



## BC Books About Food

Created by ABPBC on May 3, 2016

---

TAGGED:

---

BC books about food



### **Out of the Orchard**

Recipes for Fresh Fruit from the Sunny Okanagan

by Julie Van Rosendaal

EDITION: **Paperback**

---

tagged : fruit, canadian

---

**A brand-new collection of eighty-five contemporary recipes that celebrate tree fruit from the orchards of the Okanagan.**

BC's Okanagan Valley boasts rich, fertile soil, endless days of summer sun, and a pristine lake fed by pure mountain streams. This magical combination makes it home to some of the most delicious fruit in the world. The BC Tree Fruits cooperative is owned by more than 500 local grower families, and their apples, peaches, pears, cherries, and other fruits are sought out by thousa ...

---

INCLUDED IN THE SPONSORED COLLECTION: DISCOVER THE DIVERSE  
WORLD OF BC BOOKS



## The Butcher, the Baker, the Wine and Cheese Maker in the Okanagan

by Jennifer Schell

EDITION: [Paperback](#)

---

tagged : canadian

---

**Shortlisted for the 2017 Taste Canada Food Writing Awards** Chefs, farmers, and winemakers unite in this exquisite Okanagan cookbook.

Whether it's a simple soup, a hearty main dish, or a special-occasion dessert, each recipe in this book is written by an Okanagan chef, and inspired by an ingredient that is locally and sustainably produced in the Okanagan. It might be free-run turkey raised on the Hamblett Highland Turkey farm, organic vegetables from the urban gardens of Green City Acres, or brie ...

---

INCLUDED IN THE SPONSORED COLLECTION: DISCOVER THE DIVERSE WORLD OF BC BOOKS



## Eating Matters

by Kara-Lee MacDonald

EDITION: [Paperback](#)

---

tagged : women authors

---

Kara-lee MacDonald is a survivor. The poems in EATING MATTERS are sophisticated explorations of anorexia and bulimia, from within and in retrospect, as the semiautobiographical narrator faces and overcomes her complex drives and compulsions. Through a variety of poetic forms, she explores the deep structures of body images and societal pressures that create and promulgate eating disorders and the culture of shame surrounding them. The poems will strike a chord in those who have experience with t ...

---

INCLUDED IN THE SPONSORED COLLECTION: DISCOVER THE DIVERSE WORLD OF BC BOOKS



## Home and Away

Simple, Delicious Recipes Inspired by the World's Cafes, Bistros, and Diners

by Darcy Shore & Randy Shore

EDITION: Paperback

---

tagged : european

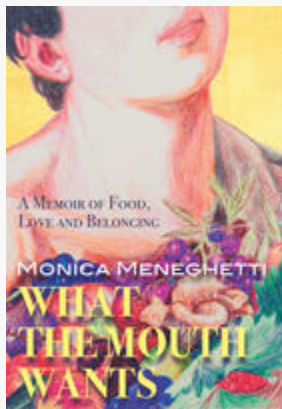
---

**A cookbook inspired by how food from around the world not only connects us all, but also reminds us of home.**

Cooking outside one's comfort zone is now easier than ever: ingredients once considered exotic are available at supermarkets across the country, and we're more open to exploring the far reaches of the world through food. This tantalizing cookbook takes readers on a global tour through food, from the steamy noodle shops of Seoul to the wood-fired grills of Istanbul and funky dives of San F ...

---

INCLUDED IN THE SPONSORED COLLECTION: DISCOVER THE DIVERSE  
WORLD OF BC BOOKS



## What the Mouth Wants

A Memoir of Food, Love and Belonging

by Monica Meneghetti

EDITION: Paperback

---

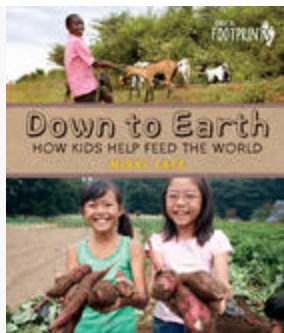
tagged : lgbt

---

The redefinition of family values as seen from the eyes of a polyamorous, queer Italian Canadian obsessed with food. This mouthwatering, intimate, and sensual memoir traces Monica Meneghetti's unique life journey through her relationship with food, family and love. As the youngest child of a traditional Italian-Catholic immigrant family, Monica learns the intimacy of the dinner table and the ritual of meals, along with the requirements of conformity both at the table and in life. Monica is thirt ...

---

INCLUDED IN THE SPONSORED COLLECTION: DISCOVER THE DIVERSE  
WORLD OF BC BOOKS



## Down To Earth

How Kids Help Feed the World

by Nikki Tate

EDITION: Paperback

ALSO AVAILABLE: Hardcover eBook

---

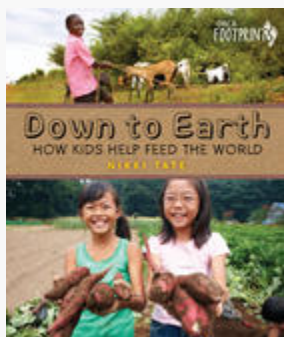
tagged : agriculture, environmental conservation & protection, farm animals

---

Kids all over the world help collect seeds, weed gardens, milk goats and herd ducks. From a balcony garden with pots of lettuce to a farm with hundreds of cows, kids can pitch in to bring the best and freshest products to their families' tables—and to market. Loaded with accessible information about the many facets of farming, *Down to Earth* takes a close look at everything from what an egg carton tells you to why genetic diversity matters—even to kids.

---

INCLUDED IN THE SPONSORED COLLECTION: DISCOVER THE DIVERSE WORLD OF BC BOOKS



## Down To Earth

How Kids Help Feed the World

by Nikki Tate

EDITION: eBook

ALSO AVAILABLE: Paperback Hardcover

---

tagged : agriculture, environmental conservation & protection, farm animals

---

Kids all over the world help collect seeds, weed gardens, milk goats and herd ducks. From a balcony garden with pots of lettuce to a farm with hundreds of cows, kids can pitch in to bring the best and freshest products to their families' tables--and to market. Loaded with accessible information about the many facets of farming, *Down to Earth* takes a close look at everything from what an egg carton tells you to why genetic diversity matters--even to kids.

---

INCLUDED IN THE SPONSORED COLLECTION: NEW EBOOKS FROM CANADIAN INDIES



## Food Freak

by Alex Van Tol

EDITION: Paperback

---

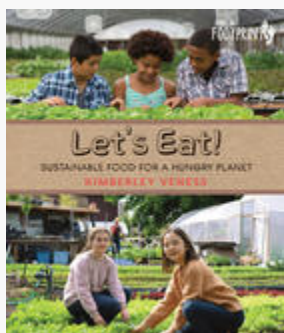
tagged : cooking & food, death & dying

---

It really seems like Dani's dad has gone around the bend. Ever since Dani's mother died of cancer, all her dad does is stand around on street corners with his crazy signs, proclaiming that processed foods mean the end of the world. The Food Freak, as he is known, has already scared away all of Dani's friends at her old school. But it's a new year, and Dani is at a new school in a different part of town. Maybe things will be better now. Dani just needs to keep her head down and avoid making any f ...

---

INCLUDED IN THE SPONSORED COLLECTION: DISCOVER THE DIVERSE  
WORLD OF BC BOOKS



## Let's Eat

Sustainable Food for a Hungry Planet

by Kimberley Veness

EDITION: Hardcover

---

tagged : agriculture, environmental science & ecosystems, cooking & food

---

All the food you eat, whether it's an apple or a steak or a chocolate-coated cricket, has a story. *Let's Eat* uncovers the secret lives of our groceries, exploring alternative—and sometimes bizarre—farm technology and touring gardens up high on corporate rooftops and down low in military-style bunkers beneath city streets.

Packed with interesting and sometimes startling facts on agriculture around the world, *Let's Eat* reveals everything from the size of the biggest farm in the world to how ...

---

INCLUDED IN THE SPONSORED COLLECTION: DISCOVER THE DIVERSE  
WORLD OF BC BOOKS



## More Blueberries!

by Susan Musgrave, illustrated by Esperança Melo

EDITION: [Paperback](#)

ALSO AVAILABLE: [Hardcover](#) [eBook](#)

---

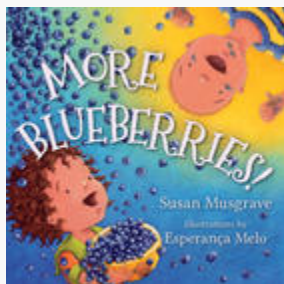
tagged : cooking & food, siblings

---

These young twins can't get enough of their favorite snack, and they aren't the only ones! With playful rhyming text from award-winning poet Susan Musgrave and gorgeous illustrations by Esperança Melo, this exuberant book will delight little ones and have everyone happily shouting, "More blueberries!"

---

INCLUDED IN THE SPONSORED COLLECTION: DISCOVER THE DIVERSE  
WORLD OF BC BOOKS



## More Blueberries!

by Susan Musgrave, illustrated by Esperança Melo

EDITION: [Hardcover](#)

ALSO AVAILABLE: [Paperback](#) [eBook](#)

---

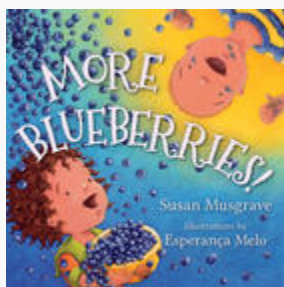
tagged : cooking & food, siblings

---

These young twins can't get enough of their favorite snack—and they aren't the only ones! With playful rhyming text from award-winning poet Susan Musgrave and gorgeous illustrations by Esperança Melo, this exuberant board book will delight little ones and have everyone happily shouting, "More blueberries!"

---

INCLUDED IN THE SPONSORED COLLECTION: DISCOVER THE DIVERSE  
WORLD OF BC BOOKS



## More Blueberries!

by Susan Musgrave, illustrated by Esperança Melo

EDITION: eBook

ALSO AVAILABLE: Paperback Hardcover

---

tagged : cooking & food, siblings

---

These young twins can't get enough of their favorite snack—and they aren't the only ones! With playful rhyming text from award-winning poet Susan Musgrave and gorgeous illustrations by Esperança Melo, this exuberant board book will delight little ones and have everyone happily shouting, "More blueberries!"

---

INCLUDED IN THE SPONSORED COLLECTION: NEW EBOOKS FROM  
CANADIAN INDIES



## All the Sweet Things

Baked Goods and Stories from the Kitchen of Sweetsugarbean

by Renée Kohlman

EDITION: Hardcover

---

tagged : baking, cakes, desserts

---

**Winner of a Gourmand World Cookbook Award for best First Book in English Canada** *More than 100 recipes for desserts and baked goods from the kitchen of Renée Kohlman, named one of the Canada's top food bloggers by the National Post.*

*All the Sweet Things* is full of delectable desserts and wholesome baked goods with recipes for muffins, cookies, cakes, pies, custards, pastries, truffles, and ice cream. Reinvent last night's dessert for this morning's breakfast, whip up your very first pie, and wow ...

---

INCLUDED IN THE SPONSORED COLLECTION: DISCOVER THE DIVERSE  
WORLD OF BC BOOKS





## Icon

Flagship Wines from British Columbia's Best Wineries

by John Schreiner, photographs by Christopher K. Stenberg

EDITION: Hardcover

---

tagged : wine & spirits, consumer guides, wine

---

**Winner of a Gourmand World Cookbook Award for best New World Wine book in English Canada**"BC wine fans love John Schreiner. He's always been there for us. With the explosive growth of BC wines, he has paved the way for our all-important next step: how to choose and cellar the best of those wines, the icons." —Terry David Mulligan, host of the "Tasting Room Radio" program on Roundhouse Radio

*A gorgeous gift-worthy collection of tasting notes and collector's information on British Columbia' ...*

---

INCLUDED IN THE SPONSORED COLLECTION: DISCOVER THE DIVERSE WORLD OF BC BOOKS



## Italy

Recipes for Olive Oil and Vinegar Lovers

by Emily Lycopulus, photographs by DL Acken

EDITION: Hardcover

---

tagged : herbs, spices, condiments, italian

---

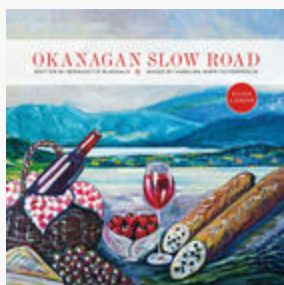
More than ever, people are interested in learning how to incorporate the remarkable flavours of specialty extra virgin olive oils and balsamic vinegars into their everyday cooking. The new Olive Oil and Vinegar Lover's cookbook series is an easy way to learn how to do that with minimal investment. With just four products, you can make every one of the 50 recipes in the book. The first in the series is *Italy*.

With just two specialty infused olive oils—Blood Orange and Tuscan Herb—and two ba ...

---

INCLUDED IN THE SPONSORED COLLECTION: DISCOVER THE DIVERSE WORLD OF BC BOOKS





## Okanagan Slow Road

by Bernadette McDonald, illustrated by Karolina

Born-Tschümperlin

EDITION: Paperback

ALSO AVAILABLE: Paperback eBook

---

tagged : western provinces

---

*A book that invites you to slow down and explore the Okanagan Valley from a local's point of view.*

Whether it's spying a rare canyon wren, cycling the historic Kettle Valley Railroad across heart-stopping trestle bridges, or hiking through fields of spring flowers, travel alongside the authors as they draw you into the exquisite, unforgettable experience of savouring one of Canada's most beautiful destinations.

Generously offering a compilation of the Okanagan Valley's best food, drink,

...

---

INCLUDED IN THE SPONSORED COLLECTION: DISCOVER THE DIVERSE  
WORLD OF BC BOOKS



## Holy Crap Cookbook, The

Sixty Wonderfully Healthy, Marvellously Delicious and Fantastically Easy Gluten-Free Recipes

by Corin Mullins & Claudia Howard

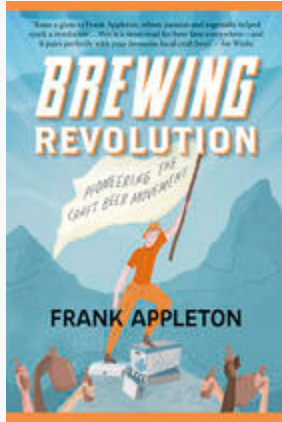
EDITION: Paperback

---

tagged : rice & grains

---

When Corin and Brian Mullins started their company, HapiFoods, in 2009 with just \$129, they had no idea that in less than a decade they would be shipping millions of bags of cereals around the world. They just wanted to make a nourishing product that would both taste good and be compatible with Brian's food allergies—and perhaps sell it locally for a bit of extra retirement income. After much experimentation, Corin came across the tiny black chia seed—a complete protein, rich in omega 3 fatt ...



## Brewing Revolution

Pioneering the Craft Beer Movement

by Frank Appleton

EDITION: Paperback

---

tagged : personal memoirs, beer

---

The inspiring story behind today's craft beer revolution is the subject of this lively memoir by Frank Appleton, the English-trained brewmaster who is considered by many to be the father of Canada's craft-brewing movement. Appleton chronicles fifty years in the brewing business, from his early years working for one of the major breweries, to his part in establishing the first cottage brewery in Canada, to a forward look at the craft-beer industry in an ever more competitive market.

Disillusions ...



## The Language of Family

Stories of Bonds and Belonging

edited by Michelle van der Merwe

EDITION: Paperback

---

tagged :

---

What is family? Is it defined by blood and birth? Or can we invite whomever we want into that intimate embrace?

The Royal BC Museum's new book, *The Language of Family: Stories of Bonds and Belonging*, invites readers to pull up a guest chair at the family table.

Twenty contributors from across British Columbia – museum curators, cultural luminaries, writers and thinkers young and old, from First Nations, LGBTQ, Japanese Canadian and Punjabi communities, among others – share their vastly different ...

---

INCLUDED IN THE SPONSORED COLLECTION: DISCOVER THE DIVERSE  
WORLD OF BC BOOKS



## Sustenance

Writers from BC and Beyond on the Subject of Food

edited by Rachel Rose

EDITION: Paperback

---

tagged : essays

---

Writers from BC and Beyond on the Subject of Food will bring to the table some of Canada's best contemporary writers, celebrating all that is unique about Vancouver's literary and culinary scene. Punctuated by beautiful local food photographs, interviews with and recipes from some of our top local chefs, each of these short pieces will shock, comfort, praise, entice, or invite reconciliation, all while illuminating our living history through the lens of food. *Sustenance* is also a community respo ...

---

INCLUDED IN THE SPONSORED COLLECTION: DISCOVER THE DIVERSE  
WORLD OF BC BOOKS



## Dutch Feast

by Emily Wight

EDITION: Hardcover

---

tagged : european, entertaining, international

---

**A modern take on Dutch cuisine that highlights the ways that simple meals bring joy and comfort.**

In the same way that British, Scandinavian, and German food have undergone a renaissance in recent years, Dutch cuisine is going to be the next big thing, according to writer and blogger Emily Wight. Her new cookbook reimagines traditional Dutch cooking, which has always been known for its thriftiness and practicality, with an emphasis on the ways that simple meals bring joy and comfort to the people ...

---

INCLUDED IN THE SPONSORED COLLECTION: DISCOVER THE DIVERSE  
WORLD OF BC BOOKS



## Greece

Recipes for Olive Oil and Vinegar Lovers

by Emily Lycopoulus, photographs by DL Acken

EDITION: Hardcover

---

tagged : greek, herbs, spices, condiments

---

***The second book in the Olive Oil and Vinegar Lovers' cookbook series made with specialty olive oil and balsamic vinegars in mind.***

With just two types of olive oil—Eureka Lemon Fused and Garlic Infused—and two balsamic vinegars—Apricot White Balsamic and Black Cherry Dark Balsamic—you can produce all fifty of the classic Greek recipes featured in *Greece: Recipes for Olive Oil and Vinegar Lovers*.

This full-colour book includes recipes for appetizers, soup and salad, mains, and sweets, and ...

---

INCLUDED IN THE SPONSORED COLLECTION: DISCOVER THE DIVERSE  
WORLD OF BC BOOKS