

There are a number of resources that I'd recommend if you want to learn more about fibers.

Books

The Fleece and Fiber Sourcebook: More than 200 Fibers, from Animal to Spun Yarn by Deborah Robson: This is the first book I go to with a question. I rented it from the library so many times before I bought myself a copy. Deborah Robson is the go-to person about protein fibers.

The Field Guide to Fleece: 100 Sheep Breeds & Their Fibers by Deborah Robson and Carol Ekarius: Another super helpful resource focusing on sheep breeds, this is a great side-by-side comparison of many different types of wool. There is a lot of overlap with *The Fleece and Fiber Sourcebook*, but it's nice to have this pocket-size reference to look up fleeces when you're at a fiber festival drooling over different sheep coats.

The Practical Spinners Guide – Rare Luxury Fibers by Judith MacKenzie: If you're looking for a comprehensive book on non-traditional protein fibers, this is a great place to start. It offers helpful tips on how different luxury fibers work up, and where to find them. It also offers in Chapter 2 *one of the best breakdowns of how protein fibers are made, the difference between kemp/hair and wool, and fiber science*. The illustrations alone are worth it. Also check out [*The Practical Spinner Guide to Wool*](#) by Kate Larson; [*The Practical Spinner's Guide to Silk*](#) by Sara Lamb, and [*The Practical Spinner's Guide to Cotton, Flax, & Hemp*](#) by Stephanie Gaustad.

The Natural Knitter How to Choose, Use and Knit Natural Fibers from Alpaca to Yak by Barbara Albright: one of the first books that got me started with fleece and fiber, this book is written with an eye toward the environmentally conscious. While there's lovely helpful nuggets and beautiful pictures, the organization of information is frustrating, with various write-ups scattered among the patterns. Often the information is easy to miss if you're using the book as a reference and not reading it cover to cover. However, from an environmental perspective, this offers helpful information.

Alt Fiber by Shannon Okey: the value in this book is in the first 20 pages. It includes one of the most comprehensive lists of non-protein (non animal) fibers. The knitting patterns are helpful, and breakdown some of the difficulties working with plant based fibers, but the synopsis of each fiber in the beginning is the real gold.

Yarnitecture: A Knitter's Guide to Spinning: Building Exactly the Yarn You Want: Excellent guide for handspinners, including lots of fiber information

Websites

<http://www.simple-knitting.com/yarn-labels.html>: a great resource breaking down washing symbols. Not only helpful for yarn, but nice for learning about other clothing, too.

<http://www.classicelityarns.com/WebLetter/Yarns/Cashmere.php> nifty facts on cashmere.