

Sacramento Book Review



Below is a clipping of your book review that appeared in the January 09 issue of the *Sacramento Book Review*. Thank you for sending us the book.

Alt Fiber

By Shannon Okey

Ten Speed Press, \$15.95, 118 pages

Part of the green movement has been the rise of alternative fibers that come from sustainable plants and reduce manufacturing waste and by-products. However, those fibers respond differently than commercially produced ones, making their use harder when using regular patterns and projects. For those interested in combining green materials with their knitting, *Alt Fiber* provides tips and instructions for using yarn made from soy, hemp, seaweed, bamboo, and wood pulp, and gives 25 projects designed around those materials. The projects range from socks and sweaters to handbags and bolsters. The instructions are clear and easy, the final projects good looking and (especially now) trendy. There is also a resource guide to alternative fiber yarn sources, further reading, and the many designers behind the projects.

