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What better way to utilize food than to find a cookbook that covers it all. Over the years I've accumulated, bought, ordered, worn out, shared and loaned out more cookbooks than I care to think of. It's a passion that runs deep and I'm protective of my favorites like any parent of their child. Find me a great cookbook and I'm lost for hours savoring the ideal ultimate sacrificial end of a food.

It's a universal thing. Go anywhere in the world and the best book that describes the region will be a locally produced cookbook. It'll describe in detail why their region is perfect for the food group. It will extol the growing conditions, the farms and the producers' passions for food. Whether it's from a monastery in France, Cajun in Louisiana or sushimi in Japan, food described in local context transfers the essence of a lifestyle and a culture.

Our best local example of this is the brand new Celebrate Yukon Food seasonal recipes put out by the Fireweed Community Market Society. This is an amazing book not just because of the recipes. This book finds itself among the best of anywhere with its spectacular layout, excellent optics and coil binding so it lies flat (ask any cook) while you're creating a meal with a memory. The stories inside are worth the price alone to read. Discover the Yukon's new territorial vegetable with kale. Cook pizza in an outdoor bake oven or learn how not to grow chainsaw carrots!

Open the cover and a first glance of the contents will tell you this is a great feel. Every cookbook should be organized by seasons like this one. This is the initial introduction and education on how to eat local, how to support local and how you do it by eating in season. It's such a simple idea but somehow it's been lost in the boxstore mania.

As discussed in an earlier story, here in the Yukon we have food cultures from around the world. All the recipes in this book come from just such a selection of people who happen to be members of the Fireweed Community Market, with an emphasis on the word Community. The authors are not just vegetable producers - they were artisans of their craft. Painters, jewelers, entertainers, basket makers and numerous others all combined their passion for food into this comfort book.

Like any great book that captures your heart and in this case your appetite, find a quiet spot to sit and enjoy it before you cook. Every recipe in the book contains an item that is caught, processed or grown here in the Yukon. There is no other book with such incredible variety and yet holds so many wonderful anecdotes about the culture here.

The best parts are not just about the recipes and articles either. This book was a work of dedication from the members of the Fireweed Community Market Society supported by the local layout and design team Peter and Wynne at K-L Services. It was printed locally by Gary over at Arctic Star and it was supported financially by the Canada-Yukon Industry Transition Fund. While supplies last the book is a steal for \$5 and you have to come to the Market to get one!

Talk to me about real food – Tom Rudge