

Suggested reading

The 100 Mile Diet: a Year of Local Eating by Alisa Smith

Locavore: From Farmers' Fields to Rooftop Gardens: How Canadians are Changing the Way we Eat by Sarah Elton

The Boreal Feast: A Culinary Journey through the North by Michele Genest

Animal, Vegetable, Miracle: a Year of Food Life by Barbara Kingsolver

Speaking in Cod Tongues: A Canadian Culinary Journey, by Lenore Newman

Arab Cooking on a Prairie Homestead: Recipes and Recollections from a Syrian Pioneer, by Habeeb Salloum

Antarctic Book of Cooking and Cleaning, by Wendy Trusler

Baba's Babushka: A Magical Ukrainian Christmas by Marion Mutala, illustrated by Wendy Siemens

Canada's Wheat King: The Life and Times of Seager Wheeler by Jim Shilliday

Cream Money: Stories of Prairie People, edited by Deana Driver

The Female Emigrants Guide by Catherine Parr Trail

Food that Really Schmecks by Edna Staebler

Letters from Nokomis: Life on a Homestead in Saskatchewan by Julie Feilberg

Making Beignes with Kokum by Angela Caron and Wilfred Burton

More Babas, Please! by Marion Mutala, illustrated by Olha Tkachenko

Mustard Makeovers and More by Linda Braun and Kim Kennet

A Prairie Feast by Amy Jo Ehman

Season of Plenty by Doreen Bleich

Secrets of a Hutterite Kitchen: Unveiling the Rituals Traditions and Food of the Hutterite Culture by Mary Ann Kirkby

Taste: Seasonal Dishes from a Prairie Table by CJ Katz