



EASTON FARM TOUR 2023

Saturday, August 12

10am - 2pm

Samuel Staples Elementary School

Recommended Reading List

~ Easton Public Library ~

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https://www.youtube.com/channel/UC9nxjK_KTuYvgjva4MqjEoA



<http://www.burbio.com/states/Connecticut/Easton/easton-public-library>



Cooking & Beverages

The Complete Leafy Greens Cookbook

by Susan Sampson

Susan has created 250 outstanding vegan recipes -- a wide and wonderful variety which can be enjoyed as main dishes, sides, and even breakfast. Smoothies are the perfect way to incorporate more greens into your diet. The humble Brussels sprout is elevated to a whole new level in Brussels and Yukon Hash, dandelion is dandy in Penne Boscaiola, and Napa simply shines in Grilled Kimcheese Sandwiches. Explore greens from other parts of the world that are now grown in North America -- Yu Choy in Yu Choy with Saucy Shiitakes and Baby Corn, or taro leaves that perfectly complete the recipe for West Indies Pepper Pot Soup.
641.654 SAMPSON, SUSAN

Plant Based Cookbook

by Trish Sebben-Krupka

The health benefits of a plant-based diet are at your fingertips in this all-inclusive cookbook with 200 hearty vegetarian and vegan recipes, from basics such as stocks and sauces to appetizers, meatless mains, bakes and casseroles, grains and pasta, tofu, tempeh, and seitan, desserts, and more.

641.5636 SEBBEN-KRUPKA, TRISH

Going Vegan

by Joni Marie Newman & Gerrie Lynn Adams

The fear of change, the fear of the unknown, the fear of never being able to eat bacon again! These are just a few of the reasons people are afraid to go vegan. *Going Vegan* seeks to change that, and provide a practical and easy-to-understand guidebook to fearlessly (and deliciously) transition to a plant-based way of life. Authors Joni Marie Newman and Gerrie Lynn Adams will effortlessly guide you through your transformation while

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providing support and explaining all of the advantages of a vegan diet. Revealed within this comprehensive book are truths about the health, environmental, financial, and ethical benefits to living well. You'll also find amazing recipes for breakfast, lunch, dinner and dessert.

Meals so delicious and satisfying, you won't even miss the bacon!
641.5636 NEWMAN, JONI MARIE

Spiralize!

by Stephanie Jeffs

This book is the ultimate beginners' guide to spiralizing, featuring over 40 quick and easy recipes for super-healthy, flavor-packed, meals. A brief introduction to spiralizing explains all of the health benefits and features a step-by-step guide to transforming your vegetables with a few cranks of a spiralizer's handle.
641.65 JEFFS, STEPHANIE



11 *Did you know...?*

- Easton has 22 farms that produce animal products, honey, flowers, herbs, fruits, vegetables, Christmas trees, and more!
- Easton lies in the USDA's Agricultural Zone 6, so any perennial that's "hardy to zone 6" or lower will survive here.
- As of 2020, Connecticut has 5,500 farms on 380,000 acres of land, which is a 13% decrease since 2012.

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*CT Farm Facts from
www.workinglandsalliance.org and
USDA 2020 State Agricultural Review*

**For more small farm tips online,
try these helpful websites:**

- www.agriculture.com
- **Connecticut Farm Bureau**
www.cfba.org
- **CT Northeast Organic Farming Association**
www.ctnofa.org/index.htm
- www.hobbyfarms.com
- **New England Small Farm Institute**
www.smallfarm.org
- **Working the Land: The Story of Connecticut Agriculture**
www.workingtheland.com



Library Hours:

Monday: 10am – 6pm

Tuesday: 10am – 6pm

Wednesday: 10am – 6pm

Thursday: 10am – 7pm

Friday: 10am – 5pm

Saturday: 10am – 3pm

Sunday: Closed

Easton Public Library

691 Morehouse Road
Easton, Connecticut 06612
(203) 261-0134

Fax: (203) 261-0708
www.eastonlibrary.org
eplnews@eastonlibrary.org

Drink the Harvest
by Nan K. Chase & DeNeice C. Guest

Preserving the harvest doesn't have to stop with jam and pickles. Many fruits, vegetables, and herbs can be made into delicious beverages to enjoy fresh or preserve for later. *Drink the Harvest* presents simple recipes accompanied by mouth-watering photographs for a variety of teas, syrups, ciders, wines, and kombuchas. DeNeice C. Guest and Nan K. Chase also provide advice for harvesting ingredients for maximum flavor and even creating your own backyard beverage garden. Pour a refreshing glass of Passionflower-Lemon Balm Wine and drink in the possibilities. **641.873 CHASE, NAN K.**

Cooking Wild
by Chef John Ash

To eat wild foods, you needn't crawl through the forest or hunt your own game. Many wild foods are as close by as your local supermarket. But this doesn't mean that wild foods aren't worth the hunt. This book takes a big view of "wild," including recipes and information on both foraged, uncultivated foods as well as looking at the progeny of wild foods more conveniently found for sale alongside their conventional cousins. Plants, seafood, meat, and poultry are all covered in more than 150 recipes, and will serve as a historical, agricultural education for your kitchen.

641.691 ASH, JOHN

Cider Made Simple
by Jeff Alworth

Cider has become the new "it" drink, with a wide range of styles popping up on restaurant menus and at neighborhood bars everywhere. Sweet, tart, sparkling, still—cider has many wonderful (and sometimes unexpected) qualities. But how to choose? For this gateway guide, author Jeff Alworth traveled to France, England, Spain, Canada, and the United States, asking questions and drinking every variety of

cider he could find, resulting in a compact yet comprehensive overview. An ideal introduction to this complex and always refreshing beverage, *Cider Made Simple* will give imbibers the tools they need to choose the cider that's right for them. **641.873 ALWORTH, JEFF**

Mastering Basic Cheesemaking
by Gianacis Caldwell

The craft of home cheesemaking is exploding in popularity. However, most "beginner" books are essentially loosely organized collections of recipes which lack a progressive approach to teaching the fundamentals of this exciting and satisfying traditional skill. *Mastering Basic Cheesemaking* provides a complete hands-on guide to making cheese and other fermented dairy products from scratch, geared toward helping the novice cheesemaker to develop the intuition and abilities to position them for success, especially in the real world of the home kitchen.

637.3 CALDWELL, GIANACLIS



Documentaries

The Biggest Little Farm

The Biggest Little Farm chronicles the eight-year quest of John and Molly Chester as they trade city living for 200 acres of barren farmland and a dream to harvest in harmony with nature. Through dogged perseverance and embracing the opportunity provided by nature's conflicts, the Chesters unlock and uncover a biodiverse design for living that exists far beyond their farm, its seasons, and our wildest imagination. Featuring breathtaking cinematography, captivating animals, and an urgent message to heed Mother Nature's call, *The Biggest Little Farm* provides us all a vital blueprint for better living and a healthier planet.

DVD 630 BIG

Cow

Academy Award® winner Andrea Arnold returns with an intimate portrait of one dairy cow's life. The film highlights the beauty and challenges cows face, and their great service to us all.

DVD 636.2 COW

Vanishing of the Bees

Honeybees have been mysteriously disappearing across the planet, literally vanishing from their hives. Known as Colony Collapse Disorder, this phenomenon has brought beekeepers to crisis in an industry responsible for producing apples, broccoli, watermelon, onions, cherries, and a hundred other fruits and vegetables. Commercial honeybee operations pollinate crops that make up one out of every three bites of food on our tables. *Vanishing of the Bees* follows commercial beekeepers David Hackenberg and Dave Mendes as they strive to keep their bees healthy and fulfill pollination contracts across the U.S. The film explores the struggles they face as they plead their case on Capitol Hill and travel across the Pacific Ocean in the quest to protect their honeybees.

DVD 638.15 VAN

Farming & Farm Animals

The Complete Guide to Small-Scale Farming

by Melissa Nelson, D.V.M.

This book covers every aspect of raising farm animals. Learn how to care for chickens, geese and ducks, from choosing the right breed to raising them for egg production. You will also learn about egg incubation, maintaining poultry health, and how to raise them for meat. Learn about how to purchase, house, feed, breed, record, and butcher animals of all types as well as how to gather milk, use goats and cows for maintaining your fields, record births and sell babies.

636 NELSON, MELISSA

This Blessed Earth: A Year in the Life of an American Family Farm

by Ted Genoways

Rick Hammond grew up on a small ranch, and for forty years he has raised cattle and crops on his wife's fifth-generation homestead in York County, Nebraska, in hopes of passing it on to their four children. But as the handoff nears, their small family farm is under siege. Following the Hammonds from harvest to harvest, Ted Genoways explores this rapidly changing landscape of small, traditional farming operations, mapping as it unfolds day to day.

630.9782 GENOWAYS, TED

Hentopia: Create a Hassle-Free Habitat for Happy Chickens: 21 Innovative Projects

by Frank Hyman

Featuring easy-to-follow instructions and colorful photos, the 21 projects for the chicken yard range from creative doorways, nest boxes, fencing, and roosts to a predator-proof pen, a "Chunnel" chicken run, and a sturdy but inexpensive coop made from wooden pallets. Requiring minimal carpentry experience and using many found materials, Hentopia is within reach of every aspiring chicken-keeper.

636.5 HYMAN, FRANK

Farm (First Field Trips)

by Rebecca Pettiford

In *Farm*, emergent readers join a group of students as they enjoy a trip to a farm. Vibrant, full-color photos and carefully leveled text engage young readers as they learn about growing crops, raising livestock, and making a living from the land. Pre-K.

ERR PETTIFORD, REBECCA

Farmers (Hands-On Jobs)

by Joyce Jeffries

Farmers have a very important job; they grow the crops and raise the animals needed to feed the world. Readers are introduced to the tools farmers use every day and the skills farmers need to develop in order to become successful. There's more to working on a farm than just watering crops and milking cows. It's an exciting career that engages readers. Grades 2-3.

J 630.203 JEFFRIES, JOYCE

Beekeeping (Urban Gardening and Farming For Teens)

by Alexandra Hanson-Harding

More and more people, including teens, are discovering the pleasures and rewards of keeping honeybees. In addition to the sweet honey they produce, bees are critical for pollinating many plants and food crops. This entertaining and enlightening title provides general information about bees and how honeybee societies work.

A how-to guide on the art of beekeeping follows, with information on gathering the necessary clothing and equipment, setting up and caring for a hive, and harvesting honey. Threats to honeybee health and survival are also addressed. YA

YA 638.1 HANSON-HARDING, ALEXANDRA

Eating Organic (Food Matters)

by Rebecca Rissman

Eating Organic helps readers trace the history of organic eating, explore the science behind it, and discuss controversies

from an objective viewpoint. The title will engage readers on the topic and help them to weigh the pros and cons as they make their own food decisions. Grades 3-4.

J 641.302 RISSMAN, REBECCA

So You Want to Grow a Salad?

by Bridget Heos

A young girl who wants to grow her own salad learns where the many ingredients come from, and how to grow vegetables. Includes kid-friendly salad recipe. Pre-K-Grade 1.

J 635 HEOS, BRIDGET

How Community Gardens Work

by Louise Spilsbury

From the science of composting and organic farming to health topics like fitness and healthy eating, the motivating content of this book will introduce readers to the fun of community gardens, which can bring communities together, help the environment, and provide a good use for unused lots. Grades 3-4.

J 635 SPILSBURY, LOUISE

Composting

by Dwayne Hicks

Good gardeners know how to grow healthy plants. Great gardeners know the secret may be composting, a practice that has skyrocketed in popularity in recent years. Young gardeners will learn the basics of composting with this text, whose hands-on approach to science concepts makes learning fun. This science-rich text covers the basics of decomposition and the impact recycling organic material can have on our world. Readers will also learn about soil makeup, nutrients, humus, and more. Grades 3-4.

J 635.9 HICKS, DWAYNE



Book descriptions courtesy of Amazon.com.

The Natural Soap Chef: Making Luxurious Delights from Cucumber Melon and Almond Cookie to Chai Tea and Espresso Forte

by Heidi Corley Barto

Pamper yourself with natural moisturizing lather. Indulge your senses with aromatic fragrances. Beautify your bath with stunning soap that you've created. This book shows how to take wonderful ingredients and turn them into amazing soaps.

668.12 BARTO, HEIDI CORLEY

Books for Children & Teens

Free-Range Farming (Growing Green)

by Trina Mickelson

Have you seen eggs labeled "free-range"? Maybe your family only buys meat from local farmers because you know and trust their practices when raising animals for food. So what exactly does "free-range" mean, and why are so many people buying free-range eggs and meat? Grades 3-4.

J 630 MICKELSON, TRINA

Eating Local (Growing Green)

by Laura Perdeu

Have you ever shopped for fruits, vegetables, or meat at a local farmers' market? Or maybe your family picks up a weekly box of fresh fruits and vegetables grown by local farmers in a community supported agriculture (CSA) program. So what does it mean to eat local, why is it a good idea, and how can you participate in your own community? Grades 5-6

J 381.4 PERDEW, LAURA

Gardening (Try This!)

by Stephanie Turnbull

This book will help young readers discover and develop new interests and skills in gardening. Tips and tricks build confidence and are enhanced by step-by-step instructions, with colorful illustrations that correlate both new steps and outcomes.

Grades 3-4

J 635 TURNBULL, STEPHANIE



Hobby Farm Animals:

A Comprehensive Guide to Raising Beef Cattle, Chickens, Ducks, Goats, Pigs, Rabbits, and Sheep

by Sue Weaver, et al

Eggs, meat, milk, wool, fur, feathers, and some priceless bucolic bliss. No hobby farm is complete without critters...possibly a small herd peppering the field or a microflock flapping around the hen house or pond. A single information-packed volume with everything a hobby farmer needs to know about farm animals, this new comprehensive manual to selecting, caring for, and breeding livestock brings forth the expertise of six hobby farmers, each of whom has real-life on-the-farm experience with the animals she discusses. Whether you're contemplating adding a small herd of sheep or goats to your existing hobby farm or you've always wondered about the benefits of raising angora rabbits or Muscovy ducks, this book provides the kind of guidance you need to begin a herd or flock and expand your pens and fencing. With exhaustive detail, the authors offer complete coverage of chickens, ducks, goats, sheep, cattle, pigs, and rabbits, including the housing, healthcare, special needs, advantages and challenges of each.

636 WEAVER, SUE

The Backyard Cow

by Sue Weaver

You don't need acres of land to keep a cow healthy, happy, and productive. You can raise one right in your own backyard, producing more than enough milk for a single family — up to six gallons per day! *The Backyard Cow* covers everything you need to know, from selecting the right breed to understanding your cow's behavior. With helpful advice on daily maintenance, milking, and bovine health care, you'll soon be enjoying the pleasures of fresh milk, yogurt, cheese, and much more.

636.2142 WEAVER, SUE

How to Raise Sheep

by Philip Hasheider

If you've ever envisioned keeping sheep in your own pasture, be it one or two hobby animals or a large flock, this book is the perfect place to begin. In this freshly updated second edition of *How to Raise Sheep*, author and farmer Philip Hasheider offers reliable guidance for getting started and going the distance. First, he walks you through all the basics on breeds, housing, fencing, feed requirements, breeding, lambing, showing, and marketing meat and wool. Then, he covers the various farming options (organic, sustainable, and conventional) so you can decide which approach best meets your needs. Accompanied by gorgeous instructional photography, *How to Raise Sheep* continues to be an essential primer for the newcomer to sheep care, with everything you need to know to raise a healthy, productive flock.

636.3 HASHEIDER, PHILIP

Chicken DIY: 20 Fun-to-Make Projects for Happy, Healthy Chickens

by Daniel Johnson and Samantha Johnson

The popularity of egg-laying chickens is on the rise. Sustainable and fun, raising chickens is one of the most interesting and rewarding backyard hobbies you can find. In *Chicken DIY*, aspiring chicken farmers will find creative plans and easy-to-follow construction tips for making a safe and healthy environment for their fine-feathered friends. Veteran farmers and poultry enthusiasts Samantha and Daniel Johnson provide complete and easy-to-follow instructions for 20 essential projects, from coops and feeders to runs, ramps, roosts, and incubators. Clear step-by-step color photographs guide the reader through each hands-on project.

636.5 JOHNSON, DANIEL

Organic Farming: How to Raise, Certify, and Market Organic Crops and Livestock

by Peter V. Fossel

Organic Farming is the seed you need to get your organic farm growing. This essential guidebook explains everything you need to know to begin and maintain a healthy, productive, and profitable organic farm, from organic certification to planting crops to marketing your produce. **631.583 FOSSEL, PETER V.**

Gardening

The Herbalist's Bible: John Parkinson's Lost Classic Discovered
by Julie Bruton-Seal

In *The Herbalist's Bible*, Julie Bruton-Seal and Matthew Seal have beautifully combined selections from Parkinson's book with their own modern commentary on how each plant is used today to create a truly one-of-a-kind, comprehensive collection of herbal information old and new. Parkinson's clear and lively description of a chosen plant's "vertues" or healing properties side-by-side with the editors' notes make this the perfect book for students and practitioners of herbalism, historians, and gardeners.

615.321 BRUTON-SEAL, JULIE

Plant by Numbers: 50 Houseplant Combinations to Decorate Your Space

by Steve Asbell

The inspirational DIY guide for painting a stunning portrait in houseplants. It's not often that we think of decorative houseplants as 'delicious', but there's no denying that Steve Asbell makes his debut as a "gourmet chef" of the floral color palette. With his unique and fun recipe-style approach, tantalizing full-color photography, and crystal-clear instructions, Asbell takes interior gardening to a sophisticated but foolproof new level.

635.965 ASBELL, STEVE

Herb Gardening From the Ground Up: Everything You Need to Know About Growing Your Favorite Herbs

by Sal Gilbertie & Larry Sheehan

Garden-fresh herbs impart flavor and fragrance that dried, packaged products simply can't. Now, anyone with access to a few square yards of soil (or even a sunny patio or windowsill) can enjoy the punch and pungency that only come from fresh herbs, hand-picked from the garden. *Herb Gardening from the Ground Up* demonstrates how to design, seed, and nurture 38 culinary herb gardens that are delightful to the eye as well as the palate.

635.7 GILBERTIE, SAL

The Creative Shrub Garden: Eye-Catching Combinations for Year-Round Interest

by Andy McIndoe

In *The Creative Shrub Garden*, author Andy McIndoe calls on his years of horticultural design experience to shine light on all of the innovative ways to stylishly work shrubs into your landscape. This is a new approach to planning your garden—by mood and style. Whether it's an urban contemporary look, a cottage garden feel, or an uplifting environment, *The Creative Shrub Garden* has a wealth of eye-catching combinations that bring new life to your yard and garden.

635.9 MCINDOE, ANDY



Epic Tomatoes: How to Select and Grow the Best Varieties of All Time
by Craig LeHoullier

Savor your best tomato harvest ever! Craig LeHoullier provides everything a tomato enthusiast needs to know about growing more than 200 varieties of tomatoes, from planting to cultivating and collecting seeds at the end of the season. He also offers a comprehensive guide to various pests and tomato diseases, explaining how best to avoid them. With beautiful photographs and intriguing tomato profiles throughout, *Epic Tomatoes* celebrates one of the most versatile and delicious crops in your garden.

635.642 LEHOULLIER, CRAIG

Gardening By Cuisine: An Organic Food-Lover's Guide to Sustainable Living

by Patti Moreno

With little more than a balcony or tiny backyard or windowsill, you can grow your own food, thanks to Patti Moreno's groundbreaking gardening guide! Moreno has devised a unique plan for creating low-maintenance organic "cuisine gardens" that produce the vegetables, fruits, and herbs people love and eat. She supplies dozens of easy plans, plus a generous collection of simple, delicious recipes and menus. Moreno's colorful photographs, illustrations, and comprehensive instructions will encourage gardeners both new and experienced to embrace sustainable

living with ease and enthusiasm.
635 MORENO, PATTI

Sustainable Living

Idiot Guides: Making Natural Beauty Products

by Sally Trew

This highly visual guide teaches you how to make skincare, makeup, and many more personal-care and beauty products using natural ingredients. For both men and women, step-by-step, full-color photos guide you through basic beauty recipes, followed by more than 250 color and blend variations. Readers with sensitive skin, as well as those who want to save money and avoid harmful chemicals, will find everything they need to get started making their own luxurious, natural beauty products.

646.72 TREW, SALLY