



A Guide to Buying Farm Fresh: Eating Well and Safely in Upstate New York (Paperback)

By Julie Cushine-Rigg

Three Lakes Publishing, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.A Guide to Buying Farm Fresh is a resource explaining how to purchase safe, healthy and tastier food in the Capital Region. The book shares the many options available for consumers to buy direct from our local farms and the value that behavior has on our Upstate New York economy.



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