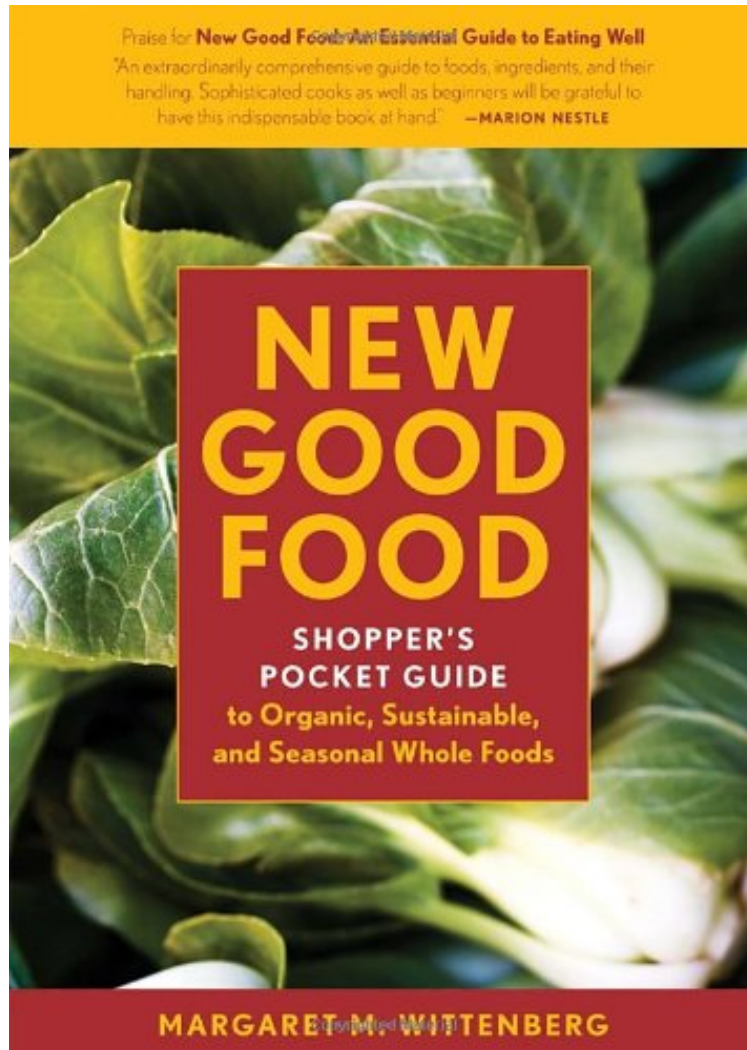


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## New Good Food Pocket Guide, rev: Shopper's Pocket Guide to Organic, Sustainable, and Seasonal Whole Foods

Margaret M. Wittenberg

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**Margaret M. Wittenberg : New Good Food Pocket Guide, rev: Shopper's Pocket Guide to Organic, Sustainable, and Seasonal Whole Foods** before purchasing it in order to gage whether or not it would be worth my time, and all praised New Good Food Pocket Guide, rev: Shopper's Pocket Guide to Organic, Sustainable, and Seasonal Whole Foods:

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This convenient pocket guide packs the knowledgeable information of the original whole foods bible into a concise, easy-to-carry format. Focusing mainly on core food products available at large-scale supermarkets and natural foods stores, easy-reference entries help shoppers navigate their many options when choosing organic, whole, local, and sustainably and ethically produced foods. An updated pocket-size edition of the definitive guide to buying, storing, and preparing whole foods. Handy charts and tables summarize what's in season when. Organic food sales totaled nearly \$17 billion in 2006, up 22 percent from the previous year, in the U.S. alone.

About the Author MARGARET M. WITTENBERG is global vice president of Whole Foods Market, where she has served since 1981. She is a former member of the USDA National Organic Standards Board and currently serves on the Marine Stewardship Council's Board of Trustees and the Animal Compassion Foundation. She lives in Fredericksburg, Texas.