



Good Food BOOK CLUB

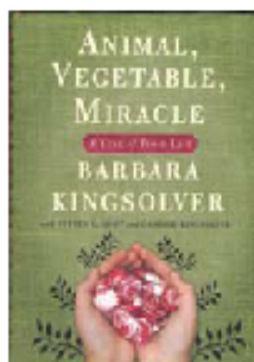


Come join us in lively discussions about local, seasonal eating and creating a sustainable food system.

Brought to you by the Moscow Food Co-op

July 23 • Animal, Vegetable, Miracle: A Year of Food Life by *Barbara Kingsolver, Steven L. Hopp and Camille Kingsolver*

Moving from Arizona to Appalachia, Kingsolver and her family begin a life-changing journey into what it means to eat local. Eating locally takes them into new territory and ends up being a call to action, to conscious eating and to creating a more just and sustainable food system.



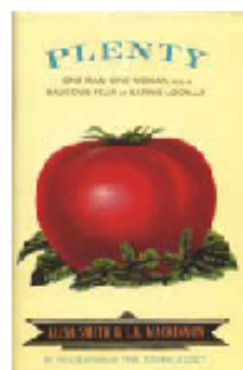
August 27 • This Organic Life: Confessions of a Suburban Homesteader by *Joan Dye Gussow*

In this memoir about sowing a life of local abundance in suburban New York, Gussow, a well-known nutritionist turned homesteader, tells how eating locally grown food in season is not only possible, but makes sense economically and ecologically.



September 24 • Plenty: One Man, One Woman and a Raucous Year of Eating Locally by *Alisa Smith and J.B. Mackinnon*

On March 21st, the Spring Equinox, two Vancouver urbanites launch into a year of eating only what is grown within 100 miles of their Vancouver, B.C. apartment. Filled with humor, and some angst, this book chronicles their search for local food and what it taught them about abundance, possibilities and, ultimately, themselves. (This book is also titled *Plenty: Eating Locally on the 100-mile Diet.*)



When: 7-8:00 pm, 4th Thursday of the month.

Where: One World Café meeting room.

Cost: Free. Munchies provided.

Look for the books at your local library or purchase them from BookPeople of Moscow and receive a 20% book club discount!

More info? Check out the Co-op newsletter or email Colette: cdephelps@verizon.net

MOSCOW FOOD CO-OP

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