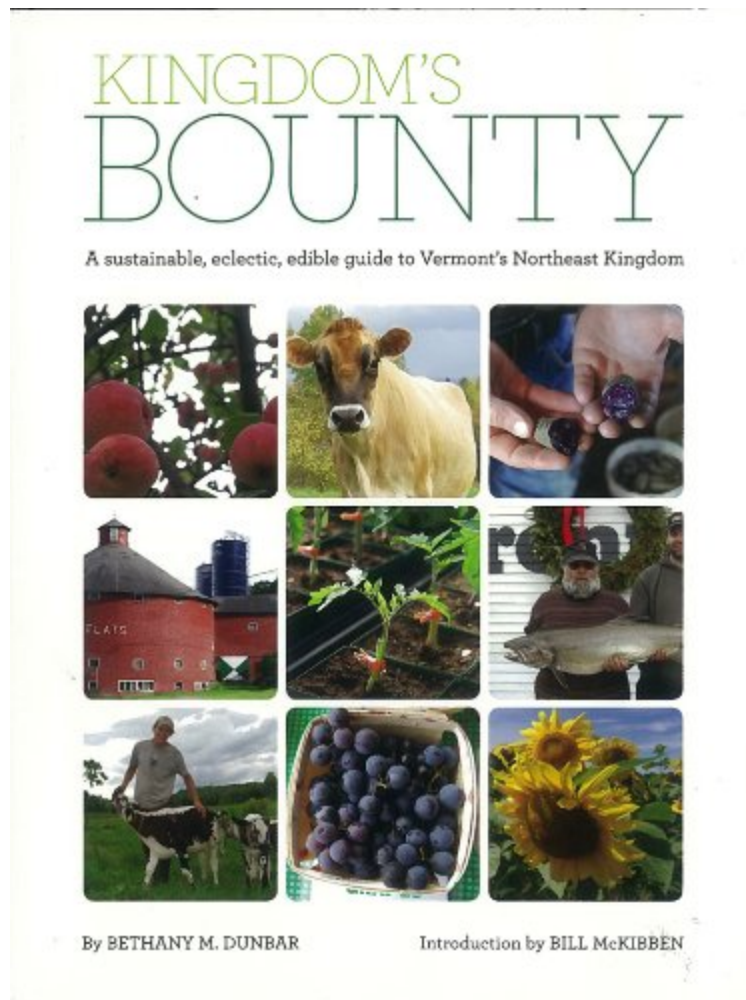


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Kingdom's Bounty: A Sustainable, Eclectic, Edible Guide to Vermont's Northeast Kingdom

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0 of 0 people found the following review helpful. Amazing Collection of Information!!By Jackie CyrOutstanding!1 of 1 people found the following review helpful. A mini-visit to Northeastern VermontBy Janet MasonSeveral years ago, it was our good fortune to stay with friends in Newport, Vermont (transplants from Philadelphia) who now live in a former stage coach and grow their own garlic, potatoes and keep chickens who are named after characters from Virginia Woolf. (Did I mention that Pam and Anne are vegetarians -- lucky chickens!) Our friends' beautiful surroundings and sustainable way of living is captured in Kingdom's Bounty, A sustainable, eclectic, edible guide to

Vermont's Northeast Kingdom (Umbrage Editions). The book is written by Bethany M. Dunbar (co-editor of *The Chronicle*) with an introduction by Bill McKibben. The pages contain beautiful photographs and Dunbar's poetic writing/ journalism (sunflower sprouts taste like a blast of sunshine) giving a genuine feel for Northeastern Vermont. After reading about happy cows, a community supported restaurant, organic dairies, county fairs, and the geology of Northeastern Vermont, I realized that I had experienced a mini-visit to this breath-taking part of the world and a realization that I will definitely be back. 1 of 1 people found the following review helpful. Great guide! By Eve Frances This colorful book is filled with intimate stories of the land and people of the Kingdom. As a visitor, it helped me understand the history of the area and the passions its residents hold for it. Definitely a book to pick up.

This guide to the wildest and woolliest parts of Vermont introduces the energetic, committed, ideas-a-popping people that are bringing the Kingdom into a new era of glory, with a starting philosophy of preserving a community's rural identity and lifestyle, green spaces, and rich food culture, with delicious dairy, fine cheeses, gourmet beers, syrups, honeys, and much more.