Mass Audubon early education

Farm to ECE children's book list

Books marked with * are eligible for a 20% educator discount through Barefoot Books

Baking

- The Bread Pet by Kate Depalma* (a child takes care of her uncle's sourdough starter and feeds a town).
- The Little Red Hen by Mary Finch* (a retelling of the classic tale about the amount of work that goes into making a loaf of bread).
- Apple Pie Picnic by Alicia Duran (a bilingual book Spanish/English about the yearlong process of growing apples for pie)
- Amy Wu and the Perfect Bao by Kat Zhang
- What the Bread Says by Vanessa Garcia
- The Only way to Make Bread by Christina Quintero (a look at the ways to bake bread around the world)
- Bubbe and Rivka's best-ever Challah by Sarah Lynne Reul (each challah they bake has something wrong with it, but it's still their best-ever (so far!))
- Cakes and Miracles by Barbara Goldin (a boy who is blind surprises his mother by making her cookies)
- Thunder Cake by Patricia Polaco
- Baking with Dad by Aurora Cacciapuoti
- Sun Bread by Elisa Kleven (when the weather gets nasty, time to bake some Sun bread)
- Tea Cakes for Tosh by Kelly Starling Lyons (a boy learns a recipe from his great, great, great, great grandmother).
- Jalapeno bagels by Natasha Wing (a boy can't decide that treat to bring for international food day that represents his heritage)
- Dad Bakes by Katie Yamasaki

Compost

- Compost Stew by Mary McKenna Siddals. (A fun A, B, C book about how to make compost.)
- Let's Compost by Vita Jiménez and George Ermos. (Learn through song about composting, CD included)
- Composting: Nature's Recyclers by Robin Koontz. (Learn more about composting and the organisms that turn trash to soil!)
- A handful of Dirt by Raymond Bial
- Compost! by Arcadia McGee
- Green Machine by Rebecca Donnelly (how compost can be used to make green energy)
- Compost, a family guide to making soil from scraps by Ben Raskin

- Whats sprouting in my trash by Esther Porter
- Harriet's Hungry Worms by Samantha Smith (worm composting)
- The Little Composter by Jan Gerardi (for toddlers)
- Compost! Growing Gardens from your Garbage by Linda Glaser

Cultural cooking

- Mama's Panya's Pancakes by Mary and Rich Chamberlin* (a family's planed meal becomes a community party)
- Dumpling Day by Meera Sriram* (different types of dumplings eaten around the world)
- Fry Bread by Kevin Noble Maillard
- Old Clothes for Dinner by Nathalie Alonso* (a child is confused by an unusual name for her dinner).
- The Perfect Sushi by Emily Satoko Seo*. (A child struggles to make 'perfect' sushi for her grandmother).
- Dinner with the Domingos by Alexandra Katona* (a Latinx family cooks together and practices their Spanish along the way)
- Bring back the Babka! By Marilyn Wolpin* (a story about Jewish cultural foods).
- Let me Fix you a Plate by Elizabeth Lilly. (Follow a family as they eat their way through both American and Colombian dishes)
- Whats on your Plate? By Whitney Stewart (a child friendly teaching book about foods around the world).
- Lets Eat!: Meal Times Around the World by Lynne Marie. (explore foods from 13 different countries).
- Pancakes to Parathas Breakfast Around the World by Alice McGinty
- Whats cooking at 10 Garden Street , What's cooking in Flowerville and Lunch at 10 Pomegranate Street by Felicita Sala (In an apartment building everyone is cooking something special for a potluck party.)

Dietary needs/choices

- Herb, the Vegetarian Dragon by Jules Bass* (a dragon shows his preference for a vegetarian diet.)
- Nutley, the nut Free Squirrell by Stephanie Sorkin.
- The Bugabees: friends with food allergies by Amy Recoub
- The Princess and the Peanut Allergy by Wendy McClure
- The Peanut-Free Cafe by Gloria Koster
- Why Can't I have a cupcake? by Betsy Childs. A child with a gluten allergy goes to a birthday party.
- A Moose named Chocolate by Lanigan Vitaceae. A challenge to find a way to make a dairy free mousse.
- Dragons Love Tacos by Adam Rubin
- Lilah's Lunchbox by Reem Faruqi (a child observing Ramadan at school)

- The Gift of Ramadan by Rabiah York (a child attempts to fast for the first time.)
- Ramadan Moon by Na'ima B. Robert
- Halal Hot Dogs by Susannah Aziz
- Fins and Scales a Kosher Tale by Deborah Uchill Miller
- We don't eat Animals by Devin Gregory (about vegetarian and vegan lifestyle)

Farming

- Food for the Future by Mia Wenjen* (a look at unique types of sustainable farming around the world).
- Who's in the Farmyard? By Phillis Gershator* (a board book about what animals you find on the farm)
- A Farmer's Life for Me by Jan Dobbins * (a sing-a-long book about the many jobs on the farm).
- The Farm that Feeds Us by Nancy Castaldo (a year on an organic family-run farm.)
- Thank a Farmer by Maria Gianferrari
- The Last Stand by Antwan Eady* (Inspired by the author's life as a farmer of color in the south).
- Farm Boots by Lisl A. Detlefsen (follow a farm through the year by tracking the foot wear worn by the farmers.)
- My Grandpa, My Tree and Me by Roxanne Troup (a pecan orchard.)
- Logan's Green House by JayNay Brown-Wood.
- Mowing by Jessie Haas. A child helps her family mow the hay fields.
- Hurry by Jessie Haas. A family waits anxiously to collect the dried hay before the rain comes.
- How does my Fruit Grow? By Gerda Muller. (After moving to the country, a girl starts her own garden inspired by those of her aunt and uncle.)

Food insecurity

- Watercress by Andrea Wang
- A Different Pond, by Bao Phi
- Saturday at the Food Pantry by Diane O'Neill
- The Greatest Table by Michael Rosen
- Nia's Rescue Box by Gina Soldano-Herrle (looks at both food insecurity and reducing food waste)
- One Hen by Katie Smith Milway (based on a true story)
- The Good Garden by Katie Smith Milway
- Uncle Willie and the Soup Kitchen by Dyanne Disalvo-Ryan.
- Jose Feeds the World by David Unger. (A true story about the chef who cooked for those effected by the earthquake in Haiti.)

Food preserving

- Blueberries for Sal by Robert McCloskey
- Tomatoes for Neela by Padma Lakshmi
- Apple Farmer Annie by Monica Wellington
- Pickles Please by Andy Meyer
- Pickles for Papaw by Kristin G. Bridges

- One more Jar of Jam by Michelle Sumovich
- Mim's Christmas Jam by Andrea Davis Pinkney
- The little book of cheese by Christina Sicoli (a book for toddlers)

Gardening

- Who's in the Garden? By Phillis Gershator* (a board book about what lives in the garden)
- The Gigantic Turnip by Aleksei Tolstoy* (an old folktale about harvesting a giant vegetable).
- Grandpa's Garden by Stella Fry* (an intergenerational story about growing a garden)
- Grow by Karl Beckstrand
- Plant it, Grow it, Eat it by Little Grasshopper Books (a board book that shows 4 different children growing food in gardens, on balconies in greenhouses and on rooves)
- I love Strawberries by Shannon Anderson (A child learns about everything that goes into growing your own strawberries)
- A Year in our New Garden by Gerda Muller. Two children start their new garden after moving.
- In the Garden: Who's Been Here? by Lindsay Barrett George. Follow the various clues to discover what animals have snuck into the garden.
- Up in the Garden, Down in the Dirt by Kate Messner. Focus both on the plants growing and the creatures on the ground that both help and hinder them.
- In the Garden by Emma Gulianani. A year of tending the garden.
- Fruits and Vegetables by Sara Anderson^. A beginning book about vegetables.
- Every Color Soup by Jorey Hurley^. A beginning introduction to colors and vegetables.
- Growing Vegetable Soup by Lois Ehlert. A tasty look at vegetable gardening.
- Up, Down and Around by Katherine Ayres^. Children excited for their growing vegetable garden.
- Gung Gung's Garden by Sheun Lee

Harvest celebrations

- Harvest Days Giving thanks around the World by Kate DePalma*
- Feasts and Festivals Around the World by Alice McGinty (celebrations around the world and the foods that make them special.)
- We Gather Together by Wendy Pfeffer
- Posssum's Harvest Moon by Anne Hunter
- Strega Nona's Harvest by Tomi DePaola
- Fall Harvests: bringing in food by Martha E. H. Rustard
- Itse Selu: the Cherokee Harvest festival by Daniel Pennington. (Of indigenous decent)

Healthy Eating

- Baby Food by Stefanie Paige Wieder* (A board book that shows babies eating in many different ways.)
- Good Enough to Eat by Lizzie Rockwell (A kids guide to healthy eating)
- Plants feed me by Lizzie Rockwell (looks at what parts of the plant we eat).
- I can Eat a Rainbow by Olena Rose (a look at the importance of eating fruits and vegetables).

Markets

- A gift for Amma by Meera Sriram* (a child shops at a market in southern India to pick out a gift for her mother)
- Shopping with Dad by Matt Harvey (a child and her dad have mishaps at the grocery store).
- Catch that Goat by Polly Alakija (explore a Nigerian market as a child tracks down her missing goat).

Non-plant farming

- The Beeman by Laurie Krebs*
- Feeding the Sheep by Leda Schubert
- Millie's Chickens by Brenda WIlliams* (A girl who raises chickens in her suburban backyard).
- Barn at Night by Michelle Houts (caring for farm animals day and night)
- Time for Cranberries by Lisl Detlefsen
- If you Want to Knit Some Mittens by Laurie Purdie Salas
- One Horse Farm by Dahlov Ipcar. (A look at the many jobs a single horse on the farm does.)
- No Foal Yet by Jessie Haas. (A young girl waits for a horse on her grandparents form to give birth.)
- Chickenology and Pigology by Barbara Sandri. (Kid friendly reference books on farm animals.)
- Feeding the sheep by Leda Schubert. (Go through all the stages of caring for sheep and using their wool for making a sweater.)
- Abuela's Weave by Omar S. Castaneda. (A young woman helps her grandmother weave for sale at the public market in Guatemala.)
- The Bee Tree by Patricia Polacco. A family goes searching for honey by following wild honey bees.
- If you Love Honey, by Martha Sullivan. A look into all of the animals and plants responsible for the creation of honey.
- Flowers are Calling by Rita Gray. A book that focuses on which animals help with pollination.
- The Bee Book by Charlotte Milner. An informative introduction to bees.
- Beehive by Jorey Hurley^. A young introduction to honey making.

Picky eaters

- Bread and Jam for Frances by Russel Hoban
- Gregory the Terrible Eater by Mitchell Sharmat
- Princess Penelopea hates Peas by Susan D. Sweet and Brenda S. Miles
- Ketchup on my Ice Cream by Nelleke Verhoeff* (a silly board book about mixing up unusual combinations of food.)
- Too Green by Sumana Seeboruth* (a board book about a child who's hesitant to try a soup they made with their parents.)
- The Prince's Breakfast by Joanne Oppenheim* (a royal family goes on a world tour to find something their picky son will eat).
- Becoming a Food Explorer by Arielle Dani Lebovitz

- 101 Descriptive words for Food Explorers by Arielle Dani Lebovitz
- I Do not like Peas by Kari Leigh Miller
- The Cow Who Didn't Eat Grass by Nye Fareed. (A playful book for young children about exploring healthy foods).
- The Seven Silly Eaters by Mary Anne Hoberman. (Seven very picky eaters combine their favorite foods to make one amazing treat!).
- Sun in My Tummy by Laura Alary. (How we get energy from our food)
- Sylvia's Spinach by Katherine Pryor (A child doesn't like spinach till her teacher encourages her to grow some).
- Too Pickly by Jean Reidy

Respecting different foods:

- Lunch From Home by Joshua David Stein
- The Sandwich Swap by Queen Raina of Jordan Al Abdulla
- How my parents learned to eat by Ina R. Friedman (a multicultural couple explores eating the way the other eats)
- Yoko by Rosemary Wells (a class responds negatively to a child's sushi lunch)
- A Normal Pig by K-Fai Steele (a pig who is made to feel uncomfortable about her lunches and how to responds)
- My Food, your Food, Our Food by Emma Carlson Berne. (What is the same and what's different about the foods we eat?)
- Everybody Cooks series by Norah Dooley (different cultures around the world that eat rice, bread, soup and noodles).
- The Ugly Vegetables by Grace Lin (A child compares her garden of Asian vegetables to her neighbor's flower gardens)

Seeds

- Every Little Seed by Cynthia Schumerth. (Seed saving at the end of the harvest)
- A Fruit Is Suitcase for Seeds by Jean Richards. (Learn about a fruit's role in ensuring that seeds grow.)
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Where food comes from

- How did that get in my Lunch Box by Chris Butterworth
- Tops and bottoms by Janet Stevens (a look at what parts of a plant we can eat)
- Before we Eat by Pat Brisson (follow the path food takes from planting to eating)
- Right This Very Minute by Lisl H. Detleson
- Where does Broccoli come from? and Where does your Banana Come from? By Arielle Lebovitz (a kid friend photo encyclopedia of where all your fruits and vegetables come from).
- Where Does my Food Come From? By Anabel Karmel
- Tales of the Dairy Godmother by Viola Buttler (where does ice cream come from and how do the cows make it?)

- PB and J, Horray! By Janet Nolan. (How do we get the ingredients to make a PB and J sandwich?)
- How Does my Garden Grow? by Gerda Muller. (Sophie learns her vegetables don't come from the supermarket.)

Urban Gardens

- Jayden's Impossible Garden by Mélina Mangal (urban garden)
- Harlem Grown by (urban community garden)
- Rooftop Garden by Danna Smith* (urban garden)
- Errol's Garden by Gillian Hibbs (urban garden)
- Uncle John's City Garden by Bernette G. Ford
- Flower Garden by Eve Bunting. (A girl and her father start a window box garden.)
- In our Garden by Pat Zietlow Miller. Millie helps her school start a rooftop garden.
- Anywhere Farm by Phyllis Root. A fun introduction into growing things
- Follow that Bee!: A First Look at Bees in the City by Scot Ritchie. Learn about urban/suburban bee keeping.
- The Honeybee Man by Lela Margi. A book about urban beekeeping.