



The 100-Mile Diet: A Year of Local Eating

Alisa Smith, J.B. Mackinnon

Download now

[Click here](#) if your download doesn't start automatically

The 100-Mile Diet: A Year of Local Eating

Alisa Smith, J.B. Mackinnon

The 100-Mile Diet: A Year of Local Eating Alisa Smith, J.B. Mackinnon

The remarkable, amusing and inspiring adventures of a Canadian couple who make a year-long attempt to eat foods grown and produced within a 100-mile radius of their apartment.

When Alisa Smith and James MacKinnon learned that the average ingredient in a North American meal travels 1,500 miles from farm to plate, they decided to launch a simple experiment to reconnect with the people and places that produced what they ate. For one year, they would only consume food that came from within a 100-mile radius of their Vancouver apartment. The 100-Mile Diet was born.

The couple's discoveries sometimes shook their resolve. It would be a year without sugar, Cheerios, olive oil, rice, Pizza Pops, beer, and much, much more. Yet local eating has turned out to be a life lesson in pleasures that are always close at hand. They met the revolutionary farmers and modern-day hunter-gatherers who are changing the way we think about food. They got personal with issues ranging from global economics to biodiversity. They called on the wisdom of grandmothers, and immersed themselves in the seasons. They discovered a host of new flavours, from gooseberry wine to sunchokes to turnip sandwiches, foods that they never would have guessed were on their doorstep.

The 100-Mile Diet struck a deeper chord than anyone could have predicted, attracting media and grassroots interest that spanned the globe. The **100-Mile Diet: A Year of Local Eating** tells the full story, from the insights to the kitchen disasters, as the authors transform from megamart shoppers to self-sufficient urban pioneers. The 100-Mile Diet is a pathway home for anybody, anywhere.

Call me naive, but I never knew that flour would be struck from our 100-Mile Diet. Wheat products are just so ubiquitous, "the staff of life," that I had hazily imagined the stuff must be grown everywhere. But of course: I had never seen a field of wheat anywhere close to Vancouver, and my mental images of late-afternoon light falling on golden fields of grain were all from my childhood on the Canadian prairies. What I was able to find was Anita's Organic Grain & Flour Mill, about 60 miles up the Fraser River valley. I called, and learned that Anita's nearest grain suppliers were at least 800 miles away by road. She sounded sorry for me. Would it be a year until I tasted a pie?

—From **The 100-Mile Diet**

 [Download The 100-Mile Diet: A Year of Local Eating ...pdf](#)

 [Read Online The 100-Mile Diet: A Year of Local Eating ...pdf](#)

Download and Read Free Online The 100-Mile Diet: A Year of Local Eating Alisa Smith, J.B. Mackinnon

From reader reviews:

William Grimm:

The book *The 100-Mile Diet: A Year of Local Eating* give you a sense of feeling enjoy for your spare time. You can utilize to make your capable far more increase. Book can to be your best friend when you getting stress or having big problem with your subject. If you can make reading through a book *The 100-Mile Diet: A Year of Local Eating* for being your habit, you can get more advantages, like add your current capable, increase your knowledge about some or all subjects. You are able to know everything if you like open up and read a book *The 100-Mile Diet: A Year of Local Eating*. Kinds of book are a lot of. It means that, science e-book or encyclopedia or some others. So , how do you think about this e-book?

Kristen Hamilton:

The publication untitled *The 100-Mile Diet: A Year of Local Eating* is the book that recommended to you to learn. You can see the quality of the reserve content that will be shown to you. The language that publisher use to explained their ideas are easily to understand. The article writer was did a lot of exploration when write the book, so the information that they share for your requirements is absolutely accurate. You also will get the e-book of *The 100-Mile Diet: A Year of Local Eating* from the publisher to make you much more enjoy free time.

Cynthia Campbell:

A lot of people always spent their own free time to vacation or perhaps go to the outside with them family members or their friend. Do you realize? Many a lot of people spent that they free time just watching TV, or perhaps playing video games all day long. If you need to try to find a new activity that's look different you can read the book. It is really fun in your case. If you enjoy the book you read you can spent all day every day to reading a book. The book *The 100-Mile Diet: A Year of Local Eating* it is rather good to read. There are a lot of people who recommended this book. These folks were enjoying reading this book. If you did not have enough space to bring this book you can buy the actual e-book. You can m0ore very easily to read this book from your smart phone. The price is not very costly but this book possesses high quality.

Benjamin Williams:

A lot of guide has printed but it is different. You can get it by world wide web on social media. You can choose the most beneficial book for you, science, comedy, novel, or whatever by simply searching from it. It is named of book *The 100-Mile Diet: A Year of Local Eating*. You can add your knowledge by it. Without causing the printed book, it could add your knowledge and make you actually happier to read. It is most significant that, you must aware about guide. It can bring you from one destination to other place.

Download and Read Online The 100-Mile Diet: A Year of Local Eating Alisa Smith, J.B. Mackinnon #K83MBXLNPE1

Read The 100-Mile Diet: A Year of Local Eating by Alisa Smith, J.B. Mackinnon for online ebook

The 100-Mile Diet: A Year of Local Eating by Alisa Smith, J.B. Mackinnon Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The 100-Mile Diet: A Year of Local Eating by Alisa Smith, J.B. Mackinnon books to read online.

Online The 100-Mile Diet: A Year of Local Eating by Alisa Smith, J.B. Mackinnon ebook PDF download

The 100-Mile Diet: A Year of Local Eating by Alisa Smith, J.B. Mackinnon Doc

The 100-Mile Diet: A Year of Local Eating by Alisa Smith, J.B. Mackinnon Mobipocket

The 100-Mile Diet: A Year of Local Eating by Alisa Smith, J.B. Mackinnon EPub