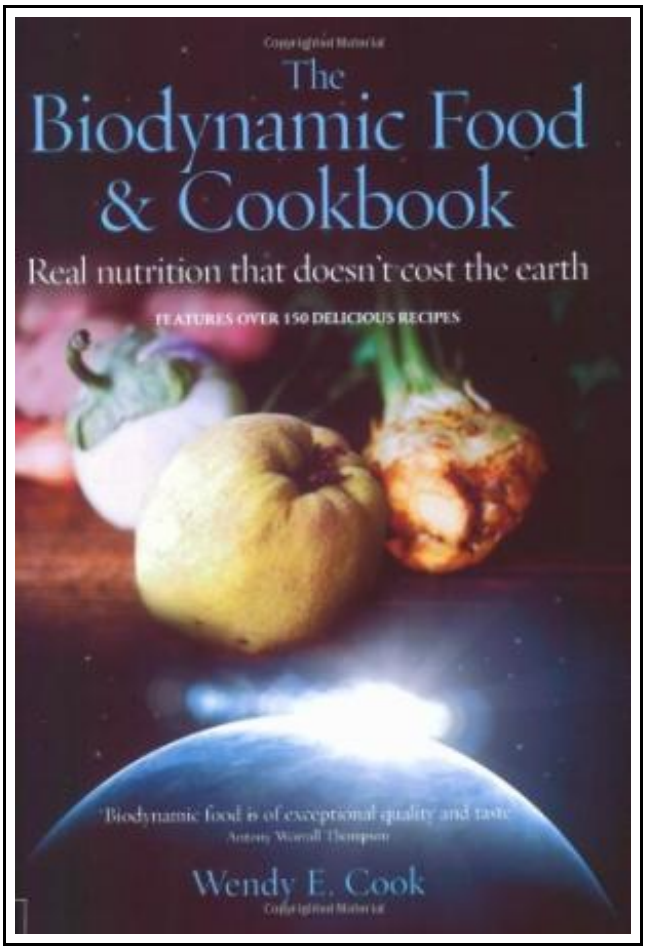

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THE BIODYNAMIC FOOD AND COOKBOOK: REAL NUTRITION THAT DOESN'T COST THE EARTH

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Clairview Books. Paperback. Book Condition: new. BRAND NEW, The Biodynamic Food and Cookbook: Real Nutrition That Doesn't Cost the Earth, Wendy E. Cook, Biodynamics is about respect for nature, sustainability and spiritual ecology - but most of all it is about flavoursome, nutritious and enjoyable food! This is a book rich in information, beautifully illustrated and packed with healthy yet tasty recipes. It is a movement that is supported by top chefs, expert viniculturists and numerous celebrities. Even Prince Charles has introduced its methods at his Gloucestershire farm. Yet biodynamic agriculture had humble beginnings, far from the glitz of expensive city restaurants. In 1924 a small group gathered to hear the philosopher and scientist Rudolf Steiner give a series of lectures. At a time when industrial farming and mass production were on the rise, Steiner spoke of the qualitative aspects of food, and outlined an agricultural method founded on a holistic perception of nature. Illustrated with hundreds of full-colour photographs, "The Biodynamic Food and Cookbook" explains the principles behind biodynamics, and places it in the context of food and cooking throughout the ages. Wendy Cook takes us on a journey through the four seasons, presenting over 150 delicious recipes based on years of working with biodynamic nutrition. She studies the ethics of food, the foundations of a balanced diet, and conjures up the colour and vibrancy of Mallorca which has contributed so much to her personal approach. There are supplementary sections on breads, sauces, salads, sweets, drinks and much more.

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