

Just when spring seemed to be just around the corner, Mother Nature decides to blast us with another round of freezing cold weather. It looks like winter's going out like a lion! Come on down to the library and pick up the latest books on cultivating and preparing your yard and garden for spring. There's going to be plenty of time to come up with just the right plan.

The Gardener's Color Palette by Tom Fischer contains 100 different kinds of flowers. There's a plant care key describing the light and moisture requirements for certain floral varieties. The end of the book features a chart showing the USDA hardiness zones.

Next we have the Prairie Style Gardens by Lynn M. Steiner. According to the author American Prairie is known as one of the richest and most beautiful plant communities in the world. The term American Prairie means large areas of land, filled with several varieties of grasses, foliage, and hardy perennials, which provide food and shelter for birds and insects. Unfortunately, less than 1 percent of the native prairie land exists in the United States. Wildlife habitats are on the verge of becoming endangered, due to agricultural and land development. Find out how to bring the prairie back. Which plants will thrive in the conditions of your backyard, and which ones will attract wildlife? Also included are sections on creating the perfect garden, plant profiles, and maintaining your plants by weeding, mowing and mulching.

The American Horticultural Society put together Home Grown Harvest, a season by season guide to a sustainable kitchen garden. Find out how to grow everything you want in your own backyard. This book contains expert advice on how to set up your garden, techniques to successfully grow your fruits and vegetables, plus the proper way to harvest and preserve them.

Barbara Streisand is best known for her beautiful voice, her graceful stage performances, and her role in motion pictures. However, there is a hidden talent that she possesses, and that's her ability to design and create. Her home hidden in the hills of sunny California is an architectural masterpiece. Inside My Passion For Design, you'll find a collection of photographs of the house Barbara envisioned, had built and then decorated for herself and her husband James Brolin. Her sense of style is unique, along with her taste in furniture and decor. The garden she designed is full of beautiful roses along with an array of perennials, fruits and vegetables. This book is exquisite from the breathtaking view of the main house, to the chicken coop and working mill. Read how it all comes together from the beginning to the end.

The French Women Don't Get Fat Cookbook by New York Times best selling author Mireille Guiliano is a must read if you love food but hate the calories and the weight it can put on your body. Mireille has created what she calls a non-diet book on how to enjoy food and maintain a slim figure. The recipes inside are simple and healthy, use seasonal ingredients, and actually taste good.

If you suffer with chronic muscle pain and fatigue, Integrative Therapies for Fibromyalgia, Chronic Fatigue Syndrome, and Myofascial Pain may help. The book by Celeste Cooper, R.N. And Jeffrey Miller, PH.D. contains information about this kind of chronic illness. There are sections devoted to communicating your healthcare needs, and dealing with circuit overload. The quality of life you want and deserve, is determined by you. It may require changes in your lifestyle and attitude and the subject matter in this guidebook can assist you in making those changes. All of the above books mentioned can be found at the Manistee County Library. For more information please call the library at 723-2519.