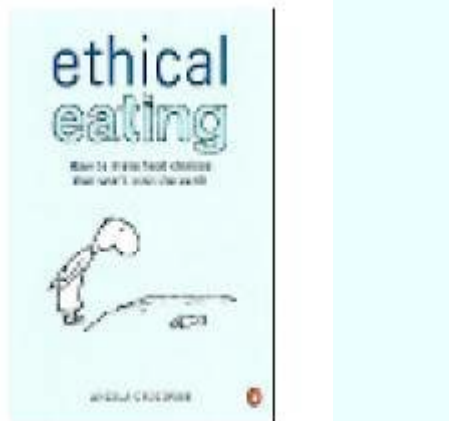




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**ETHICAL EATING: HOW TO MAKE
FOOD CHOICES THAT WON'T
COST THE EARTH**
Angela Crocombe
Penguin, \$24.95

We are what we eat, so, if we devour the products of greed and cruelty, we become complicit in them. Crocombe, whose previous book was about reducing our personal global footprint, here teaches us all about food choices. In some countries, the alternative is between food and starvation: here, we have a cornucopia. That the abundance comes with a terrible price is the message of this book. Besides the sadism of the factory farm, there are sickening chemicals, unnecessary packaging, and food miles. One of the best features of this book is its guide to eco-symbols, or the most pesticide-ridden produce (peaches). We also learn the facts behind fast foods: the short and brutal lives of chickens, calves and pigs. While vegan beer may not be to everyone's tastes, there is much here to give us pause in the supermarket aisles.