



# **The Homegrown Paleo Cookbook: Over 100 Delicious, Gluten-Free, Farm-to-Table Recipes, and a Complete Guide to Growing Your Own Healthy Food**

*Diana Rodgers*

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# The Homegrown Paleo Cookbook: Over 100 Delicious, Gluten-Free, Farm-to-Table Recipes, and a Complete Guide to Growing Your Own Healthy Food

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Seasonal, gluten-free, farm-to-table eating never tasted so good!

On her farm in Massachusetts, nutritionist Diana Rodgers has found a way back to a healthy, active lifestyle with a focus on nutritious and delicious eating, raising animals, growing vegetables, and balancing work and play.

Anyone can have the same healthy, balanced lifestyle and a closer connection to their food—whether you live in a house in the suburbs, a farmhouse in the countryside, or an apartment in the city. *The Homegrown Paleo Cookbook* shows you how.

With over 100 seasonal Paleo recipes, guides to growing your own food and raising animals, and inspiring how-tos for crafts and entertaining, *The Homegrown Paleo Cookbook* is a guide not just for better eating, but for better living—and a better world.

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