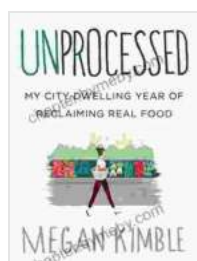


My City Dwelling Year of Reclaiming Real Food: A Journey in Seasonality and Sustainable Eating

In her new book, *My City Dwelling Year of Reclaiming Real Food*, author and food activist Leah Schade shares her inspiring journey of eating seasonally and locally for a year in New York City. The book is full of practical tips and advice for anyone who wants to eat more real food, no matter where they live.



Unprocessed: My City-Dwelling Year of Reclaiming Real Food by Megan Kimble

★★★★☆ 4.4 out of 5

Language	: English
File size	: 759 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 352 pages



Schade's journey begins with a realization that she was not eating as healthily as she could be. She was relying too heavily on processed foods and takeout, and she was not getting enough fruits, vegetables, and whole grains.

Determined to make a change, Schade set out to eat seasonally and locally for a year. She started by shopping at farmers markets and CSAs, and she began to learn about the different foods that were available in her area.

As Schade ate more real food, she began to feel better both physically and mentally. She had more energy, she lost weight, and her skin cleared up. She also found that she was more connected to her community and to the environment.

In *My City Dwelling Year of Reclaiming Real Food*, Schade shares her experiences and insights from her year of eating seasonally and locally. She provides practical tips on how to shop for real food, how to cook it, and how to store it.

Schade also includes recipes for some of her favorite dishes, such as:

- Roasted Brussels sprouts with bacon
- Creamy cauliflower soup
- Apple crisp

My City Dwelling Year of Reclaiming Real Food is a valuable resource for anyone who wants to eat more real food. Schade's practical tips and advice will help you make the switch to a healthier, more sustainable way of eating.

Benefits of Eating Seasonally and Locally

There are many benefits to eating seasonally and locally. These benefits include:

- **Increased nutrient content.** Fruits and vegetables that are grown in season have higher levels of nutrients than those that are grown out of season.
- **Improved flavor.** Fruits and vegetables that are grown in season taste better than those that are grown out of season.
- **Reduced environmental impact.** Eating seasonally and locally reduces the amount of food that is transported long distances, which helps to reduce greenhouse gas emissions.
- **Increased support for local farmers.** When you buy food from local farmers, you are supporting your community and the local economy.

Tips for Eating Seasonally and Locally

If you are interested in eating seasonally and locally, here are a few tips to get you started:

- **Shop at farmers markets and CSAs.** Farmers markets and CSAs are a great way to buy fresh, seasonal produce from local farmers.
- **Grow your own food.** If you have the space, growing your own food is a great way to eat seasonally and locally.
- **Cook more meals at home.** Cooking more meals at home gives you more control over the ingredients in your food.
- **Read food labels.** When you are shopping for food, be sure to read the food labels to see where the food was grown.

Recipes from *My City Dwelling Year of Reclaiming Real Food*

Here are a few recipes from *My City Dwelling Year of Reclaiming Real Food*:

Roasted Brussels sprouts with bacon

Ingredients:

- 1 pound Brussels sprouts, trimmed and halved
- 1/2 pound bacon, cooked and chopped
- 1/4 cup olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

Instructions:

1. Preheat oven to 425 degrees F (220 degrees C).
2. In a large bowl, combine the Brussels sprouts, bacon, olive oil, salt, and pepper. Toss to coat.
3. Spread the Brussels sprouts mixture on a baking sheet and roast for 20-25 minutes, or until tender and browned.

Creamy cauliflower soup

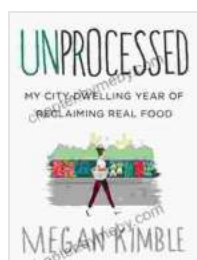
Ingredients:

- 1 head of cauliflower, chopped
- 1 onion, chopped
- 2 cloves garlic, minced

- 4 cups chicken broth
- 1 cup milk
- 1/2 cup heavy cream
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- Grated Parmesan cheese, for topping (optional)

Instructions:

1. In a large pot, sauté the onion and garlic in olive oil until softened.
2. Add the cauliflower and chicken broth to the pot. Bring to a boil, then reduce heat and simmer for 15-20 minutes, or until the cauliflower is tender.
3. Puree the soup with an immersion blender or in a regular blender until smooth.
4. Stir in the milk, heavy cream, salt, and pepper. Cook for 5 minutes more, or until heated through.
5. Serve the soup topped with grated Par



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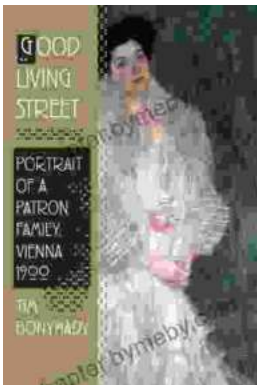
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