

Diane Daniel. *Farm Fresh North Carolina: The Go-To Guide to Great Farmers' Markets, Farm Stands, Farms, Apple Orchards, U-Picks, Kids' Activities, Lodging, Dining, Choose-and-Cut Christmas Trees, Vineyards and Wineries and More*. Chapel Hill: University of North Carolina Press, 2011. 282 pp. \$18.95. ISBN 978-0-8078-7182-9.

Since Diane Daniel grew up in North Carolina and is a freelance journalist who “writes about travel, food, the environment, and fascinating folks,” her latest book is a natural for her. *Farm Fresh North Carolina* is a guide book to consumer-oriented agriculture in the state. Since this is a selective guide rather than an exhaustive one, it is important for readers to review carefully the introduction and the “How to Use This Book” section to understand the author’s selection criteria. Daniel celebrates the ingenuity of the state’s farmers who have found new products and services in the era since the tobacco buy-out. The book also documents the renewal of farming in the state, including community supported agriculture and the locavore movement. The entries provide a brief introduction to each vendor; some contain a story of the vendor’s history or a description of the author’s visit there. Vendor entries are interspersed with interesting tidbits of all kinds about agriculture and North Carolina. (“Herd” about natural mowing? Yes, it’s possible to hire goats to clear land, even in the city!) Most readers will learn something new about the many kinds of farming in this state, and they will appreciate the black and white photographs throughout the book that are crisp and engaging.

The book is divided into five regional sections: the mountains, the Charlotte area, the Triad, the Triangle, and the coastal region and Sandhills. A state map at the beginning of the book orients the reader to the counties in each region; maps for each region show the distribution of major cities and towns across the area. The subjects covered by the subtitle serve as headings for subsections within the regions but, be forewarned, not all regions include all subsections: the Triad apparently doesn’t possess any choose-and-cut Christmas tree farms, which seems surprising, considering that the coastal region and Sandhills do have them; and apple orchards are to be found primarily in the mountains. Happily, each regional section does include a few recipes provided by vendors from that area.

In general, the book is nicely organized. The arrangement by region with sub-arrangement by type of establishment and an appendix of county-by-county listings make it simple to identify farms in a given area. The only obvious absence is a product index for the farms. A reader must peruse all listings in a given area, for instance, to find which farms offer meat for sale. But it is not such a big book that such a perusal is onerous. Location information is minimal; each entry provides just the address and phone number of the vendor and a Web address if a Web site is available. Notes are included for each vendor about the timing of special events or seasonal sales. The book also includes a small glossary and a concise list of resources for more information. *Farm Fresh North Carolina* is highly recommended for all libraries with a North

Carolina travel section and it is appropriate for institutions with curricula related to sustainable agriculture.

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