

Books on Vegetarian Cooking

- A Good Cook...Ten Talents (Natural Foods Cookbook) by *Frank J. Hurd, D.C., Rosalie Hurd, B.S. USA* (vegan). 368 pages.
- (The) (Almost) No Fat Cookbook – Everyday Vegetarian Recipes by *Bryanna Clark Grogan* (1994) USA.(vegan) 192 pages.
- Amazing Grains – Creating Vegetarian Main Dishes with Whole Grains by *Joanne Saltzman* (founder of *School of Natural Cookery*) (1990) USA (lots of info on cooking method etc.; vegan) 202 pages.
- (The) Apartment Vegetarian Cookbook by *Lindsay Miller* (1978). USA. 312 pages
- Company's Coming – Meatless Cooking by *Jean Pare* (1997) Canada (Edmonton!) 156 pages (2 copies).
- Complete Vegetarian Cookbook by *Charmaine Solomon* (1991; some colour pictures) Australia. 470 pages.
- Cookin' Healthy With One Foot Out the Door by *Polly Pitchford and Delia Quigley* (1994) USA. (vegan) 160p.
- Cooking What Comes Naturally: A Natural Foods Cookbook Featuring a Month's Worth of Natural-vegetarian Menus by *Nikki Goldbeck* (1973) USA. 190 pages.
- Country Kitchen Collection by *Phil and Eileen Brewer* (1992) Canada (vegan; "fantastically delicious & nutritious vegetarian meals"; recipes from *Silver Hills Guest House in Lumby, B.C.*). 280 pages (2 copies).
- Country Kitchen Collection: Menus and Recipes by *Phil & Eileen Brewer from Silver Hills Guest House* (1989) Canada (this is actually the same book as above). 277 pages.
- Eco-Cuisine: An Ecological Approach to Gourmet Vegetarian Cooking by *Ron Pickarski* (1995) USA (vegan) 278 pages.
- Entertaining with Cranks: Creating Sensational Meals the Vegetarian Way by *Kay Canter and Daphne Swann* (1987; recipes from the *Cranks restaurant chain*) Great Britain. 250 pages.
- Fabulous Beans by *Barb Bloomfield* (1994) USA (vegan)144 pages.
- Fat-Free & Easy: Great Meals in Minutes! By *Jennifer Raymond* (1997) USA (vegan) 150 pages.
- (The) 15-Minute Vegetarian Gourmet by *Paulette Mitchell* (1987) USA (some vegan) 148 pages.
- Food Glorious Food – from the kitchen at High Level Natural Foods by *Pauline Le Bel* (1988) (Edmonton!) Canada (some vegan) 110 pages.
- Friendly Foods by *Brother Ron Pickarski, O.F.M.* (1991) USA (*Gourmet Vegetarian Cuisine*) (vegan) 272p.
- Gourmet Vegetarian Feasts – An International Selection of Appetizing Recipes for All Occasions by *Martha Rose Shulman* (1989). USA. 192 pages.
- Have Your Cake...and Tofu Too! By *Shirley Sneddon & Shirley Stady* (1995) (St. Albert, Alberta!) Canada ("Recipes Designed to lower the Fat Content in Rich Cakes, Muffins, & Desserts!").96 pages.
- Healthy Food Choices: A Pure Vegetarian Recipe Book by *Leona R. Alderson* (1994) USA (vegan, but uses honey). 238 pages.
- Hearty Vegetarian Soups and Stews by *Jeanne Marie Martin* (1993) Canada. 93pages.
- How it All Vegan! by *Tanya Barnard & Sarah Kramer* (1999) Canada (vegan) 224 pages.
- Incredibly Delicious: The Vegan Paradigm Cookbook by *Gentle World* (2000) Hawaii, USA (vegan). 304 p.
- Instant Chef 3 – Meatless Meals for Small Budgets by *Grant MacEwan Community College* (1998) Canada (Edmonton!) 100 pages.
- Kathy Cooks - Vegetarian, Low Cholesterol by *Kathy Hoshijo* (1989) USA (based on a PBS television cooking show) hard cover. 728 pages.
- Laurel's Kitchen Recipes by *Laurel Robertson, Carol Flinders, and Brian Ruppenthal* (1976, 1986, 1993) USA. 350 pages.
- Lean Bean Cuisine by *Jay Solomon* (1995) USA (meatless bean dishes, mostly vegan, from around the world). 248pages.
- Meatless Meals for Working People: Quick & Easy Vegetarian Recipes by *Debra Wasserman and Charles Stahler* (1986, 1991) USA. 96pages.
- Menus & Recipes for Vegetarian Cooking by *the Editors of Sunset Books and Sunset Magazine* (1981) USA (coloured pictures). 96 pages.

Modern Vegetarian Cookery by Walter and Jenny Fliess (1972) Great Britain (they owned a restaurant in Germany & England) 240 pages.

Moosewood Restaurant Low-Fat Favorites by the Moosewood Collective (1996) USA. 465pages.

Munchie Madness: Vegetarian Meals for Teens by Dorothy R. Bates, Bobbie Hinman, and Robert Oser (2001) USA (vegan) 155 pages.

(The) New Age Organic Vegetarian Cook Book by Peter Max and Ronwen Vathsala Proust (1971) USA. 128 pages.

(The) New American Vegetarian Menu Cookbook: From Everyday dining to Elegant Entertaining by Paulette Mitchell (1984) USA. 214 pages.

(The) New Farm Vegetarian Cookbook by Louise Hagler and Dorothy R. Bates (1975,1978, 1988) (vegan). 219p.

(The) New McDougall Cookbook: 300 Delicious Ultra-Low-Fat Recipes by John A. McDougall, M.D., and Mary McDougall (1993) USA. (2 copies; vegan). 405 pages.

(The) New Vegetarian Gourmet by Byron Ayanoglu (1996) Canada. 186 pages.

(The) Peaceful Palate – Fine Vegetarian Cuisine by Jennifer Raymond (1992) USA (vegan) 144 pages.

(The) Really Whole Food Cookbook by Dan Jason & Dawn Penny Brooks (1994) Canada. 214 pages.

Recipes for a Small Planet by Ellen Buchman Ewald (1973) USA. 356 pages.

Romancing the Stove: A Practical Guide to a Lifelong Celebration of Eating for Health by Samahria Ramsen (1997) Canada. (“based on Vedic principles and philosophy of the ancient science of India, Ayurveda,..”). 116 pages.

Simple Foods For The Pack – The Sierra Club Guide to Delicious Natural Foods for the Trail by Claudia Axcell, Diana Cooke, & Vikki Kinmont (1986) USA. 256 pages.

(The) Simpler Life Cookbook (from Arrowhead Mills) by Frank Ford (1976) USA 151 pages.

Simply Vegan: Quick Vegetarian Meals by Debra Wasserman (1991) USA. (2 copies). 224 pages.

Soup’s On! Vegetarian Soups, Muffins, & Accompaniments by Barb Bloomfield (1997) USA (vegan) 128 p.

(The) Soybean Cookbook – Adventures in Zestful Eating by Dorothea Van Gundy Jones (19?? – no date). USA (some recipes vegan) 240 pages.

Student’s Vegetarian Cookbook – Quick, Easy, Cheap, and Tasty Vegetarian Recipes by Carole Raymond (1997) USA 247 pages.

Tassajara Cooking (a Zen Center book) by Edward Espe Brown (1973) USA (good info) 255 pages.

Tofu Cookery by Louise Hagler (1991) USA. (vegan; some colour pictures) 160 pages.

Tofu Quick & Easy by Louise Hagler (1986) USA (mostly vegan) 96 pages.

(The) TVP Cookbook – Using the Quick Cooking Meat Substitute by Dorothy R. Bates (1991) USA (vegan) 94pages.

20 Minutes to Dinner – Quick, Low-Fat, Low-Calorie, Vegetarian Meals by Bryanna Clark Grogan (1997) USA (vegan) 191 pages.

Vegetarian Baby & Child: Nutritional Guidance and recipes to help raise a healthy child by Petra Jackson (1995) Canada 144 pages.

Vegetarian Christmas – Festive Feasts for all the Family by Rose Elliot (1992) Great Britain. 191 pages.

Vegetarian Cooking by Lalita Ahmed (1988) England (lots of coloured pictures). 64 pages.

Vegetarian Cooking for People with Diabetes by Patricia Le Shane (1994) USA (vegan) 143 pages.

(The) Vegetarian 5-Ingredient Gourmet (250 Simple Recipes) by Nava Atlas (2001) USA. 262 pages.

(The) Vegetarian Gourmet Cookbook by Paul Southey (1983) USA & Hong Kong (some coloured pics) 224p

(The) Vegetarian in the Family – Easy Ways to Adapt Your Cooking to Cater for Every Taste by Janet Hunt (1994) Great Britain (but has measurements in both metric & “American” units). 223 pages.

Vegetarian Meals in Minutes by Australian Women’s Weekly Cookbooks. (lots of coloured pictures). 120 p.

Half Info, Half Cookbook

(The) Book of Kudzu – A Culinary & Healing Guide by *William Shurtleff & Akiko Aoyagi (1977) USA. 102p*
(The) Chinese Vegetarian Cook Book by *Gary Lee (1972) USA.(some recipes, but mostly explanations about Chinese foods and cooking). 181 pages.*
(The) Complete Guide and Cookbook for Raising Your Child as a Vegetarian by *Michael & Nina Shandler (1986) USA (some vegan) 372 pages.*
Diet for a Small Planet by *Frances Moore Lappe (1982 – 10th Anniversary edition) USA. 496 pages.*
(2 copies; 2nd copy – 1991 – 20th Anniversary edition – only 479 pages).
Earl Mindell's Soy Miracle by *Earl Mindell, R.Ph., Ph.D. (1995) USA. 256 pages.*
(The) F-Plan Diet by *Audrey Eyton (1984) USA 246 pages.*
Fit For Life by *Harvey and Marilyn Diamond (1985) USA. 316 pages.*
Fit For Life II: Living Health – The Complete Health Program! by *Harvey and Marilyn Diamond (1987) USA (some recipes at back of book; some vegan). 490 pages.*
Laurel's Kitchen – A Handbook for Vegetarian Cookery and Nutrition by *Laurel Robertson, Carol Flinders, and Bronwen Godfrey (1978) USA 641 pages.*
(The) New Laurel's Kitchen by *Laurel Robertson, Carol Flinders, and Brian Ruppenthal (1976, 1986) USA 511 pages.*
Why Vegetarian? A Healthy, Humane, and Environmentally Friendly Approach to Food by *Lynda Dickinson (1994) Canada, USA, England (Lists vegetarian organizations at back of book; vegan). 111 pages.*

Related (Info) Books

Ageless Body, Timeless Mind – The Quantum Alternative to Growing Old by *Deepak Chopra, M.D. (1993) USA 342 pages.*
Animal Factories: what Agribusiness is Doing to the Family Farm, the Environment, and your Health by *Jim Mason and Peter Singer (1980, 1990) USA. 240 pages.*
Animal Liberation by *Peter Singer (1975, 1990) USA 320 pages.*
Becoming a Vegetarian in Five Easy Steps! By *Christine H. Beard (1997) USA.(has good resources at back). 160 pages.*
Becoming Vegan by *Vesanto Melina, R.D., and Brenda Davis, R.D. (2000) USA and Canada. 280 pages.*
Becoming Vegetarian by *Vesanto Melina, R.D., Brenda Davis, R.D., and Victoria Harrison, R.D. (1994) Canada. 262 pages.*
Beyond Beef: The Rise and Fall of the Cattle Culture by *Jeremy Rifkin (1992) USA. 353 pages.*
Conscious Eating by *Gabriel Cousens, M.D. (2000) USA (“...facts and wisdom in support of a live-food vegetarian diet.”).850 pages!.*
Diet for a New America: How Your Food Choices Affect Your health, Happiness and the Future of Life on Diet by Design – Fruits, Nuts, and Natural Foods by *Tyler J. Stanley (1998) USA (a comprehensive fruit guide; some recipes at back of book; vegan) 246 pages.*
Earth by *John Robbins (1987) USA. 423 pages.*
Dr. Attwood's Low-Fat Prescription for Kids – A Pediatrician's Program of Preventive Nutrition by *Charles R. Attwood, M.D. (1995) USA.(has a few recipes at back; vegan). 286 pages.*
Don't Drink Your Milk! – The Frightening New Medical Facts About the World's Most Over-rated Nutrient by *Frank A. Oski, M.D. (1996) USA. 118 pages.*
Famous Vegetarians & Their Favorite Recipes: Lives & Lore from Buddha to the Beatles by *Rynn Berry (1996) USA (some recipes). 272 pages.*
Fast Food Nation – The Dark side of the All-American Meal by *Eric Schlosser (2001) USA. 356 pages.*
Food for the Gods: Vegetarianism & the World's Religions by *Rynn Berry (1998) USA (vegan; some recipes) 374 pages.*

(The) Food Revolution: How Your Diet Can Help Save Your Life and The World by *John Robbins* (2001) USA 448 pages.

Juice Fasting: The Age-old way to a New you! By *Dr. Paavo Airola* (1971) USA. 78 pages.

Mad Cows and Milk Gate by *Virgil Hulse, M.D.* (1996) USA. 338 pages.

(The) McDougall Plan by *John A. McDougall, M.D. & Mary A. McDougall* (1983) USA (some recipes; vegan) 339 pages.

(The) McDougall Program: 12 Days to Dynamic Health by *John A. McDougall, M.D.* (1990) USA (2 copies; some recipes; vegan) 436 pages.

(The) McDougall Program for Maximum Weight Loss by *John A. McDougall, M.D., and Mary McDougall* (1994) USA. (many recipes are vegan) 310 pages.

(The) McDougall Program for Women by *John A. McDougall, M.D.* (1999) USA (some recipes; vegan) 452 pages.

Milk A-Z by *Robert Cohen* (2001) USA (www.notmilk.com) 63 pages.

Milk - The Deadly Poison by *Robert Cohen* (1998) USA. (“..fat and cholesterol,pesticides,..bacteria..”) 316p

(The) New Why You Don't Need Meat by *Peter Cox* (1992) England. 273 pages.

(The) Power of Your Plate: A Plan for Better Living by *Neal D. Barnard, M.D.* (1990) USA. 240 pages.

Pregnancy, Children, and the Vegan Diet by *Michael Klaper, M.D.* (1987) USA. 109 pages.

Psycho Dairy Farm – For Environmentally Aware Barnyard Animals by *Steve Phillips* (1992) USA. (comic book style). ~100 pages.

Rabbis and Vegetarianism: An Evolving Tradition by *Roberta Kalechofsky* (1995) USA. 96 pages.

Raising Vegan Children in a Non-Vegan World by *Erin Pavlina* (founder of www.vegfamily.com) (2003) USA. 205 pages.

Total Health for You and Your Family: The Vegetarian Way by *Virginia Messina, R.D., & Mark Messina, PhD* (1996) USA.390 pages.

Vegan – The New Ethics of Eating by *Erik Marcus* (1998) USA. 210 Pages.

(The) Vegetarian Alternative: A Guide to a Healthful and Humane Diet by *Vic Sussman* (1978) USA. 286p.

Vegetarian Handbook: Restaurant, Food, & Services Directory by *Toronto Vegetarian Association* (1996). 2 copies. 143 pages.

Vegetarian Journal's Guide to Natural Foods Restaurants in the U.S. and Canada by *the Vegetarian Resource Group* (1993) USA. 270 pages.

Vegetarian Journal Reports – edited by *Debra Wasserman and Charles Stahler* (1990) USA (articles that appeared in *Vegetarian Journal*). 109 pages.

When Elephants Weep: The Emotional Lives of Animals by *Jeffrey Moussaieff Masson and Susan McCarthy* (1995) USA. 290 pages.

Your Heart Your Planet by *Harvey Diamond* (1990) USA. 236 pages.

Your Vegetarian Pregnancy: A Month-by-Month Guide to Health and Nutrition by *Dr. Holly Roberts* (2003) USA. 377 pages.

Books on Organic Food, Pesticides, etc.

Diet for a Poisoned Planet: How to Choose Safe Foods by *David Steinman* (1990) USA. 392 pages.

Farmageddon: Food and the Culture of Biotechnology by *Brewster Kneen* (1999) Canada. 230 pages.

Safe Food: Eating Wisely in a Risky World by *Michael F. Jacobson, Ph.D., Lisa Y. Lefferts, and Anne Witte Garland* (1991) USA (“pesticides, bacteria and other hidden hazards in food”). 234 pages.

Books for Youth

A Turkey for Thanksgiving by *Eve Bunting* (1991) USA (for kids ~5-10 yrs old). 32 pages.
(The) Canadian Junior Green Guide: How You Can Help Save Our World by *Teri Degler and Pollution Probe* (1990) Canada. (“..colourful pages of information, activities, and experiments for kids 8-14 yrs old”) 120p.
Choices for our Future: A Generation Rising for Life on Earth by *Ocean Robbins & Sol Solomon* (1994) USA (good for teens & up. 191 pages.
50 Simple Things Kids Can Do to Save the Earth by *John Javna* (The EarthWorks Group) (1990) USA. 156p
I Love Animals and Broccoli – A Children’s Activity Book by *Debra Wasserman & Charles Stahler* (1985) USA. (good for kids ~age 6 and up). 48 pages.
Victor, the Vegetarian: Saving the Little Lambs by *Radha Vignola* (1994) USA (for kids ~5-10 yrs old). ~50p

Books on Cancer Issues

Dressed To Kill: The Link Between Breast Cancer and Bras by *Sydney Ross Singer and Soma Grismaijer* (1995) USA. 192 pages.
Save Yourself from Breast Cancer: Life Choices That Can Help you Reduce the Odds by *Robert M. Kradjian, M.D.* (1994) USA. 256 pages.
Staying Alive! Cookbook for Cancer Free Living: Real Survivors...Real Recipes...Real Results! By *Sally Errey. Stories by Trevor Simpson.* (2004) Canada (vegan) 190 pages.

Novel

Ishmael: An Adventure of the Mind and Spirit by *Daniel Quinn* (1992) USA. 263 pages.

File Folders

1st box – Publications:

1] Lifelines – about 15 issues (July '99 – June '03). A Publication of the Toronto Vegetarian Association (TVA). Includes articles, recipes, and vegetarian restaurants and events in Toronto. Comes out bimonthly. Toronto Vegetarian Association website: www.veg.ca.
2] Good Medicine – about 16 issues (Winter '93 – Winter '03). From the Physicians Committee for Responsible Medicine (PCRM), USA. Lots of interesting articles on health, research, & vegan diets. Published quarterly.

2nd box – Various Pamphlets & Booklets.

AudioCassettes

“Coming Up Rosie” Emery Dolphin Teach Us to Play (Rosie Emery) – fun songs for kids about animals and the Earth. (made in Montreal, Canada).

David Suzuki.

Howard Lyman Tapes – 6 different tapes

Howard Lyman (on Memorex)
Howard Lyman on Wild Rose Country (04/95)
Howard Lyman City Hall (Sept.30\96)
Howard Lyman (City Hall; 30\10\96)
Howard Lyman (4\98)
Howard Lyman City Hall (May 2,2000)

John Robbins: Healing Ourselves: Our World (2 tapes; Feb. 1994; C.F.S.A. – Edmonton) (**Note: 2 copies**)

John Robbins: Healing Ourselves, Healing Our Planet; Teachers’ Convention 1994 (Greater Edmonton Teachers’ Convention; introduced by his wife Deo Robbins).

Malthus and the Third Millennium – The Kenneth Hammond Lectures on Environment, Energy and Resources 2000 Series (at the University of Guelph). A CBC production.

4 Speakers ask Thomas Malthus environmental questions. 1st speaker – Stephen Lewis (UN Ambassador); 2nd speaker – William Fyfe (of Univ. of Waterloo) asks about new ways of sustaining the life support systems of this planet; 3rd speaker – Sandra Postel (of Global Water Policy, U.S.A.) outlines the global problem of water security, 4th speaker – Ronald J. Brooks (of Univ. of Guelph) looks at Darwin's 'survival of the fittest'. (**Note: in green video container**).

Milk: The Deadly Poison by *Robert Cohen* (read by the author). A small container of 2 cassettes.

Neil Barnard, M.D.: Live Longer, Live Better

Zoonosis & Vegan Health: Thomas Rodgers.

CD

Resources for Anthology (Indian Legends, stories, songs; Cedar flute music).

Videos

A Cow at my Table (90 min.).

A Race For Life – Diet, Exercise, and Motivation (~1990's). Ruth Heidrich, Ph.D., was diagnosed with cancer at the age of 47 years old (in 1982) which forced a major lifestyle change. Over a decade later, she has a Ph.D. in Health Management, follows a vegan diet, an exercise regime, and has won many medals.

Beef Inc. (50 min.) – a look at how a handful of big companies have come to dominate beef production, and how the independent cattle producers are finding themselves being squeezed out of the industry. (Nat'l Film Board of Canada).

Diet for a New America: Your health, Your Planet (60 min.). Host John Robbins turned away from the family owned Baskin-Robbins icecream business and began extensive research into nutrition and food production (1991).

(The) Earth Day Special (99 min.) – Bette Midler, Robin Williams, Dusan Hoffman, Dr. Carl Sagan, Morgan Freeman, Rodney Dangerfield, Rhea Perlman, Danny DeVito, Dan Ackroyd, Chevy Chase, Rick Moranis, Christopher Lloyd, E.T., and others drop everything to aid Mother Earth (1990).

(The) Faceless Ones.

Food for Thought.

Food Without Fear (20 min.) – the Vegetarian Society (in Cheshire, Wa, USA). Looks at the effects meat has on health, environment, and the Third World; tackles the myths surrounding vegetarianism and sets the record straight.

Gain Control of Your Weight – from the editors of Vegetarian Times (32 min.) with Dr. Dean Ornish and Dr. John McDougall (1995).

Gain Control of Your Weight & Low fat Cooking and Techniques.

Heart Healthy Living & Gain control of Your Weight.

Home Sour Home.

Howard Lyman: Dangerous Foods Controversy (on Oprah)

Howard Lyman "The Mad Cowboy" 2 hr Lecture (Nov. 1998).

Low-Fat Cooking and Techniques – from the editors of Vegetarian Times (59 min.) with Gourmet Graham Kerr and Mary Taylor (1995).

Man of the Trees: The Life of Richard St. Barbe Baker (25 min.). Richard dedicated most of his 92 years to preserving the world's forests. Scenes of his remarkable work from Africa, New Zealand, and North America make this an inspirational documentary for the whole family.

(The) McDougall Video: The Best of “McDougall’s Medicine” TV Segments – includes interviews with medical experts mixed with vital messages on diet and lifestyle.

No Grapes (1992) – Toxic pesticides used on table grapes, poisoning our environment, our food supply, with children suffering and dying.

Peaceable Kingdom...a Tribe of Heart documentary.

(The) Poisoning of America – with Hugh Downs.

Sea of Slaughter – Farley Mowat.

Spiritual Vegetarianism – Gandhian Truth–Force and Non-Violent Persuasion (2hrs.). American Vegan Society (1989). AHIMSA.

Vegetarian World – William Shatner.

Vegetarian World “Key Video May Preview 87”

VegSource 2002 Conference – set of 6 Videos:

Tape 1 – Dean Ornish, M.D.

Tape 2 – William Castelli and Michael Klaper, M.D.

Tape 3 – Marion Nestle, Ph.D., and T.Colin Campbell, Ph.D.

Tape 4 – Caldwell Esselstyne, M.D., John & Ocean Robbins, and Francis & Anne Lappe (part II)

Tape 5 – John & Ocean Robbins, and Francis & Anne lappe (part II)

Tape 6 – John McDougall, M.D., and Representative Dennis Kucinich