

The Dairy-Free Library: Earth Day-Worthy Books for Food Lovers

Earth Day may fall on April 22nd this year, but I think we would all love to make some Earth Day resolutions that last throughout the year. Since food is always forefront on my mind, one of the first things I began thinking about was eating consciously. Sure, I do okay, but I could certainly do much better. In fact, there are a few books that I am planning to give a first or second look. Two are cookbooks that focus on eating seasonally, *Local Bounty* and *The Veggie Queen*. Their recipes are vegetable and fruit-centric (and delicious I might add!), and the chapters are divided by season. Eating seasonally will not only yield tastier results (have you ever had an out of season strawberry? bleh!), but seasonal produce is often grown closer to home, requiring less travel, less energy, less pollution, etc. to get to your plate.

For overall awareness of how what we eat affects the environment, I found *Grub* by Anna Lappé and Bryant Terry (he also has a new cookbook out, *Vegan Soul Kitchen*) to be an encouraging eye opener. And though I haven't yet read *Food Matters* by Mark Bittman, I plan to for my first Earth Day resolution.