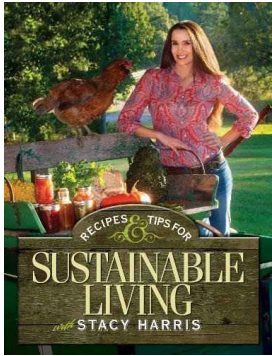


# Recipes and Tips for Sustainable Living



Recipes and Tips for Sustainable Living

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Stacy Lyn Harris

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Recipes and Tips for Sustainable Living is a lavishly illustrated must have book for any novice or well seasoned gardener, forager, hunter, natural food-foodie or for those who want to take their food sources and health into their own hands. Stacy encourages eating as much from the wild as possible and gives techniques to simplify the process of making succulent, excellent meals with simple ingredients. Along with tips for heirloom gardening, canning, preserving, saving seeds, raising bees and chickens, and more, she gives extraordinary simple meals for the family using these natural ingredients brought in from the garden or from the farmer's market. One very important aspect of this book is that Stacy explains how to work with tough, grass-fed foraging animal meats so that when they are cooked, the results are tender, "non-gamey" succulent meat. There are gorgeous, full-color photos for every recipe and tip throughout, and several step-by-step tutorials for a variety of recipes and topics.

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