

“*Veggie Revolution* is the book for anyone who gives a thought to animals, the environment, and the impacts of what we eat. Of all the veggie books, this is the most witty, savvy, and sensible. Help yourself and the planet: get with the veggie revolution.”

—Jim Mason, author of *An Unnatural Order* and coauthor with Peter Singer of *Food Matters: The Ethics of What We Eat*

“Wondering about going vegetarian? The authors present the most disturbing material in the gentlest, most matter-of-fact way. In reporting that digs deeper than a farmer’s plow, they examine every alarming angle of our contemporary eating habits, yet inspire us with hope for change. Turn to this feast of vegetarian recipes and begin to grow younger, healthier, saner.”

—Dannye Romine Powell, award-winning news columnist for *The Charlotte Observer*, author of *Parting the Curtains: Interviews with Southern Writers*, and winner of a National Endowment for the Arts fellowship

Sample file

Veggie revolution

Smart Choices for a Healthy Body and a Healthy Planet



Sally Kneidel, Ph.D., and Sara Kate Kneidel



Fulcrum Publishing
Golden, Colorado

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This book is dedicated to all the farmers
who work long hours to fill our plates
for little pay and even less recognition.

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