

Download New Farm Vegetarian Cookbook

When The Farm Vegetarian Cookbook was released in 1975, it was the first meat-, dairy-, and egg-free cookbook published in the United States. It also introduced good tasting nutritional yeast as a source of vitamin B12, and according to Bill Shurtleff, author of The Book of Tempeh was the first cookbook to introduce tempeh to North America. Vegan recipes that are easy to prepare and taste good. The New Soul Vegetarian cookbook strives to create "simple and satisfying vegan meals" using easily obtained ingredients. Working to end animal abuse since 1995, Compassion Over Killing exposes cruelty to farmed animals and promotes vegetarian eating as a way to build a kinder world. Refusing To Embrace Space-Aged Foods Engineered To Mimic Freshness, Rebar Has Always Celebrated Real, Local Flavour From Local Suppliers Grown in a Sustainable Manner.