

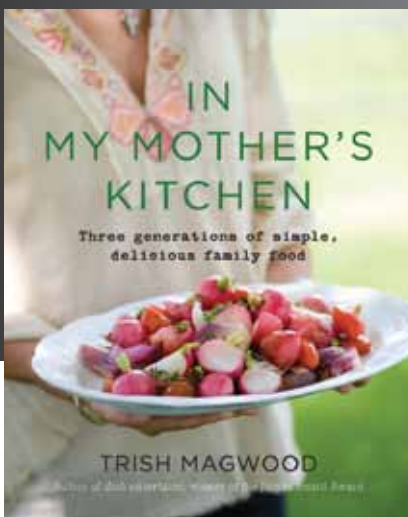
## *freshalicious*

by Stacey Fokas

We're all getting the message that fresh, local foods are our healthiest options! A new cookbook by Stacey Fokas takes us on 37 food journeys to help us to rethink our food choices. The recipes are organized by seasons, easily allowing us to follow the cycle of local harvests. An added bonus is that all recipes are dairy-free. Cooking techniques, visits with local producers and suggestions for sharing food-inspired fun with our families round out the delights of this cookbook. Foodies looking for inspiration both in and out of the kitchen can end their searches here. Available at bookstores, including the three independents mentioned below, as well as from Stacey's own website, [www.freshalicious.ca](http://www.freshalicious.ca).

Infokas Publications, 2010, \$29.95

Reviewed by Brenda Juno of BookLore, Orangeville



## *In My Mother's Kitchen*

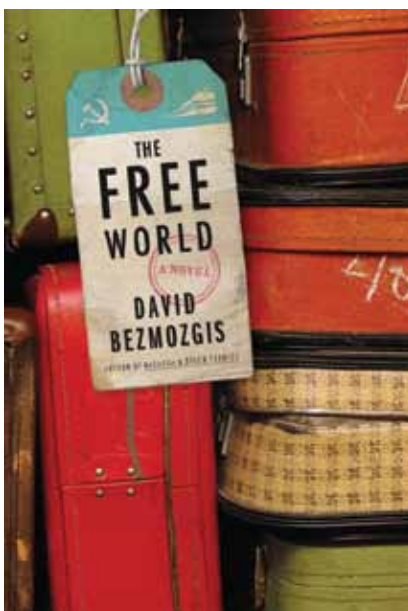
By Trish Magwood

A wonderful new cookbook is flying off the shelf in our store. Trish Magwood, in her latest book *In My Mother's Kitchen*, has collected all her favourite recipes from her mother, her grandmothers, her aunts and her friends and their mothers and put them into one book. The inside cover showing all those index cards, handwritten recipes and newspaper clippings, says it all. Trish,

who won the James Beard Award for a previous book *Dish Entertains*, tested all the recipes, updated some and fed them to her family of three children ages 3, 5 and 7 and her husband. The criteria for inclusion was that everyone in the family had to try the dish (and try to like it!) and it had to be able to be prepared (not cooked) in 30 minutes. I have made many of the recipes and they all work, and are delicious. This is a great gift or a purchase your family will be happy you made!

HarperCollins, 2011, \$39.99

Reviewed by Catherine Randall of Curiosity House Books & Gallery, Creemore



## *The Free World*

by David Bezmozgis

David Bezmozgis' first novel, *The Free World*, is a treat, well worth including on your reading list and while admittedly a first, it demonstrates great craftsmanship and deserves to be on the fall literary prize lists. Although Bezmozgis is Canadian, the action of the novel takes place in Italy in 1978 where a three-generation family of ex-patriot Soviet Jews has temporarily landed, en route to a new as yet-undetermined promised land.

of Samuil himself. It would be hard to imagine a father and son where the term "generation gap" would be more appropriate. It is a beautifully wrought story where both characters must revisit their pasts – Alec's with an utter lack of ideals and Samuil's overflowing with them –and consider in a quintessentially 1970s' way "the personal and the political."

This book does what great

literature should; it takes us beyond our surface judgements to a finely tuned exploration of character and motivation. It is an evenhanded and multilayered retelling of the Jewish immigrant story that steadfastly refuses to sentimentalize or malign the Old World or the New.

HarperCollins, 2011, \$32.99

Reviewed by Hazel Lyder,  
The Downtown Bookstore

The story is told largely through two points of view, Alec, the feckless younger son of Samuil, the rigid patriarch and Red Army veteran, as well as through the eyes