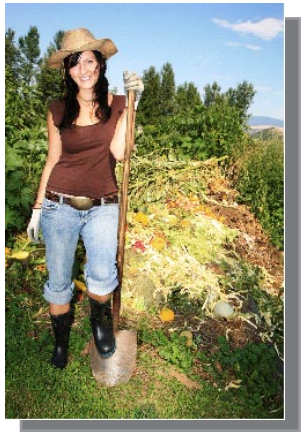
Celebrating Eating Locally - Lambton County Library Resources

AUDIO VIDEO

- **AVDVD 363.7 Suzuki speaks**
  SUZ Related issues
- **AVV 635.0484 Organic gardening**
  ORG
- **AVV 635.9 Country gardens, planting herbs.**
  COU
- **AVV 635.987 Humus, happiness & health**
  HUM



PERIODICALS AND ELECTRONIC DATABASES

- HARROWSMITH County life magazine
- HORTICULTURE
- ORGANIC GARDENING
- MOTHER EARTH NEWS

Also some issues of
- BETTER HOMES & GARDENS
- GOOD TIMES

The library subscribes to a number of online subscription services on your behalf. From our web site at www.lclmg.org, click on Electronic Databases, and then on either/or EBSOHost or Thomas Gale. These links will help you find full text articles.

WEB SITES

- **Locally Lambton:** A guide to local farms and suppliers open to the public.
  http://locallylambton.com/
- **Healthy Living Lambton:** A local coalition.
  http://www.lambtonhealth.on.ca/healthy/index.asp
- **Community Health Services Lambton** guides to nutrition
  http://www.lambtonhealth.on.ca/nutrition/index.asp
- **Ways to approach eating locally.**
  http://www.foodtv.ca/eatingwell/EatingLocal.aspx
- **A site started in Hamilton to link local projects.**
  http://eatinglocally.ca/
- **Useful tips to eat more locally**
  http://www.lifebeginsat30.com/elc/2006/04/a_few_tips_for_.html
- **Harvest Canada**
  http://www.harvestcanada.com. Select Sarnia from the destination box.

> "Eating locally isn't just a fad - it may be one of the most important ways we save ourselves and the planet."
>
> **David Suzuki**

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COUNTY OF LAMBTON

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Celebrating Eating Locally - Lambton County Library Resources

Residents of Lambton County are fortunate to have a multitude of local food resources available to them. Increasingly, people are choosing to eat more locally produced products for nutritional, environmental and economic reasons.

Fresh fish, meat, fruits, vegetables and sweet treats like honey and maple syrup are all here for the asking.

Whether you want to try the 100-mile diet, or make food choices related to the mantra, "Local, Seasonal, Organic, Fair Trade," here is a selection of resources from Lambton County Library, community groups and Internet sites to guide your choices.

THINGS TO THINK ABOUT

- **178** **Singer, Peter**
  SIN The way we eat
- **306.3** **McKIbben, Bill**
  McK Deep economy: the wealth of communities & the durable future.
- **338.19** **Pawlick, T**
  PAW The end of food.
- **338.47** **Belasco, Warren**
  BEL Appetite for change.
- **363.192** **Lambrecht, Bill**
  LAM Dinner at the new gene café.
- **363.192** **Robbins, John**
  ROB Diet for a new America.
- **641.3** **Ettlinger, Steve**
  ETT Twinkie deconstructed.
- **641.3** **Goodall, Jane**
  GOO Harvest of hope.
- **641.3** **Roberts, Wayne**
  ROB Real food for a change
- **641.3** **Smith, Alisa**
  SMI The 100-mile diet: a year of local eating.

BUY, GROW, CATCH & COOK IT

- **641.0971**
  NOR Northern bounty
- **641.302** **Vinton, Sherri**
  VIN The real food revival; aisle by aisle.
- **641.4** **Costenbader, Carol**
  COS The big book of preserving the harvest.
- **641. 5** **Ogden, Ellen**
  OGD From the cook's garden.
- **641.5973** **Madison, Deborah**
  MAD Local flavors: cooking and eating from America's farmers' kets.
- **641.59** **Scargall, Jeanne**
  SCA Canadian homestead cookbook.
- **641.5971** **Downie, Mary**
  DOW The Canadian treasury of cooking and gardening.
- **641.5971** **Stewart, Anita**
  STE The flavours of Canada.
- **641.59713 Staebler, Edna**
  STA Food that really schmecks.
- **641.6**
  COO The cook's garden.
- **641.6** **George, Jean**
  GEO Acorn pancakes, dandelion salad
- **641.64** **Baird, Elizabeth**
  BAI Fruit.
- **641.657** **Enright, Nancy**
  ENR Nancy Enright's Canadian herb Cookbook.
- **641.69** **Dufresne, Francine**
  DUF Cooking fish & game French Canadian style.
- **641.692** **Water to waiter:** the complete
  WAT guide to preparing and cooking your catch.

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