

Plenty One Man Woman And A Raucous Year Of Eating Locally
Alisa Smith

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Plenty: One Man, One Woman, and a Raucous Year of Eating Locally [Alisa Smith, J.B. Mackinnon] on Amazon.com. *FREE* shipping on qualifying offers. Like many great adventures, the 100-mile diet began with a memorable feast. Stranded in their off-the-grid summer cottage in the Canadian wilderness with unexpected guests

Plenty: One Man, One Woman, and a Raucous Year of Eating ...

Subtitle: One Man, One Woman, and a Raucous Year of Eating Locally. This is basically a book about an experiment. Smith and Mackinnon live in the Vancouver area, and they decided to attempt (in 2005) to subsist entirely on local food for a year. This is the sort of general statement which can mean a lot of things in practice.

Plenty: One Man, One Woman, and a Raucous Year of Eating ...

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