

**Farm to Table & Food to Human Cells**  
**Resources List - October 17, 2017**

**Continue the Dialogue**

Website: [www.EatWhereYouLive.org](http://www.EatWhereYouLive.org)  
Facebook: [Farm to Table & Food to Human Cells](#)  
Email Sam at [samharrisvictoria@gmail.com](mailto:samharrisvictoria@gmail.com)  
Email Greg at [mulligan@uvic.ca](mailto:mulligan@uvic.ca)

**Books**

The Bread Baker's Apprentice: Mastering the Art of Extraordinary Bread *by Peter Reinhart*

The Art of Fermentation: An In-Depth Exploration of Essential Concepts and Processes from around the World *by Sandor Ellix Katz*

The Deerholme Foraging Book *by Bill Jones*

**Websites**

The presenters:  
[www.EatWhereYouLive.org](http://www.EatWhereYouLive.org)

Agrius Restaurant:  
[www.AgriusRestaurant.com](http://www.AgriusRestaurant.com)

Find local farms & other resources:  
[www.FarmFolkCityFolk.ca](http://www.FarmFolkCityFolk.ca)

Find a dietician & other nutrition resources:  
[www.dieticians.ca](http://www.dieticians.ca)