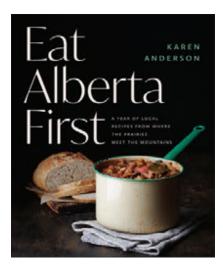
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SPRING 2023





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# **Eat Alberta First**

A Year of Local Recipes from where the Prairies Meet the Mountains

## Karen Anderson

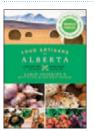
Equal parts cookbook and manifesto, this beautifully photographed collection is the ultimate guide to local eating in Alberta all through the year.

Eat Alberta First presents 90 tried and true recipes in celebration of Alberta's farmers, ranchers, and food artisans. Alberta Food Tours founder and enthusiastic locavore Karen Anderson's love of her province is enriched with the experience gained during her extensive global travels. Organized around uniquely Alberta seasons (including "Cabin Fever" and "Harvest Hurry Up"), with mini workshops on sourdough, foraging, and canning, gorgeous food and landscape photography, and an Alberta food sourcing list, the book is designed to help the home cook build reliance on their skills and on the province's food producers.

Beginning with detailed lists of pantry essentials and an introduction to the skill levels each recipe is organized by, Karen then takes readers through the seasons, from the depths of winter (when the tough get baking), through always dicey springs, full-on summer, harvest, and batch prepping for a busy fall. The book concludes with a chapter dedicated to hosting a diversity of feasts all year round.

Learn to make Morel Mushroom Cheese Spread, Never the Same Way Twice Coleslaw, Slow-Cooked Alberta Bison, Long Life Noodles with Greens, the ultimate charcuterie board, Festive Vegetable Biryani, Summer's Every Fruit Cake, and many many more. We think you'll find Karen's gusto and belief in the power of local truly inspiring.

**Karen Anderson** is a Taste Canada, IPPY, and World Gourmand award-winning writer for *A Spicy Touch* and *Food Artisans of Alberta*. She founded Alberta Food Tours in 2006 after a 21-year nursing career. She lives in Calgary with her husband. Find her at sayouritall.com or albertafoodtours.ca.



Food Artisans of Alberta 9781771512466, \$25.00



Only in Saskatchewan 9781771513555, \$45.00



A Spicy Touch 9781771513333, \$40.00



# **Crip Up the Kitchen**

Tools, Tips and Recipes for the Disabled Cook

### **Jules Sherred**

A comprehensive guide and recipe collection that brings the economy and satisfaction of home cooking to disabled and neurodivergent cooks.

**cripping / crip up:** A term used by disabled disability rights advocates and academia to signal taking back power, to lessen stigma, and to disrupt ableism as to ensure disabled voices are included in all aspects of life.

The kitchen is the most ableist room in the house, but with three key tools—the electric pressure cooker, air fryer, and bread machine—Jules Sherred strives to make it an accessible and enjoyable space for the disabled and neurodivergent cook.

Crip Up the Kitchen includes 50 recipes, guidelines for pantry prep, meal planning, shopping, kitchen organization, and tips for cooking safely, all taking into account varying physical abilities and energy levels. Organized from least to greatest effort (or from 1 to "all your spoons," for spoonies), beginning with spice blends and bases, Jules presents thorough, tested, inclusive recipes for making favourites like butter chicken, Jules's Effin' Good Chili, Thai winter squash soup, roast dinners, matzo balls, pho, samosas, borshch, shortbread, lemon pound cake, and many more.

Including a step-by-step guide to safe canning, a list of useful tools and gadgets, a template for prepping your freezer and pantry for post-surgery, food histories, complete nutritional information for each recipe, rigorously tested methods written specifically for the neurodivergent cook, and featuring a layflat spine for ease of use in the kitchen, this cookbook is for anyone who loves to cook but has been turned off by the ableist approach of most cookbooks—and kitchens.

Based in Duncan, BC, **Jules Sherred** works as a commercial food photographer and stylist, writer, journalist, and outspoken advocate for disability and trans rights. His website Disabled Kitchen and Garden and his cookbook *Crip Up the Kitchen* were born out of the need to include disabled people in the conversation around food. Visit Jules at polariscreative.ca.

# CRIP UP THE KITCHEN TOOLS, TIPS AND RECIPES FOR THE DISABLED COOK

Food & Drink / Cooking April 2023 \* \$35.00 9781771513968 \* softcover with flaps & layflat spine

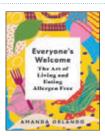
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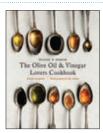
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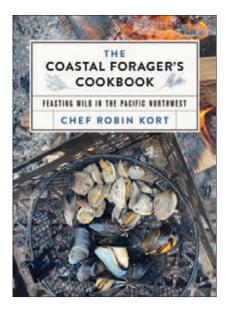
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# The Coastal Forager's Cookbook

Feasting Wild in the Pacific Northwest

### **Robin Kort**

A collection of 40 recipes that showcase foraged ingredients from the Pacific Northwest coast.

Long-time West Coast forager and the chef behind the popular Swallow Tail Supper Club, Robin Kort's approach to cooking is a blend of simplicity and experimentation. Showcasing foraged ingredients like wild mushrooms, seaweed, fish and molluscs, flowers and evergreen tips, she brings together 40 recipes to inspire forays into tide and woods and a sense of adventure in the kitchen.

With a palate influenced by Japanese, Italian, and Spanish cuisine, and chapters organized around the four seasons, *The Coastal Forager's Cookbook* offers recipes for starters, main dishes, desserts, and drinks, including:

- Evergreen Ice Cream
- Halibut with Fermented Birch
- Wild Green Cannelloni
- Sea Lettuce Breadsticks
- Wild Mushroom Paté
- Braised Burdock Root Congee
- Salish Sea Dashi Hot Pot

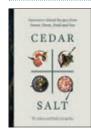
Along the way Robin shares memories of her childhood on the West Coast and her world travels, tips on plant identification, and guidance on mindful, sustainable foraging. Illustrated with pencil sketches and lush food and landscape photography, *The Coastal Forager's Cookbook* is a handsome addition to your cookbook shelf and will only increase your love for the Pacific Northwest's edible abundance.

**Robin Kort** is a Pacific Northwest chef, forager, sommelier, and owner of Swallow Tail Culinary Adventures. She harvests and cooks between the mountains and the ocean near Vancouver, BC, and has been featured on the Food Network, ItteQ Japan, the CBC, the Huffington Post, Conde Nast Traveller, and in the *Globe and Mail*.

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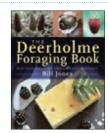
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# Rhubarb

New and Classic Recipes for Sweet and Savory Dishes

### Søren Staun Petersen

A collection of 35 rhubarb-forward recipes that highlight the versatility of this tart, juicy, nutritious ingredient.

Say rhubarb and most of us think pie, or maybe crisp. But there are many more ways to enjoy this tart, juicy harbinger of spring. And lots of good dietary reasons to do so, since rhubarb is high in fibre, vitamin C, potassium, and calcium, and a member in good standing of the antioxidants club.

Chef, photographer, and rhubarb enthusiast Søren Staun Petersen has compiled a collection of 35 recipes that show the true versatility of those bright red stalks. With chapters dedicated to savory dishes and sweet, compotes (and serving ideas), chutney and relish, and drinks (alcoholic and non), Petersen makes the case for cooking with rhubarb all year round.

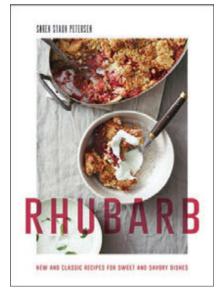
You'll learn how to bring out the beautiful acidity and light sweetness of rhubarb in surprising new ways like:

- · Pizza bianca
- Risotto
- Sweet and sour wok
- Spring meringue

- Baked brie
- Pulled pork burgers
- Gin & Tonic
- Coriander smash

The book includes an introduction on the nutritional benefits of rhubarb and an essay from a dedicated rhubarb farmer. Each recipe is accompanied by the author's stunning photography, making Rhubarb the ideal gift for anyone in your life with a shortage of ideas and an abundance of rhubarb.

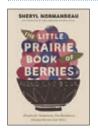
Since 2013, Søren Staun Petersen has created recipes focusing on seasonal fruits and vegetables on Chef's Season and developed recipes for brands and magazines. By virtue of his work as a professional commercial photographer, mainly focusing on food photography, he has worked with food and its presentation for several years. Søren has a great passion for fresh Danish ingredients. In August 2018, he published his first cookbook, Surprise with Pumpkin.



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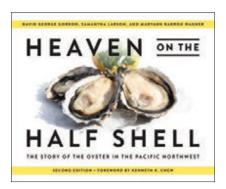
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# **Heaven on the Half Shell**

The Story of the Oyster in the Pacific Northwest - 2nd edition

David George Gordon, Samantha Larson, MaryAnn Barron Wagner

How oysters shaped the environment, cultures, and economies of the Northwest.

Heaven on the Half Shell offers a thoroughly researched and richly illustrated history of the Pacific Northwest's beloved bivalve, the oyster. Starting with the earliest evidence of sea gardens and clam beds from 11,500 years ago, this book covers the history of oyster cultivation through contemporary aquaculture in coastal Washington, Oregon, British Columbia, northern California, and southeastern Alaska.

Generations of oyster farmers, Indigenous and non-Indigenous, have weathered many challenges to continue the harvest. Their vivid individual accounts are braided together with significant history, such as the major contributions of Japanese immigrants prior to World War II and the 1994 Rafeedie decision that affirmed shellfish harvesting rights held by Northwest tribes in the US. The book also sheds light on the innovations that made oysters an enduringly popular food, from the creation of so-called sexless oysters that could be consumed year-round to breakthroughs in contemporary oyster cuisine.

Now fully updated and expanded and chock-full of *oysterabilia* this classic text shares new insights on emerging challenges to the oyster farmer's life as well as increased coverage of the roles of women and contemporary Indigenous communities in building this cultural tradition, past and present. Newcomers and aficionados alike will also be delighted by the carefully selected recipes, both historic and contemporary, from the region's top chefs. As the old saying goes, when the tide is out, the table is set.

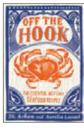
**David George Gordon** is author of 22 books on topics ranging from slugs and snails to sharks and gray whales. He previously served as science writer for Washington Sea Grant.

Samantha Larson is science writer at Washington Sea Grant.

MaryAnn Barron Wagner is the lead for communications at Washington Sea Grant.



The Whale and the Cupcake 9781771513319, \$25.00



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The Butcher, the Baker, the Wine and Cheese Maker by the Sea 97817715131506, \$29.95



# The Sipster's Pocket Guide to 50 Must-Try BC Wines: Volume 2

Luke Whittall

The eagerly awaited and entirely new second installment in the offbeat BC wine guide the *Vancouver Sun* calls "the perfect go-to."

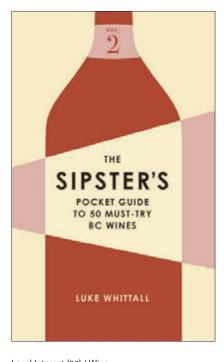
Following on the popularity of Volume 1, which the *Vancouver Sun* called "the perfect go-to guide," the second entirely new installment of *The Sipster's Pocket Guide* brings the same offbeat, lateral thinking and experiential focus to a whole new batch of BC wines. Wine expert and educator Luke Whittall shares his love of and sense of humour about the industry as he presents his top 50 wines under \$50 (including many under \$30).

With food and activity pairings that range from romantic to radical (berry-laced desserts and long-distance relationships, poached salmon and puns, hot dogs and off-grid living), and an index of attitudes that let you choose a wine based on your mood (be it drill sergeant or rancher, pastoral or paisley), the *Sipster's* guides are anything but stuffy.

Divided into chapters on sparkling, white, rosé, red, and dessert wines, the book finishes up with a beginner's guide to grape varieties in BC and a primer on the grand cru designation and how it pertains to our province. *Sipster's* Volume 2 is the perfect companion for that on-the-fly wine purchase and for those who want to dig a little deeper.

Learn about classics like Pinot Grigio, how Chardonnay in BC almost went the way of Merlot post-*Sideways*, and how to not only find but also pronounce a great Siegerrebe.

**Luke Whittall** has worked in cellars, vineyards, and wine shops since 2005 and is currently a wine instructor at Okanagan College. His previous books include *The Sipster's Pocket Guide: Volume 1, Valleys of Wine: A Taste of British Columbia's Wine History*, and *The Okanagan Wine Tour Guide* (co-authored with John Schreiner). He lives in Okanagan Falls, BC.

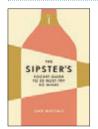


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Author's home: Okanagan Falls, BC
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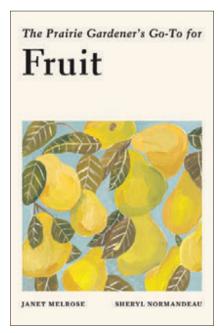
The Sipster's Pocket Guide to 50 Must-Try BC Wines: Volume 1 9781771513609, \$20.00



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# The Prairie Gardener's Go-To for Fruit

Janet Melrose and Sheryl Normandeau

Lifelong gardeners Janet Melrose and Sheryl Normandeau tackle the tasty topic of fruit in the seventh book in the Guides for the Prairie Gardener series.

Strawberries, blueberries, saskatoons, pears, plums, apricots, cherries, currants, kiwi... There are lots of great reasons to grow your own. There's the unparalleled taste of fresh produce to consider, and the opportunity to help reduce ever-rising grocery bills. Then there's the ornamental appeal (think grape vines and apple blossoms).

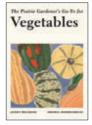
Whether you're growing an orchard in a rural area, planting a couple of currant bushes or haskaps in a small urban yard, or a container of squash on a balcony. Janet and Sheryl provide inspiration for things like:

- Placement for sun- and shade-loving plants
- · Mulching, hilling, trellises, and those oh-so-fancy espaliers
- Preventing weather damage and prepping your plants for winter
- · Harvesting and storage methods

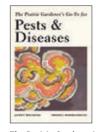
With a primer on what exactly counts as fruit (scientifically and culturally) and Prairie-friendly lists of species and varietals for every space and inclination, you'll be well on your way to harvesting the fruits of your own labour (yes, we went there).

**Janet Melrose** is a garden educator and consultant. She holds a Prairie Horticulture Certificate and Home Farm Horticultural Therapy Certificate and is a regular contributor to *The Gardener for Canadian Climates* magazine. She lives in Calgary where she runs her education and consulting company, Calgary's Cottage Gardener.

**Sheryl Normandeau** is a life-long gardener, and holds a Prairie Horticulture Certificate and a Sustainable Urban Agriculture Certificate. She is a freelance writer specializing in gardening writing with hundreds of articles published. She is a regular contributor to *The Gardener for Canadian Climates*, *The Prairie Garden Annual*, and many more. She lives in Calgary.



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# The Prairie Gardener's Go-To Guide for Perennials

Janet Melrose and Sheryl Normandeau

The eighth book in the Guides for the Prairie Gardener series is all about those reliable, grounded plants you can count on: perennials.

Perennials are those species whose stems and leaves die back to their crowns each fall, but whose roots remain alive throughout the non-growing months. They include showy flowers like peonies, poppies, lilies, clematis, and lupine, but also edibles like asparagus, fiddlehead ferns, sunchokes, and rhubarb.

In this guide prairie gardening experts Janet Melrose and Sheryl Normandeau answer questions like:

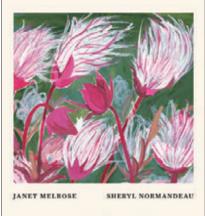
- What kinds of perennials can I grow in containers?
- When and how do I divide plants once they're well established?
- How do I keep enthusiastic re-seeders from taking over?
- Which of my perennial babies need to be brought inside for the winter?

The final chapter is a perennial hall of fame, an extended list of recommended plantings for colour, native species, rock gardens, ground cover, fragrance, and more. Janet and Sheryl give you the information you need to make your perennial garden as successful as you can while promoting biodiversity and creating a healthy habitat for pollinators and wildlife.

**Janet Melrose** is a garden educator and consultant. She holds a Prairie Horticulture Certificate and Home Farm Horticultural Therapy Certificate and is a regular contributor to *The Gardener for Canadian Climates* magazine. She lives in Calgary where she runs her education and consulting company, Calgary's Cottage Gardener.

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# The Prairie Gardener's Go-To for Perennials



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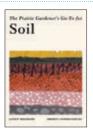
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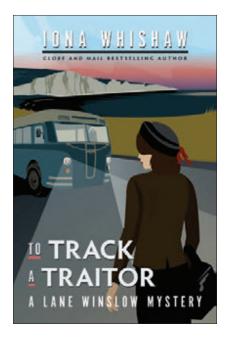
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# To Track a Traitor

A Lane Winslow Mystery

### Iona Whishaw

With events spanning both world wars, the tenth installment in the Lane Winslow mystery series is a transatlantic tale of sibling rivalry, infidelity, and espionage.

It's an early morning in May when Lane is pulled from a deep sleep by a concerning phone call from Scotland—her grandfather has had a heart attack. Lane hastily makes plans to fly overseas, and a dejected Inspector Darling prepares himself for a stint of bachelorhood. But before he can begin to dwell on it the Nelson Police learn that Ben Arden, a local cad, has gone out for a late-night boat ride and not returned, which immediately sets the town rumour mill churning.

In Scotland Lane finds her grandfather on the mend but her estranged sister Diana caught up in stressful—and mysterious—circumstances of her own. As Lane follows the thread leading from South Africa to Aberdeen to the War Office in London it becomes apparent that her sister is on the run, and that keeping secrets seems to be a Winslow family trait.

Back at the Nelson Police station a strange assemblage of clues begins to amass around the Arden case, stretching from the local printshop all the way back to the Great War. But progress is interrupted when the mayor himself issues a demand that Darling travel to England to tie up a decades-old mystery with local connections. True to form, upon Darling's arrival in London he is quickly swept up in Lane's mission, which threatens to endanger the entire family.

**Iona Whishaw** is a former educator and social worker whose mother and grandfather were both spies during their respective wars. She is the award-winning author of the *Globe and Mail* bestselling Lane Winslow Mystery series. She lives in Vancouver, British Columbia, with her husband.

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