



# The Complete Idiot's Guide to Eating Local (Complete Idiot's Guides (Lifestyle Paperback))

*Diane A. Welland M.S. R.D.*

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**Supporting local farmers has really grown on people-and here's the guide to doing it right.**

There are so many great reasons to shop for and eat locally grown or raised foods, including freshness, taste, energy conservation, and supporting small business owners. That is why tens of thousands have made the switch to local foods. Now families and communities are enthusiastically supporting farmer's markets, artisan dairy farmers, cheese makers, family farms, local vineyards, and local livestock. Food expert and nutritionist Diane A. Welland explains what local eating is and isn't and how anyone can move toward a more sustainable way of eating. It covers: Types of foods considered local; what is in season when; Storing foods; Money saving tips.

- A practical approach for a challenging endeavor.
- Includes a complete overview of local eating across all 50 states.

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