

**K-State Season for Nonviolence 2009  
Bibliography of Food Books**

*Diet for a Small Planet*, Lappe, Frances Moore. Ballentine Books 1971. The book that began this conversation.

*More-with-less Cookbook*; Longacre, Doris Janzen. Herald Press, 1976 [2000]. ISBN: 083619103X. 25<sup>th</sup> Anniversary Edition. MPL Call Number: 641.566 Longacre. Following closely on *Diet for a Small Planet* this gathering of 500 recipes from Mennonite kitchens tells us how to eat better and consume less of the world's limited food resources.

*Animal, Vegetable, Miracle*; Kingsolver, Barbara. Harper Collins, 2007. ISBN: 978-0-06-085255-9. MPL Call Number 641.0973 Kingsolver. This book chronicles the year that Barbara Kingsolver, along with her husband and two daughters, made a commitment to become locavores—those who eat only locally grown foods.

*Plenty: One Man, One Woman and a Raucous Year of Eating Locally*, Smith, Alisa and J.B. Mackinnon. Harmony Books, 2007. ISBN 978-0-307-34732-9. Available on Interlibrary Loan. Smith and Mackinnon began their year of experimental eating at about the same time as Kingsolver's family. Their urban experience of local eating provides for an interesting read.

*The Omnivore's Dilemma*; Pollan, Michael. Penguin Press, 2006. ISBN: 1-59420-082-3. MPL Call Number: 613.2 Pollan. Michael Pollan traces the natural history of four meals from field to table and thereby takes us through the current practices in industrial and natural farming.

*In Defense of Food*; Pollan, Michael. Penguin Press, 2008. ISBN 978-1-59420-145-5. MPL Call Number 613.2 Pollan. This book gives the reader the action plan to practice what was learned in the *Omnivore's Dilemma*.

*Food Matters: A guide to Conscious Eating*, Bittman, Mark. Simon & Schuster, 2009. ISBN 978-1-4165-7564-1. MPL Call Number 641.302 Bittman. The author of *How to Cook Everything* and *How to Cook Everything Vegetarian*, provides the short course on Big Agriculture and Big Food and concludes with a plan that expands Pollan's advice in the previous book.

*Twinkie, Deconstructed*; Ettlinger, Steve. Hudson Street Press, 2007. ISBN 978—1-59463-018-7. MPL Call Number: 641.3080 Ettlinger. From most to least, Ettlinger traces the creation of each ingredient listed on the Twinkie wrapper, dispelling the myth that they last forever.

***Real Food: What to Eat and Why***, Planck, Nina. Bloomsbury, 2006. ISBN: 978-1-59691-144-4. MPL Call Number 613.2 Planck.

***What to Eat: An Aisle-by-Aisle guide to Savvy Food Choices and Good Eating***, Nestle, Marion. North Point Press, 2006. ISBN: 978-0-86547-704-9. MPL Call Number 613.2 Nestle

***Grub: Ideas for an Urban Organic Kitchen***; Lappe', Anna and Bryant Terry. Jeremy P. Tarcher/Penguin, 2006. ISBN: 1-58542-459-5. MPL Call Number: 641.302 Lappe. Combining a to-the-point exposé about the fake food filling our supermarkets and the compelling reasons for choosing organic, local, and "fair" foods, Grub helps us become a part of one of the most hopeful movements of the new century: a revolution in food and farming that is best for our bodies and the earth

***Hope's Edge: the Next Diet for a Small Planet***; Lappe', Frances Moore and Anna Lappe'. Jeremy P. Tarcher/Putnam: 2006 ISBN: 1-58542-149-9. MPL Call Number: 613.262 Lappe. The Lappe' mother and daughter team explores the perceptions holding us back from realizing that the way to overcome the myth of the "scarcity of food" is to solve the actual scarcity of democracy worldwide.

***The Art of Simple Food***; Waters, Alice. Clarkson Potter Publishers: 2007. ISBN: 978-0-307-33679-8. MPL Call Number: 641.563 Waters. Waters gives us nine tenets of eating well by eating locally and sustainably along with dozens of delicious recipes from her Chez Panisse repertoire.

***Slow Food: the Case for Taste***; Petrini, Carlo. Columbia University Press: 2001. ISBN: 0-231-12844-4. MPL Call Number: 641.302 Petrini. A history and philosophy of the Slow Food Movement written by the movement's founder.

***The Pleasures of Slow Food***, Kummer, Corby. Chronicle Books, 2002. ISBN: 0-8118-3379-8. MPL Call Number 641.302 Kummer

***A Cook's Journey: Slow food in the Heartland***; Friese, Kurt Michael. Ice Cube Press: 2008. ISBN: 9781888160369. MPL Call Number: 641.302 Friese. The Slow Food movement is vibrant and growing in our own backyard.

***Renewing America's Food Traditions: Saving and Savoring the Continent's Most Endangered Foods***, Nabhan, Gary Paul, ed. Chelsea Green Publishing, 2008. ISBN: 978-1-933392-89-9. MPL Call Number: 641.5973 Renewing

***Simply in Season***, Lind, Mary Beth and Cathleen Hockman-Wert. Herald Press, 2005. ISBN: 0-8361-9296-6. MPL Call Number: 641.566 Lind.

***The Real Food Daily Cookbook***, Gentry, Ann. Ten Speed Press, 2005. ISBN: 1-58008-618-7. MPL Call Number: 641.5636 Gentry. Local, seasonal and Vegan foods. Less political and more how-to.

***Veganomicon: The Ultimate Vegan Cookbook***, Moskowitz, Isa Chandra & Terry Hope Romero. Marlowe & Company, 2007. ISBN: 978-1-56924-264-3. After a short section on why, this volume contains some of the best advice on how to eat vegan-style and smile.

***The World Peace Diet: Eating for Spiritual Health and Social Harmony***, Tuttle, Will. Lantern Books, 2005. ISBN1-59056-083-3. MPL Call Number 613.2 Tuttle.

***Coming Home to Eat: The Pleasures and Politics of Local Foods***, Nabhan, Gary Paul. W.W. Norton & Company, 2002. ISBN 0-393-02017-7. MPL Call Number: 641.013 Nabhan

***Outstanding in the Field: a Farm to table Cookbook***, Denevan, Jim. Clarkson Potter Publishers, 2008. ISBN: 978-0-307-38199-6. MPL Call Number: 641.5979 Denevan.

***Fields of Plenty: A Farmer's Journey in Search of Real Food and the People Who Grow It***, Ableman, Michael. Chronicle Books, 2005. ISBN: 978-0-8118-4223-5. Available on Interlibrary Loan.

***The Farm to Table Cookbook: The Art of Eating Locally***, Manning, Ivy. Sasquatch Books, 2008. ISBN 978-1570-615290. Available on Interlibrary Loan. A compilation of seasonal recipes with emphasis on ingredients from CSA's and farmer's markets

***The End of Food***, Roberts, Paul. Houghton Mifflin, 2008. ISBN: 978-0-618-60623-8. MPL Call Number: 363.85 Roberts.

***Food Politics: How the Food Industry Influences Nutrition and Health***, Nestle, Marion. University of California Press, 2002. ISBN: 0-520-22465-5. MPL Call Number: 363.85 Nestle.

***Where Our Food Comes From***, Nabhan, Gary Paul. Island Press/Shearwater Books, 2009. ISBN: 978-1-59726-399-3. MPL Call Number: 581.632 Nabhan

***Food Not Lawns: How to Turn Your Yard into a Garden and Your Neighborhood into a Community***, Flores, H.C. Chelsea Green Publishing, 2006. ISBN: 978-1-933392-07-3. MPL Call Number 635.048 Flores.

***Sharing the Harvest: A Guide to Community Supported Agriculture***, Henderson, Elizabeth. Chelsea Green Publishing, 1999. ISBN: 1-890132-23-2. MPL Call Number: 334.683 Henderson.

***Holy Cows & Hog Heaven: The Food Buyers Guide to Farm Friendly Food***, Salatin, Joel. Polyface, Inc., 2004. ISBN: 0-9638109-4-4. MPL Call Number 641.3 Salatin.

***Farming In the Dark***, Janke, Rhonda. University Readers, 2008. ISBN 978-193426918-3. MPL Call Number 631.58 Janke.

***Small Is Possible: Life in a Local Economy***, Estill, Lyle. New Society Publishers, 2008. ISBN9789-0-86571-603-2. MPL Call #

***Blessed Unrest***, Hawken, Paul. Viking, 2007. ISBN978-0-670-03852-7. MPL Call Number 333.72 Hawken

## **Links**

David Korten, From Empire to Earth Community  
<http://www.yesmagazine.org/default.asp?ID=179>

Yes! Magazine "Go Local!" Winter 2007  
<http://www.yesmagazine.org/article.asp?ID=1593>

<http://100milediet.org/>