



Wildly Affordable Organic: Eat Fabulous Food, Get Healthy, and Save the Planet--All on \$5 a Day or Less

By Linda Watson

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Buy Green. Eat Green. Save Green.

If you've wanted to eat like it matters but felt you couldn't afford it, *Wildly Affordable Organic* is for you. It's easy to think that "organic" is a code word for "expensive," but it doesn't have to be. With these ingenious cooking plans and healthy, satisfying recipes, Linda Watson reveals the incredible secret of how you can eat well every day--from blueberry pancakes for breakfast to peach pie for dessert--averaging less than two dollars a meal.

Get ready for wild savings! You'll discover how to:
Ease your family into a greener lifestyle with the 20-minute starter plan
Go organic on just 5 a day--or go thrifty and spend even less
Take advantage of your freezer and freeze your costs
Find the best deals at your local farmers' market or grocery store
Cook easy, scrumptious, seasonal dishes from scratch

Packed with tips for streamlining meals, from shopping and cooking to washing dishes, this book shows how sustainable living is within everyone's reach. Slow global warming with delicious dinners? Lose weight, save money, and save the polar bears at the same time? When you live the *Wildly Affordable Organic* way, it is possible! Join the movement to change the way you eat--and keep the change.

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Editorial Review

Review

San Francisco Book Review, August 2011

“Watson's recipes are simple, her methods make sense, and readers are left wanting to put her ideas into action.”

Curled Up with a Good Book

“Armed with this book and Watson's tips, strategies, and clear-eyed investigation, anyone with a sincere desire to eat well on a tight budget can easily and quickly transition to just such a healthy lifestyle... *Wildly Affordable Organic* is something of an epiphany, what with the detailed budget and expenses included and the vast array of possibilities. This one should be required reading in high school Life Skills classes and for every household.”

Midwest Book Review, August 2011

“This book tells how to eat healthy on three dollars a day and packs in tips for healthy organic food preparation on a budget, from menus and recipes to shopping and food options. Health and culinary collections as well as general and homeowner libraries will relish this approach.”

Prevention, October 2011

“The barriers to cooking organic—hefty price tags, hours over a hot stove—vanish, thanks to these quick, delicious meals you can make for less than 5 a day.”

Library Journal, 4/22/11

“Watson demonstrates realistic ways to cook inexpensively yet healthfully without living in the kitchen. Well written and full of useful ideas and tips... Verdict: With the twin concerns of health and food costs very much on consumers' minds lately, this is likely to be popular.”

Kirkus Reviews, 5/15/11

“A unique addition to the genre, this sustainable take on everyday meal planning is both practical and contemporary.”

Portland Oregonian, 6/7/11

“Most of the recipes are simple and time-saving, offering lots of options for on-the-go people.”

Technorati.com, 6/27/11

“[A] strong introduction to organic cooking, offering recipes that will appeal to vegetarians, vegans, and people who just happen to love fruits and veggies. The money-saving and health benefits are added value.”

Tucson Citizen, 7/1/11

“Part cookbook and part shopping guide, Watson gives readers the tools they need to eat well and reduce their impact on the environment without spending top dollar.”

InfoDad.com, 7/7/11

“Most useful for its shopping information and its well-constructed once-a-month, seasonal shopping lists; these are what elevate it above standard advocacy books and above other cookbooks containing recipes similar to the ones here.”

Girlfriendbooks.com, 7/20/11

“Remarkable.”

USA Weekend, 7/17/11

“Secret weapon.”

Grandparents.com, 8/2/11

“Try [these recipes], and you'll see that organics can be an attainable and delicious option for your family.”

About the Author

Linda Watson, the founder of CookforGood.com, created her wildly affordable cooking plans after being inspired by a national challenge to eat on a food-stamp budget. She credits her background in project management helping her to not just survive but thrive on just a dollar a meal per person. Her 2013 SNAPcut Challenge used WAO recipes to cook organic and local even on the newly reduced food-stamp budget. Linda has a certificate in Plant-Based Nutrition from eCornell and the T. Colin Campbell Foundation. She's had a wildly varied career so far, including developing a top-secret expert system, working with Tom Clancy and Douglas Adams on computer games, and riding the dot-com wave with eGarden.com. Today she teaches cooking through classes, books, and videos. Watson lives in Raleigh, North Carolina, with her husband.

Users Review

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Carolyn Baird:

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