

RELATED READINGS—10TH GRADE THROUGH ADULT

BIOGRAPHY, MEMOIR

Carpenter, Novella. *Farm city: the education of an urban farmer*

Urban and rural collide in this memoir of a woman who turned a vacant lot in downtown Oakland into a thriving farm.

Fine, Doug. *Farewell, my Subaru: an epic adventure in local living*

Fine shares his yearlong trek to turn his newly bought ranch into a green and sustainable environment with as little carbon fuel as possible.

Kilmer-Purcell, Josh. *The bucolic plague: how two Manhattanites became gentlemen farmers : an unconventional memoir*

What happens when two New Yorkers (one an ex-drag queen) do the unthinkable: start over, have a herd of kids, and get a little dirty?

Kingsolver, Barbara. *Animal, vegetable, miracle: a year of food life*

Barbara Kingsolver and her family vow to buy only food raised in their own neighborhood, grow it themselves, or learn to live without it.

Knadler, Jessie. *Rurally screwed: my life off the grid with a cowboy I love*

Jessie Knadler was a New York City girl, then one day, she was assigned a story about an annual rodeo and met a bull rider named Jake.

Marohn, Stephanie. *What the animals taught me: stories of love and healing from a farm animal sanctuary*

A collection of stories about rescued farm animals illustrates how animals can teach us to reconnect with the natural world.

Nash, George. *Homesteading in the 21st century: how one family created a more sustainable, self-sufficient, and satisfying life*

This ultimate DIY guide holds to the premise that anyone can homestead, and raise at least a portion of their food themselves—even if they live in the city.

Stewart, Keith. *It's a long road to a tomato: tales of an organic farmer who quit the big city for the (not so) simple life*

Keith Stewart exchanged the corporate grind for a farm where he and a small crew of seasonal workers grow about 100 organic vegetables and herbs.

Stimson, Ellen. *Mud season*

A chronicle of Stimson's transition from city life to a Vermont farmhouse.

Timmermeister, Kurt. *Growing a farmer: how I learned to live off the land*

Former chef Timmermeister shares how he turned a neglected property into a 13-acre farm specializing in cheese production and weekly farm-to-table dinners.

Toensmeier, Eric. *Paradise lot: two plant geeks, one-tenth of an acre, and the making of an edible garden oasis in the city*

Part handbook, part memoir, this book details the evolution of a permaculture garden on an urban lot in Holyoke, Massachusetts.

Weir, Theresa. *The orchard: a memoir*

The story of a street-smart city girl who must adapt to a new life on an apple farm.

FOOD SUPPLY

Bloom, Jonathan. *American wasteland : how America throws away nearly half of its food (and what we can do about it)*

American Wasteland sheds light on the history, culture, and mindset of waste while exploring the parallel eco-friendly and sustainable-food movements.

Hauter, Wenonah. *Foodopoly: The Battle over the Future of Food and Farming in America*

Hauter runs an organic farm but believes that the local food movement is not enough to solve America's food crisis and the public health debacle it has created.

Henderson, Elizabeth. *Sharing the harvest: a citizen's guide to Community Supported Agriculture*

A comprehensive survey of the subject for all readers who are concerned about the food industry and the future of agriculture.

Lappé, Anna. *Diet for a hot planet : the climate crisis at the end of your fork and what you can do about it*

How we farm, what we eat, and how our food gets to the table all have an impact on climate change

McMillan, Tracie. *The American way of eating: undercover at Walmart, Applebee's, farm fields and the dinner table*

Investigates our food system to explain what keeps Americans from eating well—and what we can do about it.

Niman, Nicolette Hahn. *Righteous porkchop: finding a life and good food beyond factory farms*

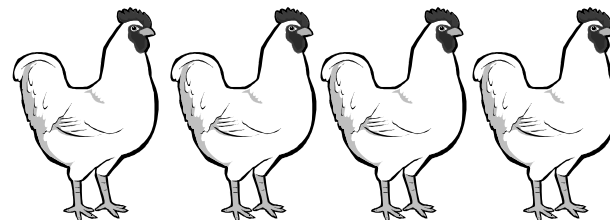
Niman explores the inner workings of the "factory farm" industry and becomes an environmental lawyer who goes up against the big business farming establishment.

Pollan, Michael. *The omnivore's dilemma: a natural history of four meals*

Examining current means of food production—industrialized, organic, and hunted-and-gathered—Pollan points out that we still have to consider "the omnivore's dilemma": what we eat could kill us.

Pritchard, Forrest. *Gaining ground: a story of farmers' markets, local food, and saving the family farm*

One fateful day in 1996, upon discovering that five freight cars' worth of corn have reaped a profit of \$18.16, Pritchard undertakes to save his family's farm.



FARM-TO-TABLE COOKING

Damrosch, Barbara. *The four season farm gardener's cookbook*

How to grow what you eat, and cook what you grow.

Lagasse, Emeril. *Farm to fork : cooking local, cooking fresh*

Lagasse offers recipes that will inspire cooks to utilize organic and locally-grown seasonal produce.

Parsons, Russ. *How to pick a peach : the search for flavor from farm to table*

Good cooking starts with the right ingredients so Parsons takes readers on a delectable season-by-season produce tour.

Ridge, Brent. *The Beekman 1802 heirloom cookbook*

Manhattanites-turned-farmers of reality TV's *The Fabulous Beekman Boys*, present a collection of seasonal starters, main dishes, sides, and desserts.

Timmermeister, Kurt. *Growing a feast : the chronicle of a farm-to-table meal*

Timmermeister tells the story of a feast made from only what the farm provides.

ORGANIC GROWING & FARMING

Fossil, Peter V. *Everything you need to know: organic farming*

Whether you're thinking of starting an organic farm or making the transition to organics, you'll find everything you need to know in these pages.

Hall, Jenny. *Growing green: animal-free organic techniques*

An essential guide about organic growing, perfect for absolute beginners as well as experienced professionals.

Levatino, Michael. *The joy of hobby farming: grow food, raise animals, and enjoy a sustainable life*

When the farm is a lifestyle, not just a way to earn a living, that's hobby farming.

Macher, Ron. *Making your small farm profitable*

This practical, step-by-step guide to operating a small farm examines 20 alternative farming enterprises.

DVDs

Farmageddon: the unseen war on American family farms

The story of family farms who were providing healthy foods to their communities and were forced to stop by government bureaucracies is documented.

Food, Inc.

The film seeks to demonstrate how the incentive for corporate profit can overwhelm consumer health needs, as well as the livelihood of the American farmer, the safety of workers and the environment.

King Corn

Two college friends, Ian Cheney and Curt Ellis, with family ties to Iowa decide to plant an acre of corn and follow it from seed to harvest and into the food chain.

FOR YOUNGER READERS

PRESCHOOL

Aylesworth, Jim. *Cock-a-doodle-doo, creak, pop-pop, moo*

Rhythms and rhyme, are used to describe a day in the life of a farm family.

Dobbins, Jan. *A farmer's life for me*

A busy family and their friends spend a day working and playing on the farm.

Golan, Avirama. *Little Naomi, Little Chick*

Little Naomi has a fun and busy day at preschool and with her family while Little Chick has a busy, fun day on the farm.

Himmelman, John. *Duck to the rescue*

When something goes wrong on the farm, Ernie the duck is determined to help.

Pinkney, Jerry. *The little red hen*

The classic tale of the hardworking hen and her lazy neighbors.

Steffensmeier, Alexander. *Millie and the big rescue*

A game of hide and seek on the farm goes awry when Millie gets stuck in her hiding place at the top of a tree.

Trent, Shanda. *Farmer's market day*

Follow an enthusiastic little girl as she searches for the perfect treat.

Twohy, Mike. *Wake up, Rupert!*

A rooster who just wants to sleep in gets a little help from a friend.

GRADES 3 -6

Friend, Catherine. *Barn boot blues*

12-year-old Taylor has just moved onto a farm in the middle of nowhere. She's trying to get into the spirit of farming, but things aren't going very well

Lean, Sarah. *A hundred horses*

Nell is unhappy about spending her vacation on a boring farm with relatives she doesn't know so she sneaks along a special suitcase that once belonged to her father.

Milway, Katie Smith. *One hen: how one small loan made a big difference*

Inspired by true events, *One Hen* tells the story of Kojo, a boy from Ghana who turns a small loan into a thriving farm and a livelihood for many.

Milway, Katie Smith. *The good garden*

The inspiring story of one struggling farming family in Honduras and their journey to growing enough food to meet their needs.

GRADES 6 – 10

Dowell, Frances O'Roark. *Ten miles past normal*

Moving up to high school can throw anyone off her game. For Janie it doesn't help that her family is into sustainable living on a farm.

Peck, Robert Newton. *A day no pigs would die*

A Shaker boy growing up on a Vermont farm grieves when his pet pig is killed but also learns to be the head of the family when his father dies.

Meet

Kristin Kimball

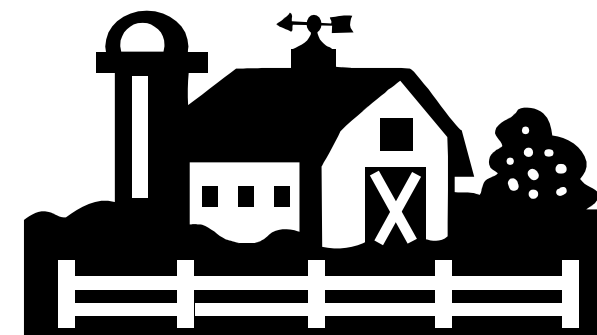
On September 13

at

Ledyard High School

For details, visit:

www.onebookoneregion.org



RECOMMENDED READINGS...

IF YOU ENJOYED

THE DIRTY LIFE

by

KRISTIN KIMBALL

TRY THESE...



OBOR 2014 is made possible by a grant from:

cthumanities