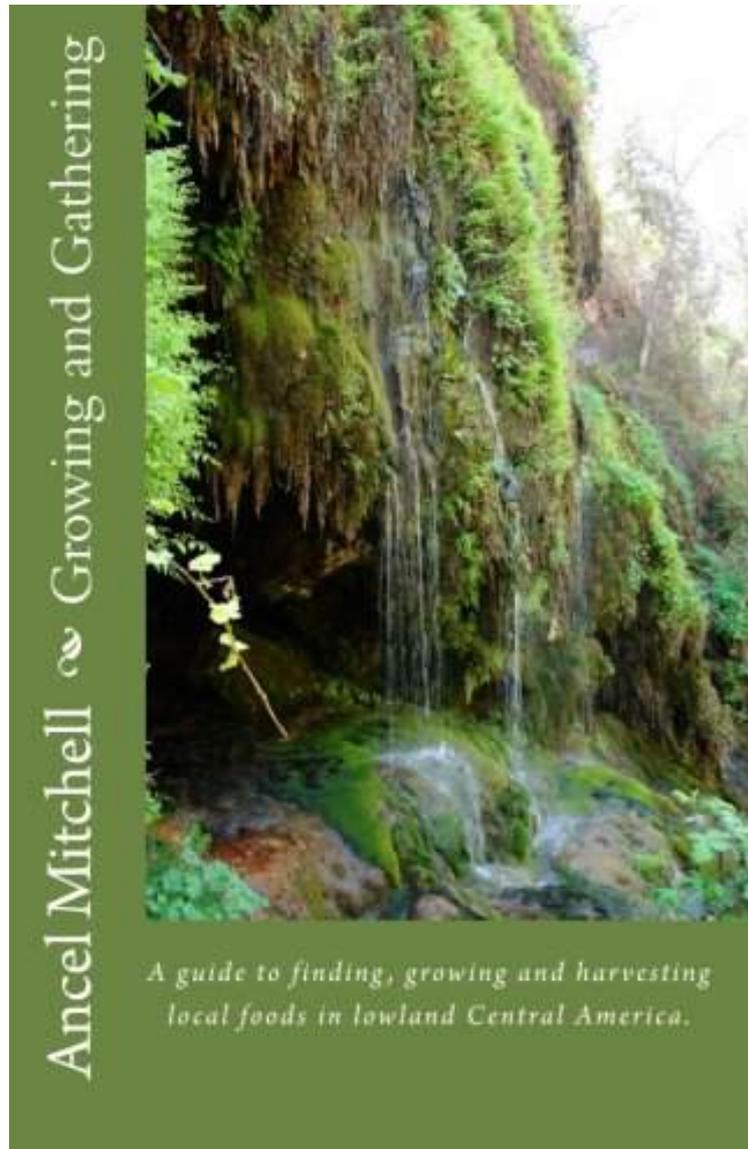


Growing and Gathering: A guide to finding, growing and harvesting local foods in lowland Central America.

## **Growing and Gathering: A guide to finding, growing and harvesting local foods in lowland Central America.**

*By Ancel Mitchell*



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