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MY CITY-DWELLING YEAR OF RECLAIMING REAL FOOD



Unprocessed My City Dwelling Year Of Reclaiming Real Food

Megan Kimble



Unprocessed My City Dwelling Year Of Reclaiming Real Food:

Unprocessed Megan Kimble, 2015-06-23 In the tradition of Michael Pollan's bestselling *In Defense of Food* comes this remarkable chronicle from a founding editor of *Edible Baja Arizona* of a young woman's year-long journey of eating only whole unprocessed foods intertwined with a journalistic exploration of what unprocessed really means why it matters and how to afford it In January of 2012 Megan Kimble was a twenty-six-year-old living in a small apartment without even a garden plot to her name But she cared about where food came from how it was made and what it did to her body so she decided to go an entire year without eating processed foods *Unprocessed* is the narrative of Megan's extraordinary year in which she milled wheat extracted salt from the sea milked a goat slaughtered a sheep and more all while earning an income that fell well below the federal poverty line What makes a food processed As Megan would soon realize the answer to that question went far beyond cutting out snacks and sodas and became a fascinating journey through America's food system past and present She learned how wheat became white how fresh produce was globalized and animals industrialized But she also discovered that in daily life as she attempted to balance her project with a normal social life which included dating the question of what made a food processed was inextricably tied to gender and economy politics and money work and play Backed by extensive research and wide-ranging interviews and including tips on how to ditch processed food and transition to a real food lifestyle *Unprocessed* offers provocative insights not only on the process of food but also the processes that shape our habits communities and day-to-day lives

The Wellness Project Phoebe Lapine, 2017-05-16 For those battling autoimmune disease or thyroid conditions or just seeking healthy life balance the voice behind the popular blog *Feed Me* Phoebe shares her yearlong investigation of what truly made her well After she was diagnosed with an autoimmune disease in her early twenties Phoebe Lapine felt overwhelmed by her doctor's strict protocols and confused when they directly conflicted with information on the bestseller list After experiencing mixed results and a life of deprivation that seemed unsustainable at best she adopted 12 of her own wellness directives including eliminating sugar switching to all natural beauty products and getting in touch with her spiritual side to find out which lifestyle changes truly impacted her health for the better *The Wellness Project* is the insightful and hilarious result of that year of exploration part memoir and part health and wellness primer complete with 20 healthy recipes it's a must-read not just for those suffering from autoimmune disease but for anyone looking for simple ways to improve their health without sacrificing life's pleasures

City Limits Megan Kimble, 2024-04-02 An eye-opening investigation into how our ever-expanding urban highways accelerated inequality and fractured communities and a call for a more just sustainable path forward Megan Kimble manages to turn a book about transportation and infrastructure into a fascinating human drama Michael Harriot New York Times bestselling author of *Black AF History* Every major American city has a highway tearing through its center Seventy years ago planners sold these highways as progress essential to our future prosperity The automobile promised freedom and highways were going to take

us there Instead they divided cities displaced people from their homes chained us to our cars and locked us into a high emissions future And the more highways we built the worse traffic got Nowhere is this more visible than in Texas In Houston Dallas and Austin residents and activists are fighting against massive multi billion dollar highway expansions that will claim thousands of homes and businesses entrenching segregation and sprawl In City Limits journalist Megan Kimble weaves together the origins of urban highways with the stories of ordinary people impacted by our failed transportation system In Austin hundreds of families will lose child care if a preschool is demolished to expand Interstate 35 In Houston a young Black woman will lose her brand new home to a new lane on Interstate 10 just blocks away from where a seventy four year old nurse lost her home in the 1960s when that same highway was built And in Dallas an urban planner has improbably found himself at the center of a national conversation about highway removal What if instead of building our aging roads wider and higher we removed those highways altogether It s been done before first in San Francisco and more recently in Rochester where Kimble traces how highway removal has brought new life to a divided city With propulsive storytelling and ground level reporting City Limits exposes the enormous social and environmental costs wrought by our allegiance to a life of increasing speed and dispersion and brings to light the people who are fighting for a more sustainable connected future

The Year Unprocessed Megan Kimble,2013

The Enigmatic Realm of **Unprocessed My City Dwelling Year Of Reclaiming Real Food**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **Unprocessed My City Dwelling Year Of Reclaiming Real Food** a literary masterpiece penned by way of a renowned author, readers set about a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of those who partake in its reading experience.

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