



# To Buy or Not to Buy Organic: What You Need to Know to Choose the Healthiest, Safest, Most Earth-Friendly Food

*Cindy Burke*

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## **To Buy or Not to Buy Organic: What You Need to Know to Choose the Healthiest, Safest, Most Earth-Friendly Food** Cindy Burke

Food journalist and former professional chef Cindy Burke writes in the introduction to this book: "Organic food can be so expensive and difficult to find that I always wondered if I was spending my money wisely. I decided to become informed, really informed, about the options — organic, conventional, local, sustainable — so that I could choose the healthiest, safest food available." To Buy or Not to Buy Organic is the result of Burke's investigations. It tells you how to choose the healthiest, safest, most earth-friendly food, as you make your way through the supermarket, your local farmer's market, or your natural foods store. Highlights include: Making sense of the choices presented by organic, local, sustainable, minimally treated, grass-fed and cage-free foods Reducing your exposure to pesticides Save money by knowing the foods you want to eat only if they're organic and the foods that are pesticide-free even when they are nonorganic Protecting your child's health from pesticides An at-a-glance shopper's guide to more than 100 foods

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