



# Book Information

## Eat More Raw A Guide to Health and Sustainability By Steve Charter

*Eat More Raw* will help you with all the basics of eating and growing more raw foods, and addresses both personal and planetary health. Steve Charter presents the practicalities, philosophy and nutritional facts about raw foods. He describes how to live a low impact lifestyle in harmony with nature and ourselves; how to grow our own food indoors and out; permaculture design; how to forage wild foods for free; and exciting recipes for healthy eating.

There's plenty of inspiration here for everyone seeking to live a healthier, more ecological and happier life. So take responsibility for your own health, and reduce your dependency on the global food processing, packaging, and the drug and illness industries. With a smile on your face, and friends by your side, join the raw revolution now!

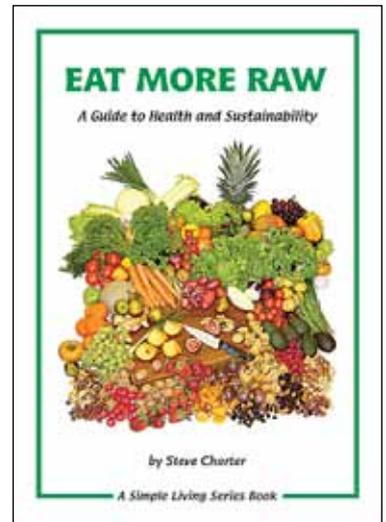
*Eat More Raw* contains:

**PART ONE:** A Practical Philosophy, including Whole Health and Sustainable Living.

**PART TWO:** The Practicalities, including Making the Transition and the Role of Permaculture.

**PART THREE:** There is Plenty of Information and Inspiration Out There. This section is written by contributors such including on topics such as forest and paradise gardening.

**PART FOUR:** Appendices, includes recipes and meal ideas, as well as useful contacts and information.



Published: 2004 (reprinted 2006)

ISBN: 978-1-85623-024-4

148mm x 204mm

Illustrations: 19 line drawings

Paperback

192pp

£12.95

File:

Environment

Health & wellbeing

Diet & nutrition

Cooking

**The Publisher:**

Permanent Publications

Over 40 titles offering  
inspiration for self reliance

Winners of The Queen's Award for  
Enterprise in the Sustainable  
Development category (2008)

### PUBLISHERS

Permanent Publications  
The Sustainability Centre  
East Meon, Hampshire GU32 1HR  
Tel: 01730 823 311  
Fax: 01730 823 322  
Email: [info@permaculture.co.uk](mailto:info@permaculture.co.uk)  
Web: [www.permanentpublications.co.uk](http://www.permanentpublications.co.uk)  
Magazine: [www.permaculture.co.uk](http://www.permaculture.co.uk)

TRADE/DISTRIBUTION ENQUIRIES TO [INFO@PERMACULTURE.CO.UK](mailto:INFO@PERMACULTURE.CO.UK)



## What people are saying about EAT MORE RAW

Forget any preconceptions about way-out diet books; this is a sane and thought-provoking wake-up call. Its basic premise is that raw, local, organic food is best, both for you and for the planet. Charter is refreshingly realistic and makes a persuasive case for modifying your diet. His inspiring book is a mine of information about making informed choices about your health; about how you engage with consumer culture; about gardening sustainably using permacultural systems; and about how to move towards a diet that will guarantee you better health and a cleaner conscience.

*Organic Gardening*

This is a great book. A thought provoking read with practical advice.

*Permaculture Works*

For those of us already eating what we grow, this book's value lies in broadening our horizons and coaxing us to find new ways of enjoying our fresh produce ... this book will get you thinking.

*Kitchen Garden Magazine*

A ground-breaking combination of insights into raw foods, permaculture and nutrition ... well researched, knowledgeable, yet open and philosophical.

*The Vegan Society Magazine*

Clearly written and inspiring. Offering many useful tips on how to switch from a processed to a high raw diet. The excellent list of Frequently Asked Questions should answer most of your queries ... There are about 25 basic recipes, plus meal ideas to help you get started on a raw diet.

*Vegan News*

Sets about convincing readers that a diet based on wholesome food eaten in its raw state is superior to any other kind. This book could certainly expand your ideas and invigorate your meal planning.

*Resurgence*

This book is persuasive as well as informative. Well worth reading.

*Growing Green International*

An easy and enjoyable read ... there are some delicious raw recipes which really work - I've tried them!

*New Leaves*

In *Eat More Raw*, we have the most vital book ever written on healthful sustainable living ... it speaks plain sense.

*David Klein, publisher of Living Nutrition magazine.*

I believe reading this book will leave you better informed, make you a better person, and give you many of the tools that you need to emerge from the cultural cocoon as the butterfly that we may all wish to become.

*Douglas Graham, US sports nutritionist.*

## ABOUT THE AUTHOR:

Steve Charter has worked in the mainstream sustainability field since 1993, and has also been involved in the grass-roots raw food and permaculture worlds since 1994. He is a permaculture teacher and diploma tutor, and was co-founder of the Ecoforest project in Spain, where he lived in an army surplus tent off-grid from 2000-05. He now lives in a low carbon community (Hoathly Hill) in West Sussex. He has worked as a sustainability consultant with a main focus on sustainable construction skills and training since 2005, and is a member of one of the four DECC policy fora for the Green Deal.

