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### The Joy of Sustainable Eating

Karl von Koerber/Hubert Hohler

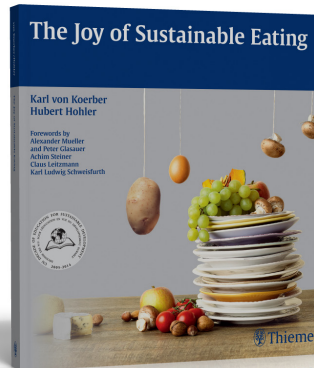
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## Healthy, close-to-the-source, conscious eating made easy and fun

### The Joy of Sustainable Eating

Karl von Koerber  
Hubert Hohler



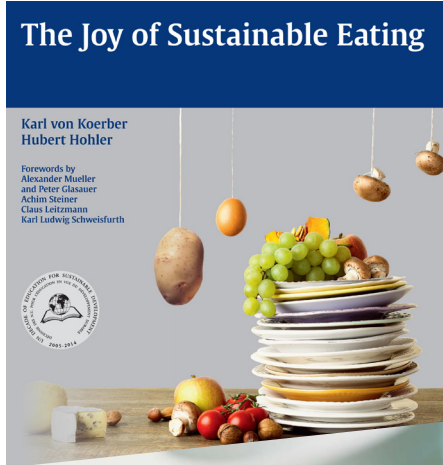
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# Did you ever wonder how “fresh” tomatoes and strawberries appear on your supermarket shelves in the middle of winter?

Clearly, they have been grown, processed, and preserved in ways that we are only dimly aware of. Yet, it is crucially important, not only for your own and your family’s health but also for the sustainability of the entire natural environment, that we know the facts about where our food comes from and how it gets onto our table. And how each of us as an individual can play a role in increasing the health and well-being of the planet we live on.

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