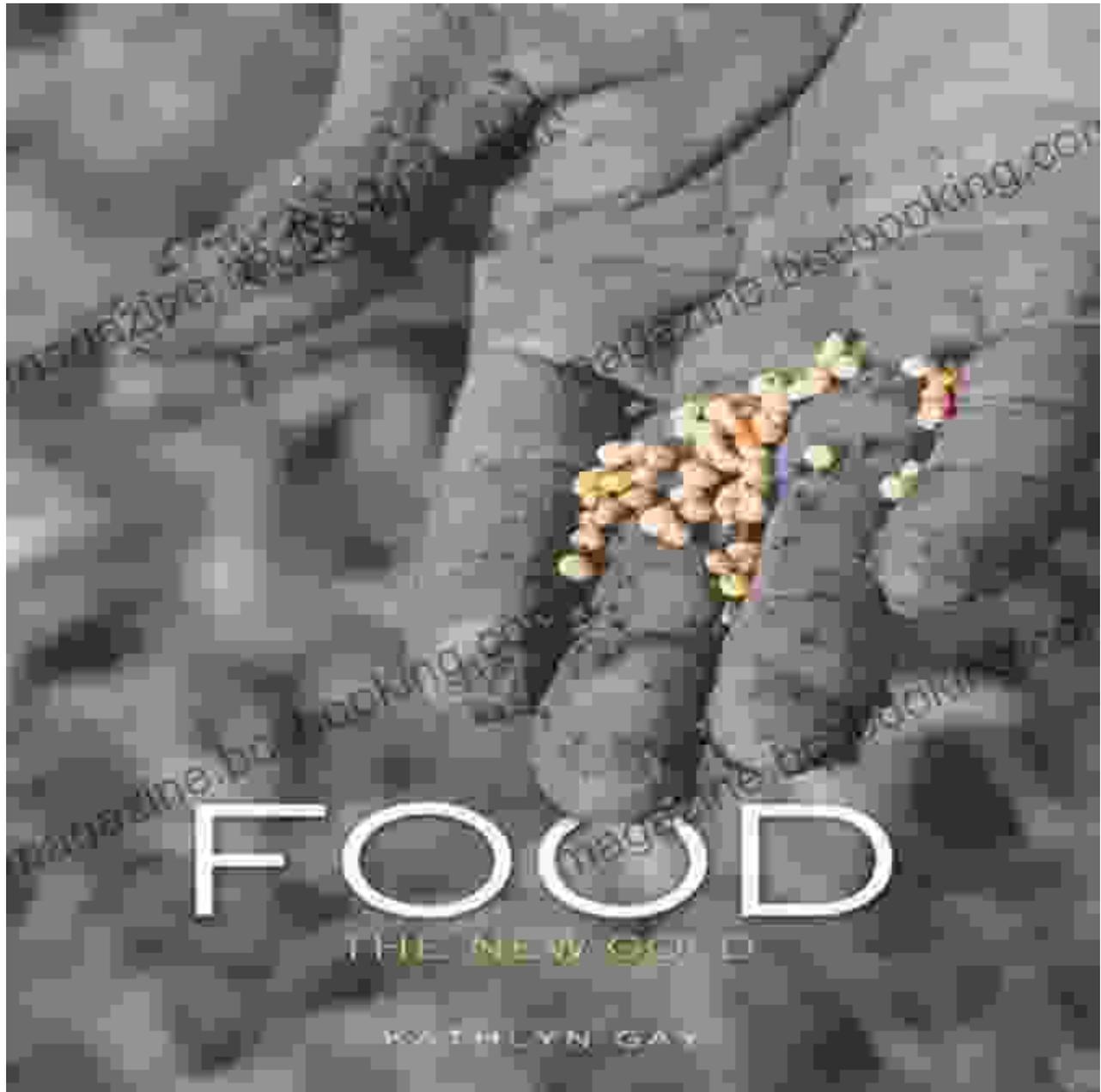


Food: The New Gold by Kathlyn Gay - The Essential Guide to Food Security



Food: The New Gold by Kathlyn Gay

★★★★☆ 4.7 out of 5

Language : English

File size : 22361 KB

Screen Reader : Supported



Print length : 96 pages

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Book Review

Food: The New Gold by Kathlyn Gay is the definitive guide to food security. In this comprehensive book, Gay covers everything from growing your own food to cooking nutritious meals to storing food for the long term. Whether you're a beginner or an experienced homesteader, Food: The New Gold has something for you.

Gay begins by discussing the importance of food security. She explains that food security is not just about having enough food to eat, but also about having access to safe, nutritious food. Gay argues that food security is essential for both individuals and communities, and that it is a matter of national security.

In the second part of the book, Gay provides a detailed guide to growing your own food. She covers everything from choosing the right crops to planting, watering, and harvesting. Gay also provides recipes for using your homegrown produce.

The third part of the book focuses on cooking nutritious meals. Gay provides recipes for a variety of dishes, from simple soups and salads to

more complex entrees. She also discusses the importance of eating a balanced diet and provides tips for making healthy choices.

The fourth part of the book covers food storage. Gay provides detailed instructions on how to store food for both short-term and long-term use. She also discusses the different methods of food preservation, such as canning, freezing, and drying.

Food: The New Gold is an essential guide to food security. This book is packed with information and resources, and it is a must-read for anyone who wants to be prepared for the future.

About the Author

Kathlyn Gay is a homesteader, author, and speaker. She has been writing about food security for over 20 years, and she is a leading expert on the topic. Gay is the author of several books, including Food: The New Gold and The Survival Handbook.

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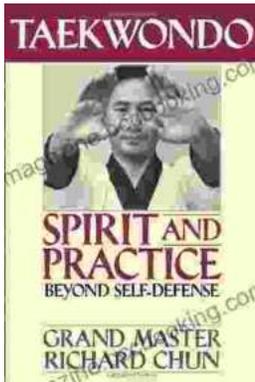


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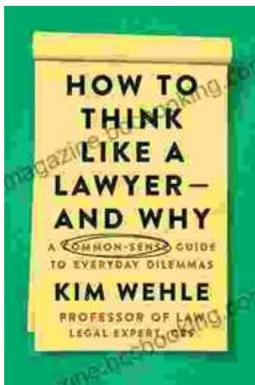
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