



Carroll explains, these oversimplifications are both wrong and dangerous: if we stop consuming some of our most demonized ingredients altogether, it may actually hurt us. In *The Bad Food Bible*, Carroll examines the scientific evidence, showing among other things that you can: Eat red meat several times a week: The health effects are negligible for most people, and actually positive if you're 65 or older. Have a drink or two a day: As long as it's in moderation, it will protect you against cardiovascular disease without much risk. Enjoy a gluten-loaded bagel from time to time: It has less fat and sugar, fewer calories, and more fiber than a gluten-free one. Eat more salt: If your blood pressure is normal, you should be more worried about getting too little sodium than having too much. Full of counterintuitive lessons about food we hate to love, *The Bad Food Bible* is for anyone who wants to forge eating habits that are sensible, sustainable, and occasionally indulgent.

The book that started a backyard worm revolution! With more than 150,000 copies sold, this is the bestselling and remains the definitive guide to vermicomposting--a process using red worms to recycle human food waste into nutrient-rich fertilizer for plants. Author Mary Appelhof provides complete illustrated instructions on setting up and maintaining small-scale worm composting systems.

Internationally recognized as an authority on vermicomposting, Appelhof worked with worms for over three decades. Topics include: bin types, worm species, reproduction, care and feeding of worms, harvesting, and how to make the finished product of potting soil.

A leader in America's burgeoning organic garden movement describes her post-high school decision to experiment with commune life and organic farming and how the skills she learned has helped her design hundreds of rooftop, schoolyard and backyard organic gardens.

How do you make an organic garden? Why are worms and ladybirds so important? Discover the answers to these questions as well as lots of other useful advice in this lovely first book for budding organic gardeners and cooks.

Why Should I Eat Organic Foods?

Storey's Guide to Growing Organic Vegetables & Herbs for Market

A Natural History of Four Meals

Eat More Dirt

Diverting and Instructive Tips for Growing and Tending an Organic Garden

Backyard Organic Gardening

Homegrown Vegetables Made Easy (No Experience Required)

Vertical Gardening

*"First published in New Zealand by David Bateman Ltd."*

*The Omnivore's Dilemma*

*Planting and Harvesting Organic Food from Your Patio, Rooftop, Balcony, Or Backyard Garden*

*Everything You Need to Know About Organic Foods*

*Hydroponics Made Easy*

*A Consumer's Guide to Buying and Eating Organic Food: Easyread Large Bold Edition*

*Grow Organic*

*Organic Food from Small Spaces*

*How to Set Up and Maintain a Worm Composting System*