Special Lagrangian submanifolds represent an important class of minimal submanifolds that appear in branches of high energy physics: String Theory and M-theory. In this talk, I will first discuss a few important properties of the special Lagrangian submanifolds and give some examples in flat space. Then I will present our constructions of cohomogeneity one special Lagrangian 3-folds in the deformed and resolved conifolds and discuss their asymptotic behavior (work done jointly with Maung Min-Oo of McMaster University). (Received February 02, 2006)