

FOOD & SUSTAINABILITY



**Free Resources Available at Your
Timberland Regional Library**

QUESTIONS? ASK A LIBRARIAN!



www.trl.org

From our homepage click on:



Or call (360) 704-4636 in the Olympia area or 1-800-562-6022 for a toll free call outside of the Olympia area.



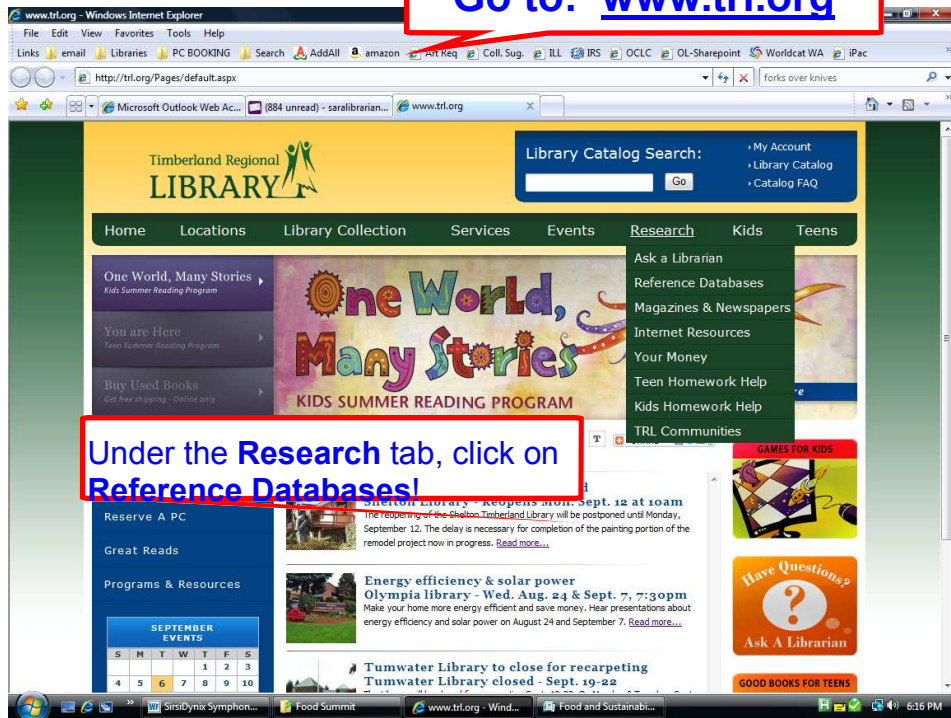
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Under the **Research** tab, click on **Reference Databases!**

The Timberland Regional Library (TRL) contains a vast array of resources on the topics of Food & Sustainability. These resources are free to all TRL library card holders!

- **Books**
(in print, on CD, and downloadable)
- **Newspaper, Magazine, and Journal articles**
(in print and through our online reference database subscriptions)
- **Documentaries**
(DVDs and downloadable video)
- **Author visits and other adult programs**
- **Zines**
(self-published works from our community and beyond)

This booklet contains the following book lists on Food & Sustainability themes:

- General Works
- Gardening and Homesteading
- Sustainable Cooking, Foraging and Eating
- Stories from the Front

You will also find a list of DVDs and downloadable videos.

Last, but not least, you will find instructions for finding the most up-to-date articles from magazines, newspapers, and peer reviewed journals! These can be accessed at home through our website at www.trl.org or in any of our branches on the CATALOG computers (which do not have any time limits).

Next, click on **Magazines & Newspapers** for access to thousands of full text articles from newspapers, magazines, academic and industry periodicals, as well as sources from the independent press. These databases are constantly updated and contain short and long articles.

You can do a subject search on the following examples to list a few:
Agricultural Systems, Alternative Agriculture, Environmental Sustainability, Food, Food Industry, Food Supply, Gardening, Local Food, and Sustainable Development.

Subheadings include (but are in no way limited to):
Case Studies, Economic Aspects, Education, Environmental Aspects, Ethical Aspects, and Health Aspects.

These reference databases can be accessed with your library card number and pin (the last four digits of the phone number in your library account) in any location where you may have internet access. You can also access these databases on the CATALOG computers at your library. Catalog computers have no time limits.

Want a great list of organizations and other resources for **FARMERS**? Go to our website at www.trl.org. Hover over the **RESEARCH** link. Click on **INTERNET RESOURCES**. Choose **FARMING**.

Food & Sustainability—General Works

Bringing it to the Table: On Farming and Food

Wendell Berry, 2009

The Coming Famine: The Global Food Crisis and What We Can Do to Avoid It

Julian Cribb, 2010

Diet for a Hot Planet: The Climate Crisis at the End of Your Fork and What You Can Do About It

Anna Lappé, 2010

Encyclopedia of Organic, Sustainable, and Local Food

Leslie A. Duram, 2010

Fair Food: Growing a Healthy, Sustainable Food System for All

Oran B. Hesterman, 2011

Feeding People is Easy

Colin Tudge, 2007

Food Justice

Robert Gottlieb, 2010

Food Security for the Faint of Heart: Keeping Your Larder Full in Lean Times

Robin Wheeler, 2008

Four Fish: The Future of the Last Wild Food

Paul Greenberg, 2010

Go Green: How to Build an Earth-Friendly Community

Nancy H. Taylor, 2008

In Defense of Food: An Eater's Manifesto

Michael Pollan, 2008

Inquiries into the Nature of Slow Money: Investing As If Food, Farms, and Fertility Mattered

Woody Tasch, 2008

Manifestos on the Future of Food & Seed

Vandana Shiva, 2007

Natural Living: The 21st Century Guide to a Sustainable Lifestyle

Liz Wright, 2010

The Next Green Revolution: Essential Steps to a Healthy, Sustainable Agriculture

James E. Horne, 2001

Food & Sustainability—Documentaries & Guides

All Jacked Up: Hungry for the Truth?

Broken Limbs: Apples, Agriculture, and the New American Farmer

Chow Down

Dirt: The Movie

E2. Transport: Economies of Being Environmentally Conscious

Edible Wild Plants III, also: Trees, Shrubs, Nuts & Berries

Food, Inc.

Foodmatters: You Are What You Eat

Forks Over Knives

The Future of Food

The Gleaners & I

Good Food, Good Business: New Connections for Farms & Markets

Homestead Blessings (series)

Homesteading for Beginners

Ingredients: The Local Food Movement Takes Root

King Corn: You Are What You Eat

Locavore: Local Diet, Healthy Planet

Mad Cowboy: The Documentary

The Meaning of Food

Morgan Spurlock Presents The Future of Food

Our Daily Bread

The Polyface Farm

Raw for Life

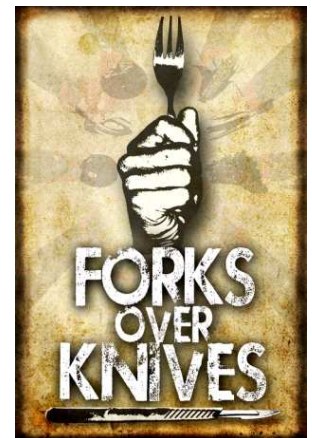
Raw Fundamentals: Live with Chef Mary B

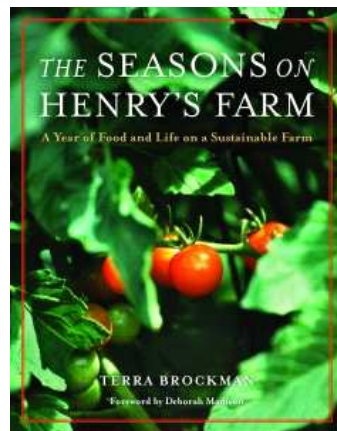
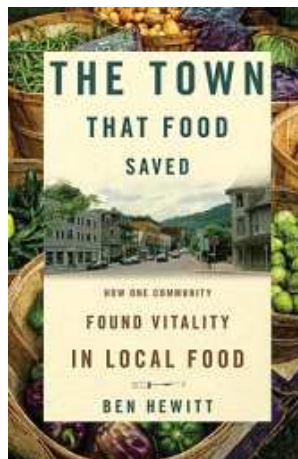
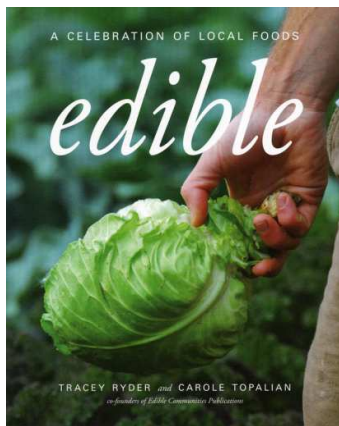
Super Size Me

The Farmer and the Horse

We Feed the World

Year-round Vegetable Production





Farmer Jane: Women Changing the Way We Eat

Temra Costa, 2010

Food Rebels, Guerilla Gardeners, and Smart-Cookin' Mamas: Fighting Back in an Age of Industrial Agriculture

Mark Winne, 2011

Growing a Garden City: How Farmers, First Graders, Counselors, Troubled Teens, Foodies, A Homeless Shelter Chef, Single Mothers, and More Are Transforming Themselves and Their Neighborhoods Through the Intersection of Local Agriculture and Community—and How You Can, Too

Jeremy N. Smith

Plenty: One Man, One Woman, and a Raucous Year of Eating Locally

Alisa Smith, 2007

The Revolution Will Not Be Microwaved: Inside America's Underground Food Movements

Sandor Ellix Katz, 2006

The Seasons on Henry's Farm: A Year of Food and Life on a Sustainable Farm

Terra Brockman, 2009

The Town That Food Saved: How One Community Found Vitality in Local Food

Ben Hewitt, 2010

The Year of the Goat: 40,000 Miles and the Quest for the Perfect Cheese

Margaret Hathaway, 2007

The Omnivore's Dilemma: A Natural History of Four Meals

Michael Pollan, 2006

The Original Green: Unlocking the Mystery of True Sustainability

Stephen A. Mouzon, 2010

A People's Ecology: Explorations in Sustainable Living: Health, Environment, Agriculture, Native Traditions

Gregory Cajete, 1999

Radical Mycology: An SLF Primer

Spore Liberation Front, 2009

Raising Less Corn, More Hell: The Case for the Independent Farm and Against Industrial Agriculture

George Pyle, 2005

Seeds, An Anthology of Comics About Food

Colin Tedford, 2008

Slow Food Nation: Why Our Food Should be Good, Clean, and Fair

Carlo Petrini, 2007

Sustainable Living for Dummies

Michael Grosvenor, 2007

Tilth Producers Directory: A Washington Guide to Organic & Sustainable Growers, Food & Farm Suppliers and Resources

Tilth Producers, yearly

The Unsettling of America: Culture & Agriculture

Wendell Berry, 1997

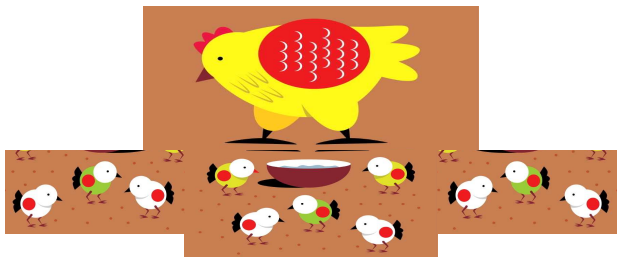
The Vegetarian Myth: Food, Justice, and Sustainability

Lierre Keith, 2009

Whole Green Catalog: 1,000 Best Things for You and the Earth

Michael W. Robbins, 2009





Food & Sustainability—Gardening & Homesteading

City Chicks: Keeping Micro-Flocks of Laying Hens as Garden Helpers, Compost Creators, Bio-Recyclers & Local Food Suppliers

Patricia L. Foreman, 2009

Community Gardening

Ellen Kirby, 2008

The Complete Idiot's Guide to Urban Homesteading

Sundari Elizabeth Kraft, 2011

DIY Projects for the Self-Sufficient Homeowner: 25 Ways to Build a Self-Reliant Lifestyle

Betsy Matheson, 2011

Food Not Lawns: How to Turn Your Yard into a Garden and Your Neighborhood into a Community

H.C. Flores, 2006

The Foxfire 45th Anniversary Book: Singin', Praisin', Raisin'

Foxfire Fund, Inc., 2011

Fresh Food from Small Spaces: The Square Inch Gardener's Guide to Year-Round Growing, Fermenting, Sprouting

R.J. Ruppenthal, 2008

Garden Anywhere: How to Grow Gorgeous Container Gardens, Herb Gardens, Kitchen Gardens and More, Without Spending a Fortune

Alys Fowler, 2009

Growing Vegetables West of the Cascades: The Complete Guide to Organic Gardening

Steve Solomon, 2007

High-Impact, Low-Carbon Gardening: 1001 Ways to Garden Sustainably

Alice Bowe, 2011

Homegrown Whole Grains: Grow, Harvest, and Cook Your Own Wheat, Barley, Oats, Rice, and More

Sara Pitzer, 2009

Food & Sustainability—Stories from the Front

The \$64 Tomato: How One Man Nearly Lost His Sanity, Spent a Fortune, and Endured an Existential Crisis in the Quest for the Perfect Garden

Alexander Williams, 2006

Alice Waters and Chez Panisse: The Romantic, Impractical, Often Eccentric, Ultimately Brilliant Making of a Food Revolution

Thomas McNamee, 2007

Animal, Vegetable, Miracle: A Year of Food Life

Barbara Kingsolver, 2007

The Earth Knows My Name: Food, Culture, and Sustainability in the Gardens of Ethnic Americans

Patricia Klindienst, 2006

Edible: A Celebration of Local Foods

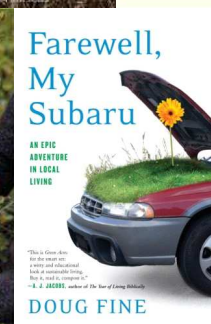
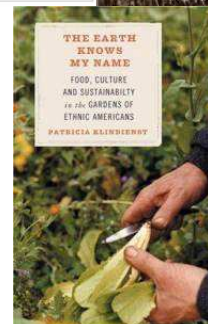
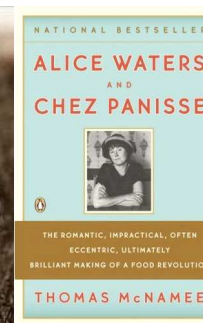
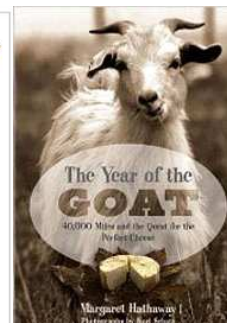
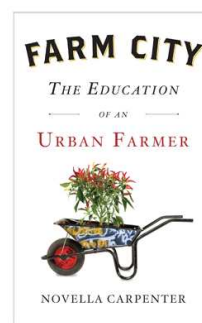
Tracey Ryder, 2010

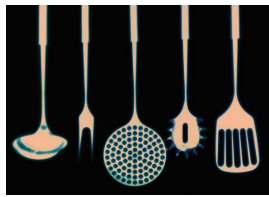
Farewell, My Subaru: An Epic Adventure in Local Living

Doug Fine, 2008

Farm City: The Education of an Urban Farmer

Novella Carpenter, 2009





Northwest Foraging: The Classic Guide to Edible Plants of the Pacific Northwest

Doug Benoliel, 2011

The One-Block Feast: An Adventure in Food from Yard to Table

Margo True, 2011

Pacific Feast: A Cook's Guide to West Coast Foraging and Cuisine

Jennifer Petersen Hahn, 2010

Plenty: Good, Uncomplicated Food for the Sustainable Kitchen

Diana Henry, 2010

Rainbow Green Live-Food Cuisine

Gabriel Cousens, 2003

Ripe from Around Here: A Vegan Guide to Local and Sustainable Eating (No Matter Where You Live)

Jae Steele, 2011

Simply Organic: A Cookbook for Sustainable, Seasonal, and Local Ingredients

Jesse Ziff Cool, 2008

Slow Food: The Case for Taste

Carlo Petrini, 2003

Sprouts and Roots: An Introduction to Natural Nutrition

Jae Steele, 2006

The Sustainable Kitchen: Passionate Cooking Inspired by Farms, Forests, and Oceans

Stu Stein, 2004

True Food: 8 Simple Steps to a Healthier You

Annie B. Berthold-Bond, 2010

Urban Pantry: Tips & Recipes for a Thrifty, Sustainable & Seasonal Kitchen

Amy Pennington

Wild Fermentation: The Flavor, Nutrition, and Craft of Live-Culture Foods

Sandor Ellix Katz, 2003

The Homesteading Handbook: A Back to basics Guide to Growing Your Own Food, Canning, Keeping Chickens, Generating Your Own Energy, Crafting, Herbal Medicine, and More

Abigail R. Gehring

Independence Days: A Guide to Sustainable Food Storage & Preservation

Sharon Astyk, 2009

The Joy of Hobby Farming: Grow Food, Raise Animals, and Enjoy a Sustainable Life

Michael Levatino

Made from Scratch: Discovering the Pleasures of a Handmade Life

Jenna Woginrich, 2008

MaryJane's Ideabook, Cookbook, Lifebook: For the Farmgirl in All of Us

MaryJane Butters, 2005

The New Food Garden: Growing Beyond the Vegetable Garden

Frank Tozer, 2010

The Profitable Hobby Farm: How to Build a Sustainable Local Foods Business

Sarah Beth Aubrey, 2011

The Green Gardener's Guide: Simple, Significant Actions to Protect & Preserve Our Planet

Joe Lamp'l, 2008

Grow Your Own Food For Free (Well Almost)

Dave Hamilton, 2011

Tomorrow's Garden: Design and Inspiration for a New Age of Sustainable Gardening

Stephen Orr, 2011

Toolbox for Sustainable City Living: A Do-It-Ourselfes Guide

Scott T. Kellogg, 2008

Urban Agriculture: Ideas and Designs for the New Food Revolution

David Tracey, 2011

Urban Homesteading: Heirloom Skills for Sustainable Living

Rachel Kaplan, 2011

The Vegetable Gardener's Bible: Discover Ed's High-Yield W-O-R-D System for all North American Gardening Regions

Edward C. Smith, 2009

Food & Sustainability—Cooking, Foraging & Eating

The Art of Simple Food: Notes, Lessons, and Recipes from a Delicious Revolution

Alice Waters, 2007

The Butcher's Guide to Well-Raised Meat: How to Buy, Cut, and Cook Great Beef, Lamb, Pork, Poultry, and More

Joshua Applestone, 2011

Can It, Bottle It, Smoke It: And Other Kitchen Projects

Karen Solomon, 2011

Chefs on the Farm: Recipes and Inspiration from the Quilliscutt Farm School of the Domestic Arts

Shannon Borg, 2008

Clean Food: A Seasonal Guide to Eating Close to the Source, with More than 200 Recipes for a Healthy and Sustainable You

Terry Walters, 2007

The Complete Guide to Food Preservation: Step-by-Step Instructions on How to Freeze, Dry, Can, and Preserve Food

Angela Williams Duea, 2011

The Conscious Kitchen: The New Way to Buy and Cook Food—To Protect the Earth, Improve Your Health, and Eat Deliciously

Alexandra Zissu, 2010

Diet for a Poisoned Planet: How to Choose Safe Foods for You and Your Family

David Steinman, 2007

Eat Where You Live: How to Find and Enjoy Local and Sustainable Food No Matter Where You Live

Lou Bendrick, 2008

The Everything Guide to Foraging: Identifying, Harvesting, and Cooking Nature's Wild Fruits and Vegetables

Vickie Shufer, 2011

The Farm to Table Cookbook: The Art of Eating Locally

Ivy Manning, 2008

The Feast Nearby: How I Lost My Job, Buried a Marriage, and Found My Way by Keeping Chickens, Foraging, Preserving, Bartering, and Eating Locally (all on \$40 a week)

Robin Mather, 2011

Feeding Baby Green: The Earth-Friendly Program for Healthy, Safe Nutrition During Pregnancy, Childhood, and Beyond

Alan R. Greene, 2009

Food Matters: A Guide to Conscious Eating with More than 75 Recipes

Mark Bittman, 2009

The Food Revolution: How Your Diet Can Help Save Your Life and Our World

John Robbins, 2011

For Cod & Country

Barton Seaver, 2011

Forks Over Knives: The Plant-Based Way to Health

Gene Stone, 2011

The Gorgeously Green Diet: How to Live Lean and Green

Sophie Uliano, 2009

Grub: Ideas for an Urban Organic Kitchen

Anna Lappé, 2005

The Harvest Eating Cookbook: More than 200 Recipes for Cooking with Seasonal Local Ingredients

Keith Snow, 2009

In the Green Kitchen: Techniques to Learn By Heart

Alice Waters, 2010

Lucid Food: Cooking for an Eco-Conscious Life

Louisa Shafia, 2009

The New Whole Foods Encyclopedia: A Comprehensive Resource for Healthy Eating

Rebecca Theurer Wood, 2010

