

# The Zero Mile Diet Cookbook: Grow, Cook, and Eat Local, All Year Long

Are you tired of eating food that's been shipped halfway around the world? Do you want to know where your food comes from and how it was grown? If so, then the Zero Mile Diet Cookbook is for you.



## The Zero-Mile Diet Cookbook: Seasonal Recipes for Delicious Homegrown Food by Victoria Green

★★★★☆ 4.5 out of 5

Language : English  
File size : 9543 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 256 pages



The Zero Mile Diet is a movement that encourages people to eat food that is grown within a 100-mile radius of their home. This means eating food that is in season and that has been grown without the use of pesticides or herbicides. Eating a Zero Mile Diet is not only good for your health, but it's also good for the environment.

The Zero Mile Diet Cookbook is your guide to growing, cooking, and eating local, all year long. With over 100 recipes and tips for planning, planting, and harvesting your own food, this book will help you create a sustainable and delicious diet that's good for you and the planet.

## **What's in the Zero Mile Diet Cookbook?**

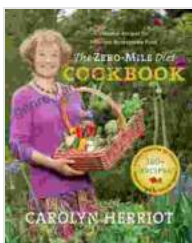
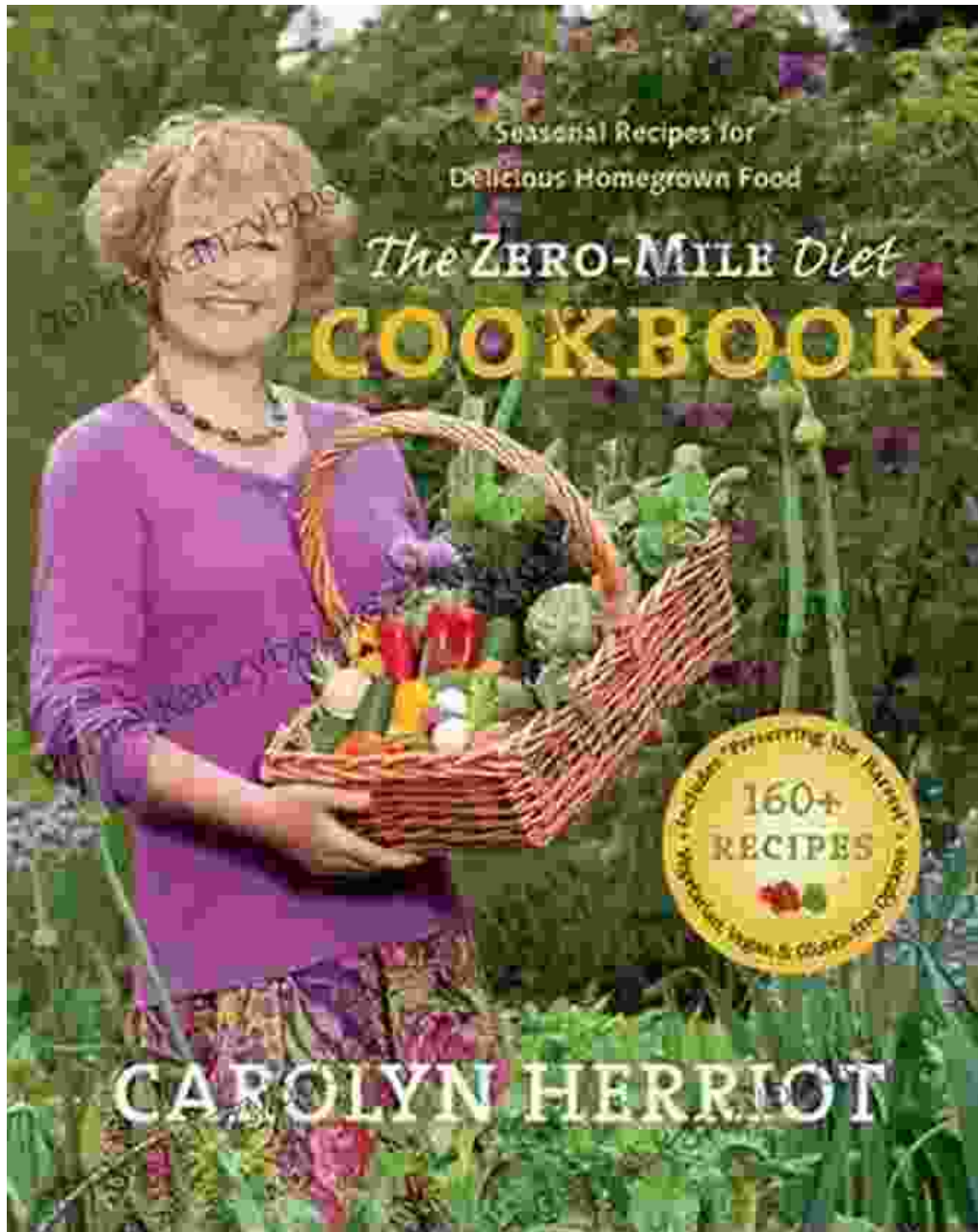
- Over 100 recipes for delicious, seasonal dishes
- Tips for planning, planting, and harvesting your own food
- Information on the benefits of eating a Zero Mile Diet
- Resources for finding local farmers and farmers markets

## **Why should you buy the Zero Mile Diet Cookbook?**

- You want to eat healthier food
- You want to know where your food comes from
- You want to reduce your environmental impact
- You want to support local farmers
- You want to learn how to grow and cook your own food

## **Free Download your copy of the Zero Mile Diet Cookbook today!**

The Zero Mile Diet Cookbook is available now at Our Book Library, Barnes & Noble, and other major booksellers. Free Download your copy today and start eating local, all year long!



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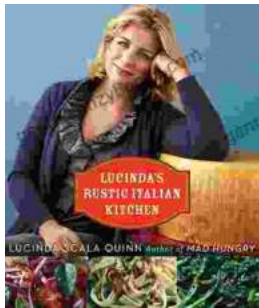
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