



Eating Cheap

By Ragnar Benson



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Learn Ragnar's own secret methods of obtaining good, wholesome food in less than ideal circumstances. Chapters include Cheap Meat Sources, Easy Pickins, The Fine Art of Gleaning, Wild and Semi-Wild Game, Raising a Garden, and Do-It-Yourself Butchering.

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Editorial Review

About the Author

Ragnar Benson is America's most-esteemed survival expert. He has written more than 20 books for Paladin throughout the years on a variety of topics covering everything from weapons to politics to survival medicine.

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