

**Association of Children’s Librarians of Northern California 2012 Institute -
“Eat the Library,” on How Libraries and Food Justice Organizations Can Work
Together to Make Food Healthy, Safe, and Available in Their Communities”**



An Annotated Bibliography for the 2012 Institute – Friday, April 13, 2012, Oakland Public Library, CA

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INTRODUCTION

At our local libraries we see families with food-related issues on a regular basis:

- Middle schoolers eating fast food and junk food every day after school
- Children in the library all day during summer vacation with no lunch or snack
- Families asking for references to food banks and related resources
- Teachers who need books and materials on healthy eating and nutrition
- Families living in “food deserts,” who ask for locations to farmers’ markets
- Parents inquiring on how to start a backyard vegetable garden
- Tweens and teens who would like information on how to start a food drive for those in need

We see it on a daily basis – children coming into the library as a place to do their homework, spend time doing positive recreational activities, and find a safe location to wait for a family member. Often these children are hungry – especially on the weekends or during school vacations, when school lunches are not an option. So libraries can be a resource for families to find out about other agencies that can help them, including food banks. But we can also help by offering materials on growing vegetables if they have a garden, and by having books that promote healthy eating. The ACL Institute often focuses on a type of book with authors and illustrators as our speakers, but we also include speakers on the sociological aspects of those we serve, from information on a middle schooler’s brain development, to the rights of children, or the need to offer materials that may be challenged by censors. The 2012 Institute is not so much about books as has been done in the past, but is about other resources we can offer on this timely and important subject – food justice. From accessing food for those in need, to offering ways for a family to start a garden, to promoting healthier eating habits, this Institute hopes to address a crucial problem that many of our families are encountering.

The need for food and healthy eating is as essential to a child’s development as air, water, and great books. So this Institute will feature several speakers that routinely help families obtain access to healthy foods. Our speakers include:

- Barbara Finnin, Executive Director of City Slicker Farms
- Suzan Bateson, Executive Director of the Alameda County Food Bank
- Sandi Storch, Alameda County Women, Infants, and Children Senior Program Specialist/Breastfeeding Coordinator
- Nikki Henderson, Executive Director of People’s Grocery
- Jumoke Hinton Hodge, Program Director of the People’s Grocery
- Representatives from the Seed Folks Seed Lending Library
- Jeanine Asche from the San Mateo County Library
- Chris Vance, creator of the Pacifica Sanchez Library Garden
- Other agencies offering advice on how libraries can help families access food and nutrition resources

As you leave this Institute, we offer this bibliography as a resource you can use to continue the important goal of helping the community access healthy foods. There is a list of Bay Area organizations with which a library can form a partnership, publicizing the resources of food banks, community gardens, seed libraries, or other agencies. There is also an extensive list of books and materials that you can offer patrons, including stories that promote healthy eating, instructional materials on growing a vegetable garden and cooking, and books on how to put together a food resource program at your library.

An Institute takes a team to put together all the components of a successful program. Thanks to everyone who contributed to the bibliography, especially Martha Shogren who offered the majority of the entries, and Penny Peck for putting it together. Thanks to Erica Siskind and the staff of the Rockridge Branch of the Oakland Public Library for hosting the event, and to Sherry Kumler for coordinating registration. Thanks to Nina Lindsay, Celia Jackson, Susan White, and other ACL members for the refreshments, for what would a workshop on food resources be without food to sustain us? Thanks also to Kathy Haug, Nina Lindsay, Penny Peck, and Ana-Elba Pavon for their help in planning.

The Association of Children's Librarians of Northern California welcomes all our Institute attendees and hope you find the program useful and enjoyable!

Sincerely,

Amy Martin, ACL Vice President and Institute Chair

About ACL: The Association of Children's Librarians of Northern California is an organization of dedicated professionals working to provide excellent library service and collections to children and young adults. Founded in the 1930's by public and school librarians, the group meets monthly to review and discuss books for young readers. Without their enthusiasm and commitment, the annual Institute and its accompanying bibliography would not happen.

2012 Institute – Organizations on Food Justice

Alameda County Community Food Bank

<http://www.accfb.org/>

Learn how to organize a food drive, or where you can refer families in need of food assistance programs.

Bay Area Hunger

<http://bayareahunger.org/>

A collaboration of eight Bay Area food banks serving 11 Northern California counties, they offer resources to over 1,500 food pantries and other programs.



City Slicker Farms

<http://www.cityslickerfarms.org/>

With a goal of empowering the community to meet the need for healthy organic food, City Slicker Farms helps residents of West Oakland create urban farms and backyard gardens.

Food Bank of Contra Costa and Solano

<http://www.foodbankccs.org/>

Resources for access to affordable, nutritious food for low-income individuals are available at this site.

Network for a Healthy California: Bay Area Region

http://www.barnn.org/d_resources_nutrition.htm

The Bay Area Region provides a wealth of nutrition resources to organizations across the Bay Area, which serve low-income communities, including school resource kits and healthy vending toolkits.

Pacifica Sanchez Library Garden

http://ucanr.org/sites/MGsSMSF/Programs/Pacifica_Sanchez_Library_Garden_798/

Dedicated to reaching out to local communities to promote healthy gardens, and grow fruits and vegetables to help low-income seniors.

People's Grocery

<http://www.peoplesgrocery.org/>

With a mission to improve the health and economy of West Oakland through the local food system, People's Grocery has several programs to help the community access healthy food.

San Francisco and Marin Food Bank

<http://www.sffoodbank.org/>

Operating several programs to get fresh food to those in need, the SF Food Bank reaches nearly 225,000 people.

Second Harvest Food Bank of Santa Clara and San Mateo Counties

<http://www.shfb.org/>

Dedicated to ending local hunger, Second Harvest partners with local groups to connect people with nutritious food, nearly half of it fresh produce.

Seed Folks Seed Lending Library

<http://www.theseedfolks.org/index.html>

Seed Folks is a volunteer organization that encourages neighbors to grow their own produce, and to share seeds.

Women, Infants, and Children

<http://www.cdph.ca.gov/programs/wicworks/Pages/default.aspx>

WIC is a federally funded health and nutrition program for women, infants, and children. Many of our families may not be aware of their services, which include providing funding for the purchase of healthy food, and offering nutrition education.

ACL INSTITUTE 2012 ON FOOD JUSTICE - BOOKS AND MATERIALS

PICTURE BOOKS

Anderson, Sara

Fruit

Handprint Books, 2007

Anderson's cheerfully illustrated, sturdy board pages show a variety of fruits. This provides a fun way to introduce fruits to the very youngest children.

Anderson, Sara

Vegetables

Handprint Books, 2007

Anderson's cheerfully illustrated, sturdy board pages show a variety of vegetables. This provides a fun way to introduce vegetables to the very youngest children.

Ayres, Katherine

Up, Down and Around

Westcott, Nadine Bernard, illus.

Candlewick, 2007

A garden produces edible plants; some grow up, some grow down and some twist around.

Barron, Res

Showdown at the Food Pyramid

Putnam, 2004

When snack foods take over the Food Pyramid and make it collapse, the various food groups join together to chase them away.

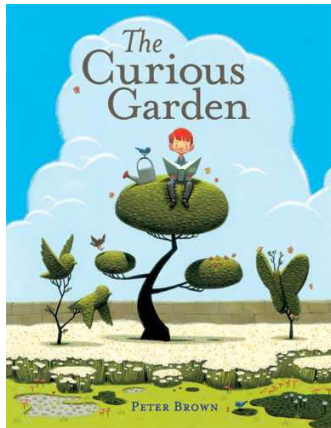
Blackstone, Stella

Making Minestrone

Brooks, Nan, illus.

Barefoot Books, 2000

A lively group of children pick vegetables from the garden to make a special soup.



Brown, Peter.

The Curious Garden

Little Brown, 2009

In a gray urban setting, young Liam discovers a scraggly garden on an elevated railway and proceeds to nurture it so that it spills over into the neighborhood

DiSalvo-Ryan, Dyanne

City Green

Morrow, 1994

Marcy and Miss Rosa campaign to turn a vacant lot into a community garden.

Durant, Alan

Burger Boy

Matsuoka, Mei, illus.

Clarion, 2006

Mom's prediction comes true when Benny, who hates vegetables and eats only hamburgers, turns into one.

Ehlert, Lois

Eating the Alphabet: Fruits and Vegetables from A to Z

Harcourt, 1989

Children will delight in this colorful and vibrant collection of fruits and vegetables. Everything from apricot and artichoke to yam and zucchini is represented; the book is organized alphabetically.

Ehlert, Lois

Growing Vegetable Soup

Red Wagon Books, 2004

A father and child grow vegetables and make them into a delicious soup.

Falwell, Cathryn

Mystery Vine: a Pumpkin Surprise

Greenwillow, 2009

When a mysterious vine appears in the garden, the young gardeners watch and wait. Aha! A pumpkin. Includes recipes.

Florian, Douglas

Vegetable Garden

HBJ, 1991

A family plants a vegetable garden, tends it so it grows into a rich harvest.

French, Vivian

Oliver's Vegetables

Bartlett, Alison, illus.

Orchard, 1995

When grandfather picks vegetables from his own garden, Oliver learns to eat vegetables other than potatoes. Fresh is best!

Garland, Sarah

Eddie's Garden: and How to Make Things Grow

Frances Lincoln Children's Books, 2004

Eddie and his mother produce vegetables for their family in the vegetable garden. Young readers will find tips for doing the same in their own gardens or in container gardens.

George, Lindsay Barrett

In the Garden: Who's Been There?

Greenwillow, 2006

As Jeremy and Christine pick vegetables for dinner, they notice who has been in the garden before them.

Gourley, Robbin

Bring me some apples and I'll make you a pie: a story about Edna Lewis

Clarion, 2009

From spring through winter's beginnings, Edna's family gathers fruits, berries and vegetables from the fields of their farm. Edna Lewis went on to become a famous chef. Recipes included.

Henkes, Kevin

My Garden

Greenwillow, 2010

A young gardener imagines what her ideal garden would be like, including tomatoes as big as beach balls and chocolate rabbits (so they can't eat the lettuce).

Iwai, Melissa

Soup Day

Henry Holt, 2010

Mother and child gather vegetables and prepare soup on a cold and snowy day.

Lin, Grace

The Ugly Vegetables

Charlesbridge, 1995

A little girl thinks all her mom's vegetables are ugly until she tastes the delicious Chinese soup.

McClure, Nikki

To Market, To Market

Abrams, 2011

Mother and son visit the farmers' market, checking off items on their shopping list and discovering how each particular food is grown or produced.

Milway, Katie Smith

The Good Garden: how one family went from hunger to having enough

Daigneault, Sylvie, illus.

Kids Can Press, 2010

Eleven-year-old Maria Luz and her family have a small farm in Honduras. While her father seeks work elsewhere, Maria tends the garden they need for food.

Milway, Katie Smith

One Hen: how one small hen made a big difference

Fernandes, Eugenie, illus.

Kids Can Press, 2008

Based on a true story, this tells how one Ghanaian boy buys a chicken with a small loan and manages to lift his family from poverty.

Ray, Deborah Kogan

Lily's Garden

Roaring Brook, 2002

Lily, who lives in Maine, exchanges seed and gardening successes with her grandmother in California.

Reggier, DeMar

Good Food

Clar, David Austin, illus.

Childrens Press, 2005

A boy grocery-shops for nutritious foods with his Dad and helps cook dinner for the family.

Rosa-Casanova, Sylvia

Mama Provi and the Pot of Rice

Roth, Robert, illus.

Atheneum, 1997

When Lucy gets chicken pox, her grandmother Mama Provi brings a feast of *arroz con pollo* to her. Along the way, Mama Provi trades bowls of her *arroz con pollo* for other foods the neighbors make, resulting in a varied and delicious feast for Mama Provi and Lucy

Rosenberry, Vera

Who Is In the Garden?

Holiday House, 2001

A young and curious African American boy invites the reader to enter the garden through the gate. All sorts of interesting things are to be found there, including a snake, a mantis, a turtle, sunflowers, crisp cabbages, and a bean teepee. OP.

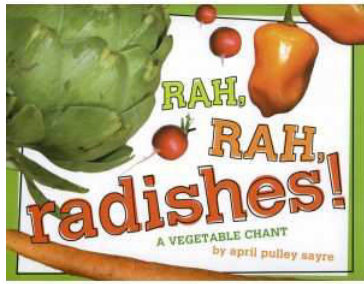
Rylant, Cynthia

Brownie and Pearl Grab a Bite

Biggs, Brian, illus.

Beach Lane, 2011

A little girl and her cat enjoy a lunch of cheese, apples, crackers and milk.



Sayre, April Pulley

Rah, Rah, Radishes! A Vegetable Chant

Beach Lane, 2011

Photographs of vegetables with accompanying rhymes celebrate vegetable in color and taste.

Schwartz, Roslyn

The Vole Brothers

Owlkids, 2011

Two brothers are very busy trying to find something to eat without being eaten themselves.

Small, David

The Gardener

FSG, 1997

After her father loses his job, Lydia Grace Finch is sent to live with her curmudgeonly Uncle Jim in the city. She brings her love of gardening with her in the form of a suitcase filled with seeds, and slowly transforms the atmosphere in her uncle's bakery with the lovely flowers she grows. But can she do enough to make even her Uncle Jim smile?

Spinelli, Eileen

Miss Fox's Class Shapes Up

Kennedy, Anne, illus.

Whitman, 2011

Miss Fox teaches her students that healthy eating and exercise can help them win on Field Day.

Wallace, Nancy Elizabeth

Seeds! Seeds! Seeds!

Marshall Cavendish, 2004

Buddy Bear learns about different kinds of seeds and how they are used.

Wellington, Monica

Pizza at Sally's

Dutton, 2006

With vegetables from her own garden and other fresh ingredients, Sally makes hot, bubbly pizzas to take home or eat in her pizzeria.

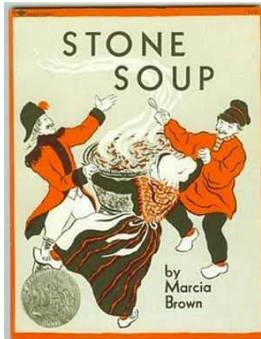
Wright, Michael

Jake Goes Peanuts

Feiwel and Friends, 2010

In order to make Jake eat something besides peanut butter, his parents declare "peanut butter week." How about Peanut Butter Soup, Peanut Butter Pot Roast, or even Peanut Butter Dog Food?

FOLKLORE



Brown, Marcia

Stone Soup: an Old Tale

Atheneum, 1947

Three soldiers gently manipulate a village to share their meager food stores to create a soup to feed the entire town in this Caldecott Honor classic.

Galdone, Paul

The Magic Porridge Pot

Clarion, 1979

Galdone's retelling of the tale features not only a magic porridge pot, but also a girl who forages for nuts and berries and a community that learns to share what it has. OP

Mollel, Tolowa M.

Ananse's Feast: an Ashanti Tale

Glass, Andrew, illus.

Clarion, 2002

Ananse is unwilling to share his feast until Akye the turtle finds a way to get even.

Robbins, Ken

Food for Thought: the Stories Behind the Things We Eat

Roaring Brook, 2009

Cultural history and photos combine to describe the myths associated with the food we eat. Better for browsing than for research; the photographs will draw an audience, and are a highlight.

FICTION

Davies, Nicola

Welcome to Silver Street Farm

McEwen, Katharine, illus.

Candlewick, 2012

First in a series imported from England, three friends create a farm in the city by adapting an abandoned railway station.

Gutman, Dan

Mrs. Leakey is Freaky

Paillot, Jim, illus.

Harper, 2011

The new health teacher forces the students to eat healthy foods and exercise.

Havill, Juanita

Grow: a Novel in Verse

Peachtree, 2008

Two girls forge a friendship while working on a community garden in Minneapolis; a proposed parking garage threatens the garden.

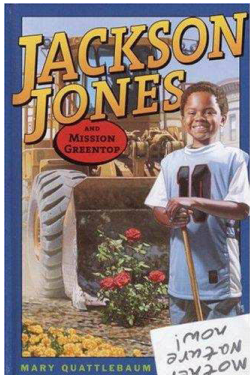
Muldrow, Diane

A Measure of Thanks

Poltak, Barbara, illus.

G and D, 2007

When Molly throws herself into planning a fundraiser to benefit America's Second Harvest, she faces a personal dilemma. One of a series by this pair called DISH: a group of girls learning to cook and start a business.



Quattlebaum, Mary

Jackson Jones and Mission Greentop

Delacorte, 2004

At first, Jackson is not too pleased when his mom gets him a plot in the community garden for his birthday, but he is moved to defend the whole garden when it is threatened by developers.

Rawlings, Margaret

The Secret River

Dillon, Leo and Diane, illus.

Atheneum, 2009

Calpurnia and her dog catch enough fish from the river to feed, not only her neighbors, but the forest creatures as well.

Shecter, Ellen

The Big Idea.

Dorsey, Bob, Illus.

Hyperion, 1996

Luz Mendez is determined to turn a vacant lot into a garden like her grandmother's in Puerto Rico.

POETRY

Mora, Pat

Yum! MMMM! Que Rico! America's Sproutings

Lopez, Rafael, illus.

Lee & Low, 2007

Haiku poems celebrate food indigenous to the Americas, accompanied by information on each food's origin.

Rosen, Michael, ed.

Food Fight: Poets Join the Fight Against Hunger with Poems about Their Favorite Foods

Harcourt, 1996

Thirty-three contemporary American poets contribute original verse in support of the anti-hunger organization Share Our Strength. OP.

Shannon, George

Busy in the Garden: Poems

Williams, Sam, illus.

Greenwillow, 2006

Short poems and riddles celebrate seeds and gardens.

NON-FICTION

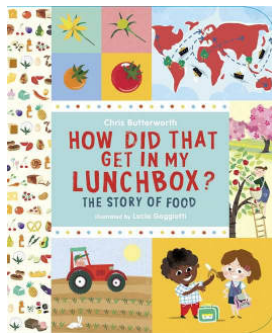
Anderson, Judith

Once There was a Seed

Gordon, Mike, illus.

Barrons, 2010

The life cycle of plants is described, from the seed sprouting roots and leaves to becoming a mature plant which produces more seeds.



Butterworth, Christine

How Did That Get in my Lunchbox: the story of food

Gaggiotti, Luella, illus.

Candlewick, 2011

Examining how each item in the lunch was made, this explains how common foods are produced. With health tips and basic food groups.

Chancellor, Deborah

Healthy Eating

Crabtree, 2010

Children are told why a healthy diet is important and what foods and combinations of food are best to stay healthy.

Creasy, Rosalind

Blue Potatoes, Orange Tomatoes: how to grow a rainbow garden

Heller, Ruth, illus

Sierra Club, 1994

Learn how to grow and plant colorful vegetables (currently known as heirloom plants) including red corn, yellow watermelon and multicolored radishes.

Doeden, Matt

Eat Right: how you can make good food choices

Desrocher, Jack, illus.

Lerner, 2009

Giving delicious examples of foods, this encourages healthy eating.

Ichord, Loretta Frances

Double Cheeseburgers, Quiche and Vegetarian Burrito: American cooking from the 1920's through today

Ellis, Jan Davey, illus.

Millbrook, 2007

From wartime rationing and victory gardens, vegetarianism, organic foods to hold the fat, hold the carbs, hold the cholesterol -- All the changes in diet through the century to today.

Gibbons, Gail

The Vegetables We Eat

Holiday, 2007

In simple text and illustrations, the reader learns about vegetables people eat.

Haduch, Bill

Food Rules: the stuff you munch, its crunch, its punch and why you sometimes lose your lunch

Stromoski, Rick, illus.

Dutton, 2001

Well-organized book on food and nutrition that is full of stories, recipes, jokes and facts about food.

Hughes, Meredith Sayles

Green Power: leaf and flower vegetables

Lerner, 2001

Describes the history, growing needs, uses and food values of green vegetables, including cabbage, broccoli, artichokes, endive and lettuce. With recipes.

Hughes, Meredith Sayles

Stinky and Stringy: stem and bulb vegetables

Lerner, 1999

The history and uses of stinky bulbs: onions, garlic, leeks, shallots and of stalk vegetables: celery, asparagus and rhubarb. With recipes.

Kielburger, Marc

Take action!: a guide to active citizenship

John Wiley, 2002

Full of valuable tips on how young people can make a difference in the lives of people in need, including homelessness and hunger.

Krezei, Cindy

Kids' Container Gardening: year-round projects

Curtis, Bruce, photos

Ball Pub., 2005

Using bowls, glasses, pots, even old hats, here is a guide to growing plants and vegetables all year round.

Leedy, Loreen

The Edible Pyramid: good eating every day

Holiday, 2007

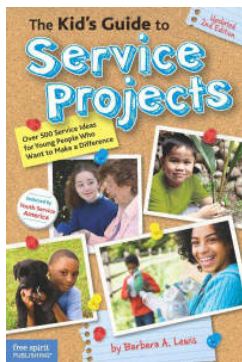
The Edible Pyramid is a restaurant dedicated to mouth-watering foods built around the food pyramid.

Lerner, Carol

My Backyard Garden

Morrow, 1998

A month to month list guides the young gardener through starting and maintaining your own vegetable garden.



Lewis, Barbara A.

The Kid's Guide to Service Projects: over 500 service ideas for young people who want too make a difference

Lee, Michelle, illus.

Free Spirit, 2009

Encourages young people to volunteer for community service in many areas, including hunger, homelessness, community gardens.

Loves, June

Vegetables.

Chelsea Clubhouse, 2005

Vegetables from seed to table with tip for gardeners.

Macken, JoAnn Early

Flip, Float, Fly: seeds on the move

Paparone, Pam, illus.

Holiday, 2008

With lush illustrations, this demonstrates the various ways seeds naturally distribute themselves.

Morris, Karyn

The Kids Can Press Jumbo Book of Gardening

Kurusu, Jane, illus.

Kids Can Press, 2000

Everything you need to know about organic gardening at home, at school and on a balcony.

Neihaus, Alisha

My Food Pyramid

DK, 2007

Colorful guide to the new food pyramid.

Peterson, Cris

Seed, Soil, Sun: Earth's recipe for food

Lundquist, David, photos

Boyd's Mills, 2010

Agriculture is the main subject here, showing not only how seeds germinate but also about the soil and the creatures in the soil.

Pollan, Michael

Food Rules: an Eater's Manual

Maira Kalman, illus.

Penguin, 2011

Though considered an adult book, it has charming illustrations by Kalman and the information is presented in small bites. The only content at all inappropriate for children is the two-page spread on drinking wine with a meal.

Senker, Cath

Poverty

World Almanac Lib, 2007

Poverty is a worldwide problem affecting health, education, and the environment. This book discusses ways NATO hopes to solve it.

Shaefer, Lola M.

Pick, Pull, Snap! : where once a flower bloomed

George, Lindsay Barrett, illus.

Greenwillow, 2003

This describes how various plants, such as peanuts, corn and raspberries, are produced as the plants grow, create seeds and finally bear fruit.

Sterling, Kristin

Exploring Seeds

Lerner, 2012

Discusses the physical traits, functions and uses of seeds.

Taylor-Butler, Christine

The Food Pyramid

Children's Press, 2008

A guide to proper nutrition is combined with an explanation of the new food pyramid.

Wade, Mary Dodson

Seeds Sprout

Enslow, 2009

Describes all the parts of a seed, where it comes from, how it grows and how it travels.

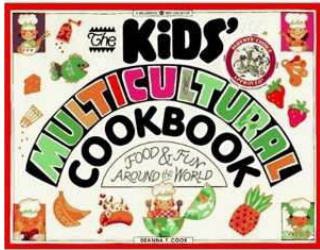
Zoehfeld, Kathleen Weidner

Secrets of the Garden: food chains and the food web in our backyard

Knopf, 2012

Depicts a family of four who make their garden their summer home as they prepare the soil, plant seeds, water the garden, and watch for a harvest of vegetables.

COOKBOOKS



Cook, Deanna F.

The Kid's Multicultural Cookbook: food and fun from around the world

Kline, Michael, illus.

Williamson, 2008

The author traveled around the world asking kids about their favorite foods. The recipes are clear and easy to follow.

Fauchald, Nick

Holy Guacamole! And Other Scrumptious Snacks

Picture Window Books, 2008

Illustrated with step-by-step instructions, this easy to use cookbook offers 14 recipes, an introduction to the food pyramid, and ideas for healthy eating.

Fauchald, Nick

Indoor S'Mores: And Other Tasty Treats for Special Occasions

Picture Window Books, 2008

Recipes for 14 special occasion treats are served up in this easy to use cookbook.

Kushner, Malcolm L

California Squisine: Healthy Food That's Fast and Fun for Kids

Robert D. Reed Publishers, 2010

Over 100 kid-friendly recipes also promote healthy eating, often advising the diner to squeeze a little sauce or dip onto fruits and vegetables as a snack.

Lock, Deborah, ed.

Grow it, Cook it

DK, 2008

First you grow it, then you harvest and prepare it; a cookbook with appealing recipes kids grow and cook.

Stern, Sam

Get Cooking

Candlewick, 2009

More than 100 recipes are included in this cookbook by British celebrity teen chef Sam Stern, enhanced with numerous color photos and clear instructions.

Stern, Sam

Real Food, Real Fast

Candlewick, 2008

British teen chef Sam Stern serves up easy to prepare recipes that will motivate tweens and teens to make their own meals rather than eat fast food. Filled with color photos.

Wagner, Lisa

Cool Lunches to Make and Take: easy recipes for kids to cook

ABDO, 2007

Recipes here intend to be not only easy but nutritious and delicious variations on foods to make for lunch at home or to take to school.

Witherspoon, Jack

Twist it up: more than 60 delicious recipes from an inspiring young chef

Giblin, Sheri, photos

Chronicle, 2011

Eleven-year-old Jack got the chef bug while watching the Food Network during leukemia treatments. His recipes are easy, nutritious and fun. He has organized Food Fests to aid leukemia research.

PROFESSIONAL READING

Danks, Sharon

Asphalt to Ecosystems: Design Ideas for Schoolyard Transformation

New Village Press (2010)

This color guidebook for designing and building natural schoolyard environments will help teachers and librarians transform a yard into an area that enhances play, learning, and nutrition.

Hannemann, Monika

Gardening with Children

Tomasello, Sam, illus.

Brooklyn Botanic Garden, 2011

More than forty gardening- and plant-related projects are included in this helpful introduction to gardening with children.

Hanson, David and Edwin Marty

Breaking Through Concrete: Building an Urban Farm Revival

Hanson, Michael, photos

University of California Press, 2012

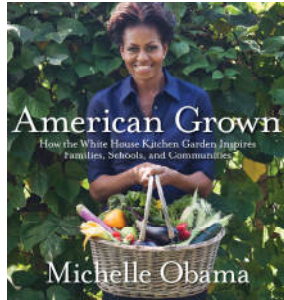
The Hansons visited twelve urban gardens across the country; each is featured in an essay. Photos and how-to advice round out the book.

Kirby, Ellen and Elizabeth Peters, editors

Community Gardening

Brooklyn Botanic Garden, 2008

Practical advice abounds in this collection of ten essays that cover the pros and cons of several different types of community gardens. Kirby and Peters have created a handy guide for anyone getting started in community gardening.



Obama, Michelle

American Grown: The Story of the White House Kitchen Garden and Gardens Across America

Crown, 2012

First Lady Michelle Obama describes how she planted a kitchen garden on the South Lawn of the White House, as part of her mission to help families eat better. Filled with photos, this could inspire schools and libraries to create community vegetable gardens.

Smith, Jeremy N.

Growing a Garden City: How Farmers, First Graders, Counselors, Troubled Teens, Foodies, a Homeless Shelter Chef, Single Mothers, and More are Transforming Themselves and Their Neighborhoods Through the Intersection of Local Agriculture and Community – and How You Can, Too

Skyhorse Publishing, 2010

Fifteen people tell how local food, farms, and gardens changed their lives and community; seven in depth "How It Works" sections offer advice on how to help your community grow and distribute healthy food.

Waters, Alice

Edible Schoolyard: A Universal Idea

Liitswager, David, photos

Chronicle Books, 2008

Describes the "edible schoolyard" concept that was created by renowned local author Alice Waters and teacher volunteers who put together a garden from scratch at a middle school in Berkeley, CA. The concept is now being used in a number of schools as part of the curriculum.

Winne, Mark

Closing the Food Gap: Resetting the Table in the Land of Plenty

Beacon Press, 2008

Winne's scholarly account explores the causes for the difficulties many have in getting access to reasonably priced, good-quality food. Some of his solutions will take time and political action for implementation, as he feels that sweeping changes in policy reform are needed. Food activists will find much to chew on here.

MEDIA- DVD

Cooking and Children: a Learning Activity

Learning Zone Xpress, 2011

In this half hour instructional DVD, children learn about nutrition by making healthy snacks, including sweet potato dip and rainbow salad.

Eating for Your Future

Discovery Channel School, 2005

An overview of the effects of nutrition on teens, encouraging healthy eating habits.

The Garden

Oscilloscope Pictures, 2009

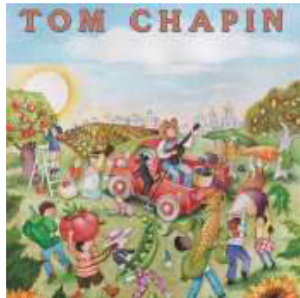
In South Central Los Angeles, The Garden is a 14 acre community garden that began after the 1992 riots. This 80 minute documentary chronicles the fight to keep the garden intact after the city sells it to developers.

Lunch Lady's Guide to the Food Pyramid

Mazzarella Media, 2011

A humorous cooking show for kids provides information about the new food pyramid, obesity, diet, and exercise.

MEDIA- Recordings



Chapin, Tom

Give Peas a Chance

Sundance Music, 2011

A dozen joyous songs on eating healthy are served up by this Grammy-Award winning children's musician.

Fink, Cathy

Bon Appetit! Musical Food Fun

Rounder Kids, 2003

Singer-songwriter Fink and her collaborator Marcy Marxer offer 16 songs focusing on nutrition and healthy eating for children.

LaPow, Gary

Food 'n' Fun: A Rockin' Celebration of Good Eatin'

Springboard Records, 2005

Bay Area children's singer-songwriter LaPow brings his energy to songs about the benefit of healthy eating for children.