



Fitzhenry & Whiteside

Frankfurt Rights Catalogue
2017





Front cover image from *Christmas Wind* by Stephanie Simpson McLellan,
Illustrated by Brooke Kerrigan.

As Jo helps her mother and her baby brother on a cold and windy Christmas Eve,
she searches for shelter — any kind of shelter — for the little family. Her mother is
ill and the baby needs feeding.

*“The wind elbowed Jo’s mother and kicked her to the ground.
“Stop it!” Jo shook her fist at the sky.
Ignoring her, the wind stole her scarf and blew out the light.
Her plan was to be on a bus halfway to someplace else by now,
but they weren’t even close to the station.
She pulled her mother to her feet.
With a howl, the wind forced them off the road
and into the prickly fields.”*

Table of Contents

Classic Picture Books.....	4
Information Picture Books.....	22
Young Adult Fiction.....	32
Adult Non-Fiction.....	35
Cookbooks.....	38



Classic Picture Books

SMILEY

A JOURNEY OF LOVE

by Joanne George

"A warm smile is the universal language of kindness."

William Arthur Ward



Smiley came into this world with the odds stacked against his survival. But this bruised and beaten puppy slowly learned, with the help of his rescuer Joanne, and through practice and patience, to trust, to love and to smile. He healed and his new smile would not only change Smiley's life, but the lives of everyone this amazing dog would come to meet.

This is the story of Smiley the blind therapy dog!



The Little Boy Who Lived Down the Drain

by Carolyn Huizinga Mills

Illustrated by Brooke Kerrigan

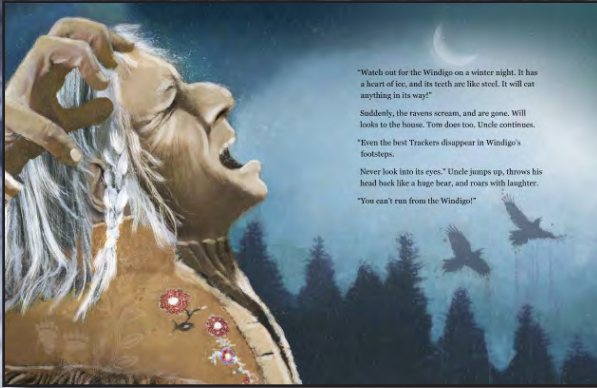
Sally loved taking baths. Not because of the bubbles, but because of her new friend, the Little Boy Who Lived Down the Drain. Every bath that Sally took was devoted to discovering more about her new friend.

But this charming picture book is about more than the Little Boy, it's about family and siblings, and friends — and about growing up.



Spirit Trackers

by Jan Bourdeau Waboose
Illustrated by Francois Thisdale



*Will and Tom speak in a whisper.
"Uncle, tell us the story of the Windigo."
The boys look behind them for something they can't see.*

When Uncle shares the story of the Windigo, the cousins get more than they expect. That night something strange scratches at the frost on their bedroom window. In the morning they find huge tracks in the snow. The Wandering Night Spirit of Winter! Tom and Will know what good Trackers would do, so they follow the trail deep into the forest. Then a strange cry slices the air.

"Remember," Will whispers as they move forward. "Don't look into its eyes."

Can you be a tracker too? Find the tracks hidden in the pictures.



Jan Bourdeau Waboose is a Nishnawbe Ojibway from Northern Ontario. In her writing, she tries to convey the Native life she sees in her family, friends and community - a larger, fuller picture than the stereotypes prevalent in North American society, she says.



Francois Thisdale intricately combines drawing and digital images to create captivating pieces of art that have been featured in five distinct children's books including his own, *Nini*, Jennifer Lanthier's *The Stamp Collector* and *That Squeak*.



LUCKY ME



by Lora Rozler
Illustrated by Jan Dolby



For concerts
in the kitchen,
mannunam, (man-noon-am),
Persian



For snowmen made anew each year,
nandri (nun-dree),
Tamil



For moving pictures in the sky,
ay ay (ay-hay),
Cree



For spooky tales by firelight,
Keszencsok (kes-zun-um),
Hungarian



For a moustache
just like grandpa's,
salamat (sa-la-mahet),
Tagalog



For a princess
crowned a hero,
todá (toh-dal),
Hebrew

Thank You, Lucky Star shares 36
ways to say thank you in 36 different
languages, complete with production
guide.



Down Here

by Valerie Sherrard
Illustrated by Isabelle Malenfant



Jamie can build things and create new worlds — mazes, rocket ships, roller coasters, and secret hiding places! But all Mom can see is chaos and a mess that needs to be cleaned up, until they switch places.



My roller coasters are fast and wild and scary.
They make you squeeze your eyes shut and go.

WHEEEEEEEE!



Not mom though.
She makes a different sound.

"EEEEEEK!"





Dragonfly KITES Pimithaagansa

by Tomson Highway
Illustrated by Julie Flett

The brothers followed their magic kites through the meadows, past the trees, down to the water, and all along the beach. They ran and ran, until the sun began to set. Then they let go of the strings and waved goodbye to the dragonflies.

*aniki napésisak kí-pimitisahwéwak pimihákanisa
ita kápaskwáhk, nócimihk, násipétimihk ékwa
mína wásakám. ékosi kí-pimpahtáwak iyikohk
é-máci-pakisimok. kétahtawé kí-pakitinamwak
píminahkwánisa ékosi kí-sipwé-piháwak pimihákanisa.*

Tomson Highway is an award-winning playwright and the author of *Caribou Song* and *Fox on the Ice*.

Julie Flett is an Cree-Metis award-winning author, illustrator and artist. She is the first-time recipient of the 2014 Aboriginal Literature Award, sponsored by the Periodical Marketers of Canada.

Written in Cree and English



Caribou Song

by Tomson Highway
Illustrated by John Rombough

And out of the drumming came the voice of the herd, whispering and moaning and wailing as it flowed past the rock.

“Cody! Joe!” it said. “Come, come!” And the boys opened their arms to embrace the spirit.

...

*Igweespeek igoota oochi igwa kaatipeetaagwow kootuk keegwaathoo
anee-i neesoo naapees’suk, taaskooch peechaa-ik ateegook oochi
awinuk n’seeagaach eenagamoostamaagoochik.*

“Cody! Joe!” kaanagamoot ana awinuk. “Astum, astum!”

*Nanseegaach kaa-iti-oopinaagwow oospitooniwaawa
anee-i neesoo naapees’suk, taaskooch eewentay-ag-waskit’naachik
anee-i awithoowa.*

Joe and Cody are young Cree brothers who follow the caribou all year long, tucked into their dog sled with Mama and Papa. To entice the wandering herds, Joe plays his accordion and Cody dances.

Written in Cree and English

John Rombough is a Chipewyan Dene artist living in the Northwest Territories. This is his first picture book.



THE INCREDIBLE
ADVENTURES OF

MARY JANE MOSQUITO

a one-woman musical in one act

by Tomson Highway
Illustrated by Sue Todd



*So the other little bugs would a-giggle and a-roar,
So the other little critters would a-titter to the core,
At Mary Jane's expense, yes, at my expense,
She was jealous, she was jealous, I'm not dense,
Miss Maggie May Ditchburn was as jealous as a
vermine, Jealous as a snake and a-jealous as a swine,
Cuz deep down in her heart, in her tired old heart,
She knew I had a future she couldn't dream a wart,
She knew I could become, knew I would become,
Everything she'd dreamt of, everything and some,
But she never would attain, never would become,
Like sing on all the stages of kingdom come,
Like fly down to the south for a real fine tan,
Like buy a little nest in Man-hat-tan,*



Timely, Fun, Challenging and Wise!
Tomson Highway's musical cabaret, *The Incredible Adventures of Mary Jane Mosquito*, couldn't be more vividly presented unless you were sitting in the middle seat of the front row watching the Cree playwright, performer, musician and poet himself. The story of a wingless little mosquito from Manitoba has all the whimsy and wise humour any audience could ask for.

Sue Todd is a graduate of the Ontario College of Art, now OCADU, Toronto, with a major in Communication and Design. She has done lino-carving, an ancient printmaking technique similar to woodcut.



THAT SQUEAK

by Carolyn Beck

Illustrated by François Thisdale



Later you sat with me. We bit into hard green apples and watched the water spit up and burp its way around the jumble of rocks. *Crunch.* I loved the way the juice bubbled up on your teeth - sort of like the river.

"Joe," you said.

"Jay," I said.

"Gotta fix that squeak."

Yeah," I said.

Just you and me and our dreams and our bikes, on most days last summer when it didn't rain.

But sometimes even then.





Bog

by Karen Krossing

When his father is mercilessly turned to stone by the Troll Hunter's followers, a cave troll named Bog sets out to find the murderers and avenge his father. But with no leads and little knowledge of the human world, Bog knows his journey won't be easy. Along the way, he meets a huge forest troll named Small and a young human girl named Hannie. Together, they venture deeper into human territory, where they learn of the legendary Nose Stone—a rock rumoured to bring a stone troll back to life. Hope fills Bog's heart, but when he discovers the Troll Hunter is also going after the Nose Stone to destroy it, his quest becomes a race of cunning, trickery, and wits.

Karen Krossing is addicted to stories. She began to create her own stories when she was eight, and today she's the author of six successful novels for kids and teens. Karen also encourages new writers through workshops for kids, teens, and adults.

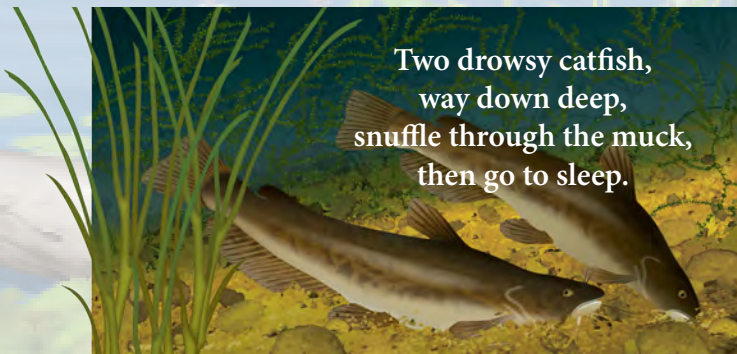
One Hungry Heron

by Carolyn Beck

Illustrated by Karen Patkau



One hungry heron,
tall and still,
crooks her leg
and tips her bill.



Two drowsy catfish,
way down deep,
snuffle through the muck,
then go to sleep.



Three darting dragonflies
hover and dip.
Whiz! Pause! Whiz!
Zoom! Zoom! Zip!





Dume's Roar

by Tololwa Mollel

Illustrated by Kathy Blankley Roman

Dume's Roar is an original tale inspired by the "King of the Animals" theme and by the "Tortoise Trickster" character so popular in African fables. Here Dume the lion, proud and vain, claims he is best suited to be King of the Forest. Though all the other animals live to regret proclaiming him their leader they are afraid to object when he abuses his power. Only Kobe, the tortoise, is clever enough to admit Dume is the king they need, and to find a way to make him as wise and good as he is fearsome and strong.



Half for You and Half for Me

Best-loved Nursery Rhymes and the Stories Behind Them

by Katherine Govier

Illustrated by Sarah Clement

Here is a nursery rhyme book to entertain both adult and child as they read together. The classic rhymes are side by side with annotations about their backstories: Who was Wee Willie Winkie? Did live blackbirds really fly out of a pie? Was Humpty Dumpty a person—or a clumsy cannon?



Gabby Drama Queen

by Joyce Grant

Illustrated by Jan Dolby

Gabby is back for another fun word-filled adventure! Gabby and her friend Roy are in the backyard, setting up a stage for their play about "Queen Gabriella" - but they are missing a few crucial items. Using her magic letter book, Gabby assembles letters to create words that will transform into various props.



Joyce Grant is a freelance journalist and the editor of Getting Kids Reading, a non-profit website that works to stimulate a love of reading in children.

Jan Dolby illustrated the picture book *Jig, Jiggle, Sneeze*. Jan lives in Stouffville, Ontario.



Charles

by Stephen Hume

Illustrated by Jessica Bromley Bartram



Charles walked before
he learned how to fly.

He followed me everywhere,
with small, sideways steps.



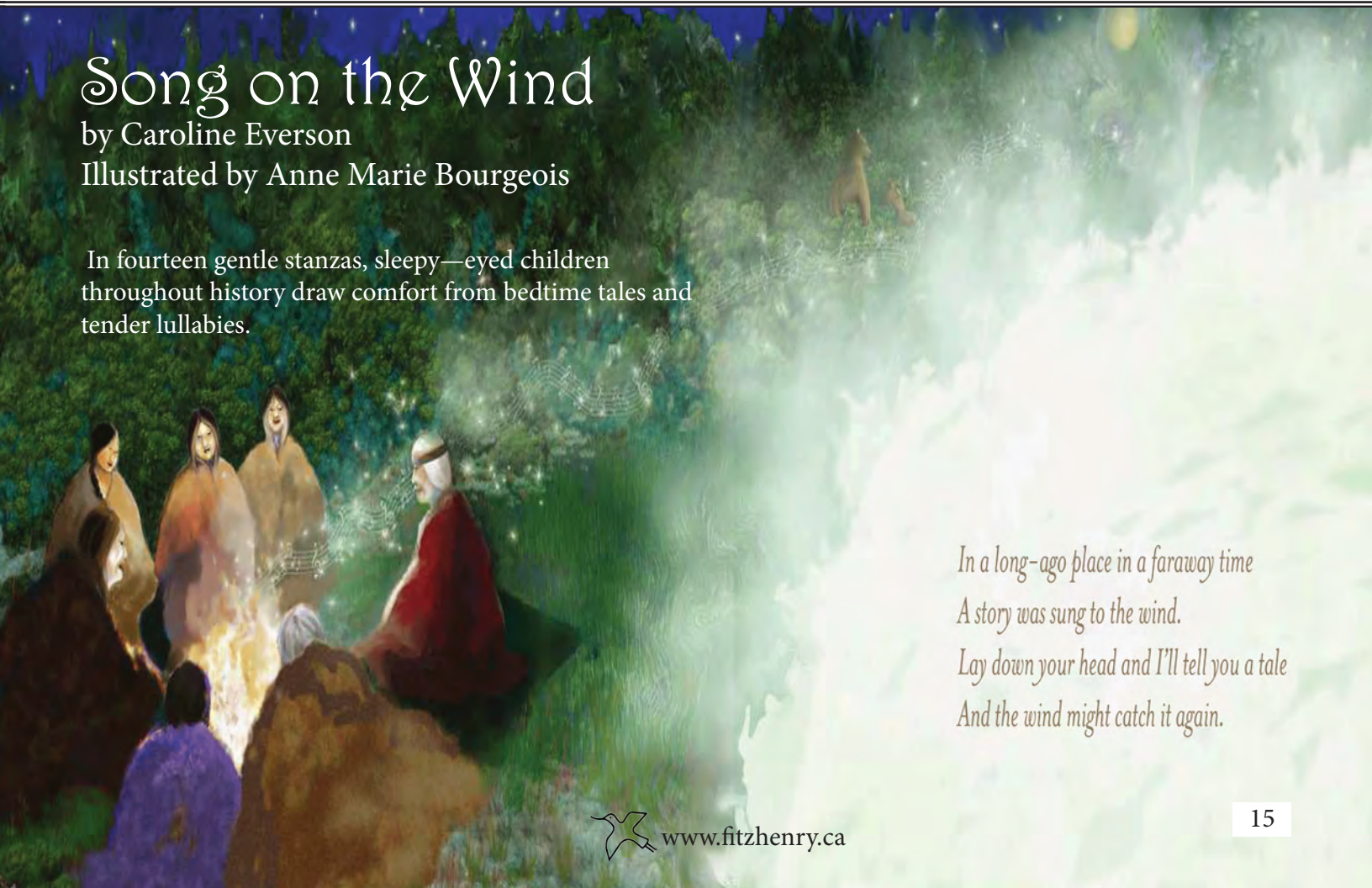
Charles is a remarkable baby crow who has lost his mother. This is his story, and the story of his rescuer, intermixed with the story of some strawberries they shared.

Song on the Wind

by Caroline Everson

Illustrated by Anne Marie Bourgeois

In fourteen gentle stanzas, sleepy—eyed children throughout history draw comfort from bedtime tales and tender lullabies.



*In a long-ago place in a faraway time
A story was sung to the wind.
Lay down your head and I'll tell you a tale
And the wind might catch it again.*



Nokum Is My Teacher

by David Bouchard
Illustrated by Allen Sapp

*The teacher at that school today
Said reading would help set me free.
She told me that her books were key
To understanding nature, yet
She's never walked a snowy path
In darkness on a starlit night.
She's never met a hungry wolf
Alone without a soul in sight.*

*Had you, my child, not learned to read,
How would you see the broken reed
That tells of rabbit, fox, or deer
Or that lone wolf you've seen so near?*

*Kiskinohamâkew anita
kiskinohamâtokamikohk,
Êkîwitamowit kîspin ka-âyamicikayân,
Wâiyow natotayikon.
Ekîwitamowit masinahikanak apîkwekana
Kanistotaman pimâtisowin.
Êkwa namoya wîkâc wiya epimohtêt
Kona meskanâk kê-tipiskak.
Namoya nakiskâwew mahikana e-pêyikot.*

*Apo ci nitawâsimis, kispin namôya
ki-âyamicikan,
Namoya kanistotin pimâtisowin ka-witak
wâpos,
Mahkêsis, âpo apsimosis êkota e-kiyayât.*

Nokum Is My Teacher combines the written text in English and Cree with a CD audio of author/storyteller extraordinaire David Bouchard. Also available in French.

From the Lands of the Night

by Tololwa Mollel
Illustrated by Darrell McCalla

*Darkness brings strange guests.
An old man whose ears remind me of a hare. Two shy girls who look
like nymphs. A dancing giant of a man in a mask. An old woman whose
dress shimmers and winks with stars. My father, stopping, leans down
and speaks in my ear: "They come from lands of the night, Ra-Eli."*

*To Samson's excitement, I danced.
kutum-kutum-kutum-kutum antu-
pom patap-patap-patap-patap
tururu-
tiit-tiit-tiit-tiit-tiit-
gidi-gidi-gidi-gido-
aaae-aaae aaaa-aaaa!*

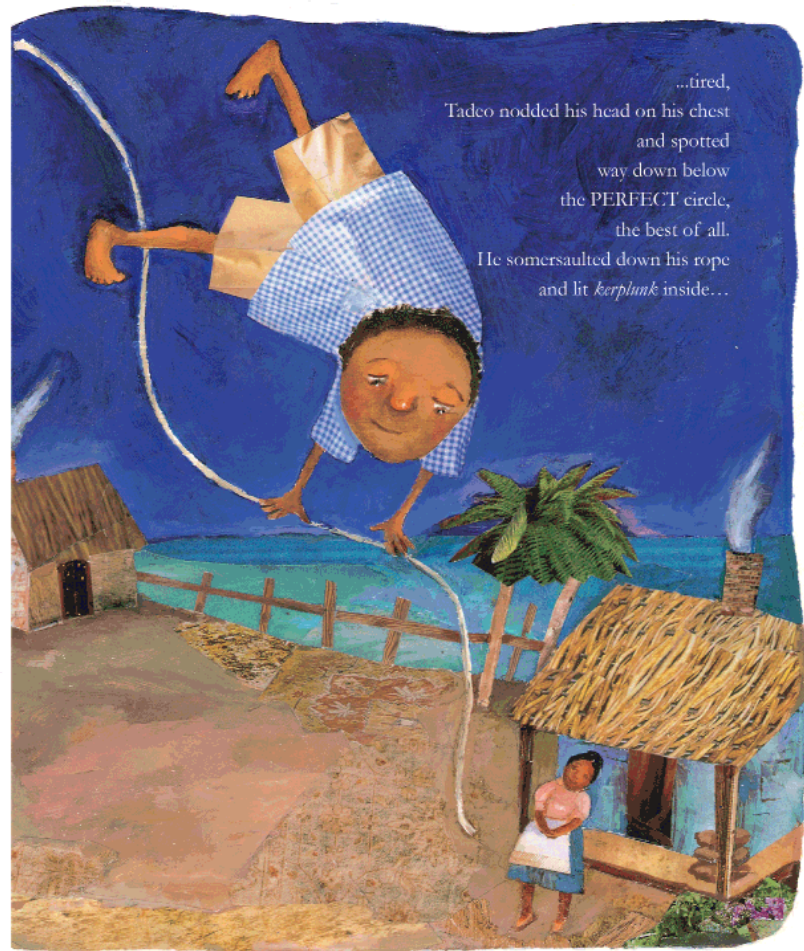


TADEO'S SEARCH FOR CIRCLES

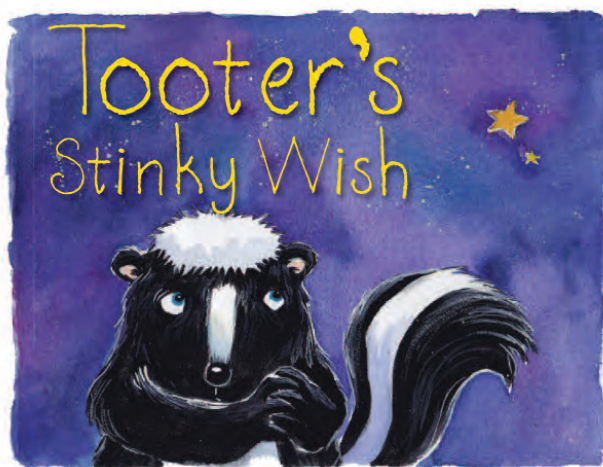
by Marion Brooker

Illustrated by Kyrsten Brooker

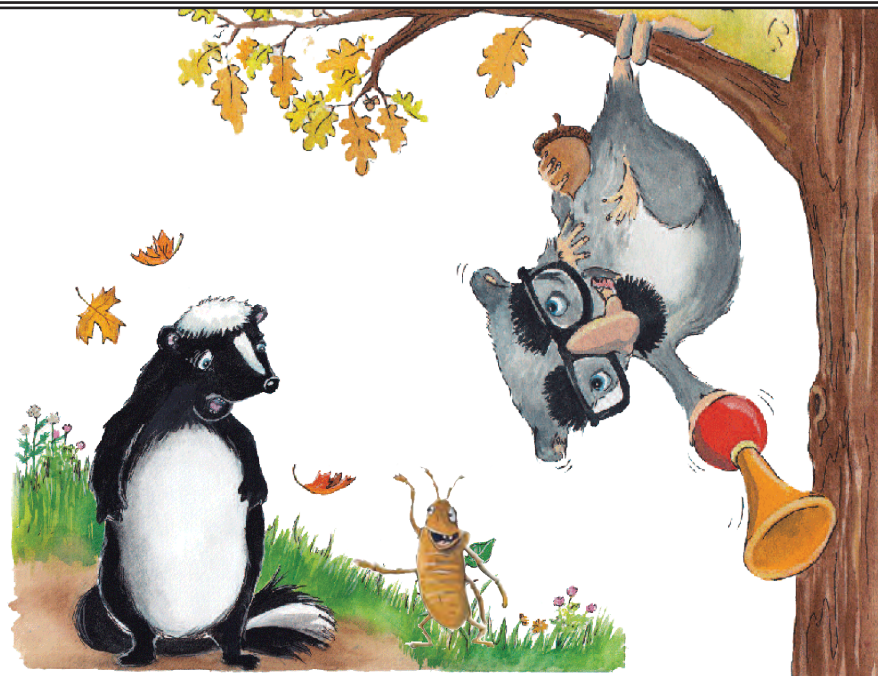
A young boy's search for the perfect circle takes him on a fantastical journey around the world-only to discover perfection in his own home.



...tired,
Tadeo nodded his head on his chest
and spotted
way down below
the PERFECT circle,
the best of all.
He somersaulted down his rope
and lit *kerplunk* inside...



by Brian Cretney • Illustrated by Peggy Collins



Finally, Tooter wished upon a shooting star. "Here goes nothing," he murmured.

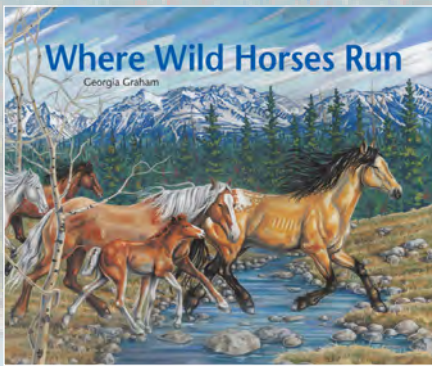


Tooter is a skunk that just can't stink. He tries everything from scientific experiments to self-help manuals. In despair, he wishes on an evening star. A small bug overhears his wish and takes him on a journey of discovery.

"Look at me! I'm floating on the moon!" he exclaimed.
Together, Tooter and the bug splashed the moon. They drank the moon.
They even belly-flopped the moon.
"Lesson one: Perspective," said the bug. "Sometimes you need to change the way you look at problems."



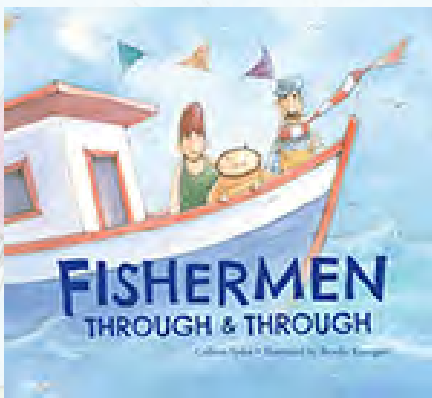
www.fitzhenry.ca



Where Wild Horses Run by Georgia Graham

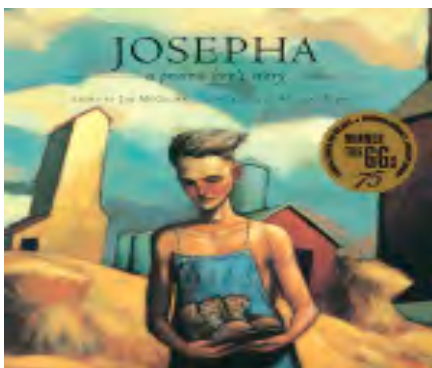
“Hidden behind boulders, as still as a tree stump, Cougar is poised, ready to pounce. Brown Foal struggles onto the grassy bank and hobbles after her mother. Cougar springs forward.”

This gorgeously illustrated picture book is dedicated to the wild horses of the Nemaiah Valley, one of the last pristine places left for wild horses of the rugged north mountain country.



Fishermen Through and Through by Colleen Sydor Illustrated by Brooke Kerrigan

“It was one one of those dreamy days that, as they drew in their nets, they saw something as unlikely as a rolling ocean of tulips beneath their rudder. They wondered at first if the sun was playing tricks. But as sure as there are starfish in the ocean, they saw, nestled among the dark blue crabs and glinting scales of silver fish, a lobster as white as the clouds in Santiago’s dream.”

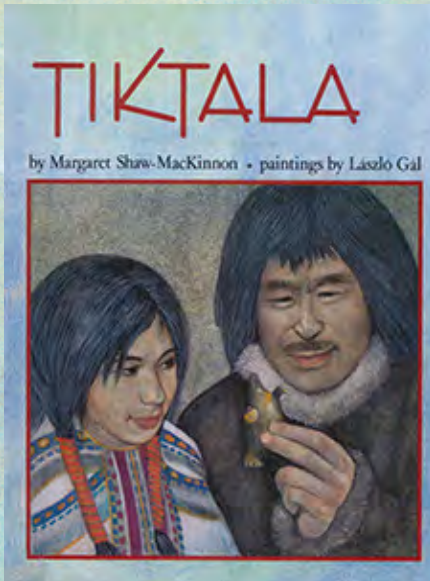


Josepha A Prairie Boy's Story by Jim McGugan Illustrated by Murray Kimber

“Over the beating of my heart, I could hear them plain, drumming and churning inside my head. Josepha hummed the wagon’s tune. He growled louder and louder as the wagon grew nearer. Then his eyes watered, and his breath gave out. And he coughed and laughed. And I laughed too.”

The time is 1900, in the midst of the great waves of European immigration to North America. Standing in the dust and wind of the prairie, a young boy prepares to say good-bye to Josepha, his older classmate, who is leaving the alienating world of the classroom where no one speaks his language.





Tiktala

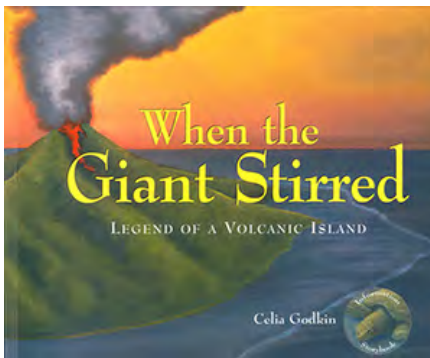
by Margaret Shaw-MacKinnon

Illustrated by Laszlo Gal

Tiktala looked down at what should have been her mittens and saw silver-grey fur, black claws-flippers. She tried to get away, but the flippers-her flippers-scratched and scrambled on the rock. Tiktala was a harp seal.

"Spirit!" her cry rang out. "Change me back!" But no spirit answered.

Tiktala looked out at the black churning waters. She dreaded the sea, but she was more afraid of being left alone. She closed her eyes and heaved forward. "I am Tiktala," she cried, as she entered the ocean.



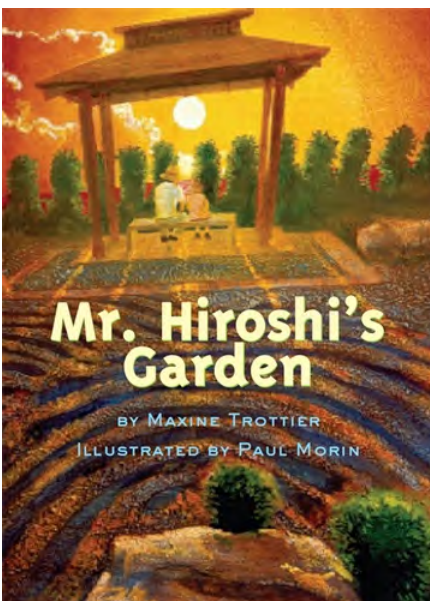
When the Giant Stirred

Legend of a Volcanic Island

Authored and illustrated by Celia Godkin

"Over all of this peaceful island towered a great, cone-shaped mountain. Most of the time it was quiet, but sometimes it let out a puff of smoke or rumbled like a giant mumbling in his sleep."

Celia Godkin once again turns to the subject of nature's remarkable ability to renew itself in this beautiful new book. A small island in the Pacific exists in perfect harmony, where all the plants, animals and people are interdependent. But the islanders live with the knowledge that their mountain god sometimes grumbles and threatens to awake.



Mr. Hiroshi's Garden

by Maxine Trottier

Illustrated by Paul Morin

"I will take care of your garden, Mr. Hiroshi," I offered.

He smiled. "That would give me great comfort, Mary," he said.

"The koi are greedy, you know. Do not let them get fat."

We watched the bus drive away."

For Mary, too young to fully understand about war and far-off places, the promise was meant to last only until Mr. Hiroshi came back. But after a while it was clear the her friend wouldn't be coming home. Still, Mary faithfully kept her word all through that long summer. And when the new people came to live in Mr. Hiroshi's house, she knew exactly what to do.



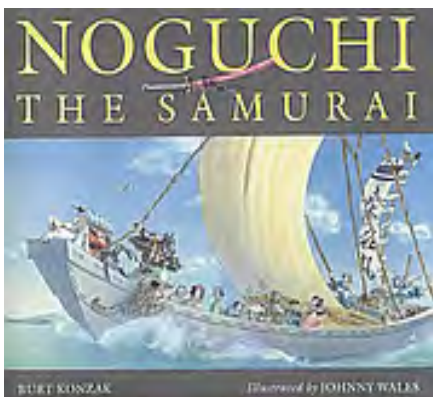


Rabbit Blue

by Marie-Louise Gay

*"Rabbit Blue loves to fly, through fog and rain and purple sky.
Rabbit Blue swings round and round, high and low and upside down."*

So begins another whimsical, magical tale by the author and illustrator of the bestselling *Rainy Day Magic*, *Mademoiselle Moon* and *Fat Charlie's Circus*.

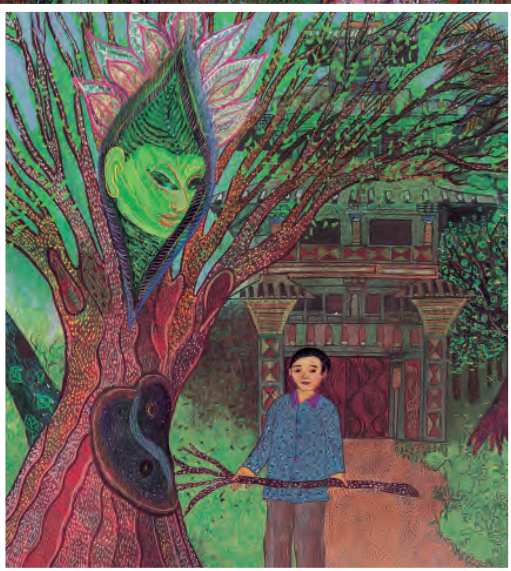


Noguchi the Samurai

by Burt Konzak

"The sight of the sleeping samurai enraged Noguchi. He swept his sword in a ferocious arc so close to Michihara that straw flew from the roof above his head. Michihara opened one eye. 'You Noguchi, are a bully. The sea rocks this ship enough with out your help.'"

On a ferry plying the waters off the coast of Japan, the bully Noguchi is terrorizing his fellow passengers. When he drops his pipe into the sea, his mood becomes even fiercer. The passengers, afraid for their lives, turn to an elderly samurai, Michihara, to intervene and save them from Noguchi's wrath.

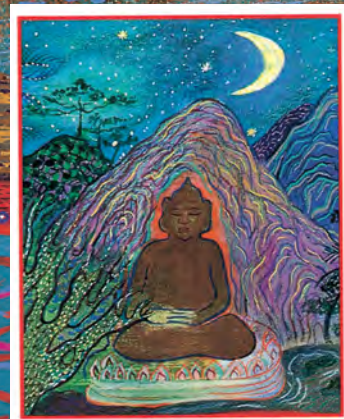
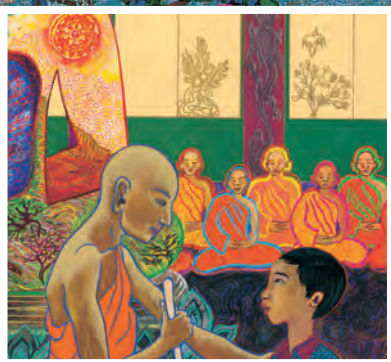


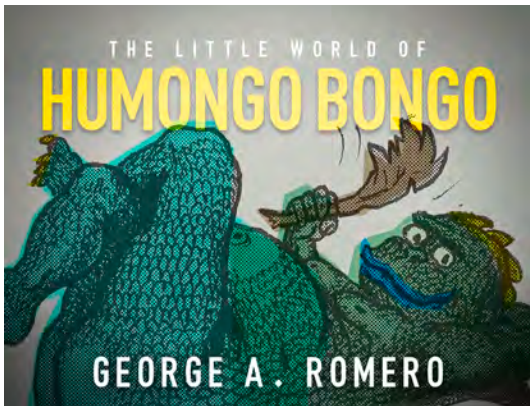
The Walking Stick

by Maxine Trottier
Illustrated by Annouchka Gravel\ Galouchko

*From monsoon to harvest it was a good life, rich with rice and the wind in the palms. But the wind can blow in many things.
When war came too close and Van heard the roar of jets in the night, he picked up the walking stick. He sat on his heels, thinking, until the sun rose.
"We will walk," he said to his family. And that is what they did.*

In this exquisitely wrought tale, young Van finds a walking stick at the foot of a huge teak tree. Blessed by Buddha, it becomes his talisman, his lifelong link to the past, and his support.

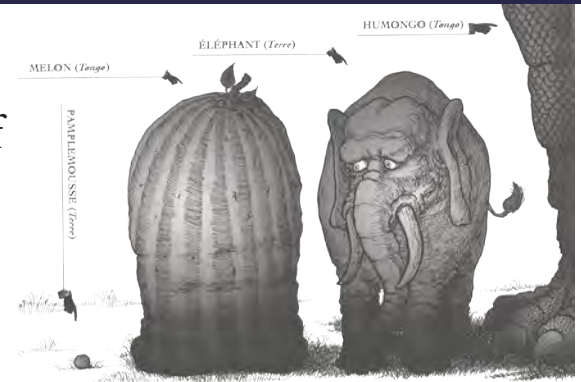




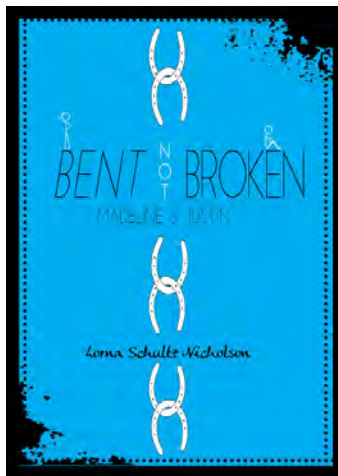
The Little World of Humongo Bongo by George A. Romero

When everything is easily crushable under well-meaning feet, how can a Humongo ever fit in in such a little world? The Little World of Humongo Bongo is a beautiful metaphor on the evolution of our civilization, depicted with humour and simplicity.

Featuring illustrations by Romero himself, welcome to a zany little world captured by the lens of one of the world's visionary film creators.



Clockwise Press



Bent not Broken Madeline & Justin by Lorna Schultz Nicholson

Meet Madeline and Justin. Before Madeline's bike accident left her with a traumatic brain injury, she and her twin sister were inseparable. But now Becky has become rebellious, angry and sneaky. Even worse, she doesn't seem to want Madeline around anymore. At least Madeline knows she can always rely on the miniature therapy horses she visits every week. Before Justin's sister with autism died, he used to take her to the barn to visit her beloved therapy horses. Now, with Madeline, he goes there to escape the gloom of his mother's grief at home and the pressures of his final year in high school.



By the Time You Read This... by Jennifer Lanthier Illustrated by Patricia Storms

Set in an inner-city apartment complex and filled with humour, *By the Time You Read This* is a story that acknowledges the emotional rollercoaster that defines some childhood friendships and the importance of empathy and forgiveness in keeping those friendships strong.

Information Picture Books

Big Blue Forever

The Story of Canada's Largest Blue Whale Skeleton by Anita Miettunen

This book is the true story of Big Blue. At 85 feet (26 meters) long, she is the largest blue whale skeleton exhibited in Canada, and one of only twenty-one worldwide. She was buried near the shore of Prince Edward Island on the east coast of Canada for over twenty years. In 2008, she was excavated and moved over 6,000 kilometers to the west coast of Canada.

How to Clean a Skeleton

A whale's bones are porous and filled with a lot of oil. How did the scientists manage to clean out the oil from inside Big Blue's bones? First, the project team built special degreasing tanks that could fit the bones. Next, they sprayed the bones with an enzyme to help break down the oil that was bonded to the bones. Then they soaked the bones for many months in a special bath with bacteria that could digest the oil. This degreasing phase removed much of the oil. But it was taking too long. The scientists needed to get all the bones oil-free as fast as possible so that the skeleton would be ready for the museum's grand opening. A few scientists tried increasing the temperature of the bath. This speeded up the degreasing process but the high temperatures softened the bones too much. Finally, a special machine was brought in that could change the degreasing enzyme into a vapour. As the bones hung in the machine, the hot vapour safely flushed out all the remaining smelly oil without damaging the bones. At last the bones were clean inside and out.



The Story of Big Blue

In 1987, Big Blue died and washed ashore on a remote beach at Nail Pond, near Tignish, Prince Edward Island (PEI). Personnel from the College of the Atlantic in Bar Harbor, Maine in the United States came to take some samples and they identified the whale as a mature female. Officials from the PEI government and Ottawa's Canadian Museum of Nature decided to bury her. They hoped that, over time, the whale would naturally decay in the ground, and eventually, if only her skeleton remained, it might be dug up one day for scientific research or public display in a museum. So machines arrived to dig the massive whale off the beach and excavate her burial hole.



Big Blue was buried for over twenty years and few people knew about her. It was only in 2007, when Dr. Andrew Trites, a marine mammal specialist at the University of British Columbia (UBC), began searching for a large whale buried in PEI. A blue whale skeleton was exactly what he had in mind for the new Hecy Biodiversity Museum, which was being built at UBC.

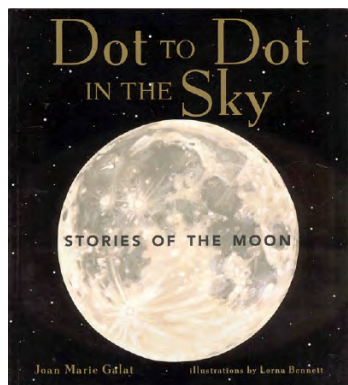
25





The Dot to Dot Series

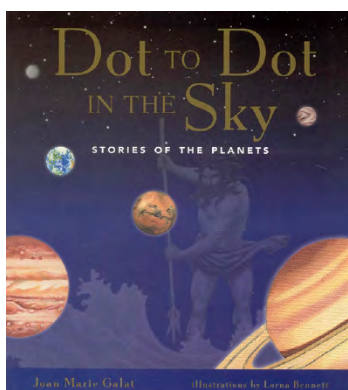
by Joan Marie Galat



Stories of the Moon Illustrated by Lorna Bennett

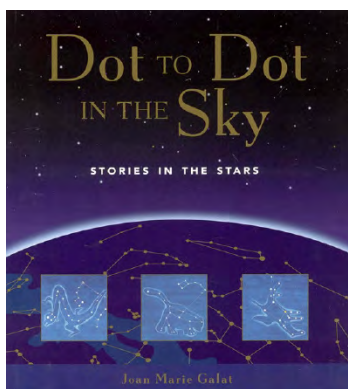
Throughout history, the Earth's closest celestial neighbor has inspired and intrigued. People around the world have looked up in awe at the Moon and told stories to explain its mysteries.

Dot to Dot in the Sky: Stories of the Moon is a collection of stories from many different cultures about this intriguing orb. Richly illustrated, with fascinating legends from Greece, Korea, England, China, West Africa and Canada, it also includes facts about the moon and astronomy.



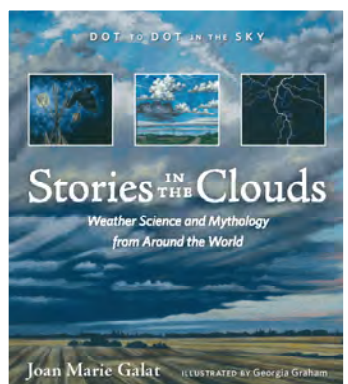
Stories of the Planets Illustrated by Lorna Bennett

Everyone knows the names of the planets, but how many can recount the fascinating myths associated with them or know how to find them? This new book from bestselling author Joan Marie Galat combines mythology with astronomy tips to help astronomers of any age view the planets in the night sky.



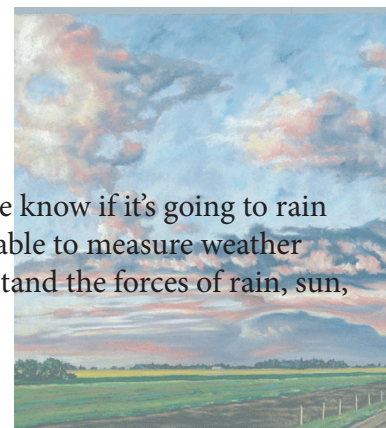
Stories in the Stars Illustrated by Chao Yu & Jue Wang

Look up in the sky! There's a flying horse, a queen, and even a dragon! The night sky is a treasure trove of stories filled with heroes, wild animals, and adventure. It's just a matter of knowing where to look. Fifteen constellations are portrayed in this fun guide to astronomy, from easily recognizable Ursa Major, the big bear, to the distinct stars of Orion, the famous hunter. This ultimate guide to stargazing is the perfect bedtime book -- just don't expect to get much sleep!



Stories in the Clouds by Joan Marie Galat Illustrated by Georgia Graham

What if there was no weather report? How would we know if it's going to rain tomorrow? What about our ancestors, who weren't able to measure weather patterns the way we do today - how did they understand the forces of rain, sun, snow and wind?

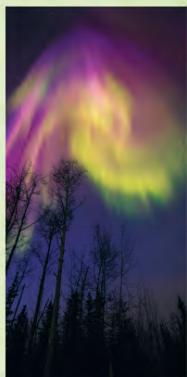




Dot to Dot in the Sky

Auroral Movement

- Auroras appear to rise, dip, and dance in the sky as magnetic and electrical forces react together in lively, constantly shifting combinations.
- Auroral bands of light may have rays that stretch upward. These rays show us where magnetic field lines extend into the atmosphere.
- The calm period before auroras begin to move is called the growth phase. The period when they change from a single slow moving arc to many moving forms is referred to as the substorm onset. When auroras move very quickly it is called the breakup phase, and patchy auroras that pulsate are described as being in the recovery phase.



Credit: Sebastian Seeliger

Stories of the Aurora



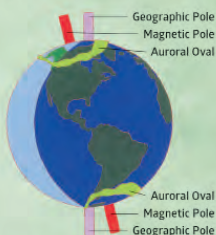
The Myths and Facts of the Northern Lights

by Joan Marie Galat
Illustrated by Lorna Bennett

- Valkyrie means "chooser of the slain."
- Ragnarok, which means "doom of the powers," is also called Gotterdammerung.
- Wednesday is named after Odin, who is also referred to as "Wodan," while Thursday is named after Thor, and Friday takes its name from Odin's wife, Frigg, also known as Freya.

Views from Outer Space

- Auroras are seen in ring-shaped areas of the sky called auroral ovals. They are located around Earth's north and south magnetic poles, near the Arctic and Antarctic circles.
- Each of the ovals is about 2,500 miles (4,000 kilometers) in diameter. Their sizes will change from hour to hour and night to night, depending on solar activity.
- An entire auroral oval can only be seen from outer space. Astronauts in the International Space Station (ISS) study auroras—from 250 miles (400 kilometers) above Earth's surface. Satellites with sensitive cameras are also used to observe auroras from space, while space probes allow scientists to detect solar wind and measure the energy and speed of its particles.



Credit: NASA/UC Berkeley



ROB LAIDLAW

5 ELEPHANTS

5 Elephants will provide you with some fascinating elephant facts and figures, as well as introduce you to some of the serious challenges that wild and captive elephants face. To truly understand elephants, though, we must learn their stories.

In 5 Elephants, you'll read the stories of five famous elephants:

Like Echo, a wild elephant who thrived in her natural environment, surrounded by her family. And Tarra, an entertainment elephant who is now living out her days at a sanctuary.



The latest in the 5 Animals series, *5 Giraffes* profiles five unique giraffes from both captivity and the wild

Accompanying the five giraffe profiles is information on their diet, social life, and chapters on some of their more unique aspects, like the giraffe's unusual body.

Anne Innis Dagg is an animal rights advocate, scientist, teacher, and the author of many scientific papers, articles, and books.

5 GIRAFFES

Anne Innis Dagg



Coming Soon to
The 5 Animal Series:

5 Camels
5 Rhinos
5 Turtles



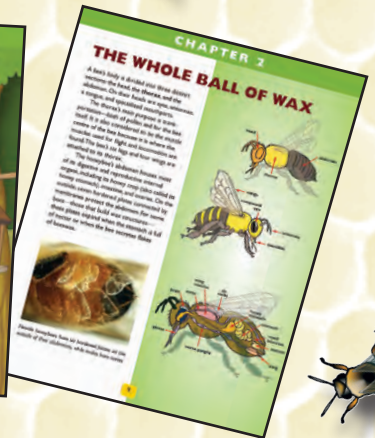
www.fitzhenry.ca

Buzz About Bees

by Kari-Lynn Winters



Imagine a world without bees. Not only would it be less colourful - with fewer wildflowers and flowering plants - it would be less fruitful as well. A world without bees would mean a world where the food supply would be significantly diminished. Global bee researcher Laurence Packer estimates that bees are responsible for 1/3 of our food supply.

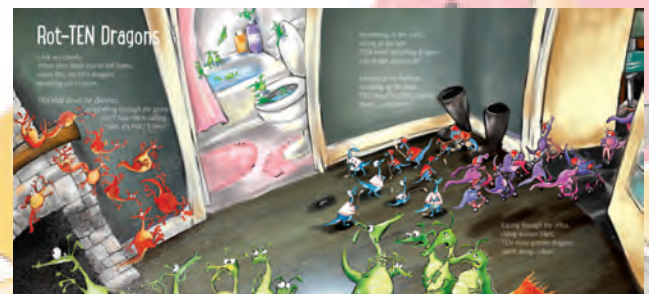


HUNGRY for MATH

Poems to Munch On

by Kari-Lynn Winters
& Lori Sherritt-Fleming
Illustrated by Peggy Collins

Kari-Lynn Winters and Lori Sherritt-Fleming team up again for another poetry collection for young readers with the emphasis on math concepts including measuring time, patterns, counting, symmetry, numbers, shapes, estimating and more!



*He was hungry for math, always ready to munch.
Math for his breakfast, math for his lunch.*

*He'd pig out on pie charts and bar graphs galore,
binge on skip-counting, and still ask for more.*

*Shapes — he discovered — were less filling fare.
He'd taste test a rhombus, sparing room for a square.*

*He'd devour the dollars atop his dessert,
then slurp on the coins he'd slopped on his shirt.*

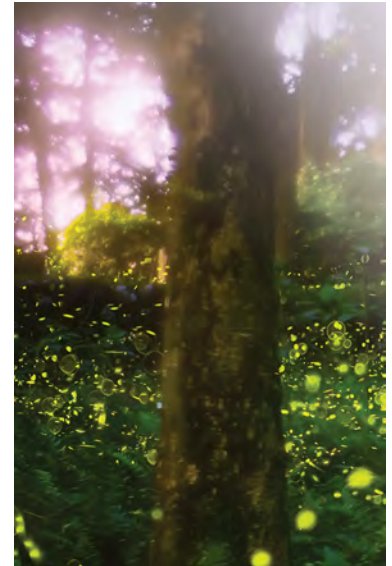
*At night, in the dark, he'd gnaw on base ten,
toss back some clocks, and crunch numbers again.*



Glow-in-the-Dark Creatures

by Natalie Hyde

Glow-in-the-Dark Creatures possess one of the most amazing abilities in our world. Using only chemicals in their bodies, they can create bioluminescence, or “living light.” The lights they produce come in an astonishing variety of colours and patterns. Glow-in-the-dark creatures use their light displays to hide from enemies, to cry for help, to warn of danger or to find a mate. It is a beautiful silent language.



Dark Matters

Nature's Reaction to Light Pollution

by Joan Marie Galat

Light and dark have affected pretty much the entire natural world. But what happens when humans tamper with the age-old balance of day and night? *Dark Matters* introduces young readers to the fragile animals that are impacted by our increasingly threatened nighttime skies.



Joan Marie Galat's publications include *The Discovery of Longitude*, the *Dot to Dot in the Sky* series.



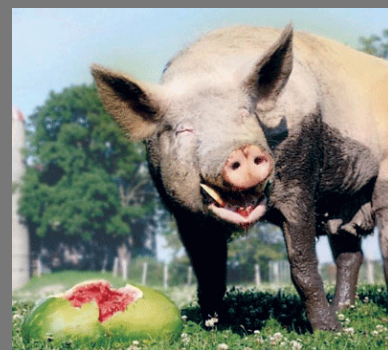
www.fitzhenry.ca



SAVING LIVES & CHANGING HEARTS

Animal Sanctuaries and Rescue Centres

by Rob Laidlaw



"Rob Laidlaw's thoughtful world sanctuary tour shows us that the individual matters—each animal suffering in cruel captivity deserves a humane home for life in a true sanctuary, whose caregivers are equipped and determined to put the animal's needs first. These are examples for all to follow. I highly recommend *Saving Lives and Changing Hearts*."

Adam M. Roberts, President,
Global Federation of Animal Sanctuaries



What's for Lunch?

How Schoolchildren Eat around the World

by Andrea Curtis

Photographs by Yvonne Duivenvoorden



Brand name foods such as Domino's Pizza and KFC are sold at more than one-third of U.S. public schools. According to a study funded by the National Institute of Health, a ban on marketing unhealthy foods to children would reduce the number of overweight kids by up to 18%.

Worried about reports that Japanese children are losing touch with their culture and traditions, one high school has put a chopstick skills test on its entrance exam. Applicants must be able to move everything including dice and marbles.



Lowdown On Earthworms by Norma Dixon Illustrated by Warren Clark



Giants from Down Under

Earthworms come in all sizes. The biggest ones live in warm climates. Australia is home to the Giant Gippsland earthworm. This monster averages 80 cm (32 in.) in length and has 300-500 segments. Its burrows are about 2.5 (1 in.) in diameter. Its eggs are the size of small sausages.

Giant Gippsland earthworms spend all their lives underground. That may explain why they were discovered only 100 years ago.

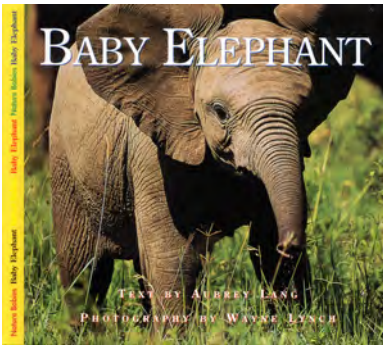


Hurricane! by Celia Godkin

Along Florida's coast, people board up their homes and the animals head inland. A hurricane is bearing down on the coast. When it reaches land, howling winds uproot trees and homes with equal ease. A storm surge devastates the town. Then, after the eerie quiet of the hurricane's eye, the winds howl again, toppling structures that had survived the first onslaught and washing away the remains.

Even as the last of the storm dies down, the process of renewal gradually begins. In the face of a massive disaster, the people, the animals, and the land itself will always find a way to survive and triumph once more.



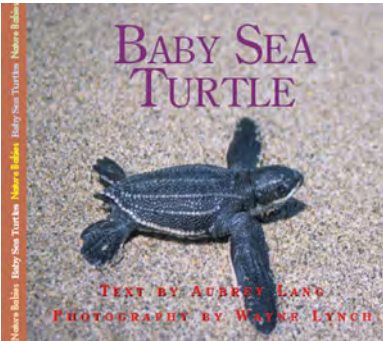


Baby Elephant

by Aubrey Lang

Photographs by Wayne Lynch

No one is more important to the baby elephant than its mother. But there are other members of the extended family who will care for and protect this little one from harm. Under their vigilant watch, the baby elephant will grow and discover the world.

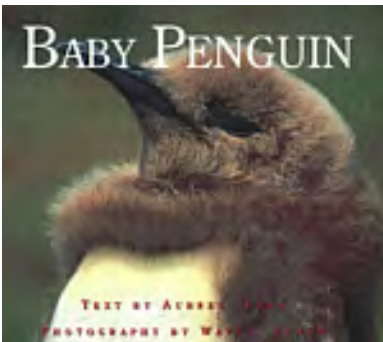


Baby Sea Turtle

by Aubrey Lang

Illustrated by Wayne Lynch

On a narrow strip of beach in Trinidad, a mother sea turtle comes to shore to dig her nest and deposit her eggs. The odds are against the hatchlings, but those that survive scramble to the water as best they can - taking their first steps on a long and dangerous journey to maturity.

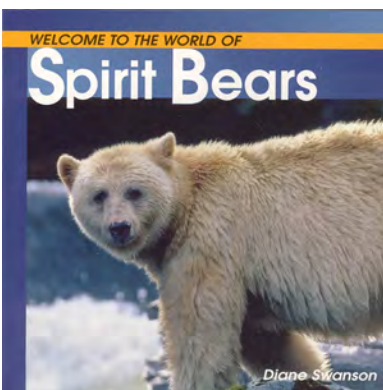


Baby Penguin

by Aubrey Lang

Illustrated by Wayne Lynch

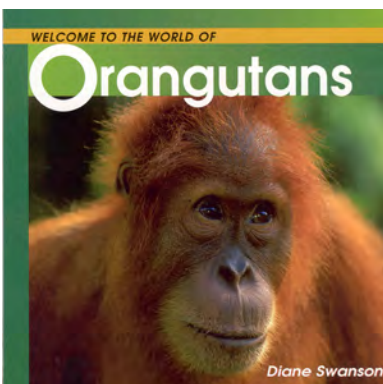
Even though he's as tall as a kitchen table now, the fuzzy one-year-old penguin is still fed every day by his parents, who have no trouble picking their own chick out of the crowd. But one day the parents disappear. Their youngster is on his own and he will have to grow up quickly.



Welcome to the World of Spirit Bears

by Diane Swanson

The Spirit Bear is a unique subspecies of the North American black bear. It's neither a polar bear nor an albino, but a black bear that's white. Named the Spirit Bear by Native American tradition, which held that white bears were to be revered and protected. It is found only in remote regions of British Columbia which, until recently, were in danger of being logged.



Welcome to the World of Orangutans

by Diane Swanson

This Welcome to the Whole World edition reveals all there is to know about orangutans. With outstanding color photographs and intriguing text, children can discover fascinating details about this exotic animal. They can read about how orangutans communicate, what makes them similar to, and different from humans and just what their families are like.



Whose Eyes are These?

by Wayne Lynch

Who has eyes on the top of its head? Who has eight eyes, instead of just two? Whose grey eyes turn white as it gets older? In *Whose Eyes Are These?*, children are invited to identify everything from squirrels to vultures from up-close pictures of just their eyes. As they turn the page, a vivid color photograph of the entire animal is revealed.



Sea Otter Inlet

Authored and illustrated by Celia Godkin

Award-winning author/illustrator Celia Godkin explores the world of the sea otter and its integral relationship to the kelp forest in this beautiful information picture book. Starting with a single act of human intervention, the consequences of an imbalanced ecosystem are described step-by-step.

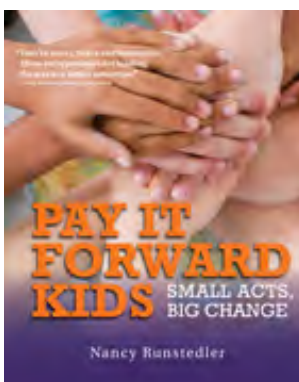


When Children Play

The Story of Right to Play

by Gina McMurchy-Barber

An orphaned girl in a Ugandan refugee camp. A former child soldier in the Sudan. When survival is the priority, something as simple and normal as play seems to be a luxury that these children can do without. But Right to Play is changing that perception.



Pay It Forward Kids

Small Acts, Big Change

by Nancy Runstedler

In *Pay It Forward Kids*, readers will meet ordinary kids from across North America who have done extraordinary things, all on their own initiatives. They have set out to “pay it forward” to someone else, with astonishing results. The ripple effect of their deeds have inspired others to join their causes, and in some cases, to start missions of their own.



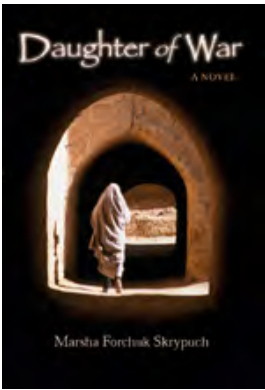
Kamakwie

Finding Peace, Love and Injustice in Sierra Leone

by Kathleen Martin

Sierra Leone is the poorest country in Africa. Yet it is populated by people who are hopeful, and aspire to better themselves through education, proper health care and through putting behind them the horrors of civil war.

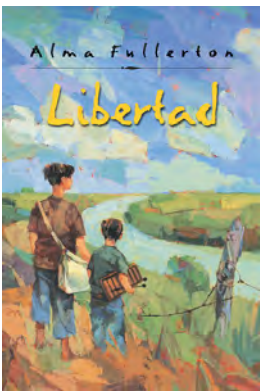
Young Adult Fiction



Daughter of War by Marsha Forchuk Skrypuch

Teenagers Kevork and his betrothed Marta are the lucky ones. They have managed so far to survive the Armenian genocide in Turkey and both are disguised as Muslims. But Marta is still in Turkey, pregnant with another man's child and Kevork is living as an Arab in Syria.

Daughter of War is a gripping story of enduring love and loyalty set against the horrors of Turkey during World War I.



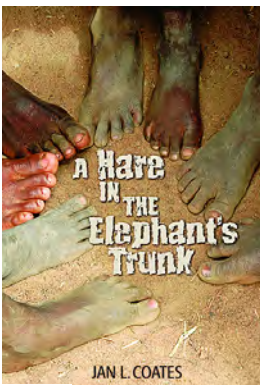
Libertad by Alma Fullerton

When a freak accident kills their mother, Libertad and his little brother Julio are no longer safe living on their own near the Guatemala City Dump. Libertad knows that surviving by their wits alone won't be enough to send his brother to school or give them any hope for the future. There is only one thing to do. Earning their way as street musicians, they will set out on the long and dangerous journey to the Rio Grand River, where they will somehow find a way to cross into the United States and find their father.



Egghead by Caroline Pignat

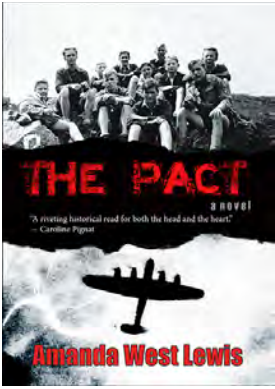
Three young teens are struggling to find their way out of one of the classic dilemmas of life: how not to be a bystander to bullying, how to stand up for your friends, and how to deal with consuming rage.



A Hare in the Elephant's Trunk by Jan L Coates

When civil war strikes Jacob Deng's Southern Sudanese village, seven-year-old Jacob embarks on a seemingly endless journey that tests his courage and determination. Wadeng is a Dinka word meaning "look to the future, it will be better; follow your dreams", and it, along with his precious "Mama stone", becomes Jacob's talisman of hope, helping him remain strong on his seven-year search for a place of refuge.





The Pact

by Amanda West Lewis

The story is told through the eyes of ten year old Peter as he is drawn into the Hitler Youth and at the same time comes to doubt what he is being told about his country and its destiny.

It also provides insights into the realities of living in a country at war, a country that suffers increasing waves of devastation.



Yellow Dog

by Miriam Körner

Jeremy lives in a small community where winters are long and stray dogs roam the streets. When peer pressure leads Jeremy into a bad prank, he is immediately struck with guilt. Trying to make amends, Jeremy befriends Yellow Dog — and in the process gets introduced to the adventures of dog sledding.



Saving Armpit

by Natalie Hyde

When vandals deface the Harmony Point sign, the town does indeed seem to become the “arm pit” of the region. The baseball team hasn’t won a game in two seasons and the town itself is falling into disrepair. But when the new postmaster becomes the ball coach, Clay and the rest of the Terriers finally seem to stand a chance of winning a game. Until they overhear a bureaucrat from the city say that the post office will close unless the “numbers” work out.



Fox Magic

by Beverley Brenna
Illustrated by Miriam Korner

Two of twelve-year-old Chance Devlin’s friends have committed suicide and as she struggles with her loss, she wonders if following them is the best remedy for her pain. A connection to a mysterious red fox named Janet Johnson helps her come to terms with the past, finding her courage in the power of dreams.



The Rahtrum Chronicles

The Dream

by R. K. McLay

The Dream transports readers into the far north of the Yukon Territory and envelopes them in the vastness of nature. Once there, readers inhabit a harsh and natural world that is faithfully rendered, but also delicately infused with magic



Bifocal

by Deborah Ellis & Eric Walters

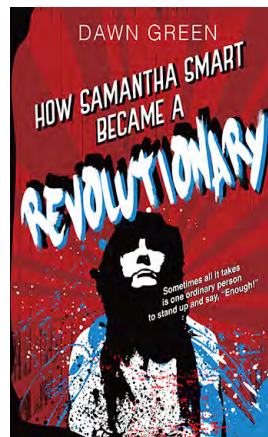
A student arrested on suspicions of terrorism. A high school torn apart by racism. Two boys from two different sets of circumstances forced to choose sides.



September 17

by Amanda West Lewis

September 17 is a novel that tells the story of three of the children that were on board *The City of Benares*, a civilian boat torpedoed by the Germans, as they experience and survive the disaster and wait to be rescued.



How Samantha Smart Became a Revolutionary

by Dawn Green

From high school kid to rebel chief Samantha Smart leads the good fight against a government bent on total control in this fast-paced journey through a ripped social fabric.

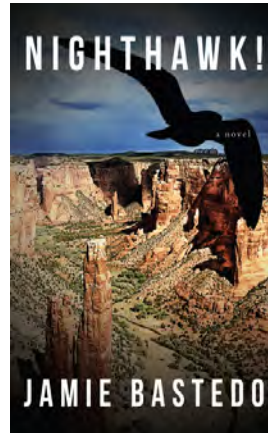
Her warning ... if it can happen to her, it can happen to anyone.



The White Bicycle

by Beverley Brenna

This is the third title in the *Wild Orchid* trilogy following Taylor Jane, a young woman with Asperger's Syndrome. While traveling in France Taylor embarks on a quest for independence both personal and universal as she casts her mind back to her earliest memories.



Nighthawk!

by Jamie Bastedo

Wisp has a learning problem: he can't read stars. For a juvenile nighthawk bursting with wanderlust this means trouble, with his peers, his parents, and the colony that tries to fence him in. So he ditches, striking off on a forbidden migratory journey from the Amazon to the Arctic.



Closing Down Heaven

by Lesley Choyce

In this whimsical free-verse novel for young adults, sixteen-year-old Hunter propels himself out of this world. He arrives in what he understands to be heaven, met by his celestial guide, Archie, who tries to interpret for Hunter the rules of this rather confusing world.

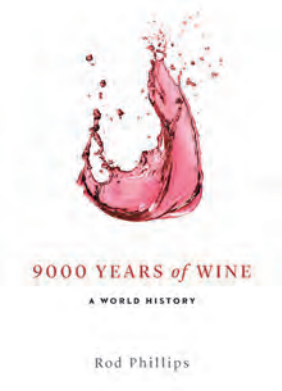


When Kacey Left

by Dawn Green

Kacey and Sara have been the best of friends since grade three. They did everything together. They had plans — college together, vacations around the world, best friends together forever. But then Kacey chose to end her life and Sara was left to try to understand what it all meant.

Adult Non-Fiction



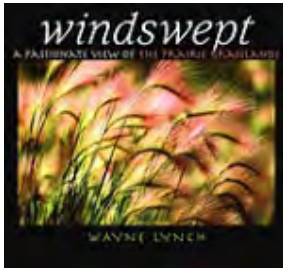
9000 Years of Wine Rod Phillips

The impossibility of tracing the very first batch of wine ever made has not deterred archaeologists and historians from searching for the earliest evidence, a quest that has taken them back some 9,000 years. And to a rare find of 3,000-3,500-year-old wine from China. The oldest wine ever found, which survived from being encased in a completely airtight container.



Fairy Tales in the Classroom by Veronika Charles

Fairy Tales In The Classroom contains all the tools, suggestions and stories that teachers need to give their students life transforming experiences and a solid background for all their future writing.



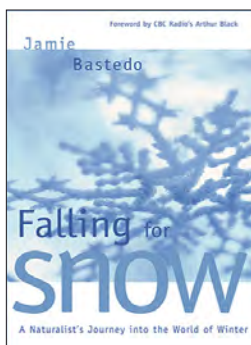
Windswept A Passionate View of the Prairie Grasslands Photographs by Wayne Lynch

Cradled between the Rocky Mountains to the west and the Canadian Shield to the east, the grasslands of the Canadian prairies and the northern Great Plains of the United States share a common climate, geological history and wildlife diversity.

A Hiker's Guide to the Rocky Mountain Art of Lawren Harris by Lisa Christensen

A Hiker's Guide to the Rocky Mountain Art of Lawren Harris traces the steps Harris took on this monumental trip to the Rocky Mountains in 1924. Its "trail guide" approach and beautiful full-colour reproductions encourage readers and visitors to the Rocky Mountains to follow in the artist's footsteps and explore for themselves the various landscapes that inspired his work.

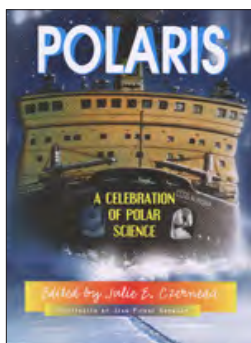




Falling for Snow

by Jamie Bastedo
Foreword by Arthur Black

In this spirited mix of humor, science and adventure, naturalist Jamie Bastedo takes you on an uncommon romp through snow. Share in the quest of early snow scientists to unravel snow's many riddles.



Polaris

A Celebration of Polar Science
Illustrated by Jean-Pierre Normand
Edited by Julie Czerneda

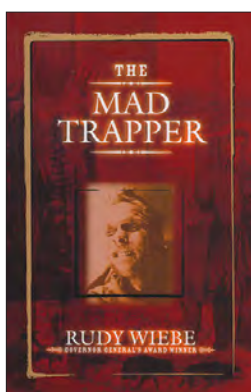
Celebrate the wonders of polar science with our talented authors as they let their imaginations soar over this world and beyond. But beware. Knowledge can help you survive. It can also reveal what you must fear!



Living Things We Love To Hate

by Des Kennedy
Foreword by David Suzuki

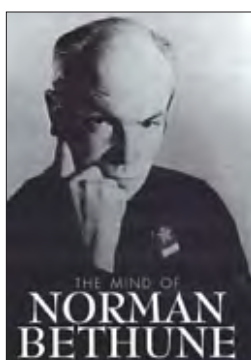
If we knew slugs a little better, could we be friends? Des Kennedy says yes, adding that many living things that we find repulsive are, in fact, useful allies playing a vital role in our environment. Flora and fauna that have historically been given a bum rap are examined in these fascinating anecdotes about life on a small island.



The Mad Trapper

by Rudy Wiebe

This is the story of Albert Johnson, the Mad Trapper, a silent man of superhuman strength and endurance, who defied capture for fifty days in the bitter cold of winter, north of the Arctic Circle. He was a man who crossed hundreds of miles of frozen tundra on foot, who survived dynamite blasts and the pursuit of police, trappers and the army, and who became the first man to cross the Richardson Mountains in a blizzard.



The Mind of Norman Bethune

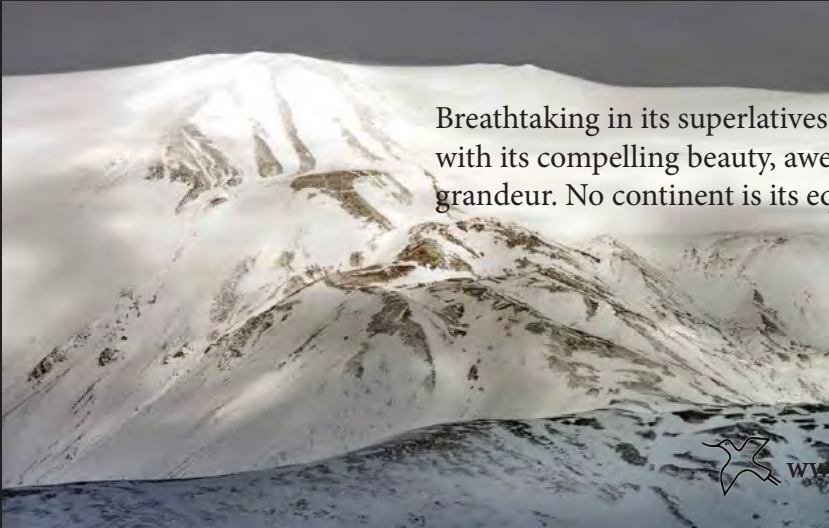
by Roderick Stewart

The mind of Norman Bethune contains the most important and revealing writings of Norman Bethune. Illustrated with over 100 contemporary photographs *The Mind of Norman Bethune* uncovers one of the most fascinating and controversial figures of the 20th century.



ANTARCTICA

ARNOLD ZAGERIS



Breathtaking in its superlatives, Antarctica mesmerizes visitors with its compelling beauty, awe-inspiring landscapes and imposing grandeur. No continent is its equal.



Nourish

Whole Food Recipes Featuring Seeds, Nuts and Beans

by Nettie Cronish & Cara Rosenbloom



Seed-Crusted Halibut with Salsa Fresca Penne

The crumbly, crunchy crust on this halibut helps lock in moisture, which results in a juicy and tender fillet. The pasta is ideal with this fresh spring salsa, which can be served hot or cold. It makes a great pasta salad for tomorrow's lunch. —Cara

1. To make the fish, preheat the oven to 400°F (200°C). Line a baking sheet with foil.
2. Combine bread crumbs, hemp seeds, parsley, cilantro, oil, zest, salt and pepper in a bowl. Place halibut fillets onto the prepared baking sheet.
3. Generously spoon the herbed crumbs over the fish, and lightly press crumb mixture onto each fillet with your hands. Bake until crumb topping is lightly browned and fish flakes easily with a fork, about 10-15 minutes.
4. To make the salsa, in a medium bowl, stir together tomatoes, olives, onion, jalapeno, cilantro, parsley, lemon zest and salt. Add olive oil and stir to combine. Set aside.
5. To make the pasta, add penne to a pot of rapidly boiling water. Cook until al dente, about 10-12 minutes. Drain.
6. Place penne in a large bowl. Add salsa to penne and stir.
7. To plate, place pasta with salsa on the plate. Top with crusted halibut.



Tip: The level of heat from the jalapeno depends on how it's cut. Many people think the heat is in the seeds, but that's not quite right. It's actually the ribs that house the seeds, so if you remove the ribs, you will get a slightly milder flavour.

NUTRIENTS PER SERVING SERVING SIZE: ¼ RECIPE

604 calories, 24 g fat, 3 g saturated fat, 777 mg sodium, 52 g carbohydrates, 8 g fibre, 5 g sugars, 44 g protein. Very high source of fibre. Excellent source of thiamin, niacin, vitamin B₆, folate, vitamin B₁₂, magnesium, and iron. Good source of riboflavin, vitamin C and zinc.

SERVES 4

Halibut

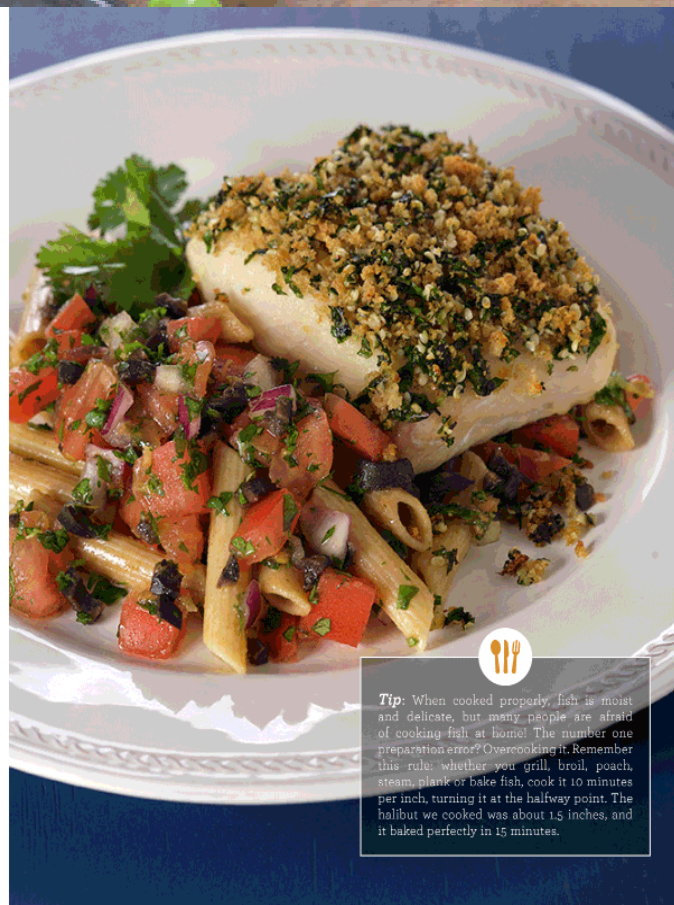
- ½ cup (125 mL) panko bread crumbs
- ¼ cup (60 mL) hemp seeds
- ¼ cup (75 mL) chopped fresh flat-leaf parsley
- ¼ cup (60 mL) chopped fresh cilantro
- 2 Tbsp (30 mL) extra virgin olive oil
- 1 tsp (5 mL) lemon zest
- ½ tsp (2 mL) sea salt
- ¼ tsp (1 mL) freshly ground black pepper
- 4 fillets (6 oz/170 g each) halibut

Salsa fresca

- 2 medium tomatoes, diced
- ¼ cup (60 mL) chopped pitted olives
- ¼ red onion, diced
- 1 small jalapeno pepper, minced (optional)
- ½ cup (125 mL) chopped fresh cilantro
- 2 Tbsp (30 mL) chopped fresh parsley
- 1 tsp (5 mL) lemon zest
- ½ tsp (2 mL) sea salt
- 2 Tbsp (30 mL) extra virgin olive oil

Pasta

- 2 cups (500 mL) whole grain penne



Tip: When cooked properly, fish is moist and delicate, but many people are afraid of cooking fish at home! The number one preparation error? Overcooking it. Remember this rule: whether you grill, broil, poach, steam, plank or bake fish, cook it 10 minutes per inch, turning it at the halfway point. The halibut we cooked was about 1.5 inches, and it baked perfectly in 15 minutes.





THE BAKER

IN ME

by Daphna Rabinovitch

MAKES 12 SCONES

Tweed Scones

EVEN SCONES are fair game when it comes to adding chocolate. The Scots might disapprove but the light airy texture of this scone welcomes the rich and impressive combination of two kinds of chocolate and caramel bits. Dotted throughout the batter, the inclusions make for a tweed-like look. Serve these sweet scones in the afternoon or for dessert.

Preheat the oven to 400°F (200°C). Line a baking sheet with parchment paper; set aside.

Combine the flour, sugar, baking powder and salt in the bowl of a food processor fitted with the metal "S" blade. Pulse twice to combine and aerate. Cut the butter into cubes and add to the food processor. Pulse until the butter is cut into pieces the size of small peas, with a few larger pieces. (Conversely, you can do the above in a large bowl, using a pastry cutter or two knives to cut in the butter until it's the size of irregular-shaped peas.) Transfer the mixture to a large bowl. Stir in the dark chocolate chips, milk chocolate chips and Skor bits.

Whisk together the cream and egg yolks until thoroughly blended. Pour over the flour-butter mixture. Toss with a fork until the mixture is thoroughly moistened. It may not fully come together; there may be some flour not fully incorporated—don't worry about this.

Transfer the dough to a clean work surface, including the unincorporated bits. Knead gently, about 4 or 5 times, just until the dough forms a moist, cohesive ball. Gently pat down into an even rectangle that is about 8 × 5 inches (20 × 12 cm). It should be about 1 inch (2.5 cm) thick.

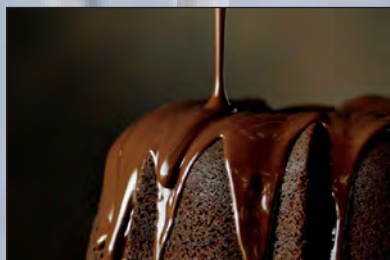
With a sharp knife or pastry cutter, cut the rectangle in half lengthwise. Then cut each half into 6 triangles. Transfer the scones to the prepared baking sheet.

Bake in the centre of the preheated oven until golden and baked through, 16–18 minutes. Cool the scones on the pan on a wire rack for at least 5 minutes before serving.

2 cups (500 mL) all-purpose flour
 ½ cup (80 mL) granulated sugar
 1 Tbsp (15 mL) baking powder
 ½ tsp (2 mL) salt
 ½ cup (125 mL) cold unsalted butter (4 oz/125 g)
 ½ cup (125 mL) mini dark chocolate chips
 ½ cup (125 mL) milk chocolate chips
 ½ cup (80 mL) Skor bits
 ¼ cup (180 mL) cold whipping cream
 2 cold large egg yolks



MUFFINS, BISCUITS AND SCONES 261



Join the Safe Community



ALSO, WITH THE 3-Meat 3-Hot Burger (see page 95) this may be the most important meal in my repertoire. One to take advantage something as kooky (and yes, I just never got back!) like to bake a loaf of my fellow foodies' (baking while you are parked, picked up and just finished at the table. The guests in your backyard and in the kitchen. This is it! It's all hands on board to help prepare the feast. This is also the recipe where my Stinson Club was born. When it all up in a soft corn tortilla and it's an awakening for your taste buds!

To set up a brooding station, in a bowl season the floor with 10d flax, chick powder and pepper. Secondly, in another bowl season the hen's eggs with a pinch of salt and pepper. Put crushed chips in a third bowl. Now you are ready to brood your fish!

Drain each fish, place lightly with flour. Flip fish in egg and then into the crushed chips, pushing down on them to make them stick. Fry fish in oil for about 4 minutes per side or until crispy and golden brown and cooked through. Cook in batches if necessary. Drain on paper towel and season with salt and pepper.

Before serving, in a dry large non-stick skillet over medium-high heat, quickly fry the tortilla for a minute or so on each side until warmed through.

To serve, spread Avocado Lime Crema on a tortilla and place fried fish on top. Add the cabbage and garnish with Pico de Gallo, more Sriracha and fresh cilantro.

[illegible]

- 1 cup (235 mL) carrots or parsnips cut into 1/2-inch slices
- 1 cup (235 mL) flour
- 1/2 cup (115 mL) oil
- 1/2 cup (115 mL) salt
- 1/2 cup (115 mL) chicken powder
- Freshly ground pepper, to taste
- 2 eggs, beaten
- Kosher salt, to taste
- 1 medium-sized jalapeño pepper, sliced
- 1/2 cup (115 mL) shredded cheddar cheese, to taste
- 1/2 cup (115 mL) fresh bread crumbs

1 1/2 cups (300 g) corn tortillas
1 batch Avocado Lime Crema
Creme de Cacao, 1/2 cup

© 2006 Blackwell Publishing Ltd
Journal of Internal Medicine 260: 391–400

We ship only fresh flowers, leaves only.

[illegible]

INDULGE IN a stop by roadside fruit and vegetable stands on my way into the Bahamas. Not only is it a great way to eat fresh and local but when you buy in season it's also quite inexpensive, not to mention a great way to support your local community. Sometimes when you buy a large basket of produce you just can't eat them. Not enough. Save the super-ripe ones to be the stars and sweetness in this easy and comforting dessert.

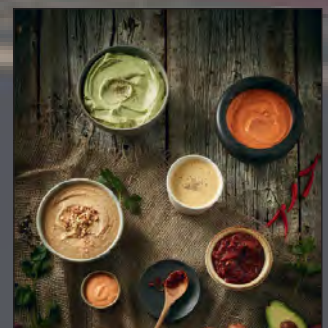
Preheat the oven to 175°F (150°C). Butter a square 8- or 9-inch (20 or 23 cm) baking pan.

Whisk together the flour, baking powder and salt in a mixing bowl and set aside. In a separate bowl, whisk together the eggs (and 1 cup (250 ml) sugar, if that), add the butter and milk and whisk until mostly smooth with some small chunks of butter still visible. Add the wet ingredients to the dry ingredients and stir just until everything is combined. Scrape the batter into the prepared baking pan.

Put a saucepan over medium-high heat stir together the remaining 1/2 cup (125 ml) sugar, white, lemon juice and vanilla and bring to a boil. Boil for a few minutes then remove the pan from the heat, add the sliced peaches and toss gently with a spatula to coat the fruit with the caramel syrup. Spread the fruit and syrup evenly over the cookies laid out in the pans.

Put the cold side for 30 minutes, or until the edges are caramelized and the inside is fully set, but still moist. Cut out for 10 minutes before scooping from the pan, or cut for 30 minutes before cutting into 9 squares and serving. Serve with a dollop of cold, heavy cream or ice cream.

Figure 6-8





Honest to Goodness

Everyday Recipes for the Home Cook

by Christine Tizzard



HONEST TO GOODNESS • 118

(LS)

CURRIED SPINACH AND CHARD PHYLLO PIE

One night, I just couldn't decide between Indian and Greek. I had a big bunch of spinach and Swiss chard that I needed to use up, some feta in the cheese drawer and then I thought . . . spanakopita! To cure my craving for Indian, I added a kick of curry, garam masala and coconut milk into the mix. This pie is packed with healthy greens, warming spices, salty feta and walnuts, all wrapped in layers of flaky phyllo.

Not overpowering or heavy, it makes for a great vegetarian main and is a nice change from the classic.

PREP TIME 25 minutes

COOK TIME 35–40 minutes

REST TIME 10 minutes

SPECIAL EQUIPMENT NEEDED pie plate, pastry brush

½ cup (80 mL) melted coconut oil or olive oil, for brushing phyllo sheets	1 tsp (5 mL) garam masala
1 lb (450 g) fresh or frozen Swiss chard (about 1 bunch)	Salt to taste
1 lb (450 g) fresh or frozen spinach (about 1 bunch)	Pepper to taste
1–2 Tbsp (15–30 mL) coconut oil	2 eggs
2 medium onions, finely diced	½ cup (125 mL) coconut milk
1 clove garlic, puréed	½ cup (125 mL) chopped walnuts or walnut pieces
½ cup (125 mL) diced celery or fennel bulb	½ lb (250 g) feta, broken into small pieces
½ tsp (1 mL) ground or freshly grated nutmeg	½ cup (125 mL) chopped fresh parsley (optional)
2 tsp (10 mL) curry powder	10 sheets phyllo, thawed according to pkg instructions

1. Preheat oven to 350°F (175°C) and brush a pie plate with the melted coconut oil or olive oil. Start boiling a large pot of salted water.

2. If using fresh chard, separate stems from leaves, finely chop stems and set aside to sauté with the onions. If using fresh chard and spinach make sure they are washed well since these types of greens can be very sandy.

3. In a large pot of boiling salted water, boil the spinach and chard until wilted, about 2 minutes. Drain in a colander and run under cold water in the sink to cool. Use your hands to give the greens a good squeeze,

releasing excess moisture. Finely chop and set aside in a large bowl.

4. In a medium sauté pan over medium heat, add 1 Tbsp (15 mL) coconut oil and sauté onions until translucent, about 3 minutes. Add the garlic, celery, chard stems (if using) and spices and season with salt and pepper. Sauté until softened, about 5 minutes.

5. In the meantime whisk eggs with the coconut milk in a small bowl; set aside.

6. Add sautéed veggies to the spinach and chard, along with the walnuts, feta and parsley. Taste and adjust seasoning if necessary. Let cool slightly, then stir in the coconut milk and egg mixture.

7. While cooling, prepare a pie plate with phyllo crust. Gently brush each sheet of phyllo with melted coconut oil as you go. Layer in pie plate by crisscrossing sheets on top of one another. Leave overhang to wrap around the filling afterwards.

8. Add filling into the phyllo crust and fold the overhang overtop, leaving it ruffled in appearance. Brush the outer layer lightly with oil.

9. Bake 35–40 minutes. If the top is browning too quickly, lightly place a layer of foil overtop. Let rest 10 minutes before serving.

PHYLLO TIPS

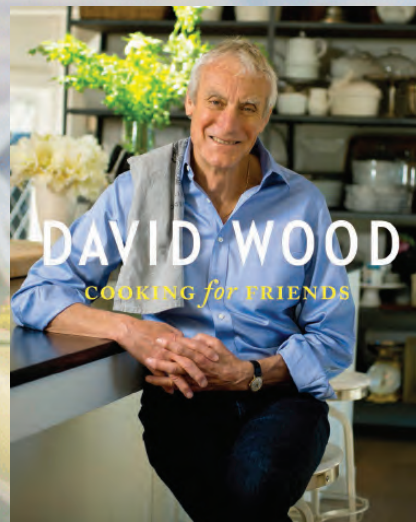
- It is very rare I use a whole package of phyllo. You have to thaw out the whole darn package when you use it though, so chances are you will probably have leftover phyllo. Roll up leftover sheets in plastic wrap and store in the fridge for up to a week.
- Phyllo sheets tear easily but don't panic, keep going. In the end it will all look great.
- Sheets also dry out quickly, so keep the stack of sheets covered with a slightly damp cloth while you work.



David Wood's Cooking for Friends

by David Wood

David Wood's Cooking for Friends is written with the idea in mind that it's not what you eat but how you make it that matters. Fantastic recipes like Pesto-Stuffed Chicken Breasts, Risotto Milanese and Seared Salmon with Dolce Forte Sauce are more than just great meals; they help shape the character of an occasion. Wood shows how fresh, everyday ingredients can be elevated with proper care and an attention to detail.



Rose Murray's Comfortable Kitchen

Easy Feel-Good Food For Family and Friends

by Rose Murray

In *Rose Murray's Comfortable Kitchen*, "comfort" is everything. Rose perfects the family recipes that have endured for generations and that taste more than anything, like home. It collects over 230 recipes that will put you at ease—from soothing soups and quick salads, to main courses and exquisite desserts.





Alice Eats

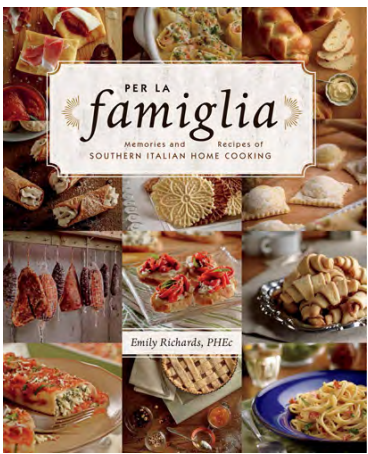
by Pierre A Lamielle & Julie Van Rosendaal

Alice's Adventures in Wonderland
by Lewis Carroll
with recipes inspired by the story and characters



Because food, love and life should be delicious!
by Liz Pearson

Liz has included bite-sized, reader-friendly, science-backed nutrition advice along with totally tasty and stress-free recipes made with superfood ingredients.



Per La Famiglia
by Emily Richards

This cookbook fetes the celebrations and foods of an Italian-Canadian through the years by writing down family recipes that can be shared with generations to come. While many are traditional, there are also new spins on some to fit the demands of younger generations without missing the love and stories that go into each dish.





Whisky Cabinet

by Mark Bylok

This is the complete guide for the whisky enthusiast. Not one to shy away from controversy, whisky insider Mark Bylok writes about the changing whisky world.

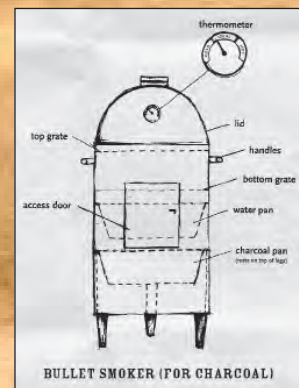
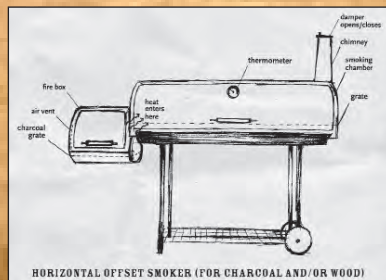


Smoking Meat

The Essential Guide to Real Barbecue

by Jeff Phillips

With step-by-step instructions on how to choose, set up, and modify your own charcoal, gas, or electric smoker, Jeff Phillips guides you through your smoking session with the patience unique to an experienced pitmaster.



RECIPES FOR SMOOKING

Meat	Wood	Notes
Beef	Hardwoods	For smoking brisket, use a combination of hickory and apple.
Chicken	Apple, Peach, Cherry	For smoking chicken, use a combination of apple and cherry.
Ham	Apple, Peach, Cherry	For smoking ham, use a combination of apple and cherry.
Shrimp	Apple, Peach, Cherry	For smoking shrimp, use a combination of apple and cherry.
Vegetables	Apple, Peach, Cherry	For smoking vegetables, use a combination of apple and cherry.



Back cover image from *Discovering Food: A Modern Approach* by Chef Mike Ward.

Mike Ward's debut cookbook is an exciting and empowering approach to cooking. By tossing away the boring creative limitations of regionally specific cuisines and dietary trends, Mike's recipes are a fun, smart, modern approach to cooking; vegetable forward with very little use of wheat products, sugar, fatty meats (including bacon) and dairy products. It's exactly how most of us want to eat - huge flavour with zero guilt.



Fitzhenry & Whiteside
www.fitzhenry.ca