



# One Good Apple: Growing Our Food for the Sake of the Earth

*Catherine Paladino*

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## **One Good Apple: Growing Our Food for the Sake of the Earth** Catherine Paladino

Every day some of the most toxic poisons - poisons that eventually effect all life on earth - are sprayed on the foods we eat: apples, peaches, corn, grapes, and strawberries, to name a few. In eloquent words and pictures, One Good Apple makes a cogent, urgent case for healthier agricultural practices, exploring with precision and care the destructiveness of pesticides and fertilizers to everything from the smallest organisms to the water we drink. The author shows how, in our attempt to control nature, we are growing food that harms not only us but also the very balance of nature, a balance we need to better understand and protect. Here is a book to empower our next generation of gardeners and farmers by presenting a way of growing good food that nourishes not only us, but the earth as well.

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