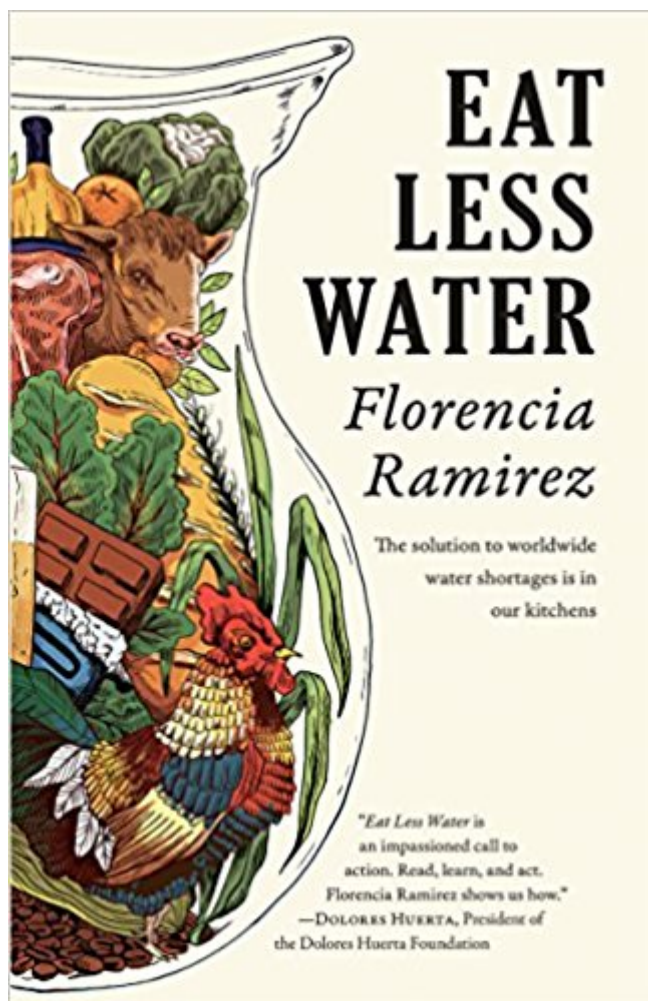


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# Eat Less Water



## Synopsis

Experts predict two-thirds of people living on this planet in 2025 will experience water scarcity, a situation expected to result in the deaths of millions and an unprecedented rise in military conflicts. Can we as individuals hope to have any effect on the global scale of water misuse? Yes, we can make a significant difference—[with our food choices](#)—[learned author and activist Florencia Ramirez](#) as she traveled across the nation to interview farmers and food producers. Tracing Ramirez's tour of American water sustainable farms—from rice paddies in Cajun Louisiana to a Hawaiian coffee farm to a Boston chocolate factory and beyond—[Eat Less Water](#) tells the story of water served on our plates: an eye-opening account of the under-appreciated environmental threat of water scarcity, a useful cookbook with water-sustainable recipes accompanying each chapter, and a fascinating personal narrative that will teach the reader how they, too, can eat less water.

## Book Information

Paperback: 264 pages

Publisher: Red Hen Press (November 1, 2017)

Language: English

ISBN-10: 1597090395

ISBN-13: 978-1597090391

Shipping Weight: 1.1 pounds (View shipping rates and policies)

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## Customer Reviews

“Eat Less Water is as clever as its title. It's a thoughtful book complete with recipes that are as good for your taste buds as they are for the planet. Read it and learn. Read it and eat. Read it as a reminder that our world's most precious resource is in jeopardy—and yet we can do something about it. Read it to find out how.”—Thomas M. Kostigen, New York Times bestselling author of *The Green Book* “Eat Less Water is an informative, loving tribute to the source from which all life springs. Through explorations of foods ranging from pasta to wine, Florencia Ramirez reveals how cultivation and consumption impact global water

usage, sharing insights on how we, the eaters, can support a less-resource intensive practices in food and agriculture that is not only sustainable but delicious. Simran Sethi, author of *Bread, Wine, Chocolate: The Slow Loss of Foods We Love*

Florencia Ramirez is a trained researcher at the University of Chicago's School of Public Policy. She won the sixth Gift of Freedom Creative Nonfiction Award from the A Room of Her Own Foundation (AROH). Her articles appear in *Edible Communities Magazine*, the *San Jose Mercury News*, among others, and her popular blog. She lives in Oxnard, California, an agricultural town on the Pacific coast that smells of celery, strawberries and fertilizers with her husband and three young children. [www.florenciaramirez.com](http://www.florenciaramirez.com)

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