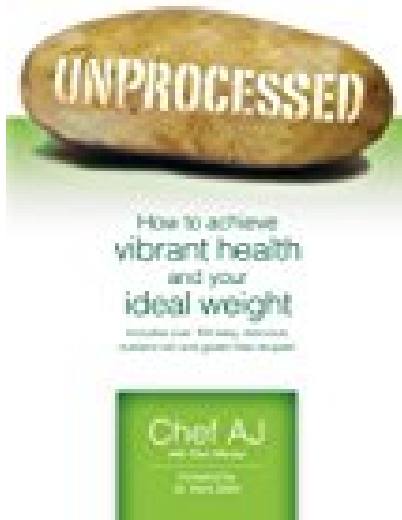


Unprocessed How to achieve vibrant health and your ideal weight.



BOOK DETAILS

- Author : Chef AJ
- Pages : 192 Pages
- Publisher : CreateSpace Independent Publishing Platform
- Language : English
- ISBN : 1456576097

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BOOK SYNOPSIS

In the tradition of Michael Pollan's bestselling *In Defense of Food* comes this remarkable chronicle, from a founding editor of *Edible Baja Arizona*, of a young woman's year-long journey of eating only whole, unprocessed foods—intertwined with a journalistic exploration of what “unprocessed” really means, why it matters, and how to afford it. In January of 2012, Megan Kimble was a twenty-six-year-old living in a small apartment without even a garden plot to her name. But she cared about where food came from, how it was made, and what it did to her body: so she decided to go an entire year without eating processed foods. *Unprocessed* is the narrative of Megan's extraordinary year, in which she milled wheat, extracted salt from the sea, milked a goat, slaughtered a sheep, and more—all while earning an income that fell well below the federal poverty line. What makes a food processed? As Megan would soon realize, the answer to that question went far beyond cutting out snacks and sodas, and became a fascinating journey through America's food system, past and present. She learned how wheat became white; how fresh produce was globalized and animals industrialized. But she also discovered that in daily life, as she attempted to balance her project with a normal social life—which included dating—the question of what made a food processed was inextricably tied to gender and economy, politics and money, work and play. Backed by extensive research and wide-ranging interviews—and including tips on how to ditch processed food and transition to a real-food lifestyle—*Unprocessed* offers provocative insights not only on the process of food, but also the processes that shape our habits, communities, and day-to-day lives.

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