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## The Artichoke Trail: A Guide to Vegetarian Restaurants Organic Food Stores and Farmers' Markets in the U.S.

**James Bernard Frost**
Hunter Publishing (November 2000)
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This well-researched guide is especially suited for not only vegetarians, but travelers who appreciate fresh food.

Divided into regions, then listed alphabetically by state, the book details dozens of restaurants and stores where one can get delicious seasonal produce, inventive dishes using a variety of ingredients, and dinners designed specifically for vegetarians, vegans, and even those on macrobiotic diets.

The information was gathered via trips, well-placed friends around the country, and the Internet. Frost said he was looking for a guide himself before a trip and could find no comprehensive resource for “mobile vegetarians,” so he wrote his own.

Several restaurants are singled out as “Feature Restaurants,” meaning Frost actually dined there or knew someone who did. That doesn’t mean, he explains, that they are any better than the others he writes about. He manages to have several helpful hints about thousands of cities, not limiting the information to just restaurants. For instance, in Amherst, Mass., you can visit Emily Dickinson’s house on Main Street, which is also the street on which you’ll find Amherst Chinese, a restaurant that serves the owner’s own home-grown vegetables.

Information on stores is just as detailed, including the Community Food Co-op in Bellingham, Wash., which has a cafe that provides an ingredient list for all items—an excellent way to get ideas for cooking your own next meal, Frost writes.

After the regional division, the state listings are in alphabetical order, with cities following, also alphabetized. The organization makes it easy to find listings quickly. Farmers’ markets have their own section in the back and are also arranged by state, then city. Hours and phone numbers are included, when available. Everything is documented in the table of contents, restaurants themselves are indexed at the end of the book, and there’s a glossary of vegetarian and food terms.

JODEE TAYLOR (January / February 2001)

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