

# **The 100-Mile Diet: A Year Of Local Eating By Alisa Smith;J.B. Mackinnon**

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## **The 100- mile diet : a year of local eating (book,**

ISBN: 0679314822 : 9780679314820: OCLC Number: 74028846: Description: 266 p. ; 22 cm. Other Titles: One hundred mile diet: Responsibility: Alisa Smith & J. B. MacKinnon.

## **Plenty by j. b. mackinnon, alisa smith |**

The 100-Mile Diet: A Year of Local Eating tells the full story, Alisa Smith and J.B. MacKinnon turned to the land around them. They caught a trout,

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100 Mile Diet is a candid portrayal of an ambitious couple who, during a twelve month period, strive to "do the right thing" ecologically by making every effort to

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The 100-Mile Diet: A Year of Local Eating, which is the best-selling 2007 book written by Vancouver Authors Alisa Smith and J. B. MacKinnon. Locally-sourced Food.

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a concept first published in the book The 100-Mile Diet: A Year of Local Eating As Alisa Smith and J.B. MacKinnon go on of the 100-, 500-, and 1000-mile

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Living on the 100-Mile Diet. Eating a truly local diet for a year poses some tricky questions. First in a series. By Alisa Smith and J.B. MacKinnon, 28 Jun 2005

## **100- mile diet: a year of local eating by j. b.**

Alisa Smith, a Vancouver-based freelance writer who has been nominated for a National Magazine Award, has been published in Outside, Explore, Canadian Geographic

### **Plenty (the 100- mile diet) by alisa smith, j. b.**

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Alisa Smith and J. B. MacKinnon's idea of Random House published the hardcover version on 12 March 2007 in Canada as The 100 Mile Diet: A Year of Local Eating and

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Kitsilano couple Alisa Smith and J.B. MacKinnon vow to eat only local food for a year Eating Local: The 100 Mile Diet. 100 mile diet, james mackinnon, alisa

### **J.b. mackinnon**

J.B. MacKinnon Independent journalist and author whose works include The 100-Mile Diet, a bestseller that helped catalyze the local foods movement. home; Books;

### **J. b. mackinnon - wikipedia, the free**

MacKinnon, J. B.; Smith, Alisa (2007). *The 100-Mile-Diet: A Year of Local Eating*. Vintage Canada.

### **Plenty: eating locally on the 100- mile diet:**

In *Plenty*, authors Alisa Smith and J.B. MacKinnon tell their story of living for a year eating only foods produced within 100 miles of their home in Vancouver.

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