

COOK FOOD

A Manualfesto for Easy, Healthy, Local Eating

Lisa Jervis

More than just a rousing food manifesto and a nifty set of tools, *Cook Food* makes preparing tasty, wholesome meals simple and accessible for those hungry for both change and scrumptious fare. If you're used to getting your meals from a package—or the delivery guy—or if you think you don't know how to cook, this is the book for you.

If you want to eat healthier but aren't sure where to start, or if you've been reading about food politics but don't know how to bring sustainable eating practices into your everyday life, *Cook Food* will give you the scoop on how, while keeping your taste buds satisfied. With a conversational, do-it-yourself vibe, a practical approach to everyday cooking on a budget, and a whole bunch of animal-free recipes, *Cook Food* will have you cooking up a storm, tasting the difference, thinking globally and eating locally.

ABOUT THE AUTHOR

Lisa Jervis is the founding editor and publisher of *Bitch: Feminist Response to Pop Culture*, the founding board president of Women in Media and News, and a member of the advisory board for outLoud Radio. Her work has appeared in numerous magazines and books, including *Ms.*, *The San Francisco Chronicle*, *Utne*, *Mother Jones*, *Body Outlaws* (Seal Press), and *The Bust Guide to the New Girl Order* (Penguin). She is the co-editor of *Young Wives' Tales: New Adventures in Love and Partnership* (Seal Press) and *Bitchfest: Ten Years of Cultural Criticism from the Pages of Bitch Magazine*. She's currently working on a book about the intellectual legacy of gender essentialism and its effect on contemporary feminism.

ACCOLADES

"Overwhelmed by all the politics on your plate? Paralyzed by guilt every time you shop for food? In this swift and delectable guide, Lisa Jervis shows not just how easy it can be to eat with your conscience and with the planet, but also how cheap, how swift, and how delightful it is to feel at home in the kitchen."

—Raj Patel, author of *Stuffed and Starved*

"Thanks to Lisa Jervis for not only distilling such important information into digestible bites, but for putting the theory into practice with excellent and inspiring recipes. Potluck at my place, please!"

—Michelle Tea, author of *Rose of No Man's Land* and *Rent Girl*

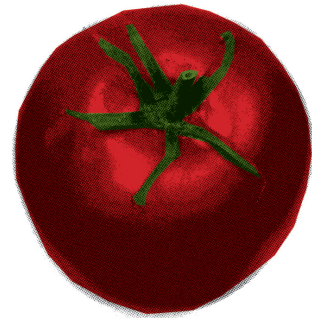
"Want an opportunity to make the world better several times a day? Learn to feed yourself using the rational, witty, simple, and ethical guidelines in Lisa Jervis's manual, *Cook Food*."

—Jennifer Baumgardner, coauthor of *Manifesta: Young Women, Feminism, and the Future* and author of *Look Both Ways: Bisexual Politics*

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EASY, HEALTHY, LOCAL EATING

by Lisa Jervis



SUBJECT CATEGORY
COOKBOOK/
VEGETARIAN

PRICE
\$10.00

ISBN
978-1-60486-073-3

PAGE COUNT
128

SIZE
5 X 8

FORMAT
PAPERBACK

PUBLICATION DATE
09/01/09

DISTRIBUTED BY
Independent Publishers Group
(312) 337-0747
www.ipgbook.com

■ **PM PRESS** ■
P.O. Box 23912
Oakland, CA 94623
www.pmpress.org

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