

## LOCAL FOOD

**Coming Home To Eat: The pleasures and politics of local foods**, Gary Paul Nabhan. 2001.

**Eat Here: Reclaiming home grown pleasures in a global supermarket**, Brian Halweil. 2004.

**Edible City: Toronto's food from farm to fork**, Christina Palassio and Alana Wilcox. 2009.

**Farm Folk, City Folk : Stories, tips and recipes celebrating local food for food lovers of all stripes**, Herb Barbolet. 1998.

**Locavore: From farmer's fields to rooftop gardens - how Canadians are changing the way we eat**, Sarah Elton. 2010.

**The Town That Food Saved: How one community found vitality in local food**, Ben Hewitt. 2009.

**The Local Food Revolution: One billion reasons to reshape our communities**, Gord Hume. 2010.

**The 100-Mile Diet: A year of local eating**, Alisa Smith. 2007.

**Apples to Oysters: A food lover's tour of Canadian farms**, Margaret Webb. 2008.

**City Farmer: Adventures in urban food growing**, Lorraine Johnson. 2010.

**Fields of Plenty: A farmer's journey in search of real food and the people who grow it**, Michael Ableman. 2005.

**From the Good Earth: A celebration of growing food around the world**, Michael Ableman. 1993.

**Heirloom: Notes from an accidental tomato farmer**, Tim Stark. 2008.

## GETTING TO KNOW FARMERS

## THINKING THROUGH FOOD

**Bringing it to the Table: On farming and food**, Wendell Berry. 2009.

**Bringing the Food Economy Home: Local alternatives to global agribusiness**, Helena Norberg-Hodge. 2002.

**Deep Economy: The wealth of communities & the durable future**, Bill McKibben. 2007.

**Diet for a Hot Planet**, Anna Lappe. 2010.

**Fast Food Nation**, Eric Schlosser. 2005.

**Food Connects Us All: Sustainable local food in southern Ontario**, Metcalf Foundation. <http://www.greenbelt.ca/food-connects-us-all-sustainable-local-food-in-southern-ontario>. 2008.

**Harvest for Hope: A guide to mindful eating**, Jane Goodall. 2005.

**Hungry City: How food shapes our lives**, Carolyn Steel. 2009.

**No Nonsense Guide to World Food**, Wayne Roberts. 2008.

**Stuffed and Starved: The hidden battle for the world's food system**, Raj Patel. 2007.

**Terra Madre: Forging a new global network of sustainable food communities**, Carlo Petrini. 2006.

**The Omnivore's Dilemma**, Michael Pollan. 2006.

**The War in the Country: How the fight to save rural life will shape our future**, Thomas F. Pawlick. 2009.

## COOKING AND EATING

**Anita Stewart's Canada: The food, the recipes, the stories**, Anita Stewart. 2008.

**Earth to Table: Seasonal recipes from an organic farm**, Jeff Crump and Bettina Schormann. 2009.

**Food that Really Schmecks: Mennonite country cooking as prepared by my friend, Bevvv Martin, my mother and other fine cooks** (25th anniversary edition), Edna Staebler. 1993.

**Fresh: Seasonal recipes, made with local ingredients**, John Bishop. 2007.

**Fresh with Anna Olsen**, Anna Olsen. 2009.

**Local Flavors: Cooking and eating from America's farmers' markets**, Deborah Madison. 2002.

**Ripe from Around Here: A vegan guide to local and sustainable eating**, Jae Steele. 2010.

**Simply in Season**, Mary Beth Lind and Cathleen Hockman-Wert.

**Simply in Season: 12 months of wine country cooking**, Tony De Luca. 2010.

**The Complete Book of Small Batch Preserving**, Ellie Topp and Margaret Howard. 2007.

**FOR YOUNG READERS**

**Food and Farming**, Steve Parker. 2004.

**Food For Life**, John Baines. 2007.

**If It Weren't For Farmers**, Allen Fowler. 1993.

**Reducing Your Foodprint: Farming, cooking and eating for a healthy planet**, Ellen Rodger. 2010.

**Save the Planet: Local farms and sustainable foods**, Julia Vogel. 2010.

**The Omnivore's Dilemma: The secrets behind what you eat** (young readers edition), Richie Chevat. 2009.

**FILMS**

**El Contrato The Contract**, Min Sook Lee. 2006.

**Fast Food Nation**, Arquette; Cannavale; Guzmàn; Schlosser. 2007.

**Food Inc.**, Robert Kenner. 2009.

**The Real Dirt on Farmer John**, Taggart Siegal. 2007.

Ontario's Greenbelt includes 1.8 million acres of land, protecting green spaces, farmland, vibrant communities, forests, wetlands, and watersheds. Our Greenbelt encompasses the Niagara Escarpment, the Oak Ridges Moraine, Rouge Park, and the Holland Marsh, as well as hundreds of rural towns and villages and over 7,000 farms.



Possibility grows here.

This brochure was produced by The Greenbelt Farmers' Market Network. We strive to connect and strengthen the many diverse farmers' markets in the region.

To find out more about Greenbelt-grown food and to locate a farmers' market near you, visit:

[www.greenbeltfresh.ca](http://www.greenbeltfresh.ca)

For information on seasonal eating, a list of farmers' markets in Toronto, links to producers and other resources, visit the website of the Toronto Farmers' Market Network:

[www.tfmn.ca](http://www.tfmn.ca)

The views expressed in the books and films listed are not necessarily those of the Friends Of The Greenbelt Foundation or the Greenbelt Farmers' Market Network.

# Great Reads on Food and Farming

A recent wave of books expresses the growing enthusiasm for local food and concern for the future of agriculture.

Enjoy a great read and get to know more about food and farming!