

Food Action Committee Library

Book List as of June, 2012.

General Gardening

The Atlantic Gardener's Green book: Organic gardening on Canada's East Coast (2005), Jodi DeLong.

- This book was written by Saltscapes gardening editor, Jodi DeLong. It provides readers with information around planning and planting a garden using organic methods and sage suggestions.

The Complete Gardener's Almanac: A month by month guide to successful gardening (1993), Marjorie Willison.

- Written by a local garden guru, this book describes a month by month guide on the basis of how, and when to plant, nurture and harvest a wide variety of flowers, vegetables, fruits, and herbs. Explains how to observe the growth of plants and taking into account frost dates, gardeners can work out a yearly gardening schedule.

The Encyclopedia of Organic Gardening (New Revised Edition) (1978), by the staff of Organic Gardening magazine.

- This a basic reference, not only for organic gardeners but for all gardeners. As integrated pest management becomes more important, the methods and products that have been known to organic gardeners for decades are now being investigated and appreciated by the mainstream. Composting, xeriscaping, permaculture, environment--all these and 400 or so more have complete entries. Common and botanical names are listed, and while food plants are entered under their common names, ornamentals and herbs are entered under their botanical names.

A Garden of Birds: Planting a Garden for Birds the Year Round (1988), Andre Dion.

- This book offers you a wealth of information and advice on how you, too, can achieve that joy of sharing your daily life with these marvellous creatures, the birds!

Going Native: Biodiversity in Our Own Backyards (1994), Brooklyn Botanic Garden Publications (ed. Janet Marinelli).

- A practical handbook for a greener world, *Going Native* encourages backyard gardeners to not just make their garden look like nature, but allow it to act like nature creating “biodiverse gardens”—planting a mix of native plant varieties in close contact that they can form mutually benefitting relationships and encourage reproduction (and the corresponding genetic recombination). The book breaks down why and how to create a “biodiverse” garden in 9 different geographical regions, all with unique environmental factors.

Grow Organic: A Simple Guide to Nova Scotia Vegetable Gardening (2010), Elizabeth Peirce.

- -With step-by-step advise learn how to prepare your own soil, where to buy local, organic, and heirloom seeds, which vegetables thrive in Nova Scotian gardens, how to prepare and preserve your harvest, and much more!

The Healthy Garden Handbook: An Illustrated Guide to Combating Insects, Garden Pests, and Plant Diseases (1989) – Pat Stone

- Frontline defence against the chronic hazards and failures that every gardener has to face. Special emphasis on preventive measures and nonchemical cultivation techniques.

Introduction to Permaculture (2009), Bill Mollison & Reny Mia Slay.

- This book discusses multiple topics involving permaculture. Some of the topics touched upon are energy-saving designs & techniques, urban permaculture, and how to influence microclimate around the house & garden. A large section on selected plant species lists, with climate tolerances, heights & uses.

The New Northern Gardener (Revised and Expanded) (1996), Jennifer Bennett.

- *The New Northern Gardener* features not only an enhanced herbs section and updated sources but an all-new chapter on perennial and annual flowers, including an annotated listing of more than 100 hardy species that will flourish in a northern garden.

Seed to Seed: Seed Saving and Growing Techniques for Vegetable Gardeners (2002), Suzanne Ashworth.

- *Seed to Seed* is a complete seed-saving guide describing specific techniques for saving the seeds of 160 vegetables. Detailed information on each vegetable includes: botanical classification, flower structure and pollination, isolation distance,

population size, caging or hand-pollination, and proper methods to grow, harvest, dry, clean and store seeds.

What's Wrong With My Plant? (And How Do I Fix It?): A Visual Guide to Easy Diagnosis and Organic Remedies (2009) – David Deardorff & Kathryn Wadsworth

- This is a great resource for solving pests and disease in your garden, especially if you are a new gardener. The book is structured so that you can diagnose the problem simply by looking at your plant and following a flow chart. There are also lots of images of common problems.

Your Backyard Herb Garden (1997), Miranda Smith.

- A gardener's guide to growing over 50 herbs plus how to use them in cooking, crafts, companion planting, and more. Everything you need to know about growing your favourite herbs using safe, natural, all-organic methods!

Soil Building

Backyard Magic: The Composting Handbook, New Brunswick Department of the Environment.

- Offers 'Compost Recipes and explains how to make your own compost by exploring many different options.

Compost Breakdown: A Guide to Mid-Sized Composting Success (2004), Ravenna Barker.

- -A compilation of ideas of why one should compost, how it works, examples of mid-sized composting systems, and how to get started.

Methods of soil analysis: Physical and Mineralogical Properties, including statistics of measurement and sampling (1965), C.A. Black, American Society of Agronomy, Inc., #9 in series, Part 1.

- Authoritative information on soil analysis is shared by most soil scientists, and a comprehensive and authoritative coverage of a range of subject matter as great as that of soil analysis. This monograph is a result of the cooperative endeavor of many specialists.

The Romdale Book of Composting: Easy Methods for Every Gardener (Revised Edition) (1992), Eds. Deborah L. Martin and Grace Gershuny.

- This book offers easy-to-follow instructions for making and using compost, ecologically sound solutions to growing waste-disposal problems, and helpful tips for apartment dwellers, suburbanites, farmers, and community leaders

The Soil and Health: Farming and Gardening for Health or Disease (1947), Sir Albert Howard.

- The author promotes that a soil bed is the sole source of the food consumed by livestock and mankind, and thus abuse of the soil resources abuses the consumers' health. This book provides examples on how the make-up of soil can lead to good health or disease, finishing with some conclusions and suggestions on sustainably maintaining organic soil health

Year-Round Gardening

The Winter Harvest Handbook: Year-Round Vegetable Production Using Deep-Organic Techniques and Unheated Greenhouses (2009) – Eliot Coleman

- Eliot Coleman is meticulous. He sets up thoughtful systems that are efficient and economical. In this book he focuses mostly on cold and cool greenhouse operations and, "...explains how to successfully – and profitably – harvest fresh vegetables all year-round in even the coldest climate using unheated or, in some cases, minimally heated, movable plastic greenhouses."

The Year-Round Vegetable Gardener (2011) – Niki Jabbour

- A comprehensive guide to growing food all year long from a local gardener. "Make every month a vegetable-gardening month with Niki Jabbour's proven techniques for year round growing and harvesting"

Greenhouse Gardening:

Greenhouse Gardener's Companion (Revised and Expanded): Growing Food & Flowers in Your Greenhouse or Sunspace (2000) – Shane Smith

- This is an accessible and multipurpose book for the small scale or home greenhouse gardener. It covers both solar and heated greenhouse management with lots of practical day-to-day tips.
- This revised and expanded edition features:
 - Important things you should know *before* you buy or build a greenhouse
 - More detailed information on greenhouse construction, heating options, interior design, and adding solar heat to any greenhouse
 - The latest greenhouse gadgets

The Solar Greenhouse Book (1978) - Roy McCullagh

- A timeless and thorough resource on designing a solar greenhouse. This book covers design, construction and management of the solar greenhouse.

Healthy Lawns Gardening

How to get your lawn & garden off drugs: Pesticide-free gardening for a healthier environment (1990), Carole Rubin.

- Includes how to properly aerate, fertilize and cut your lawn, use compost, and give your plants the right amount of attention. Canada's first organic lawn-care book.

Food Not Lawns: Ho to Turn Your Yard into a Garden and Your Neighborhood into a Community (2006), H.C Flores.

- Provides a combination of practical wisdom in edible garden design and community-building with a fresh perspective on an old-age subject. Activist and urban gardener Heather Flores shared her nine-step plan to help readers build fertile soil, raise their own food, promote biodiversity, and increase natural habitat in their own "paradise gardens," whether on a tiny city plot or a half acre of lawn.

Recipe Books

Bernardin Guide to Home Preserving, 3rd Edition. (4 copies)

- A great condensed guide that includes instructions and recipes for Home Canning, Freezing Fruits and Vegetables, Dehydration, Crafts- Gifts in Glass, and other helpful tips

Cooking for Solutions (2004), Monterey Bay Aquarium with Bon Appetit & Whole Foods Market.

- Recipe cards meant to raise public awareness about sustainable seafood consumption.

Cooking Where Cultures Meet: New Flavours & Fresh Tastes (2000), Sylvia Mangalam.

- "Take a family that is multicultural and interested in food, with biases toward home-grown and "health food." What appears on their table? Food lore, dietary information and a glossary of unusual terms round out this unique achievement in cookery."

Cooking with Katimavik: Recipes from Across the Nation (no date),

- Brought to you by Canada's national youth volunteer service program.

Eating by the Seasons (no date), HelioTrust and Ecology Action Centre.

- *Eating by the Seasons* offers a series of recipes which include use local, Maritime ingredients and arranges them by the season. Suggestions on choosing seafood and fish as well as information on how to enjoy less well-known veggies are offered.

Foods of Spry's Field: Cooking and Preserving, Then and Now (2002), Urban Farm Museum Society.

- "This cookbook is a celebration of Spryfield's agricultural heritage and traditional self-reliance. It is also an invitation to enjoy local foods today, to help reduce our ecological footprint in the world." (Includes recipes and storing tips!)

Fresh from the Farm: The Massachusetts Farm to School Cookbook (no date), Amy Cotler, Massachusetts Department of Agricultural Resources.

- This cookbook contains a guide for food service staff, a description of the Farm-to-School program and recipes listed by vegetable and by seasonal availability.

General Information

Root Cellaring: The Simple No-Processing Way to Store Fruits and Vegetable (1979), Mike & Nancy Bubel.

- Using a root cellar is a low-labor, low-cost, energy-efficient way to store a variety of foods. All aspects of root cellaring are described in this book, including: how to successfully plan your garden for harvest to root cellar storage, specific storage requirements for nearly 100 home garden crops, and even the basics of building your own root cellar in both rural and urban settings.

Country Wisdom and Know How (2004) – Storey Books (editors)

- A very comprehensive practical encyclopaedia type guide to simple living. "Everything you need to know to live off the land". 8,167 Useful skills and step by step instructions, lists resources, ingredients, tables, formulas and recipes in one practical volume

FOODSAFE Level 1: Student Workbook (4th Edition, 2006), British Columbia FOODSAFE Secretariat, Camosun College.

- "The goal of the FOODSAFE program: to be both inclusive and integrated in its approach to all aspects of safety for workers in the foodservice industry." This book is meant to accompany an eight-hour course. It includes info on serving, preparing and storing food, as well as how to deal with foodservice illness and injury and proper cleaning techniques.

School Gardens

All Hands in the Dirt: A Guide to Designing and Creating Natural School Grounds (1991), Toyota Evergreen Learning Ground. Published by Evergreen.

- A guide to transforming school grounds with the “Guiding Principles of Success” and tools for creating an “Outdoor Classroom.”

Green Teacher: Counting the Cost of Food (2005), Education for Planet Earth, Issue 77.

- This issue features: Using Lichen as Bio-indicators, Please Touch! Hands on with Real Stuff, Getting Dramatic in Environmental Education, India’s Waste Reduction Challenges, After-school EE Programs

Green Teacher: Principles of Permaculture (2006), Education for Planet Earth, Issue 78. (2 copies)

- This issue features Designing Green Industrial Parks, Habitat House Activity, -Putting Environmental Ethics into Action, Nutritious Weeds, Freshwater Aquariums in the Classroom

Greening School Grounds: Creating Habitats for Learning (2001), Eds. Tim Grant and Gail Littlejohn.

In *Greening School Grounds*, readers will find ideas for numerous schoolyard projects, from tree nurseries to school composting to native-plant gardens, along with ideas for enhancing learning by addressing the diverse needs of students.

Gardens for Growing People: A Guide to Gardening with Children (1990), Ruth Kanto Lopez.

- *Gardens for Growing People* contains all the tips you’ll need to:
 - Stimulate a child’s interest in gardening and nature study
 - Tailor gardening methods to suit even toddler-aged children
 - Grow vegetables successfully, including special varieties that appeal to children
 - Maintain a healthy garden without the use of dangerous pesticides
 - Get children to enjoy weeding

Salad Bars in Schools: A Fresh Approach to Lunch (2005), Lori Nikkel and Joanne Porter.

- A Food Share Toronto publication, this book offers a comprehensive guide for setting up a salad bar school lunch program. Includes menus and recipes.

Inspiration for Taking Action

25 Years of Community Gardening (2005) – 25th Anniversary issue of the Community Greening Review

- “If you want to know the fundamentals of community gardening, read this journal cover to cover.” – Anna Wasescha *Chair, Communications Committee and ACGA Vice-President, 2002-2004*

Edens Lost & Found: how ordinary citizens are restoring our great American cities (2006), Harry Wiland and Dale Bell with Joseph D’Agnese.

- This book tells the story of how four American cities, Los Angeles, Seattle, Chicago, and Philadelphia, meet the challenges of urban renewal. Also this book hopes to inspire people to take action in their own neighbourhoods to make a positive change, while sharing strategies for building communities, enlisting help from your neighbours and politicians, getting the media to take notice, and learning how to speak up.

Ethics: A Toolkit for Welsh Organic Business (2011) – Organic Centres Wales

- Toolkit which introduces business to key ideas in ethics and suggests a framework for ethical decision making. It discusses some of the specific issues facing the organic sector, and explains how to find out more.

Reclaiming our food: How the Grassroots Food Movement Is Changing the Way We Eat (2011) – Tanya Denckla Cobb

- “Inspirational stories of nearly 60 grassroots food programs provide hundreds of useful “lessons learned,” offering an enduring handbook for everyone hoping to join the movement”

Taking Back Life: Earth, Moon, Abundance (2007), *Slow: The Magazine of the Slow Food Movement*.

- -The magazine of the International Slow Food Movement. This issue features several personal accounts relating to the Slow Food Movement in Puebla, Mexico.

To Market, to market (1980), *The Public Market Tradition in Canada*, Linda Biesenthal.

- This book traces the long, rich history of the public market from its origins about 6,000 years ago to its present renaissance. It focusses on Canada’s market history, and is as varied and lively as might be expected in a country of such diversity.

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The Transportation Handbook: from oil dependency to local resilience (2008), Rob Hopkins.

- Shows how we can move from feeling anxiety and fear in the face of “peak oil” to developing a positive vision and taking practical action to create a more self-reliant existence.

Twilight Meetings: Celebrating the Wisdom of Our Farmer-Mentors (2007), HelioTrust.

- *-Twilight Meetings* is a fascinating look at Maritime farm life, a unique opportunity to meet earth-wise people for whom farming is a calling- a life commitment.

Policy and EAC Food Action Committee Reports

Is Nova Scotia Eating Local? (2010), Jennifer Scott and Marla MacLeod.

- A food miles project that looks at the percentage of food consumed in Nova Scotia that is locally sourced or grown and offers recommendations for consumers, farmers, the private sector and government institutions.

Community Garden Heavy Metal Contamination Study (2011), Sadra Heidary Monfared.

- “This study was conducted to assess the level of heavy-metal contamination in the soils of urban gardens in the HRM.”

Putting Food in our Cities & Community in our Food: Urban Garden Project Final Research Report (Revised Edition, 2010), Garity Chapman.

- This report sets out to answer four questions:
 - What is currently happening in urban agriculture here in HRM?
 - What projects exist in other cities and how do they run?
 - What are some of the best practices and models in urban food projects?
 - How can we move forward and where can we collaborate here in HRM?

Resetting the Table: A People’s Food Policy for Canada (2011), People’s Food Policy Project.

- “Over the course of two years, over 3500 Canadians participated in a groundbreaking grassroots project to define paths toward a food system that can provide adequate amounts of healthy, acceptable, and accessible food for all.”

Thought About Food? Understanding the Relationship Between Public Policy and Food Security in Nova Scotia: A Background Paper & Policy Lens (2006), Policy Working Group of the Nova Scotia Participatory Food Security Projects.

- “It is meant to support policy makers across all levels and sectors of government in making policy decisions that contribute to the food security of Nova Scotians.”

DVDs

BT Cotton in Andhra Pradesh: A Three Year Fraud – A film by Community Media Trust Pastapur

- Bt cotton was introduced in 2002 in Andhra Pradesh, it has brought misery, destruction and deaths of farming families, particularly the small and marginal, this is “a film which vividly brings out the stories of terrible loss, deep pain and cold anger, leading to explosive violence and even death as narrated by the farmers”

CURA: Activating Policy Change for Community Food Security (Gathering 2010 Harvest Video)

Down on the Farm (2004) – Maritime Magazine

Turning A Green Leaf (2010) – Tell Tale Productions

- *Turning A Green Leaf* is a half hour documentary that follows the McMillin family of Halifax Nova Scotia during a two month period as they attempt to reduce their food carbon footprint - but without changing their diets or giving up their favorite foods. The film taps into the growing interest amongst consumers in buying locally produced food and demonstrates that you don't need to spend a fortune, radically change your diet, or give up your favorite foods to significantly help the environment.

The Edible Schoolyard (2008) – Slow Food Nova Scotia

- The inspiring story of a community and a school working together to harvest all these good things from their school garden. Featuring the staff, students and friends of Dr. Arthur Hines School in Summerville, NS

Feast if Famine: Food Security, Sustainability and the family farm (2010) – Timothy Barron Tracey

- Farming, once the heartbeat of our society, is becoming an endangered profession. This film explores the challenges facing small scale farmers revealing a lack of security and sustainability in our food system

The Future of Food (2004) – Deborah Koons Garcia

- -offers an in depth investigation into the disturbing truth behind unlabeled, patented, genetically engineered foods that have quite literally filled grocery store shelves for the past decade.

The Garden (2009) – Scott Hamilton Kennedy

- Academy Award nominated documentary about “the ways greedy developers, inept politicians, and self serving ‘community’ leaders can run roughshod over the lives of working class families fighting to save the largest urban farm in America: a 14 acre oasis in South Central LA that was created in the wake of the 1992 LA riots”

Home Canning Starter Kit – Bernardin

- “all the tools you need to start canning in one kit”

Seeds of Change (2006)

- *Seeds of Change*, a seventy-minute documentary film made by University of Manitoba (U of M) professor Stéphane McLachlan, U of M PhD student Ian Mauro, and independent videographer Jim Sanders, is a balanced yet hard-hitting exposé of the controversy surrounding genetically modified crops and how they have changed the face of agriculture in western Canada.

The World According to Monsanto (2008) – Monique Robin

- This documentary pieces together the story of Monsanto, a century old corporation with a controversial past. Today's leader in genetically modified crops claims it wants to solve world hunger and protect the environment. Can we believe it?