



Cooking Green: Reducing Your Carbon Footprint in the Kitchen - the New Green Basics Way

By Kate Heyhoe

The Perseus Books Group. Paperback. Book Condition: new. BRAND NEW, Cooking Green: Reducing Your Carbon Footprint in the Kitchen - the New Green Basics Way, Kate Heyhoe, Choosing local, organic foods benefits your health and the planet's. But how you cook is as important as what you cook: cooking itself is an under-reported yet substantial greenhouse gas creator. Now, Kate Heyhoe shows you how to think like an environmentalist in the kitchen. Without changing your politics or completely disrupting your routine, you can reduce your impact on the planet by rethinking how you cook, shop, and consume food. Using your favorite recipes, you can bake, broil, and grill in greener ways, saving fossil fuels and shrinking your "cookprint."



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