



Recipes for a Small Planet

By Ellen Buchman Ewald



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Ellen Buchman Ewald was an inspiration for France's Moore Lappe's successful nutrition regimen, outlined in DIET FOR A SMALL PLANET. Now, here is Ms. Ewald's long-awaited cookbook, basic and complete, containing hundreds of delicious, body- and planet-conscious recipes for better health, ecology, and above all, better eating.



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From the Inside Flap

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