LINQ allows you to write SQL like queries in your C# source code.

http:/msmvps.com/blogs/deborahk/

LINQ can be used to request data and filter the results.

To work with LINQ you need to get data from a data source that has a LINQ provider:

* LINQ to SQL
* LINQ to entities
* LINQ to objects
* LINQ to XML

You can even use them to query internet API’s. All you need is the provider. Many are provided by CodePlex.

LINQ to objects:

* Working with Lists
* Binding data
* Generating summary data
* Working with strings
* Working with dates
* Executing code stored in an object

LINQ data access – a course on pluralsight that covers LINQ to XML, LINQ to SQL and LINQ to entities.

LINQ Architecture is an advanced course for even more info on using LINQ in a layered app.