

Apart from the books listed below, why not give a gift of a local book, whether it's a local cook book, hiking book, day trips, or any topic of interest. Giving a family a book that lists family activities in your area will be a welcome gift on that day when the kids whine, "We're bored." When this happens at my place, I hand them a broom and mop so I know my kids would be relieved to have an alternative.

Canadian books to give and enjoy.

[The Better World Shopping Guide: 2nd Edition](#)

By Ellis Jones

Published by New Society Publishers

This is a new edition of this pocket-sized book that grades products. If you would like something you can toss in your back pocket, jacket pocket or purse and pull out for reference when you get to the store, then this is your answer. You will find that some of the products reviewed are not available in Canada. Although published in Canada, this guide was researched and written by an American.

[Hope in Shadows: Stories and Photographs of Vancouver's Downtown Eastside](#)

By Brad Cran and Gillian Jerome



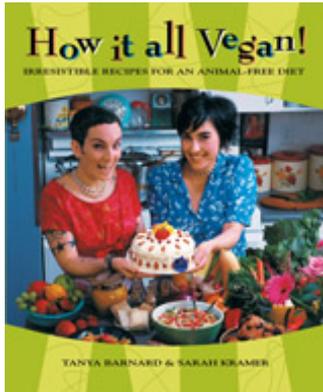
Published by Arsenal Pump Press

For five years now, residents of the Downtown East Side (also known as Canada's poorest postal code) have been provided with cameras to document their lives, thus giving them a voice and us an opportunity to leave our stereotypes and stories behind. This book allows the residents to tell the real story of life in their neighbourhood.

“A sense of kinship and peer support, above all else, comes through in the 32 intimate, engaging stories in *Hope in Shadows*.... The stories crackle with energy, individuality, and often a determination to be heard.”

□ Georgia Straight

[How It All Veg](#)



[an: Irresistible Recipes for an Animal-Free Diet](#)

By Tanya Barnard and Sarah Kramer

Published by Arsenal Pump Press

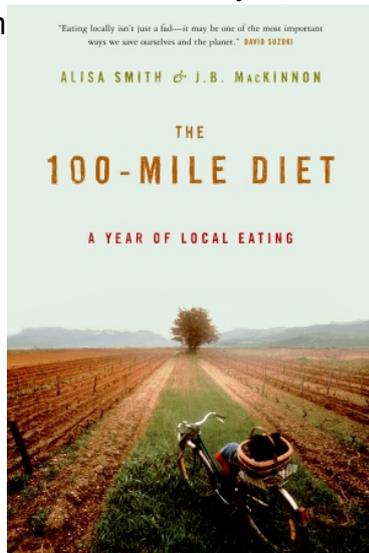
Whether you are vegan, vegan curious, or just want to eat fewer animal products, this is a fun book to check out. It has a range of recipes from soups and salads to entrees and desserts. Did you think you couldn't make delicious cookies and muffins without eggs? Not only is it possible, they can be downright dangerously delicious. Bon appetite!

[Almost Green](#)

By James Glave

Published by Greystone Books

I admit that I haven't read this one yet, but it's on my list this season. (hint, hint). I have really enjoyed reading th



e [author's website](#) , so I am looking forward to reading the book. I really think the subtitle says it all: How I Built an Eco-Shed, Ditched My SUV, Alienated the In-Laws, and Changed My Life Forever.

[The 100 Mile Diet](#)

By Alisa Smith and J.B. MacKinnon

Published by [Random House Canada](#)

I really enjoyed this one. Their journey is inspiring, thought-provoking and downright funny at times. They are honest in their telling, yet still in love with each other at the end of the story. If you haven't read this one yet, do so soon. I owe my love of local/seasonal cook books to them, once you are inspired you will be amazed at the gems that await you.

If you would like to be a truly green bookworm, check out www.ecobrain.com . That way you read the books you love and save trees. At the time of writing 10,704 trees had been saved so click on over and check out a couple of titles so we can save entire forests. I don't know where they are located but I'm guessing they are not in Canada. Since shipping from great distances isn't an issue, I thought I would sneak this one in.

Great green gifts to read

Saturday, 22 May 2010 03:49 - Last Updated Sunday, 04 July 2010 23:36

{linkr:related;keywords:book;exclude:49,81,120,111,118,61,117,62,144,153,76,92,154,167;limit:5;title:If+you+like+this%2C+try+these}