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This cookbook is a breath of fresh air in the kitchen and provides well over 100 healthy, real food recipes from farm to table. The perfect cookbook for the homestead! Thank you to Blogging for Books who provided a copy of The Nourished Kitchen for me to review.

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Jenny McGruther is a nutritional therapist,  
herbalist and natural foods chef specializing  
in traditional foods and farm-to-table

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movement is a fad-free approach to cooking  
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