

Healthiest Manitowoc County



Suggested Reading List

All New Square Foot Gardening

Chew on This

Closing the Food Gap

Everything I want to do is Illegal

Fast Food Nation

Folks, This Ain't Normal

Food Matters - Video

Food Politics

Food Rules an Eater's Manual

Fresh - Video

Harvest of Hope A Guide for Mindful Eating

Hungry for Change - Video

In Defense of Food 1st Copy

In Defense of Food 2nd copy

Lunch Wars

Omnivore's Dilemma

The Ultimate Self Sufficiency

Straw Bale Gardens

Stuffed and Starved

The Moosewood Restaurant Kitchen
Garden

The Seasons on Henry's Farm

Turn Here Sweet Corn

The Better World Shopping Guide (1)

The Better World Shopping Guide (2)

The Better World Shopping Guide (3)

Search for Health - Dr. Price

The Whole Plate - curriculumn