

Santa Barbara SEASONS

CELEBRATING LOCAL LIFE & CULTURE

Summer Spectacular

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MM MEDIA PUBLICATION

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SEAFOOD GOES SUSTAINABLE P. 58 AREA WINE MAP P. 92
SANTA BARBARA CITY MAP P. 76-77 GUIDE TO THE ARTS P. 34

SEASONAL DIGS : HOT SUMMER READS

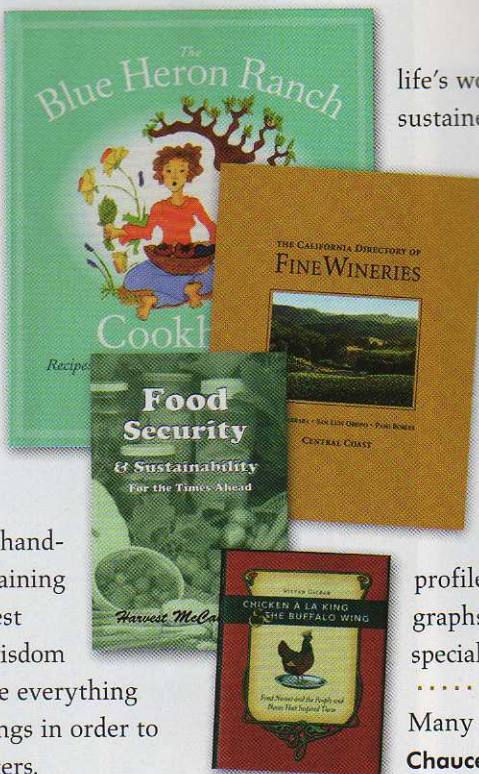
Chicken à la King & the Buffalo Wing: Food Names and the People and Places that Inspired Them (*Writer's Digest Books*)

If you've ever wondered about the origin of Jerusalem artichokes or the identity of Granny Smith, this stylish book offers delicious enlightenment. Steven Gilbar focuses his wit and research on edibles named for people or places, and includes tear-out recipe cards for favorites like pralines and Waldorf salad.

Food Security & Sustainability for the Times Ahead (*BioDiverse Press*)

This compelling handbook details reasons and methods for maintaining a cache of food, seeds and basic tools. Harvest McCampbell combines her grandmother's wisdom with contemporary know-how to illuminate everything from canning to locating underground springs in order to successfully survive emergencies and disasters.

The Blue Heron Ranch Cookbook, Recipes and Stories from a Zen Retreat Center (*North Atlantic Books*) From her home near Ojai, Nadia Natali tells of her family and



life's work, while sharing the recipes that have sustained both for 30 years. Colorful drawings animate the narrative and garnish tempting delicacies like Ojai bouillabaisse and June apricot cake.

The California Directory of Fine Wineries: Central Coast Edition (*Wine House Press*) Serving as both travelers' guide and reference book, this elegant edition examines select wineries throughout Santa Barbara and San Luis Obispo counties. Editor Tom Silberkleit includes nearly 60 winery profiles, each featuring lush, full-color photographs, along with sidebars listing locations, specialties and nearby attractions.

Many of these books can be purchased at **Chaucer's Books**, Loreto Plaza, 3321 State St., 805/682-6787, www.chaucers.booksense.com and at **Tecolote Books**, 1470 E. Valley Rd., 805/969-4977

—K. Reka Badger

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