

Albertsons Library
Boise State University
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1 2011

2 YEAR¹ OF IDAHO² FOOD³ *an annotated⁴ reading list⁵*

2 Though the names of chickens have been changed to protect the innocent, all locales—unless otherwise specified—are in IDAHO.

3 The Year of Idaho Food is a year-long initiative bringing together everyone in Idaho with a stake in food, food security, and sustainability: that is, everyone. More on reverse.

4 We asked all kinds of Idahoans to tell us what books informed or inspired their relationship to food; and to make it as Idaho-relevant as they could. We got a huge response: more than we would ever have room to print! We've condensed it (like canned soup.) If we missed asking you, or missed something you feel is important, send it along postally to the return address on reverse, or electronically to IdahoCenterfortheBook@boisestate.edu

5 Where books are cited, we've cited the most recent edition and publisher, as they may be the easiest to find. However, many of these titles have been through multiple editions and multiple publishers; our intent is to recommend them all. Where named contributors are repeatedly cited, we've used their names in the first case, and their initials subsequently.

ideas about / politics of food

Stop the Presses: Idahoans love Michael Pollan.

Of all books that were recommended for this list, Pollan's were cited most early and often; especially **In Defense of Food: An Eater's Manifesto** (Penguin, 2009) and **The Omnivore's Dilemma: A Natural History of Four Meals** (Penguin, 2007.)

Regarding **In Defense of Food**, Dan Meyer (DM) of Morning Owl Organic Farm in Boise writes, "...When I finished it, I wanted everyone I knew to read it. It was so simple and accessible, but eye opening...I couldn't stop talking about it. That is when I began to realize I didn't only want to be on the consumer end of this movement—I wanted to be on the production and education end as well."

Recommending both **Omnivore's Dilemma** and **In Defense of Food**, Jette Morache (JM1), Professor of English at the College of Southern Idaho, notes "These two books, read in sequence, further opened my eyes to the far-reaching social economic, environmental, and health issues that are directly connected to the industrialization of agriculture."

Dr. Sandy McCurdy (SM) of the University of Idaho Extension is a food safety specialist in the school of Family and Consumer Sciences, and was previously employed as a research scientist for agricultural feed. She's a respected advocate for public knowledge on food safety and food preparation. Among the books she suggested were Pollan's **Omnivore's Dilemma**, **In Defense of Food**, as well as **Food Rules: An Eater's Manual**, cowritten with Maira Kalman (Penguin 2011.) [Also recommended by SM: **Food Politics: How the Food Industry Influences Nutrition and Health** by Marion Nestle (University of California Press, 2007) and **Food Politics: What Everyone Needs to Know** by Robert Paarlberg (Oxford University Press, 2010.)]

According to Robin Caudill (RC) of Lazy Dog Farm in Caldwell "...Pollan...blew my mind with **The Omnivore's Dilemma**. Who knew that we were so hooked on corn in this country?!?!? We were already staying away from fast food and reading labels but this book really changed how we looked at food altogether."

Omnivore's Dilemma was also recommended by Urban Shaman Matthew Snelson; Joseph Tamasonis (JT), an Honors student of economics and mathematics; mathematician Colin McNamara; artist Jennifer Manning-Gilbreath (JMG); Erin Guerricabettia (EG), Director of Boise Urban Gardening School; and Jason Haun (JH), manager for Zamzow's, a Boise-based pet and feed store.

Though not as widely read as Pollan's more recent books, **The Botany of Desire** (Random House, 2002) is loved by his admirers (including Heather Kirk Skinner of the Boise Urban Garden School) and of special interest in Idaho, as one-fourth of the book explores commercial potato growing.

Naturally, Idahoans love Wendell Berry.

Idaho author Cort Conley (CC) describes Berry's **The Unsettling of America** (Sierra Club Books, 1996) as "Essays about culture and agriculture; about the failure of farm consolidation and labor-saving devices; about concerns for the health of the land, food, and people." Mathematician Alex Feldman calls **The Unsettling of America** "...probably the best single book I have ever read on food... I think a lot of people have read this, but I just never meet them." DM: "This book was my first

introduction to Wendell Berry, as well as my first real hard look at agriculture in America...The book that really got me up and moving—looking for a way and an opportunity to be part of the change that needed to happen."

James Reed (JR) is the founder of Onsen Farm in Hagerman, though everyone in his family was involved to some extent two generations ago. They produce spinach, arugula, chard, tomatoes, peppers and basil, as well as canned fruit and jams. The farm consists of an orchard, outdoor gardens and a 3,000 sq. ft geothermally heated greenhouse. Their sustainable practices include farming using only the sun, thereby limiting the fossil fuel inputs; distributing their food locally, and attempting to build everything using recycled materials. For JR, the pros include freedom from corporate control, developing systems for health and survival, sustaining his own existence and a deeper connection to the land. He also recommends **The Unsettling of America**, noting "This title addresses the fact that we have become a nation distanced from the land. Today's society takes farming away from families and therefore devalues the human work involved, in favor of a more mechanized pursuit of products and profits. Berry also addresses the fact that isolating ourselves from the land progressively isolates us from our community, our local economy, and ultimately from each other."

CC also likes **Berry's What Are People For?** (Counterpoint, 2010.) "Influential, reflective perspectives on rural-versus-industrial values and on the land and community." DM especially recommends the essay "The Pleasures of Eating," from **What Are People For?** "This essay...brought home the idea that eating is essentially an agricultural act. In typical fashion, he simply and concisely describes the major problems of industrial agriculture and lays out ways we can start becoming thoughtful and concerned eaters who are active participants in a nourishing system—rather than passive consumers trapped in an all-powerful corporate machine."

Also recommended by Wendell Berry: **Home Economics** (Counterpoint, 2009.) CC: "Questions about economic Darwinism, about the economy of extravagance, about productivity as an insufficient measure of production." **Bringing It to the Table: On Farming and Food**, cowritten with Michael Pollan (Counterpoint, 2009.) CC: "A defense of traditional farming by the Wise Old Man of Kentucky; principled, passionate, pragmatic."

Idahoans totally love Barbara Kingsolver.

Artist JMG notes "At the top of my list, and I'm sure many others' lists, is **Animal, Vegetable, Miracle**, by Barbara Kingsolver, Camille Kingsolver and Steven Hopp (HarperCollins, 2007.)" This book recounts the year that Kingsolver and her family resolved to live exclusively on seasonal foods they would grow themselves. The family does everything from growing and canning tomatoes, to making cheese and raising chickens. Through this, Kingsolver weighs the health, moral and ecological benefits of their actions against the ecological and health costs of an industrialized food system.

According to RC of Lazy Dog Farm in Caldwell, it was "The very first book I read regarding eating local and really an eye opener for me. I grew up with a mom who had a garden most of the time, then we had a small dairy and

raised our own meat; but when I became an adult and got away from that, I never really thought about where my food came from or the impact of eating whatever I wanted whenever I wanted...Kingsolver's words really hit home with me." JM1 notes, "This book blends an entertaining narrative with practical advice about what a family can do to eat locally, including delicious recipes."

The book is also a favorite of stay-at-home mom Kaisa Mitchell (KM.) "Barbara reminds me through their family adventure of times...with my family. I uncovered the fact that buying that occasional bag of chips or fast food makes it easier to purchase the next and so on. Over time, I've veered away of the values that I set for my eating when I was younger, and now, I realize that it's time again to pull the wool off the wolf and get a little more serious about de-junking our diet and cleaning up our world."

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Tomatoland: How Modern Industrial Agriculture Destroyed Our Most Alluring Fruit by Barry Estabrook (Andrews McMeel, 2011.) Recommended by EG and also by Fast Food Nation author Eric Schlosser, who says "With great skill and compassion, Estabrook explores the science, ingenuity, and human misery behind the modern American tomato."

The Vegetarian Myth: Food, Justice and Sustainability by Lierre Keith (PM Press, 2009.) DM: "The back cover describes this book as part memoir, part nutritional primer, and part political manifesto. Lierre Keith is a former vegan, a radical feminist, an ecological warrior, and an amazing author. What I took from this book is that current agricultural practices are killing ourselves and the planet, and while the hearts of vegans and vegetarians are in the right place, their actions aren't in themselves sufficient, and their arguments are often flawed. Also, had I been a vegan, this book would have saved my life. It is a crucial read for anyone: vegan, vegetarian, or otherwise."

Deep Economy: The Wealth of Communities and the Durable Future by Bill McKibben (St. Martin's Griffin, 2008.) DM: "This book showed me that I wasn't crazy in questioning the cult of economic growth perpetuated by the dominant culture. McKibben discusses food extensively in the book, and the need for local, resilient food systems that are truly sustainable. For me, this book sets itself apart by delving deeply into the real-world economic arguments for a community oriented, post-growth society."

Real Food: What to Eat and Why by Nina Planck (Bloomsbury USA, 2007.) Arlie Sommer (AS) works at Idaho's Bounty, a farmer's cooperative online store based in Middleton. According to Arlie, "With a unique upbringing comes a unique perspective on food. Nina Planck was brought up by college professors turned 'Back to the Landers.' She recounts her story of growing up on the farm and her path to discovering the value of simple and traditional American food. Planck draws perspectives from many authors of the past who researched the science of healthy eating and dispels common American misconceptions about real foods like lard and milk."

The Food Revolution by John Robbins (Conari Press, 2010.) Graphic Designer Lindsey Ward writes, "I just wanted to throw in my two cents...I know this one probably isn't very original but it seriously changed my life: **The Food Revolution** by John Robbins. I became a vegetarian half-way through reading it, am nearly vegan now, and much more aware of how my actions impact the environment. Anyway, I am pretty passionate about the topic..." Eric Schuler, vice president of the Associated Students of Boise State

University, recommended the book as "...about the best I've seen on the environmental impact of diet...it contains a lot of information without feeling like it."

Fast Food Nation: The Dark Side of the All-American Meal by Eric Schlosser (Harper Perennial, 2005.) Professor of Art History and Visual Culture Janice Neri notes, "I'm sure many people will mention this one, but reading **Fast Food Nation** sure made me think differently about eating processed food and meat, and about where my food comes from, especially the sections describing the horrible and dangerous conditions for workers in meat processing facilities." JM1 adds: "Schlosser narrates the lived experiences of agricultural and fast food chain workers. [He] analyzes the unmeasured costs in human and animal lives as well as environmental health." JT also recommended **Fast Food Nation** because "it examines the local and global influence of the United States fast food industry, and has a great section about J.R. Simplot's influence on fast food."

When Technology Fails: A Manual for Self-Reliance & Planetary Survival by Matthew Stein (Clear Light, 2000.) Michele Konechny, a massage therapist, recommended **When Technology Fails** because of the wealth of information pertaining to surviving on your own. She said that she had originally bought it "just in case" during the Y2K scare, but has since used the book for gardening. The book has information on supplies and preparation, water collection, food growing, foraging, and hunting, shelter, first aid, low tech medicine, clothes, energy, metalworking, utensils, and machines. A more recent edition of the book is retitled **When Technology Fails (Revised & Expanded): A Manual for Self-Reliance, Sustainability, and Surviving the Long Emergency** (Chelsea Green, 2008) and appears to be more widely available.

Endgame, Vol. 1: The Problem of Civilization and **Endgame, Vol. 2: Resistance** by Derrick Jensen (Seven Stories Press, 2006.) According to the American Library Association, author Jensen "has a deserved reputation as a writer of consequence and conscience who has pursued an environmentalist message with great fervor. In his latest work, however, a two-volume manifesto, he argues for the necessary destruction of civilization to save the world." Brian Ertz (BE) is the Media Director of the Western Watersheds Project. He recommended **Endgame**—he was literally holding the book when contacted about this project. He related a story about a panel he heard that included Jensen in Eugene, Oregon. Jensen spoke about the concerns in his book, such as system bottlenecks, "eco-terrorism," the need for militant action, and guerrilla warfare tactics as they relate to environmental activism. BE described Jensen's perspective that our society is "the machine that is killing us and we need to kill the machine." BE admitted that in his opinion Jensen's theories were radical and noted that there were federal agents of some kind at this panel as well; he felt that this made for a seemingly incriminating environment. Nevertheless he was inspired. He prefers **Vol. 2** over **Vol. 1**.

Everything I Want to do is Illegal: War Stories From the Local Food Front by Joel Salatin (Polyface, 2007.) JR: "This is an eye-opening book that deals with the idea that Americans do not have the freedom to choose where the food that they eat comes from. Favoritism is shown to corporate food systems, which discourages local markets. The book shows the small business owner's struggles against discrimination and regulation, as well as asking questions such as why food quality is so low and why so few people work on farms."

Ricky Carlberg is a Nampa gardener and "freegan," meaning he has chosen to live completely on foods he grows himself, foods grown by friends and family, and discarded foods he finds elsewhere. These discarded foods are often

found in dumpsters and trashcans. He is also a vegan, and chooses not to eat or use any animal products. Ricky didn't choose this life style because of any books, but he did share a couple of books that he has read that he feels give a good idea as to why people would or should chose the "freegan" lifestyle. **Waste: Uncovering the Global Food Scandal** by Tristram Stuart (W. W. Norton and Co., 2009.) Ricky recommended this book because it goes into detail about all the food we waste worldwide, but its relevance can also be seen at the local level here in Idaho. The author states that we throw away enough food worldwide to feed the starving nations three times over. Ricky is very passionate about not wasting any food; he sees many of the food waste issues discussed in this book all around him in the Boise and Nampa areas, and it truly upsets him. He finds "perfectly good foods everyday in the dumpsters behind restaurants and grocery stores and out on the curb in front of people's homes on garbage day." Ricky also cites **Enough: Why the World's Poorest Starve in an Age of Plenty** by Roger Thurow and Scott Kilman (Public Affairs, 2010.) This book suggests that poorer countries need to become more self-sufficient in the production of local foods, rather than bending to the influence of richer countries like the US. According to the book, the US has pushed poor countries into industrialization so that the US can get cheap products; the money these countries earn is used to buy food from rich countries like the US. Ricky is very passionate about this idea.

Gayla Aberasturi is a Nampa gardener and has always been conscious of the foods she buys and feeds to her family even before it was the "cool thing to do." She recommends **America's Food: What You Don't Know About What You Eat** by Harvey Blatt (MIT Press, 2008.) This is one of the latest books Gayla has been into, and she suggested it for this list because it talks about foods that we can buy here in Idaho's grocery stores and fast food restaurants and really anywhere selling food. It reports that Americans eat their weight in food additives every year. The author shows the reader what the American food system is really about and what is happening with our basic food crops as well as organic foods, genetically modified foods, food processing, and diet products. Gayla is into getting the healthiest foods she can and she believes that buying locally is the easiest way to do so, which in turn supports more sustainable food outlets. She also recommends **Closing the Food Gap: Resetting the Table in the Land of Plenty** by Mark Winne (Beacon Press, 2009.) This book talks about people in America that can't afford to make conscientious choices about where and how they get their foods. The author shows us ways to make healthier foods available for everyone through community supported agriculture (CSA) and farmers markets. This impacts Idaho as well as everywhere; it is well known that healthy food is more expensive than other choices at the grocery store. This is something Gayla has had to deal with when budgeting her monthly spending. She knows that she is spending more money on food than the average American and likely getting less food but has made it work for her family by saving elsewhere.

Twinkie, Deconstructed by Steve Ettlinger (Plume, 2008.) Jason Bogstie (JB1), a graduate student in archeology, recommends this creme-filled fact-finding book, noting that some of the ingredients for the Twinkie are sourced from Idaho.

Student Carter Aberasturi recommends **Toolbox for Sustainable City Living: A Do-It-Ourselves Guide** by Scott Kellogg and Stacy Pettigrew (South End Press, 2008.) "This is a book... I found here in a locally owned Boise boutique. I found it really interesting because it lacks opinion and gives straight facts as to how to start a more sustainable lifestyle in the city. The book also has a well-organized bibliography where the

authors have listed more books to look into...Almost all of the projects taught in this book can be executed here in the Boise area."

Janie Burns (JB2) of Meadowlark Farm, Nampa (and along with teacher Amy Hutchinson one of the co-instigators of the Year of Idaho Food) is hard-pressed to identify just a few inspirational books, but shares some of her best picks: Best "Why Everyone Should Be As Healthy As Possible by Eating the Best Food Possible": **The Coming Plague: Newly Emerging Diseases in a World Out of Balance** by Laurie Garrett (Penguin, 1995) Best "Why Food Should be Organically Grown": **Living Downstream: An Ecologist's Personal Investigation of Cancer and the Environment** by Sandra Steingraber (Da Capo Press, 2010) and **Our Stolen Future Are We Threatening Our Fertility, Intelligence, and Survival?—A Scientific Detective Story** by Theo Colborn, Dianne Dumanoski, John Peter Meyers (Plume, 1997.) Best "Insight Into the History of American Agriculture": **Nature's Metropolis: Chicago and the Great West** by William Cronon (W.W. Norton and Co., 1992.) Best "Review of the Rise of Agribusiness": **The Corporate Reapers: The Book of Agribusiness** by A.V. Krebs (Essential Information, 1992.) Best Reason to Grow Food Locally: **The Long Emergency** by James Kunstler (Grove Press, 2006.) Most Hopeful Book: **Becoming Native to This Place** by Wes Jackson (Counterpoint, 1996.) 🌱

gardening

Why We Garden: Cultivating a Sense of Place by Jim Nollman (John Macrae, 1996.) DM: "A beautiful book of spiritual ecology, Jim Nollman takes us on a four-season journey through the garden. This is not a book about how to cultivate a garden, but how a garden cultivates us. It turned me on the spirituality of place and the miracle of life, growth, and death."

Let it Rot by Stu Campbell (Storey Publishing, 1998.) The book approaches composting in a manner that makes it accessible and interesting. Campbell uses humor and illustrations to help the reader, yet his work is sufficiently deep to be used as a guide for farms as well. The book is recommended by RC, who says it "has helped us to work on building our soil." She also recommends **The New Seed Starter's Handbook** by Nancy Bubel (Rodale Books, 1988.) RC: "I use this book every year when I am starting the greenhouse. Seems like no matter how long you do this stuff there are always new things that come up...I like to try new plants all the time and this book is great to help me know what to expect from new cultivars." Another greenhouse title that RC likes is **Greenhouse Gardener's Companion** by Shane Smith (Fulcrum Publishing, 2000.) This book is an accessible, beautiful guide to raising plants in a greenhouse. It covers greenhouse building, hydroponics, soil control, pests, etc.

The New Farmer's Market by Vance Corum, Marcie Rosenzweig, Eric Gibson (New World Publishing, 2001.) This book provides information on how to effectively run a booth at a farmer's market, including what to sell and how to keep records. In addition, it offers advice on how to start a neighborhood market and how a farm can build a website. RC: "Helped me so much when I was first starting at Market. Really assisted me in making our booth unique and a reflection of us."

Garden writer Eliot Coleman ranks high on many lists. JB2 calls his book **The New Organic Grower: A Master's Manual of Tools and Techniques for the Home and Market Gardener** (Chelsea Green,

farming & ranching

1995) her Best “How to Raise Vegetables” book, which is saying a lot. Helen Brookman (HB), resource librarian extraordinaire, calls it “In depth information from a true master—Eliot Coleman’s books will make your jaw drop. One of the most influential organic growers in the country.” Also, **Four-Season Harvest: Organic Vegetables from Your Home Garden All Year Long** by Eliot Coleman (Chelsea Green, 1999.) JB: “He lives in Maine!” Others who like this book note that Maine has more than a little in common with Idaho, in terms of economy, spuds and extremes of climate. Why did they get all the lobsters?

HB also likes **Small-Plot, High-Yield Gardening** by Sal Gilbertie and Larry Sheehan (Ten Speed Press, 2010) and she and CW both like the classic **Sunset Western Garden Book** by Editors of Sunset Books (Oxmoor House, 2007.) HB: “Great go-to for specific information about plants by their species name, especially ornamentals. Older editions are just as useful as the newer.”

The Backyard Homestead edited by Carleen Madigan (Storey Publishing, 2009.) This compilation of articles was recommended by CW and by artist and college student Alexanna Wonder (AW), who notes that Madigan is from Nampa. According to Alex, “The book covers the basics of starting your own small scale homestead, as well as upkeep and preservation after harvest. The book covers crop rotation, reseeding, animal care, and how to calculate how many plants it takes to feed a person. There is a great emphasis on sustainability and responsible gardening techniques.”

AW also recommended **Rodale’s Ultimate Encyclopedia of Organic Gardening** edited by Fern Marshall Bradley, B. W. Ellis, and E. Phillips (Rodale, 2009.) “An excellent resource for beginning to advanced gardeners, homesteaders, and general enthusiasts eager to begin organic gardening. The book is easy to read, provides a little history of the book as well as the organic gardening movement.”

Archeologist Dan Broockmann (DB) is interested in permaculture and agricultural sustainability. He recommends **Earth User’s Guide to Permaculture** by Rosemary Morrow (Permanent Publications, 2010) and the foundational **Introduction to Permaculture** by Bill Mollison (Ten Speed Press, 1997) as well as Mollison’s **Permaculture: A Designers Manual** (Tagari, 1988.)

Crystal Stuvland (CS) is a student, and member of Boise State’s Sustainability Club, and supporter/contributor to its community garden. She highly recommends **The Urban Homestead** by Kelly Coyne and Erik Knutzen (Process Media, 2008.) CS: “The Urban Homestead is a book including do-it-yourself projects and insights for the urban population. Though it is mostly a how-to book for sustaining yourself, it not only has ways to grow your own food within a small space or apartment, but also how to preserve food for later consumption. This relates mostly to metropolitan areas in Idaho, because of the larger urban population within downtown areas, the lack of available land for farming and the growing need for importing food within those areas.”

The Calendar of Organic Gardening by Maurice Franz (Rodale, 1973.) This oldie-but-goodie is recommended by college student Victoria Wood (VW), who says “This book has been real helpful for someone who had not been super aware of all the options in organic gardening. I originally borrowed it from Boise’s public library, but after a great deal of late fees, I decided to buy a copy of my own. I have used it as a manual all year long. It is a great deal of help for seasonal growing and Idaho growing for someone who hasn’t had a lot of experience as a gardener. 🌱

Doug Patterson is a cattle rancher from Emmett. He grew up on a farm, went to veterinary school and ended up owning land in various parts of Idaho, along with many cattle. He has recently downsized and settled in Emmett where he currently has between 80-100 head of cattle and many horses. There are strict guidelines as to what he feeds his cattle, what kind of care they get and where they are butchered. He buys his cattle from Idaho auctions and also sells some of his cattle the same way, and takes some to be butchered for meat, to a specialized certified butcher. All of the meat he produces is distributed in Emmett, Payette and in Gem County. In the summer, the cattle are free range in Sweet, and in the winter he feeds them baled food from local farmers. Doug deals with food firsthand, and it is very important that he follows the right guidelines so that his family and customers get safe meat. He heeds regulations that would prevent an unfit cow from being sold for meat; including any cow that is fixed, any that have had serious signs of sickness, those deceased before going to the butcher or any that the butcher deems unhealthy. Most of what Doug knows is based on his experiences, learned growing up on a farm and in school, but he also has used the following books. **The Cattle Health Handbook** by Heather Smith Thomas (Storey Publications, 2009.) **Let the Cowboy Ride: Cattle Ranching in the American West** by Paul F. Starrs (Johns Hopkins University Press, 2000.) **Small-scale Livestock Farming: a Grass-based Approach for Health, Sustainability, and Profit** by Carol Ekarius (Storey, 1999.) **Essential Guide to Calving: Giving Your Beef or Dairy Herd a Healthy Start** by Heather Smith Thomas (Storey Publications, 2008.) **Storey’s Guide to Raising Beef Cattle** by Heather Smith Thomas (Storey, 1998.)

Farmer JR reads self-described “Christian-libertarian environmentalist-lunatic farmer” Joel Salatin, who is perhaps best known as the founder of Polyface Farm, profiled in **The Omnivore’s Dilemma**. JR recommends Salatin’s **You Can Farm: The Entrepreneur’s Guide to Start & Succeed in a Farming Enterprise** (Polyface, 1988) which encourages those that have secretly dreamed of starting a farm but always thought it impossible. This book shows how a creative person can make a profit in an industry that rarely hears the word. JR also is looking forward to Salatin’s hot-off-the-press **Folks, This Ain’t Normal: A Farmer’s Advice for Happier Hens, Healthier People, and a Better World** (Center Street, 2011.) JR: “Joel is a farmer warrior. We have so few warriors in our culture these days. He speaks for people taking back their right to grow and process food for their neighbors. He calls bull shit on all the bull shit.” Joel Salatin’s **Pastured Poultry Profits** (Chelsea Green, 1996) rates as JB2’s Best “How to Raise Livestock” book.

As a resource on the negative impacts of cattle grazing on public lands in the western US and elsewhere, BE recommends **Waste of the West** by Lynn Jacobs (Lynn Jacobs, 1992.)

Alicia Dredge, a rancher from Soda Springs, really enjoys her periodicals, including “*Range Magazine*,” a publication that talks about the ways of the west, culture and people; it covers issues relating to land, lifestyle, sheepherding, wildlife and more. She recommends “*The Shepherd’s Magazine*” for resources that cover sheepherding in today’s society, feeding, sheep handling, and working operations.

Kevin Pack is one of the founders of Andigen, Inc. of Logan, Utah, a company that takes waste from pig farms and turns it into energy using digesters that produce methane. He

works in northeastern Utah and eastern Idaho. His business uses a number of commercial periodicals, including: “*BioCycle: Advancing Composting, Organics Recycling & Renewable Energy*” (J.G. Press.) This periodical deals specifically with regaining energy from compost and organic waste. “*American Dairymen: Products and Services for American Dairymen*” (Heartland Communications Group) addresses issues of the dairy trade, which in turn affects the business of renewable energy from organic waste.

Hannah Bird is an independent small family farmer in eastern Idaho. She sought out books to help her with the transition from “suburban housewife” to “bona fide farmer.” She likes **The Encyclopedia of Country Living** by Carla Emery (Sasquatch Books, 2008.) In Hannah’s words, “Originally sold as mimeographed pamphlets or “recipes” the sections covered absolutely everything I might need to know. I have not, and hope never to experience firsthand, the majority of the sections of the book. I do not make our candles. We didn’t dig our well. But...several sections were invaluable and the overall tone of the book makes a huge undertaking feel accessible. It was the first time I really thought that I could do this.”

Storey’s Guide to Raising Beef Cattle by Heather Smith Thomas (Storey Publishing, 2009.) Hannah uses this book (also cited above) extensively, as she says, “Since we had neither the huge tracts of land needed for farming nor the large tracts of money need to buy them, we settled on a small cattle operation...Running cattle was a new adventure for a family that had not previously owned even a single cow. One of the first things that we figured out was that ranching (even very small scale) meant becoming an overnight self trained veterinarian. Cows are nowhere nears as sturdy as you’d think. Luckily I came across **Storey’s Guide to Raising Beef Cattle**. It is about as comprehensive a look at raising cattle as anyone could hope for without being so involved that it is inaccessible. From treating scouring calves to identifying heat to pulling a newborn calf, the book covers everything I have needed to know. Sadly, my copy is in horrendous and not terribly sanitary shape as I have been known to perform the procedure with one hand while holding the book in the other for quick reference.”

Made from Scratch: Discovering the Pleasures of a Handmade Life by Jenna Woginrich (Storey Publishing, 2008.) HB: “Sometimes we are inspired by greatness. But sometimes, mediocrity can inspire us too...I read **Made From Scratch** because it was touted so highly in blogs. The fish out of water narrative is a pretty popular meme in books on small scale farming or self sufficiency. There is a bumper crop of charming little pastoral confessionals that purport to tell what farm life is really like and this was recommended as one of the best. As I read it, I found myself increasingly annoyed. I was annoyed by what [the author] didn’t know. I was annoyed at what she couldn’t do. And suddenly it hit me, somewhere in my reading and studying and the ice boned Idaho nights doctoring sick calves, I had actually become a real farmer. So this book, as useless as the content was, helped me make the mental transition from the suburban housewife that I was to the farmer that I am.”

Jim Lowe is the proprietor of the Farmstead, the corn maize in Meridian, that offers tours and educational field trips to grade schoolers, as well as the opportunity of

paying to get lost. Unfortunately, it's his busy season and he wasn't able to provide much information, but he did suggest this blog: Corn Corps, <http://corncorps.wordpress.com>, by Illinois Corn Growers Association and Illinois Corn Marketing Board. This site works for a "sustainable economy through ethanol, livestock and nutritious food."

Mr. R. Clancy is a draft horse breeder; his Clancy's Registered Blacks and Greys was a working farming, gardening, and breeding farm for decades in Meridian. The huge horses were easily seen from the highway. Clancy's front yard is really a graveyard: rusted plows and geriatric tills are dissolving into the land beneath them. Beat up leather harnesses draped over broken wheel hubs; and once highly-polished neck yokes and parts of stocks and tills seem more like the skeletal remains of America, not just this old wheat farm. Clancy, now in his 80s, derives immense pleasure from watching his heavy horses wander around his fields. They are all mostly retired. From his home and fields for 45 years that are now the 10 Mile Overpass, Clancy relocated to Emmett, where he still raises Percherons; but is no longer involved in competitive harness classes or tilling and plowing. He says he can't pick up his harnesses the way he used to and he's guessing no one else is going to either. He points out over his fields with his arthritic hand; I can't even tell where his knuckles are, from where is knuckles aren't. Back to the question: one of his favorite "books" is a quarterly, "*The Draft Horse Journal*." He's been a subscriber for longer than he can remember. He is a frequenter of Draft Auctions and there are plenty to be kept up with. The magazine is a who's who of the draft horse and mule community...there are not only current articles regarding how to maintain a working farm after the near disappearance of any farm equipment that isn't attached to a hemi-engine, but also articles that had been written in the journal 30 years ago. Which are Clancy's favorites. He says they always write about the way life used to be and should be. He says when he used to plow his own fields with his own horses, he'd keep his eye on the "*Farmer's Almanac*." And whatever weatherman seemed the most hopeful. Now he listens to Scott Dorval. *Old Farmer's Almanac* is online now at www.almanac.com. There are daily updates on the Old Farmer's Site, still talking about weather and moon cycles, but also astrological signs, wit, wisdom, and folklore. This site is quite expansive and even boasts a little of the "Old Almanac" decor, but like the farming, it just isn't quite the same.

Debby Svancara (DS) is a farmer and rancher in Buhl. She highly values *Raising Milk Goats the Modern Way* by Jerry Belanger (Storey Publishing, 1990.) Debby says the book is written in a utilitarian style, and covers the basics in goat care; goat products including milk, cheese and bread; and goat health. Debby has used this book since she got her first goat in 1992.

Kris Haskell (KH) relates: "I am an urban farmer myself and enjoy growing my own food from seed to table...These are some of the publications that I have read or am reading and find them to be inspiring and informative..." "*Urban Farm*" is a sustainable city living bimonthly magazine. "This is a great magazine filled with articles about people involved in the local food movement and farming in urban neighborhoods. It has stories and ideas on how to live sustainable in big or small spaces...gardening to compost to raising small animals." KH also recommends *Farm Together Now* by Amy Franceschini and Daniel Tucker (Chronicle Books, 2010.) This is a compilation of stories from farms across America, from family farms to community farms, collectives and CSAs; on the challenges and philosophies of people bound by a common interest in food. KH also

Robert Wrigley *Morelity*

Heavy thatch of leaf and needle,
sun-mottled also,
so the eye you need to find them
almost always fails.

But when you do, their dark knuckles
rucking up the duff,
their airy reticular brains
bobbing in the air

and breathing a sexual musk—
after that they're everywhere.
Your grocery bag grows as heavy
as a child, and limp,

as if plucked up they could only sleep
and dream, of how the sun
they had yearned for awaits them
in the butter's slick

and a skillet's sublunary
bed, where they'll sizzle
from fungal unto meat
which you will take and eat.

Morelity by Robert Wrigley is excerpted from *DECOMPOSITION, a volume of Fungi-Inspired Poems*, edited by Renee Roehl & Kelly Chadwick (Lost Horse Press, 2009) Robert Wrigley is an award-winning poet, former writer-in-residence for the State of Idaho (1987-1988) and currently teaches in the M.F.A. in Creative Writing program at the University of Idaho. Reprinted courtesy of LOST HORSE PRESS, Sand Point.

likes *American Wasteland: How America Throws Away Nearly Half of its Food (And What We Can Do About It)* by Jonathan Bloom (Da Capo Books, 2010.) This book examines why so much food goes to waste while many people go hungry. It considers how industrial farming is impacting our environment and health; and how we have moved away from growing our own food.

Travis Brasher of Mckee's Pet Garden and Feed in Pocatello recommends "*Crop Life*" magazine, which discusses agriculture from the retail perspective. Travis also recommended "*Country Folks Grower*," a publication for commercial horticulture, which covers greenhouses, nurseries, garden centers, landscaping, farmers markets, etc. A recent article, for example, covers "High Tunnel Temperature Management."

JH, a manager for Zamzow's, a pet and feed store based out of Boise, recommended the original *Organic Manifesto: How Organic Food Can Heal Our Planet, Feed the World, and Keep Us Safe* by Maria Rodale (Rodale, 2011) the current CEO of Rodale and granddaughter of Jerome Rodale, one of the earliest proponents of organic food in the US.

Steve Campbell (SC) runs Campbell Triangle C Ranch in Parma. Campbell's beef is 100% grass fed and he is convinced of the health benefits of feeding cows grass. He recommends *Nutrition and Physical Generation* by Weston A.

Price. (Keats, 2003.) The book was originally self-published by Price, a dentist, in 1939. Curious about the degree of decay he noticed in modern adults' teeth, Price went to study cultures that had little or no contact with "civilization" to look into their health and physical development. What he found was that most of the "un-civilized" people he encountered were in near perfect health with near perfect teeth. It was as those cultures were introduced to "modern," "civilized" diets that their health and teeth began to deteriorate. While these cultures were diverse, they all consumed a significantly larger amount of sea salt than Americans did. This book first argued for the benefits of sea salt, that SC thinks vital to health and farming. SC is so sold on this that he gives away bags of sea salt to people who come to his booth at the market. SC also recommends *Fertility from the Ocean Deep: Nature's Perfect Nutrient Blend for the Farm* by Charles Walter (Acres USA, 2005.) According to SC, this book is basically a re-visiting and re-writing of Price's book, but was the first book to "get [him] into sea salt."

Perhaps not beloved, but highly valued by many farmers and ranchers, is *Idaho's Noxious Weeds*, the fifth and most recent edition of which is authored by Timothy Prather, Sandra Robins, and Don Morishita (University of Idaho Extension, 2010.) 🌱

coexisting with animals

Laura Theis is Director of Idaho's Bounty. She recommends **Eating Animals** by Jonathan Safran Foer (Back Bay Books, 2010) noting, "After reading many local food books, I thought I knew all that I needed to know about the problems that industrial food presented. **Eating Animals**, though, solidified the need for eating less meat and if so, ONLY to ever eat sustainably raised meat. A must read." CS also recommends the book, noting that it delves into the ethical treatment of animals, and why we keep certain types of animals as pets while we are often indifferent about the animals we eat. It talks of the effects that animal waste has on the environment, the amount of antibiotics that are used on animals, and the pain inflicted on animals. While this book is heavy on the conscience, it also tells us why we should change our minds about eating animals based on the environmental and psychological cost.

Jennifer Lovejoy of Nampa is a self-proclaimed rodeo girl; her family has been raising horses since she was 12. She loves horses and notes that it takes a very dedicated person to own and raise horses because there is a lot of upkeep, it is expensive and they require work every single day. She has also rescued several horses from the humane society and programs that find mistreated horses on neglected farms. She says that besides the typical upkeep of a horse, it's also a lot of work to maintain a good, balanced diet for them. They eat hay, oats and alfalfa, which she sources locally. She only feeds her horses first and second cuts

which she buys from areas around Idaho including Nampa, Caldwell and Payette. The manure from the horses is given to Jennifer's neighbor and used as fertilizer. Jennifer has an entire shed dedicated to publications about horses but her favorites include "*Horseman's Magazine*," "*America's Horse Quarterly Magazine*," "*Range Magazine: The Cowboy Spirit on American Outback*," and books such as **The Whole Horse Catalog** by Steven D. Price (Touchstone, 1998) and **The Horseman's Bible** by Jack Coggins. (Main Street Books, 1984.)

Cheryl K. Shurtleff, is an artist and Professor of Art. She recommended two works by artist Sue Coe: **Dead Meat** (Four Walls, Eight Windows Publishing Co., 1996) and **Sheep of Fools** (Fantagraphics Books, 2005.) **Dead Meat** comprises a visual response to the practices of commercial slaughter and meat-packing, while **Sheep of Fools** responds to the commercial sheep industry. Cheryl says "The two books by Sue Coe are particularly meaningful to me as an artist and in relation to my drawings of animals. Coe is also a friend of mine, and she borrowed a chicken fetus from my 7th grade science project as a source for some of the drawings in **Dead Meat**." Cheryl also recommends **The Sexual Politics of Meat: A Feminist-Vegetarian Critical Theory** by Carol J. Adams (Continuum Publishing Company, 2000) which draws a link between patriarchy, inhumane treatment of animals and violence against women. Cheryl also admires **Dominion: The Power of Man, the Suffering of Animals and the Call to Mercy** by Matthew Scully (St. Martins Griffin, 2003.) Journalist Matthew Scully considers

cruelty and public policy in relation to practices and industries such as hunting, whaling, and factory farming.

In Praise of Chickens

Chris White (CW) is a social worker, an animal lover, and is concerned and conscious about eating right. She and her husband live in Star and maintain a vegetable and flower garden along with a small flock of chickens. Chris loves all aspects of gardening. She creates her own potting soil, biodegrades food in different compost piles and has dabbled with greenhouses. Gardening requires a lot of time and hard work but she finds it rewarding to be able to create sustenance from her own two hands. She enjoys cooking with fruits and vegetables that are delicious and chemical free. Chris and Tracey raise chickens, because "it's easy and we love eating fresh eggs, they are incomparable to those that are in the grocery store and they are much cheaper from my backyard." She adds that the chickens have become family pets and are very entertaining. The Whites have learned a lot about raising chickens from trial and error, online articles and many books. The following are books that Chris has found helpful with chicken raising: **Keeping Chickens: The Essential Guide** by Jeremy Hobson and Celia Lewis (David and Charles Publication, 2007) and **Chickens in Your Backyard: A Beginner's Guide** by Rick Luttmann and Gail Luttmann (Rodale, 1976.)

HB also recommends some chicken books including **City Chicks: Keeping Micro-flocks of Laying Hens as Garden Helpers, Compost Makers, Bio-recyclers and Local Food Suppliers** by Patricia Foreman (Good Earth, 2010) and **The Joy of Keeping Chickens** by Jennifer Megyesi (Skyhorse, 2009.)

cooking & preserving

The Art of Eating by M.F.K. Fisher (Wiley, 2004.) This book is a 50th anniversary reissue of a collection of essays which won the 1989 James Beard Cookbook Award; Fisher herself is one of the most respected food writers of the 20th century. The book was recommended by AS, who notes, "This is truly work of literature to savor. M.F.K. Fisher was a prominent food writer, who began her career in the 1930's. This collection features classics like "How to Cook a Wolf," Fisher's painfully relevant guide to cooking in the Great Depression, and also her playful essays like "An Alphabet for Gourmets," where she not only shares delightful cooking ideas, but also hilarious commentary on dating, coming of age and deeply enjoying life."

KM is modestly described as a stay-at-home mom from Boise. Says Kaisa, "I grew up in a large family that was very active in sports, so eating nutritiously was very important. The only way my mother could put healthy food on the table was to home-can or freeze fruits and vegetables in the summer that would sustain us the rest of the year. My father owned a small farm and he would section off a gracious area for my mother to grow a family garden. She would stash away 100 quarts each of peaches, pears, tomatoes, corn, green and wax beans, and asparagus (which we foraged along the local ditch banks several days for.) I became her sidekick during canning season and learned a valuable tool that I carried over to my adult life. My husband grew up in a similar manner; the elementary school he attended even served up home canned food that the mothers would process to feed the students for the year. "Living on my own, I first started canning in order to cut down on the grocery bill. I even pureed my preserves into baby food

for my children. On occasion, we would purchase items at the store that we would have normally canned. There was no comparison to the flavor of home canned food, so it reinforced our desire to can local fruits and veggies during harvest season. Each summer, I continue to cultivate a small garden teeming with a variety of fresh vegetables. "With more chemicals being used in the planting, growing, harvesting, and preserving of the food our world eats, I become more determined to shop and seek out local alternatives to the big box stores. The basic methods of canning are still appropriate for today. In the last 20 years, we have added gourmet items to our list of "must haves" including: pickled asparagus, dilly beans, roasted tomato and red pepper pasta sauce, specialty jams, etc..."

"Eating sustainably...not only provides great tasting foods with high nutritional value that my kids will actually eat, but it also allows me to control the variety of foods along with the cleaning and processing of what we eat. The amount of sugar and salt can be kept at a minimum and typically there are no preservatives. It's also a conscious effort to reduce the amount of petroleum products that are required to put our food on the table. It was enough of a priority for us to eat this way that we made time to can even when I was working a full time job. Nutrition, health and happiness are essential to me personally, as well as how my devotion to cultivating healthy foods benefits my family." Kaisa shares three of her favorites: **Bread Baker's Apprentice: Mastering the Art of Extraordinary Bread** by Peter Reinhart (Ten Speed Press, 2001.) "Mr. Reinhart exposed me to baking bread that was quite different than recreating Wonder Bread. The art of learning and mastering "every day bread"

as the French refer to it is something extraordinary." **The Blue Chair Jam Cookbook**, by Rachel Saunders (Andrews McMeel, 2010.) "Taking jam to the gourmet level with grandma's techniques. This is an inspiring list of seasonal jams that include local fruit with surprising twists." **The Modern Guide to Pressure Canning and Cooking** (Presto, 1961.) "This booklet has led many generations of my family down the successful path to preserving fruits and vegetables. Its a mainstay in my endeavors to utilize the time saving method of pressure canning. It's helpful tables helps determine pounds of pressure and cooking times for everything under the sun that we would have access to here in Idaho."

Editor's note: while we admire KM's loyalty to the dog-eared booklet referenced above, we have another title to recommend for up-to-date techniques and food safety information. It's **Stocking Up** by Carol Huppung (Touchstone, 1990.) Boiling water and pressure canning, as well as freezing and dehydrating are covered, with reassuringly precise instructions for those who didn't grow up doing this.

Ball Blue Book: A Guide to Home Canning, Freezing and Dehydration (Alltrista, 2004) is also recommended by many, including Shannon Wood, an office supervisor from Burley, who says "Ball Blue Book is the staple for canning fruit, jam, jelly, and vegetables. Written and published by the Ball Company (they make canning jars, lids and containers,) this is the classic reference book. It also has instructions for freezing and dehydrating." Shannon also mentioned that her father would bury carrots during the winter to keep them fresh for longer. He learned this tip from his mother.

Shannon also likes **Creative Pickling at Home: Salsas, Chutneys, Sauces & Preserves for Today's Adventurous Cook** by Barbara Ciletti (Lark Books, 2002.) "Pickling preserves food without all the sugar. This book has all kinds of fun food to pickle; not just cucumbers."

On the subject of pickled and fermented foods, VM recommends **Wild Fermentation: The Flavor, Nutrition and Craft of Live Culture Foods** by Sandor Ellix Katz (Chelsea Green, 2003.) Some of the research for this lovely and practical book was conducted in a rural utopian community of persons with HIV, who seek to explore the healing potential of whole foods and agrarian living.

Cider, Hard and Sweet: History, Traditions, and Making Your Own by Ben Watson (Countryman Press, 2008.) DS, a farmer and rancher from Buhl, has been pressing her own cider since the 1990's, in a hand-made oak press. Debby recalls that pressing the apples has been an event for the family, even when it was so cold her husband had to build a fire in the bark to keep them warm enough to feel their fingers as the pressed the apples into five gallon coolers. Debby would always share her cider with neighbors and friends including her vet. As a thank you, Debby's vet gave her this book after hearing the author on NPR. This book has lots of interesting historical information including the effect of prohibition on cider production. It also has instructional information about safety, production, and storage.

Anne Marks was a kindergarten teacher; she and her husband have been making wine for the last few years. They only use recycled wine bottles that they get from glass recycling bins (essentially they dumpster dive.) They use a turkey deep fryer to steam sanitize them. In the wine making process, Anne tries to mostly use fruits from her garden but also buys some from fruit stands around town. Her favorite wine creations so far have been strawberry rhubarb and plum. Many of the wine recipes that she gets come from websites and suggestions from local brew stores. She also found these books helpful: **The Joy of Home Winemaking** by Terry A. Garry (William Morrow, 1996;) **Winemaker's Recipe Handbook** by Raymond Massaccesi (Massaccesi, 1976;) and **The Way to Make Wine: How to Craft Superb Table Wines at Home** by Sheridan F. Warrick (University of California, 2006.)

Isaac Grambo is a visual/broadcast/media artist, so we're cheerfully accepting his recommendations of television for a reading list. He likes "*Good Eats with Alton Brown*," which covers "The science behind cooking. A highly recommended episode on fish and about eating fish lower on the food chain preserves the sustainability of fish higher up in the food chain." And he likes "*Anthony Bourdain: No Reservations*," in which Bourdain uses "food as an avenue through which he begins to understand cultures."

Nourishing Traditions: The Cookbook that Challenges Politically Correct Nutrition and the Diet Dictocrats by Sally Fallon and Mary Enig (New Trends, 1999.) Grass-fed cattle rancher SC states that of all the cookbooks in the world, this one will show you how to get more nutrients out of your food and will change the way you shop. The book counters low fat diet trends, and insists that animal fats and cholesterol are not only safe, but beneficial and necessary in a healthy diet.

Diet for a Small Planet by Frances Moore Lappe (Ballantine, 1991.) This is a 20th anniversary edition of what is surely one of the most influential books of its day from the perspective of vegetarianism and ecology...if your mother didn't make you eat lentil loaf in the '70's you may not have actually been there. Student activist CS recommends the book, noting "Lappe uses hard facts to convince readers that they should revolutionize their food consumption. Her main concern is the question, 'How much can our planet support?' One pound of beef = 16 pounds of grain and 2,500 gallons of water. She asks you to also consider the energy costs...of producing these animals. This pertains to cattle farms in Idaho because of the economic and environmental costs they have on the areas surrounding them."

Jake Hyer, Food Service Director for Aramark, is partial to "*Cooks Illustrated Magazine*," noting "This magazine is very influential in the education and science of cooking, and to food related safety issues.

"**Fannie Farmer Cookbook** by Fannie Merritt Farmer (Little, Brown and Co., 1965;) or more recently, **The Fannie Farmer Cookbook** by Marion Cunningham (Knopf, 1996) Recommended by Boise accountant Gayle Berry, who says "This is my all time favorite cookbook. My mom had one and used it since I was little." (VM says, "You can divide the world into Fannie Farmer people and Betty Crocker people...but why would you want to?")

Ambivalent omnivore Julie McCreedy (JM2) recommends both **Good Meat** by Deborah Krasner (Stewart, Tabori & Chang, 2010) and the classic **Moosewood Cookbook** by Mollie Katzen (Ten Speed Press, 2000.) Of **Good Meat**, Julie says "...all about meat, but it guides the cook with descriptive information on how to buy beef, lamb and poultry from

sustainable, organic farms and why it is important to do so. The popular 'grass-fed' and 'free range' movements are discussed...there are many recipes." Of **Moosewood Cookbook**, she says "...vegetarian cooking and recipes to make all sorts of sustainable foods, from yogurt to rice pilaf. It is one of the first cookbooks I used as a young person and vegetarian during my early twenties...a time in my life when I was free from many responsibilities. This book brings back many good quiet memories from my past."

Kelli Darrough is a mother and grandmother, and she loves **Beyond Burlap: Idaho's Famous Potato Recipes** by Junior League of Boise, Arthur A. Hart and Tim Woodward (Junior League of Boise, 2003.) Kelli says "This is an excellent cookbook in which Idaho potatoes are used in all of the recipes. It is amazing how many different ways there are to prepare and use potatoes, in a wide variety ranging from main courses to desserts. This is a showcase of the many unique and wonderful ways to use Idaho's famous crop." 🍌

everything else on the plate

Dr. Leslie Madsen-Brooks, Professor of History wrote while "rushing off to class now, so I can't provide much commentary, but I didn't want to forget to send you the names of two of my favorite food books, both by Ruth Ozeki: **My Year of Meats** (Penguin, 1999) one of my absolute favorite books on any topic. Gender, environment, farming, family, multiculturalism—this novel has it all. Humorous and sad and meaningful, all at once. And **All Over Creation** (Penguin, 2004) this one's set on a potato farm in Idaho, and addresses the issue of genetically modified crops (potatoes in particular) through a quirky but sympathetic cast of characters."

BE is a fan of Edward Abbey. He recommends **Desert Solitaire** (Touchstone, 1990) which relates Abbey's experiences and reflections as a park ranger in Arches National Monument in Utah; and **The Monkey Wrench Gang** (Harper Perennial, 2006) a wild ride of a comic novel about environmental activism and sabotage set in the Utah canyonlands, originally published in the 1970's. Readers love Abbey's work for his evocative ways of thinking and writing about the environment; and about specifically western experiences of the land.

Harvest for Hope: A Guide to Mindful Eating by Jane Goodall et al. (Warner Wellness, 2006.) Goodall's critique of today's food practices is recommended by JM1, who says "This is a book that inspired me to think more deeply about how our eating practices can improve the quality of animals' lives, the health of the planet, our own health, and the wellbeing of future generations."

Archeology graduate student JB1 recommends **Fat: The Anthropology of An Obsession** edited by Don Kulick and Anne Meneley (Tarcher, 2005) as well as **Dancing Skeletons: Life and Death in West Africa** by Katherine A. Dettwyler (Waveland, 1993.) These anthropological and ethnographic studies place today's food discourse in a far broader geographical and cultural context.

Art teacher Anneke Reinier likes **Vegan: The New Ethics of Eating** by Eric Marcus (McBooks, 2000.) According to Anneke it concerns food security, in that it explores the risks of a meat and dairy diet; and contains personal accounts which are easy to relate to. And she relies on **Vegan Handbook** edited by Debra Wasserman and Reed Mangels (Vegetarian Resource Group, 2010) which "includes accounts from

historical figures like Benjamin Franklin and articles and recipes for materials that are easy to find in any store."

Jennifer Wulf is a Doula, or labor and childbirth coach, from Meridian. She values **The End of Overeating: Taking Control of the Insatiable American Appetite** By David Kessler (Rodale, 2010) which outlines "the desire to eat versus the eating itself... How these two things are different and why we succumb to the desire to eat." Jennifer also likes **Fat Girl** by Judith Moore (Plume, 2006) "an autobiography that is striking in its honesty about how a person deals with food, self-worth and belonging." And Jennifer recommends **Ina May's Guide to Childbirth** by Ina May Gaskin (Bantam, 2003) which focuses "on the history of childbirth. May gives thoughts and opinions on natural pregnancy, using personal anecdotes."

VM writes, "Recently I fell in love with '*Mother Earth News*.'" The venerable magazine, in print since 1970, is still bringing its readers amazing and indispensable articles such as "Raise Your Own Heritage Turkeys," "Build a Wood Fired Sauna," "Create Your Own Sawmill," "Growing Flowers for Profit," and "Build Your Own Coffin," which you'll be ready to do when you finish all the projects *Mother* suggests.

The **Foxfire** series of books are written and published by Georgia teacher Elliot Wigginton and his students, as a compilation of oral histories on folk living and sustainable practices. The first was published in 1972; 11 other numbered volumes plus companion volumes have been published since. Mrs. April Dorey, a volunteer at a Boise program that feeds the homeless community, recommended **Foxfire 1-7** due to the range of subject matter covering self-sustainability, including "everything from log cabins, hunting, and toy building to snake handling, ghost stories and religious ceremonies."

"*Farm Bureau Quarterly, The Voice of Idaho Agriculture*." A periodical of news and commentary concerning Idaho, national and international agriculture. FBQ lists local tv and radio programming, news releases, links and stories relating to the farming business. The quarterly is described by JM2 as "a somewhat political reference tool for Idaho farmers and local businesses that support large farming groups; however they are an independent publication and advocate freedom and independence for farmers." 🍌

Idaho
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**Book, construed to include
all forms of written language.*

2011: Year of Idaho Food

According to Northwest Food News, "2011: The Year of Idaho Food is a grass-roots, year-long, statewide look at the surprising variety of foods grown in Idaho — and not simply focusing on the foods themselves, but also on the social, economic and environmental significance of those foods." A broad and diverse coalition of organizations and interested parties have sponsored numerous food-related programs and events throughout the year, from markets and feasts to lectures and symposia, uniting food with food for thought. Events planned for November (theme: hunger) and December (theme: food security and food policy) are listed on the Northwest Food News website, <http://www.nwfoodnews.com/>

Symposium on Food Security

In conjunction with the Year of Idaho Food, the new Arts and Humanities Institute at Boise State sponsored a "Symposium on Food Security" in September, subtitled "Sustainable Communities: The Intersection of Food and Art." The keynote speaker was author Gary Paul Nabhan, whose numerous books on local and indigenous foods, endangered foods and food cultures, and sustainability include *Coming Home to Eat: The Pleasures and Politics of Local Food* (W.W. Norton, 2009), *Renewing America's Food Traditions: Saving and Savoring The Continent's Most Endangered Foods* (Chelsea Green, 2008), and *Enduring Seeds: Native American Agriculture and Wild Plant Conservation* (University of Arizona, 2002.) Nabhan shared perspectives of his vast experience and sources of inspiration (including the works of authors Allan Savory, Joan Gussow, Wendell Berry and his frenemy Barbara Kingsolver) with an enthusiastic audience, but stressed that there is "no blueprint,"

and that each community needs to build its own matrix of solutions to the issues of food security. Other speakers included Kathy Gardner, Director of the Idaho Hunger Relief Task Force; sustainable restaurateur Dave Krick, artist and architect Anne Trumble, and Idaho food writer Guy Hand.

In early October, Boise State's annual Distinguished Lecture Series hosted Raj Patel, author of *Stuffed and Starved: The Hidden Battle for the World Food System* (HarperCollins, 2009) and *The Value of Nothing* (HarperCollins, 2010) among other works on economics, agriculture and social justice.

Trailing of the Sheep: Women Writing & Living the West

The very same weekend, Sun Valley, Ketchum and Hailey hosted the 15th Annual Trailing of the Sheep festival, which celebrates the history, traditions, and food of sheepherding cultures in Idaho and the world. This year the festival hosted its inaugural symposium on "Women Writing & Living the West," described by its organizers as "a day of sharing, listening, learning and preserving memories through storytelling and writing." A distinguished panel of authors led the program, including Teresa Jordan (editor of *The Stories That Shape Us: Contemporary Women Write About the West*), rancher/poet/essayist Linda Hasselstrom, rancher/poet/essayist Linda Hussa, rancher/author Diane Josephy Peavey, and filmmaker/rancher/author Annick Smith. Each panelist read from their work in poetry and prose; and thematic links quickly emerged regarding the joys and difficulties of the ranching life, especially for women who have historically played a crucial but underacknowledged role in ranching life; and who have too often faced the obstacles of bitter gender discrimination when they sought to

operate in the patriarchal business of ranching. This theme was made even more vivid by the second panel, in which a number of women ranchers and women from agrarian backgrounds related their own stories. In the afternoon, members of the sold-out audience were encouraged to share their own stories; and then broke out into small groups, led by the panelists, to begin the work of writing their stories. Judging by the enthusiastic interest in the event and the moving quality of the program, it seems highly desirable that "Women Writing & Living the West" should become a perennial feature of "Trailing of the Sheep." SB



Mongolia, 1932
"Learning to read the Latin Alphabet."

This issue of the Idaho Center for the Book Newsletter is an experiment in collective research and writing, and mildly autocratic editing. In addition to contributors named in the context of the writing, we would like to warmly thank **Research Contributors:** Amaura Mitchell, Sally Novotny-Paulson, Jenn Pedregon, Karl Henke, Julie McCreedy, Alex Wonder, Genna Kohlhardt, Chelsea Hopla, Jessica Hambleton, Elise Robbins, Jessica Johnson, Victoria Wood, Jessica Clark, Carter Aberasturi, and Dyan Munson. **Editor:** Stephanie Bacon