

APRIL 2025

# RECOMMENDED

READS, MOVIES & MORE!



9 Vegetarian Cookbooks to Refresh Your Spring Menu



## FOR ADULTS

### 9 Vegetarian Cookbooks to Refresh Your Spring Menu



#### [The Don't Panic Pantry Cookbook](#)

by Noah Galuten

If you're trying to eat healthier — don't panic! This book simplifies healthy eating with easy, well-balanced (mostly) vegetarian recipes that take the stress out of cooking.



#### [The Seriously Good Veggie Student Cookbook](#)

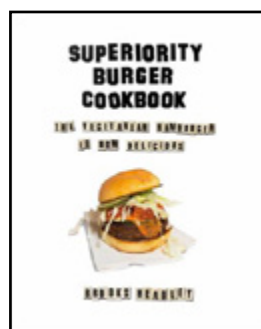
This cookbook gives you vegetarian recipes that are easy to follow with affordable ingredients, perfect for students trying to eat well on a budget.



#### [Love & Lemons Every Day](#)

by Jeanine Donofrio

From popular food blogger Love & Lemons, this cookbook provides you with vegetarian recipes that will make cooking amazing dishes every day seem effortless.



#### [Superiority Burger Cookbook](#)

by Brooks Headley

Pulling over 90 recipes from popular vegetarian restaurant Superiority Burger, this book will help you make innovative yet simple dishes that are guaranteed delicious!



#### [The Vegetable Gardener's Cookbook](#)

by Danielle Majeika

Cook your way through your garden all year long with this cookbook! You will find perfect recipes that make use of vegetables from every season's harvest.



#### [Ultimate Veg](#)

by Jamie Oliver

Chef Jamie Oliver brings you this vegetarian cookbook that has delicious, vegetarian recipes, perfect for those trying to widen their recipe repertoire and incorporate more veggies into their diets.



#### [The Complete Vegetarian Cookbook](#)

From the Canadian Living Test Kitchen, this book delivers thoroughly tested and perfected vegetarian recipes, ideal for any occasion!



#### [The French Market Cookbook](#)

by Clotilde Dusoulier

Explore French cuisine through dishes with vegetables as the focal point. This book will transport you to a farmers' market in France, with its vibrant photos and immersive recipes!



#### [The High-protein Vegetarian Cookbook](#)

by Katie Parker

Getting protein in your diet without missing meat will not be hard with this cookbook! You will find tasty vegetarian recipes that are full of plant-based proteins, like beans, nuts, quinoa, raw cocoa, and even dairy!



# FOR TEENS

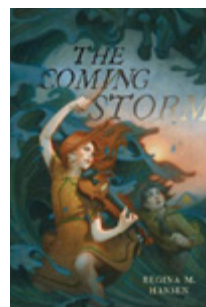
## 9 Reads for a Rainy Day Mood



### **A Song Below Water**

by Bethany C. Morrow

Being a high schooler is hard. Having siren powers makes it even harder. When a siren murder trial rocks America, Tavia lets her hidden voice be heard at the worst moment. Will she and her best friend survive junior year?



### **The Coming Storm**

by Regina Marie Hansen

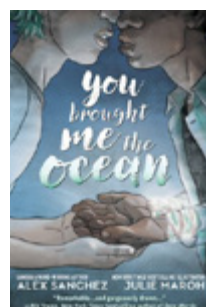
Canadian folklore and magic come together in this eerie PEI-set tale of the sea and the monsters in it. Something in Beet's cousin changes the day Marina comes to town. Can she figure out what it is before it's too late?



### **The Girl Who Fell Beneath the Sea**

by Axie Oh

The whimsy of Spirited Away meets Korean folktale in this adventure. Mina sacrifices herself to the sea to save her brother from the wrath of the Sea God but finds herself in the Spirit Realm where everything isn't as it seems.



### **You Brought Me the Ocean**

by Alex Sanchez

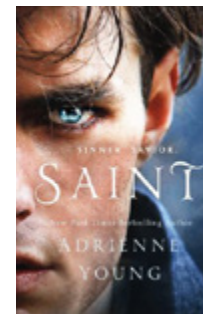
Jake doesn't swim, something that might have to change when he meets his school's rebellious swim team captain. But how is he going to explain the blue markings all over him that start to glow when he's in the water?



### **Rainbows After Storms**

by Luka Kobachi

Best friends turned lovers, Nanoha and Chidori, navigate the ups and downs of their romance while keeping it secret from their friends. But will their classmates eventually catch their loving glances and quiet flirting?



### **Saint**

by Adrienne Young

Elias has dedicated his life to the myths surrounding the Unnamed Sea and for that has become the luckiest sailor to cross it. But when he meets a secretive dredger, will his devotion sway and will his luck run out?



### **Storm**

by Brigid Kemmerer

When Becca saves Chris from a school fight, she discovers his secret: he and his brothers control the elements and are marked for death. But who can she trust when a mysterious student arrives with a secret of his own?



### **The Narrow**

by Kate Alice Marshall

No one who falls into the Narrow ever survives, except for Delphine. When broke student Eden agrees to become her live-in companion, she finds that whatever followed Delphine out of the river is haunting her too.



### **A Clash of Steel A Treasure Island Remix**

by C. B. Lee

A fleet of ships, a piece of gold jewelry, and a secret treasure map. Set off on an adventure in this epic, reimagined version of Treasure Island as Xiang and her motley crew sail the high seas in search of her missing father.



# FOR KIDS

## 8 Engaging Books about Gardening Adventures



### Plant the Tiny Seed

by Christie Matheson

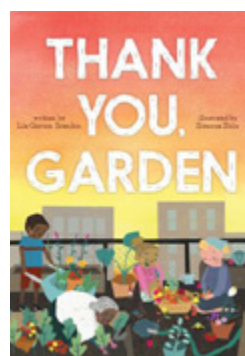
Did you know that magic can grow? Fun and highly interactive, the book teaches kids how to plant and care for a tiny seed until it transforms into a beautiful flower.



### In Our Garden

by Pat Zietlow Miller

This charming story follows Millie who dreams of growing a garden on the flat roof of her school. When she shares her idea with her teacher and classmates, they decide to support her.



### Thank You, Garden

by Elizabeth Garton Scanlon

Through rhyming text and vibrant artwork, the book celebrates the joy of a community garden and inspires young readers to dive into gardening activities.



### The Plant Rescuer

by Matthew Rivera

It takes a lot of effort to keep a plant alive. When Manny's plant begins to wilt, he decides to visit the library and learn how to bring it back to life. A delightful read with an impactful message.



### Here Are the Seeds

by JaNay Brown-Wood

In this delightful and educational tale, two children embark on the adventure of growing their own garden. Let's see what challenges they face and how nature provides all the elements to help their plants flourish.



### And Then the Seed Grew

by Marianne Dubuc

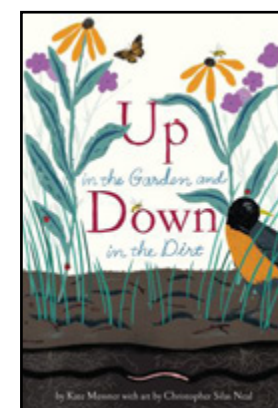
When an uninvited seed appears in the garden and starts to grow, the residents are worried that it will disrupt their peace. Will cutting it down solve the problem?



### Just A Worm

by Marie Boyd

The little worm is convinced that he is much more than just an earthworm. Let's join him in discovering his hidden talent and the important role he plays in cultivating a healthy garden.



### Up in the Garden and Down in the Dirt

by Kate Messner

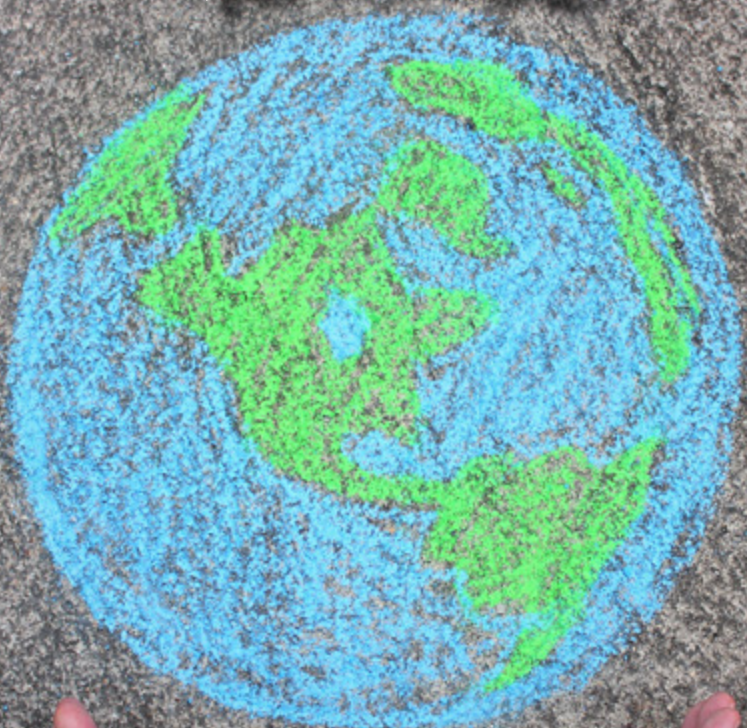
This informative read takes nature enthusiasts on an exciting journey to explore the wonders above and below the garden soil.



FOR KIDS

10 Green Reads to Celebrate Earth Day

APRIL 22



### **My First Earth Day**

by Karen Katz

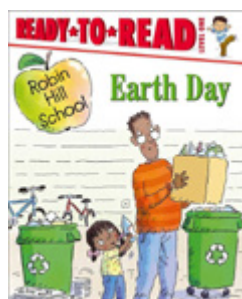
This charming book takes children on a fun garden adventure! Tiny hands will learn how to protect our planet.



### **Save Energy, Bert and Ernie!**

by Jennifer Boothroyd

Bert, Ernie, and their Sesame Street friends teach kids how to conserve energy with simple tips to help protect the planet.



### **Earth Day**

by Margaret McNamara

To celebrate Earth Day, Emma decides to start recycling. Every little bit counts!



### **Go Easy on Energy**

by Lisa Bullard

Join Tyler and Trina as they use energy wisely and take action to protect the Earth through reducing, reusing, and recycling.



### **Green Jolene and the Neighborhood Swap**

by Wendy Mass

Jolene has so much stuff! Instead of tossing everything in the garbage, she organizes a neighborhood swap meet in an effort to reduce and reuse.



### **Team Green!**

by Andrea Beaty

Scientist Ada Twist will explore cool science questions, like how the sun powers our homes and how recycling helps the planet.



### **Change Is in the Air**

by Debbie Levy

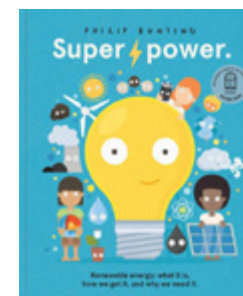
Learn about climate change, its effect on the Earth, and how people can help maintain clean air for years to come.



### **Fresh Air, Clean Water**

by Megan Clendenan

Clean air, water, and soil are so important for a healthy Earth. Take action to protect the environment!



### **Super Power**

by Philip Bunting

Super Power teaches kids about how energy works, the importance of renewable energy, and fun ways to use less energy to protect the environment.



### **Nature**

by Joli Hannah

This colourful book teaches children how to protect forests, oceans, and animals. Read this to make a positive impact on the world!



## FOR ALL AGES

### 9 Brand New Reads to Discover



#### Hatch and Match

by Ruth Paul

Spring is most definitely sprunging right? Practice matching patterns and help hens find their eggs in Hatch and Match.



#### Nearly Exactly Almost Like Me

by Jennifer Bradbury

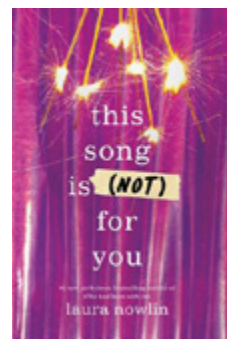
Two brothers are questioned for how they look in this children's book about an interracial family and love between siblings.



#### Bree Boyd is a Legend!

by Leah Johnson

The classic superhero origin story -- lightning strike delivers superpowers -- finds new form in a chapter book for young readers.



#### This Song is (NOT) for You

by Laura Nowlin

A love triangle between three members of an alternative rock band spells drama in this young adult novel set during senior year.



#### I Am Not Jessica Chen

by Ann Liang

Teen Jenna Chen is constantly being compared to her accomplished cousin, Jessica. When a bit of magic gives Jenna the opportunity to see what life is like through Jessica's eyes, all is not what it seems.



#### Bingsu for Two

by Sujin Witherspoon

The plot: River and Sarang are fake dating to promote the latter's floundering, family cafe (Bingsu for Two) on social media. The appeal: what more could you ask for in a teen romance novel?



#### Boudicca

by P. C. Cast

Based on historical events, this is a fantasy narrative about the red-haired warrior leader of the Iceni tribe in Roman-invaded Britain (now called Norfolk).



#### Adrift in Currents Clean and Clear

by Seanan McGuire

The tenth in the Wayward Children series has Nadya born with a limb difference that her adoptive parents want to fix. Never having seen herself as broken, she travels to the Land Beneath the Lake to find understanding.



#### Picks and Shovels

by Cory Doctorow

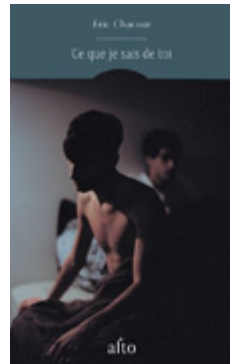
The third of the Martin Hensch novels goes back to the optimism of the beginning of the personal computer. At the same time, Hensch's discovery of an unethical computing company prompts him to join the fight against it.



## FRENCH - FOR ADULTS

8 de nos livres préférés  
canadiens-français

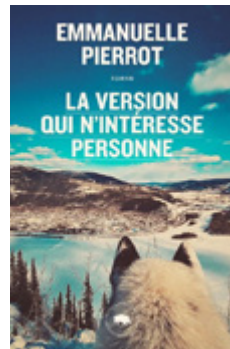
8 of our Favourite  
French-Canadian  
Books



### Ce que je sais de toi

par Éric Chacour

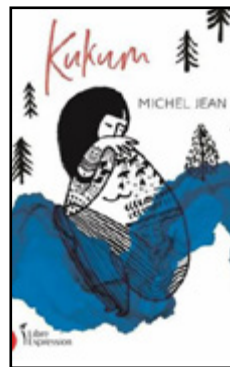
Dans les années 1980 au Caire, Tarek, jeune médecin, voit sa vie bouleversée par une rencontre qui le mène à l'exil. / *In 1980s Cairo, young doctor Tarek's life is upended by an encounter, leading to exile.*



### La version qui n'intéresse personne

par Emmanuelle Pierrot

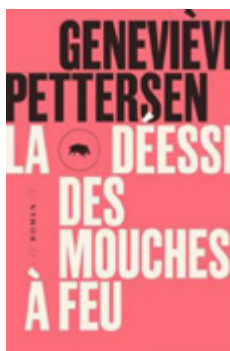
À 18 ans, Sacha et Tom quittent Montréal et trouvent au Yukon la communauté alternative de leurs rêves. / *At 18, Sacha and Tom leave Montreal to find the alternative community of their dreams in the Yukon.*



### Kukum

par Michel Jean

Ce roman suit Almanda Siméon alors qu'elle adopte la vie nomade des Innus tout en faisant face à la perte, à la résilience et à la lutte pour la liberté. / *This novel follows Almanda Siméon as she embraces Innu nomadic life while facing loss, resilience, and the struggle for freedom.*



### La déesse des mouches à feu

par Geneviève Pettersen

À 14 ans, Catherine passe une année sombre à Chicoutimi-Nord en 1996, entre punk rock, excès et premières fois marquantes. / *14-year-old Catherine spends a dark year in Chicoutimi-Nord in 1996, between punk rock, excess and memorable first times.*



### La blague du siècle

par Jean-Christophe Réhel

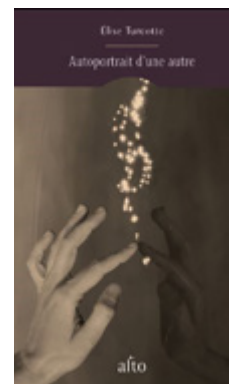
Louis, employé au Tim Hortons et humoriste aspirant, jongle avec l'amour fraternel, la précarité et le deuil à Pointe-aux-Trembles. / *Louis, a Tim Hortons employee and hopeful comedian, balances the challenges of brotherly love, hardship, and grief in Pointe-aux-Trembles.*



### Mélasse de fantaisie

par Francis Ouellette

En 1976 à Centre-Sud, Francis, suspendu entre la vie et la mort, raconte sa vie future. / *In 1976, in Centre-Sud, Francis finds himself caught between life and death, sharing glimpses of the future life he envisions.*



### Autoportrait d'une autre

par Élise Turcotte

Une écrivaine explore le destin tragique de sa tante à travers une conversation poétique sur l'art, la folie et l'exil. / *A writer explores the tragic fate of her aunt in a poetic conversation about art, madness and exile.*



### Peuple de verre

par Catherine Leroux

Se loger est devenu un luxe, et Sidonie, journaliste audacieuse, découvre les réalités des «inlogés» en se retrouvant à leur place. / *Housing has become a luxury, and Sidonie, an intrepid journalist, uncovers the harsh truths of the "houseless" by experiencing their reality firsthand.*



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