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Author/Creator Smith, Alisa, 1971-Language English. Imprint Toronto : Vintage Canada, c2007. Physical description 266 p. ; 21 cm.

100-mile diet: a year of local eating by j.b

Editorial Reviews From the Publisher Nothing you eat will look the same! This inspiring and enlightening book will give you plenty to chew on.

Living on the 100- mile diet | the tyee

Living on the 100-Mile Diet. Eating a truly local diet for a year poses some tricky questions. First in a series. By Alisa Smith and J.B. MacKinnon, 28 Jun 2005

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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-

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