

# reviews



**EDITOR'S PICK**

## Planet to Plate:

*The Earth Hour Cookbook*  
World Wildlife Fund  
Australia, 216 pages, \$49.99

From humble beginnings in Sydney in 2007, global warming awareness movement Earth Hour has spread to over 7000 cities in 160 countries worldwide. *Planet to Plate: The Earth Hour Cookbook* celebrates Australian food while highlighting the challenges facing farming communities dealing with the realities of climate change. Including sumptuous recipes from some of Australia's best chefs, including Guy Grossi, Neil Perry, Kylie Kwong and Margaret Fulton, the book is a guide to sustainable cooking and eating. It is also packed with information on Australia's global warming profile and how we as individuals can do something to fight climate change, as well as heartfelt messages of hope from people on the land who see themselves as "custodians" of our food security. Proceeds from cookbook sales go to supporting Earth Hour's work with schools, small business and community groups.

Jacqueline Forster

## My New Roots

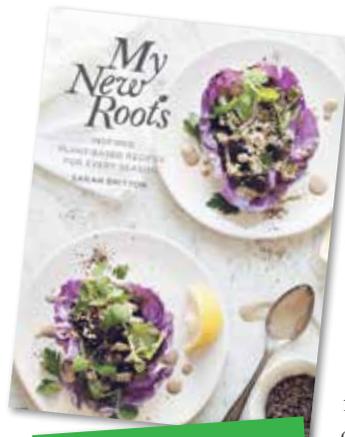
Sarah Britton

Macmillan, 2015  
Hardcover, 256 pages, \$44.99

Sarah Britton says she was 23 and a total city slicker

who'd just completed design studies when she stayed at an organic farm in Arizona, US. She planned to stay a month but after tasting tomatoes straight off the vine she felt like staying forever. She did stay a year, and whole foods became a revelation that changed her life direction, leading to holistic nutrition studies and her popular blog My New Roots. Her book of the same name is filled with more than 100 vegetarian, vegan and gluten-free recipes that are simple, tasty and nutritious. It also includes directions for making nut and seed milks and butters, cooking legumes and grains and sprouting.

Steve Payne



– foods that haven't been heated above 46°C – and later opened two award-winning cafes in Auckland starring her delicious raw dishes. This 'uncookbook' features everything from banana and caramel brownies to zucchini pasta and coconut bacon.

Kylie McGregor

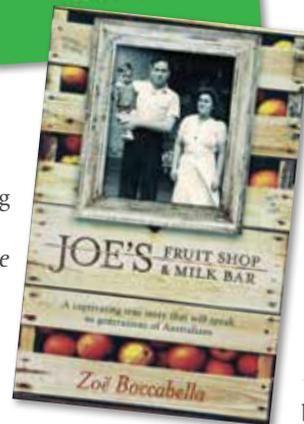


## The Unbakery

Megan May

Murdoch Books, 2015  
Hardback, 280 pages, \$45

Not a baker? Then take an uncooked leaf out of Megan May's new cookbook, *The Unbakery*, which as its title suggests, doesn't involve much 'cooking' at all but features more than 150 raw plant-based recipes (many of which involve dehydrating ingredients). May grew up on an organic market garden and small farm in West Auckland, New Zealand, where her love of fresh, organically grown produce was begun. After suffering health issues and food allergies, she turned to raw foods



## Joe's Fruit Shop & Milk Bar

Zoë Boccabella  
ABC Books, 374 pages, \$29.99

From the very first chapters of *Joe's Fruit Shop & Milk Bar*, Zoë Boccabella's evocative storytelling captivates, transporting readers back in time to the simple life of an Italian village and the burgeoning multicultural

society of pre- and post-war Australia. A time when poverty and dreams saw men and women leave the country of their birth to seek a new life in new lands. Like so many migrants' journeys this tale is about hardship, hostility, hope, hard work and betterment. Of the unfamiliar and of tradition. Filled with poignant reminiscence and real-life drama, Boccabella's sweeping family saga draws you in like an Italian nonna's embrace.

Jacqueline Forster

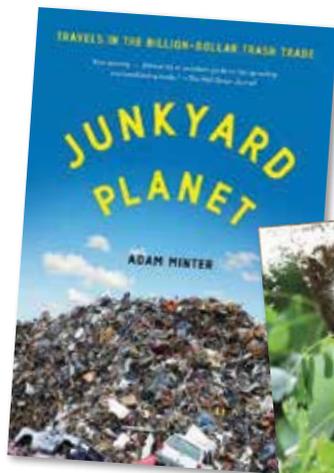
### Junkyard Planet

Adam Minter

Bloomsbury, 2014

Hardback, 284 pages, \$29.99

This book is a load of rubbish, in the best possible way. Journalist Adam Minter (who grew up in a family of scrap dealers in Minneapolis, US), roams the world in a bid to discover what exactly happens to America's trash. More often than not, it ends up in China, where businesspeople have found profitable niches recycling what American companies can't or won't. The global recycling industry has its faults, and is driven by dollars rather than environmentalism, but with consumers reluctant to consume less, recycling is making a massive difference to the amount of mining we need to do and the volume of greenhouse gases we pump into the



air. As Minter writes: "In an age of conspicuous consumption, the global recycling business has taken on the burden of cleaning up what you don't want, and turning it into something you can't wait to buy." *Simon Webster*

### Dexter: The Courageous Koala

Jesse Blackadder

ABC Books, 2015

Paperback, 196 pages, \$14.99

There's a bit more to caring for wildlife than giving them a cuddle and a bottle of milk, as 12-year-old, animal-mad Ashley discovers when a trip to the bush is interrupted by an ex-tropical cyclone and culminates in a dramatic koala rescue mission. This is Jesse Blackadder's third book for children

(she's also written four novels for adults) and is an Aussie adventure ideal for 8- to 13-year-olds. *Simon Webster*

