Healthy, close-to-the-source, conscious eating made easy and fun

Support the health and well-being of our planet

Biesalski, *Pocket Atlas of Nutrition*
$47.99/€34.99

Hammer, *Chinese Herbal Medicine*
$99.99/€89.99

Higdon, *Evidence-Based Approach to Phytochemicals and Other Dietary Factors, 2nd edition*
$79.99/€59.99

Higdon, *Evidence-Based Approach to Vitamins and Minerals, 2nd edition*
$69.99/€59.99

Kastner, *Chinese Nutrition Therapy, 2nd edition*
$74.99/€59.99

Kraft, *Pocket Guide to Herbal Medicine*
$39.99/€34.99

Wilhelmi de Toledo, *Therapeutic Fasting: The Buchinger Amplius® Method*
$34.99/€29.99

Prices in $ are valid for customers in the Americas while prices in € are valid for customers in Europe, Africa, Asia, and Australia.

Easy ways to order:
Visit our website and order online at www.thieme.com
Email customerservice@thieme.de
Fax +49-711-8931-410
Telephone +49-711-8931-421

The Joy of Sustainable Eating
Karl von Koerber/Hubert Hohler

Forewords by
Alexander Mueller, Assistant Director-General, Natural Resources Management and Environment Department and Peter Gläsauer, Nutrition Officer, Economic and Social Development Department
Both: Food and Agriculture Organization (FAO) of the United Nations

Achim Steiner, Under-Secretary General, United Nations (UN) and Executive Director United Nations Environment Programme (UNEP)

Claus Leitzmann, Professor, Institute of Nutrition Science, University of Giessen

Karl-Ludwig Schweisfurth, Founder of the Schweisfurth Foundation in Munich

Recognized by UNESCO as “Contribution for the United Nations Decade of Education for Sustainable Development”.

The Joy of Sustainable Eating
Karl von Koerber
Hubert Hohler
Did you ever wonder how “fresh” tomatoes and strawberries appear on your supermarket shelves in the middle of winter?

Clearly, they have been grown, processed, and preserved in ways that we are only dimly aware of. Yet, it is crucially important, not only for your own and your family’s health but also for the sustainability of the entire natural environment, that we know the facts about where our food comes from and how it gets onto our table. And how each of us as an individual can play a role in increasing the health and well-being of the planet we live on.

Learn how to get started with this simple and informative guide, recognized by UNESCO as “Contribution for the United Nations Decade of Education for Sustainable Development”.

The four dimensions of sustainable eating
Healthy diet, harmony with the environment, social cooperation, and a fair economy.

• Over 100 easy-to-follow recipes for cooking sustainably, stressing fresh, seasonal foods that are not only tasty and nutritious but also support the income of local farmers and producers.

• Important facts about organically grown foods

• Tips for preparation and cooking that preserve the flavor and nutritional value of our foods

• Delicious and sustainable meals for vegetarians and non-vegetarians

• Pointers for achieving sustainability in everyday life—saving energy in the kitchen; switching to green energy; handling packaging, waste, and trash.

Complete with luscious photographs, The Joy of Sustainable Eating demonstrates the tremendous benefits of healthy, conscious, close-to-the-source eating without sacrificing all the pleasures of good food.

The Joy of Sustainable Eating
Karl von Koerber/Hubert Hohler
2013/164 pp./50 illus./softcover/ ISBN 978-3-13-172451-9/
eISBN 978-3-13-172461-8
Americas $39.99/
Europe, Africa, Asia, Australia €29.99

Napkin Dumplings with Mushroom Ragout

1. Add 2 tbsp oil to a large pan and sauté finely chopped onions and garlic until soft. Add 1 tsp salt and 1 tsp pepper, and allow to cook for a few minutes. Add 1 cup of dry white wine and allow to cook down, stirring occasionally. Add 2 cups of vegetable stock and allow to cook for about 10 minutes, until the liquid is reduced by half.

2. In a separate pan, heat 2 tbsp oil and sauté 1 cup of sliced mushrooms until they are golden brown.

3. Add the mushrooms to the sauce, along with 2 tbsp of plain flour, and allow to cook for a few minutes. Add 1 cup of milk and stir until the sauce is thickened.

4. Serve the dumplings hot, with a generous amount of the mushroom sauce on top. Season with salt and pepper to taste.

Karl von Koerber
2013/164 pp./50 illus./softcover/ ISBN 978-3-13-172451-9/
eISBN 978-3-13-172461-8
Americas $39.99/
Europe, Africa, Asia, Australia €29.99