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# New Good Food Pocket Guide, Rev: Shopper's Pocket Guide To Organic, Sustainable, And Seasonal Whole Foods



## Synopsis

This convenient pocket guide packs the knowledgeable information of the original whole foods bible into a concise, easy-to-carry format. Focusing mainly on core food products available at large-scale supermarkets and natural foods stores, easy-reference entries help shoppers navigate their many options when choosing organic, whole, local, and sustainably and ethically produced foods. ã ã An updated pocket-size edition of the definitive guide to buying, storing, and preparing whole foods. Handy charts and tables summarize what&#39;s in season when. Organic food sales totaled nearly \$17 billion in 2006, up 22 percent from the previous year, in the U.S. alone.

## Book Information

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## Customer Reviews

MARGARET M. WITTENBERG is global vice president of Whole Foods Market, where she has served since 1981. She is a former member of the USDA National Organic Standards Board and currently serves on the Marine Stewardship Council&#39;s Board of Trustees and the Animal Compassion Foundation. She lives in Fredericksburg, Texas.

Great reference book. Everyone should have one.

I had to get this for a college class, but find it very helpful.

Delivered promptly, as advertised. Thanks!

It's handy, helpful, I would have preferred some pictures with it but it does the job and it comes handy. Thanks.

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