

The background of the cover is a detailed woodcut-style illustration. On the left and bottom, there is a woven basket with a complex, repeating pattern of interlocking shapes. On the right side, a laurel wreath with long, pointed leaves is draped over the basket. The entire illustration is rendered in a dark, textured blue color against a white background.

Chelsea Green Publishing

Spring 2021

About Chelsea Green

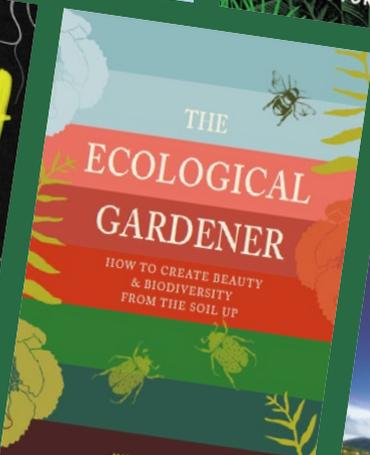
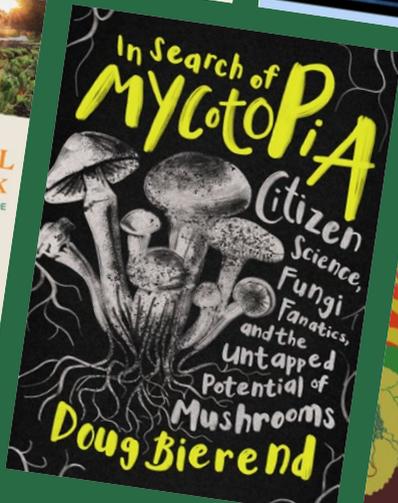
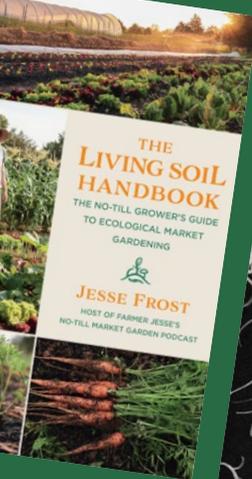
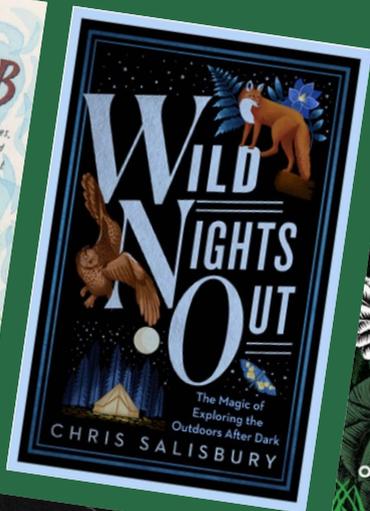
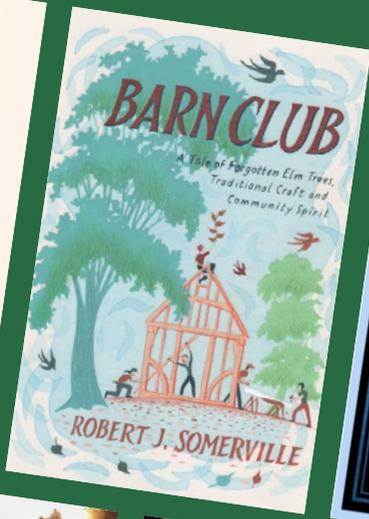
Founded in 1984 in Vermont, USA, Chelsea Green Publishing is an employee-owned, independent publisher of award-winning authors who bring in-depth, practical knowledge to life. Chelsea Green books provide readers with hands-on information related to organic food, nature, conservation and environment, farming and gardening, ecology, sustainable economics, progressive politics, and integrative health & wellness. In 2018, Chelsea Green Publishing UK was launched, with a focus on growing a UK publishing programme, as well as developing partnerships with like-minded, progressive organisations in the area of sustainable living.

www.chelseagreen.com

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New & Forthcoming Titles



14 JANUARY 2021

9781645020295

240 pp

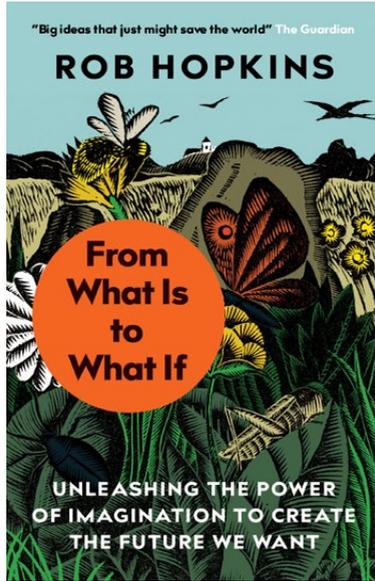
PB 197 x 127 mm

Mono

£10.99

Politics, Society
& Education

French, German,
Turkish and Italian
rights sold



'Big ideas that just
might save the
world'
the Guardian

FROM WHAT IS TO WHAT IF

Unleashing the Power of Imagination to Create the Future We Want

Rob Hopkins

From What Is to What If is a call to action to reclaim and unleash our collective imagination.

Told through the stories of individuals and communities around the world, Rob claims that reconnecting with imagination can allow for rapid and dramatic change for the better. Imagination is central to empathy, to creating better lives, to envisioning and then enacting a positive future, and this book will help anyone to begin on the path of unleashing their imagination.

Rob Hopkins is a co-founder of Transition Town Totnes and Transition Network, and the author of *The Power of Just Doing Stuff*, *The Transition Handbook*, and *The Transition Companion*. In 2012 he was voted one of the *Independent's* top 100 environmentalists and

was on NESTA and the *Observer's* list of Britain's 50 New Radicals. Hopkins has also appeared on BBC Radio 4's *Four Thought* and *A Good Read*, in the French film phenomenon *Demain* and its sequel *Après Demain*, and has spoken at TEDGlobal and three TEDx events.

11 MARCH 2021

9781603589666

288pp

HB 229 x 153 mm

45 colour photographs;

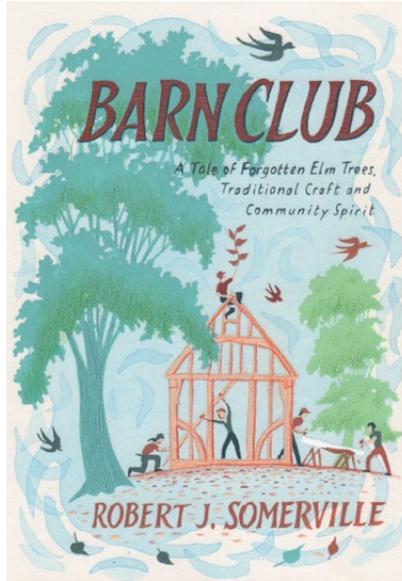
42 black-and-white

illustrations

£20.00

Nature/ Environment

World Rights Available



BARN CLUB

A Tale of Forgotten Elm Trees, Traditional Craft and Community Spirit

Robert J. Somerville

Barn Club is an inspiring tale of craft, nature, landscape and community.

When Robert Somerville moved to Hertfordshire from Devon, he discovered an unexpected landscape rich with wildlife and, particularly, elm trees. Somerville, a lifelong woodworker, was inspired to revive the ancient tradition of hand-raising barns, using locally sourced elm timber and the local community as labour.

Barn Club follows the building of Carley Barn, a traditional Hertfordshire elm barn, made by hand using techniques not seen for 150 years, with the help of volunteers, over the course of a year. It raises questions such as: What happens when we imbue our structures with the local landscape? What is the effect when we leave behind the vibrations, whines and whirrs of modern power tools?

The tale of the elm tree in its landscape is central to *Barn Club*. Its natural history and historic importance but also its determined survival make for a fascinating story told by the author, a long-time admirer of this diverse and remarkable forest denizen.

After studying engineering and architecture at Cambridge University, **Robert Somerville** went on to run a design and building business in Devon, utilising local wood, stone and earth. Upon moving to Hertfordshire with his wife Lydia, Somerville began working with local woodland owners and foresters to source local elm timber and then build and raise timber frames by hand, with the help of volunteers known as the Barn Club. Somerville lives with Lydia and the youngest of his three children in their self-built eco-house in an idyllic smallholding.

25 MARCH 2021

9781603587488

288pp

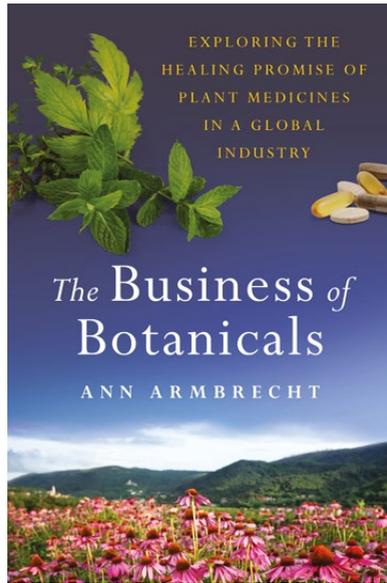
HB 229 x 153 mm

16-page colour insert

£20.00

Nature & Environment

World Rights Available



'Ann concludes that the answer here, as ever, is about nurturing relationships, supporting the interests of everyone in the herbal web. Everyone who loves herbs needs to read this book!' **Simon Mills,** author of *Out of the Earth*

THE BUSINESS OF BOTANICALS

Exploring the Healing Promise of Plant Medicines

Ann Armbricht

A provocative investigation into the global business of herbal supplements and products.

Using herbal medicines to heal the body is an ancient practice, but in the twenty-first century, it is also a worldwide industry: in 2019, consumers spent over \$9 billion on herbal supplements. Yet most consumers know very little about where those herbs come from and how they are processed into the countless products that fill store shelves.

In *The Business of Botanicals*, Ann Armbricht reveals the inner workings of a complicated industry, from small farms to industrial production fields where herbs are harvested and processed with large-scale machinery. She also asks important questions about whether the health benefits of medicinal herbs can be preserved when production expands to an

industrial scale. *The Business of Botanicals* will be an invaluable resource for consumers who want to better understand the safety and efficacy of the products they buy.

Ann Armbricht is the director of the Sustainable Herbs Program under the auspices of the American Botanical Council. She is also a writer and anthropologist whose work explores the relationships between humans and the earth, most recently through her work with plants and plant medicine. She is the co-producer of the documentary *Numen: The Nature of Plants* and the author of the award-winning ethnographic memoir *Thin Places: A Pilgrimage Home*, based on her research in Nepal.

15 APRIL 2021

9781603589796

336pp

HB 229 x 153 mm

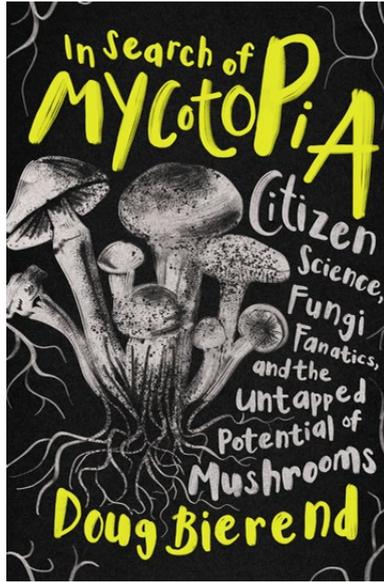
Mono

£20.00

Popular Science /

Nature & Environment

World Rights Available



IN SEARCH OF MYCOTOPIA

Citizen Science, Fungi Fanatics and the Untapped Potential of Mushrooms

Doug Bierend

From ecology to fermentation to medicine, meet the weird and wonderful communities of citizen scientists and microbe devotees who are leading the modern mycological movement.

In Search of Mycotopia introduces readers to an incredible, essential and oft-overlooked kingdom of life – fungi – and the potential it holds for our future. With journalist Doug Bierend as your guide, this entertaining and mind-expanding experience is sure to become required reading for fans of Robert Macfarlane, Merlin Sheldrake and Michael Pollan.

By profiling a diverse group of growers, independent researchers, ecologists, entrepreneurs and amateur enthusiasts, Bierend uncovers a vanguard of mycologists, exploring and advocating for fungi's capacity to improve and heal contaminated landscapes

and waterways, provide food and medicine and demonstrate how humans might live better with nature – and one another.

It's science – but not as we know it.

Doug Bierend is a freelance journalist writing about science and technology, food, education and the various ways they point to a more equitable and sustainable world. His byline appears in *Wired*, *The Atlantic*, *Vice*, *Motherboard*, *The Counter*, *Outside Magazine*, *Civil Eats* and numerous other publications.

29 APRIL 2021

9781645020073

224pp

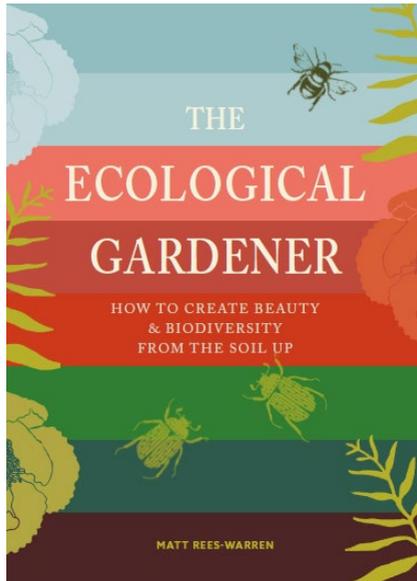
PB 246 x 178 mm

**Full-colour
photographs
throughout**

£20.00

Gardening

World Rights Available



THE ECOLOGICAL GARDENER

How to Create Beauty and Biodiversity from the Soil Up

Matt Rees-Warren

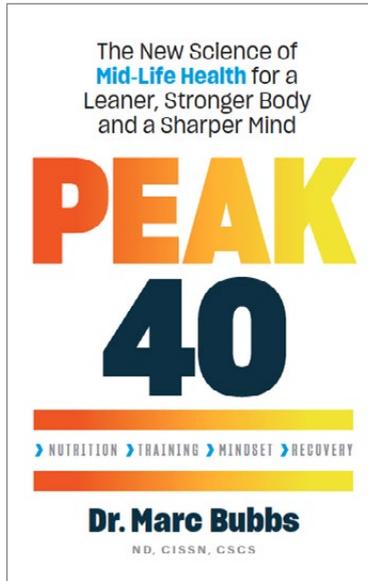
Ecological garden designer Matt Rees-Warren shares inspirational design ideas and practical projects to help you create a garden that is both beautiful today and sustainable tomorrow.

The Ecological Gardener will give you the tools to create an abundant garden from the soil up – a garden that welcomes birds and bees and showcases native planting and wild flowers, with minimal carbon impact or need for fresh water. It includes practical projects, from rainwater harvesting to vermicomposting, laying a hedgerow to turning your lawn into a wildflower meadow. Matt will help you reimagine how you garden, working with nature instead of controlling it, to create a space that promotes both wildlife and beauty.

Design a garden for the future – because what we do as individual gardeners matters.

Matt Rees-Warren is an ecological gardener, designer and writer. He has worked for the National Trust, been head gardener at Kilver Court Gardens, Somerset, had articles published in *RHS The Garden*, *Somerset Life* and *Country Gardener* and designed gardens for private clients in and around the South West. Through his work, Matt has looked to illuminate, propose and develop ecological gardening methods and practices. As an advocate of organic gardening, permaculture, no-dig gardening and wildlife gardening, among other practices, his style and ethos reflect the changing relationship between ourselves, our gardens and the natural world.

20 MAY 2021
9781645020738
128pp
PB 197 x 127 mm
Black-and-white
illustrations
throughout
£10.99
Health & Lifestyle
World Rights Available



'Dr. Bubbs's advice on nutrition, health, and recovery for peak performance has been a game changer!'

Kevin Pangos,
point guard,
Barcelona FC
Basketball

PEAK 40

The New Science of Mid-Life Health for a Leaner, Stronger Body and a Sharper Mind
 Marc Bubbs

Be more, don't do more. Train smart, eat better and balance your mindset and mood as you enter your mid-life.

This is the first book that is specifically designed to help you optimise your physical health, mental well-being, energy levels and intellectual acuity with a simple, science-based plan of action. Life at 40 is very different from life in your 20s or 30s. This is the period when you begin to encounter roadblocks to peak wellness.

Peak 40 will guide you through the myriad confusing lifestyle messages and help you understand how to restore flexibility, whether a plant-based diet is right, the importance of glucose control in your diet and much more. But these aren't questions with binary answers. Dr Bubbs will help find the best combination for

YOU and maximise your mental and physical performance in your 40s and beyond.

Dr Marc Bubbs ND, MSc, CISSN, CSCS is a naturopathic doctor, performance nutrition lead for Canada Basketball and performance nutrition consultant for a portfolio of professional and Olympic athletes. Marc is the author of the best-selling book *Peak: The New Science of Athletic Performance That is Revolutionizing Sports*. Marc also hosts *The Performance Nutrition Podcast*, connecting listeners with world-leading experts in human performance and health and regularly speaks at health, fitness and medical conferences across North America, the UK and Europe. Marc practises in both Toronto, Canada and London, England.

03 JUNE 2021

9781645020141

320pp

PB 229 x 153 mm

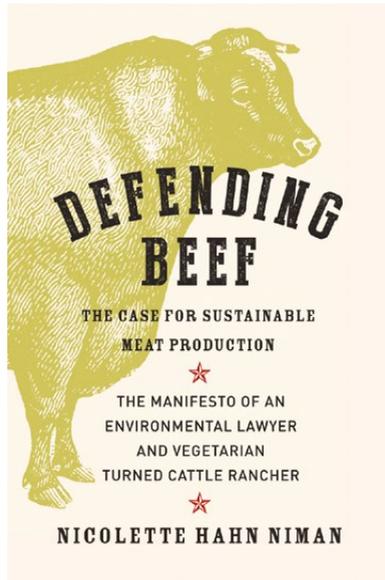
Black-and-white
illustrations
throughout

£14.99

Environment /

Agriculture

World Rights Available



'It's a deeply compelling and delicious vision for the future of food.'

Dan Barber,
chef & author

DEFENDING BEEF

The Ecological and Nutritional Case for Meat, 2nd Edition

Nicolette Hahn Niman

A passionate and grounded argument for responsible meat production and consumption.

For decades it has been nearly universal dogma among environmentalists that many forms of livestock – especially cattle – are Public Enemy Number One. They erode soils, pollute air and water, damage riparian areas, and decimate wildlife populations. The Food and Agriculture Organization of the United Nations bolstered the credibility of this notion with its 2007 report that declared livestock to be the single largest contributor to human-generated greenhouse-gas emissions.

But is the matter really so clear-cut?

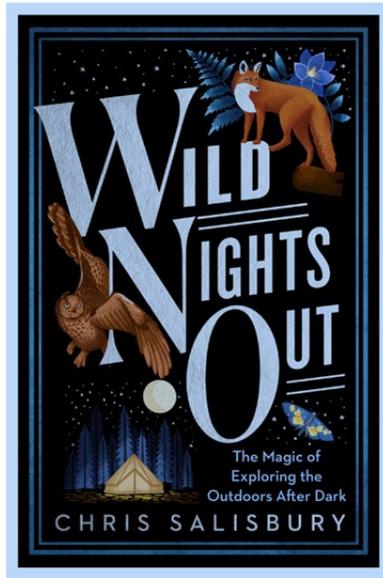
Environmental lawyer turned rancher

Nicolette Hahn Niman argues that cattle are not inherently bad for the earth. The impact

of grazing can be either negative or positive, depending on how livestock are managed.

Defending Beef, Second Edition is a book about big issues and ideas and the personal tale of the author, who continues to fight for animal welfare and good science.

Nicolette Hahn Niman served as senior attorney for Waterkeeper Alliance, running their campaign to reform the concentrated production of livestock and poultry. In recent years, she has gained a national reputation as an advocate for sustainable food production and improved farm-animal welfare. She is the author of *Righteous Porkchop* and has written for numerous publications, including the *New York Times*, *Los Angeles Times*, *HuffPost*, and *The Atlantic* online. She lives on a ranch in Northern California with her husband, Bill Niman and their two sons.

03 JUNE 2021**9781603589932****192pp****PB 229 x 153 mm****Black-and-white****illustrations****throughout****£14.99****Nature & Environment****World Rights Available**

WILD NIGHTS OUT

The Magic of Exploring the Outdoors After Dark

Chris Salisbury

Take a walk into the wild darkness.

Learn how to call for owls, walk like a fox and expand your sensory perceptions. *Wild Nights Out* is a hands-on guide for those who wish to take kids (of all ages) outdoors for an adventurous, fun, even slightly scary nighttime nature experience.

Parents, grandparents, teachers and nature educators alike will find here a wealth of unique activities to explore the natural world from dusk till dawn. Alongside games, walks and sensory experiences, talented storyteller Chris Salisbury will bring this forgotten dimension to life with some wild narratives about nocturnal creatures, as well as heavenly tales of constellations and planets to share around the campfire. Nature offers so much after the sun has set. Allow Chris to become your guide to the night's

enchantments and not only will this instil a lifelong love of the dark, it will also boost the resilience and self-confidence of children and adults alike.

Chris Salisbury founded WildWise in 1999 after many years working as an education officer for Devon Wildlife Trust. With a background in the theatre, a training in therapy and a career in environmental education, he uses every creative means at his disposal to encourage people to enjoy and value the natural world. Chris directs the acclaimed Call of the Wild Foundation programme for educators-in-training as well as *Where the Wild Things Are*, a rewilding adventure based at Embercombe in Devon. He is also a professional storyteller (aka 'Spindle Wayfarer') and is the co-founder and artistic director for the Westcountry and Oxford Storytelling Festivals.

15 JULY 2021

9781645020264

272pp

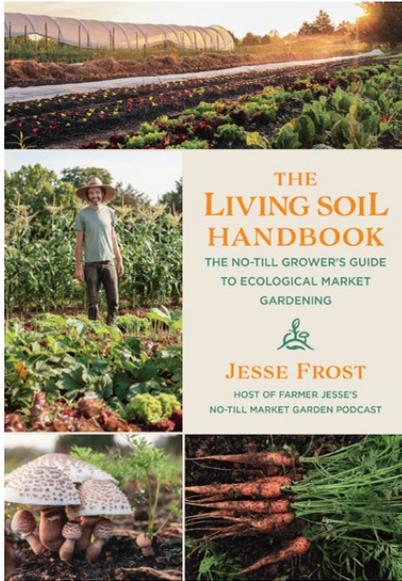
PB 254 x 178 mm

Full-colour
photographs
and illustrations
throughout

£22.99

Gardening &
Agriculture

World Rights Available



THE LIVING SOIL HANDBOOK

The No-Till Grower's Guide to Ecological Market Gardening

Jesse Frost

Discovering how market gardeners can meet their soil's needs is a literal labour of love for Farmer Jesse Frost. In this comprehensive guide, he shares all he has learned through experience and experimentation with no-till practices, cover cropping, mulching and more on his farm in Kentucky, USA and as the host of well-known *The No-Till Market Garden Podcast*.

Beginning with soil biology and moving on to chapters on turning over beds, using compost and mulch, path management and production methods for six major crops, Jesse provides in-depth, practical information on all the best tools and practices for growers who want to maximise the health of their soil. He also describes the methods used by many of the most successful and innovative market gardeners he has interviewed in the past decade. *The Living*

Soil Handbook provides a comprehensive set of options, materials and field-tested practices to inspire growers to design a soil-nurturing no-till system in their unique garden or farm ecosystem.

Jesse Frost, aka Farmer Jesse, is a certified organic market gardener, freelance journalist, and the host of *The No-Till Market Garden Podcast*. He is also a co-owner of notillgrowers.com, where he helps collect the best and latest no-till insights from growers in the United States, Canada, the UK and Europe. He and his wife, Hannah Crabtree, practise no-till farming at Rough Draft Farmstead in central Kentucky.

22 JULY 2021**9781603589482****288pp****HB 254 x 178 mm****Full-colour
photographs
throughout****£30.00****Food & Drink****World Rights Available**

THE FORAGER CHEF'S BOOK OF FLORA

Recipes and Techniques for Edible Plants from Garden, Field, and Forest

Alan Bergo

The Forager Chef's Book of Flora explores some of the most exciting ingredients available today – but more importantly, it gives home cooks and chefs alike a whole new way of seeing and thinking about all vegetable ingredients.

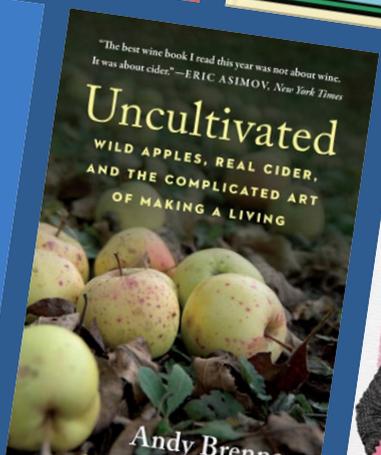
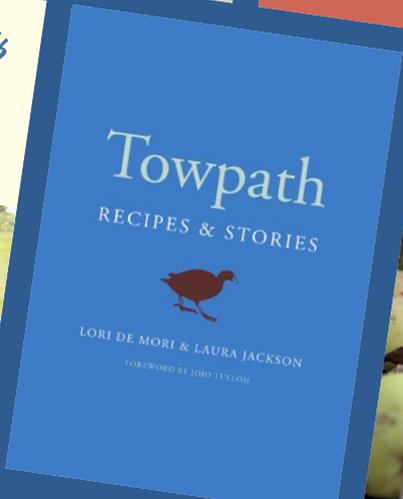
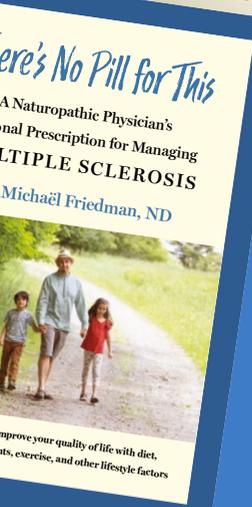
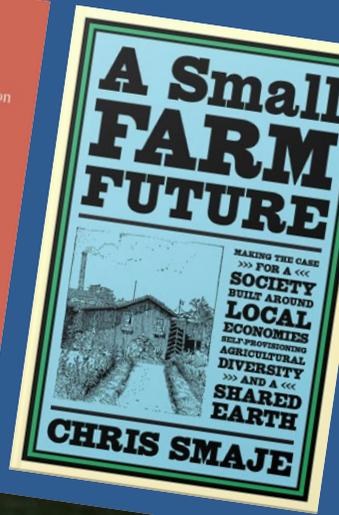
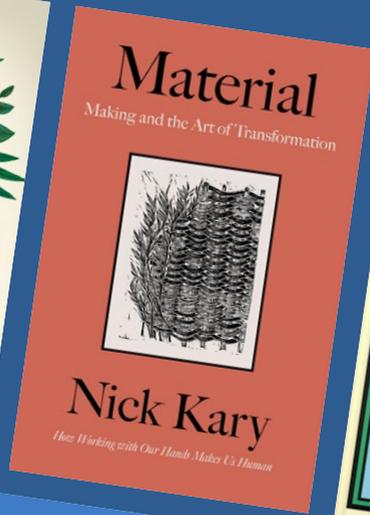
Over the past fifteen years, chef Alan Bergo has made a career out of closely understanding wild plants and discovering new edible parts of familiar plants to transform his culinary style in much the same way the nose-to-tail movement affected the way chefs consider animals.

In *The Forager Chef's Book of Flora*, Bergo shows how understanding the properties of leaves, stems, roots and flowers can inform how you prepare something exotic like the head of an immature sunflower as well as more common vegetables like broccoli stems or aubergine. As a society, we've forgotten this type of old-

school knowledge, including many brilliant culinary techniques that were borne of thrift and necessity. For our own sake and that of our planet, it's time we remembered.

Chef **Alan Bergo** is one of America's leading culinary authorities on mushroom hunting and foraging. A veteran of the restaurant industry, he spent nearly two decades as a professional chef specialising in local and wild foods at St. Paul's fabled Heartland Restaurant, The Salt Cellar, and Lucia's Restaurant in Minneapolis. He is best known for his blogs, recipes and photography, all featured at his site, foragerchef.com – the web's largest resource on wild-mushroom cookery.

Recent Releases



17 SEPTEMBER 2020

9781603589697

224pp

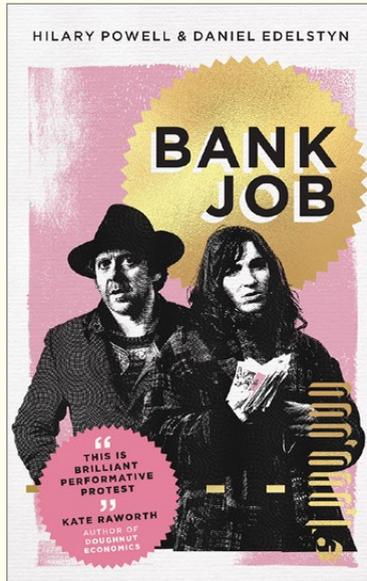
PB 216 x 140 mm

Colour insert,
with black-and-
white illustrations
throughout

£14.99

Economics / Politics /
Activism

World Rights Available



'A genius art project that took over an old Walthamstow bank in 2018 and started printing its own money.'

Time Out London

BANK JOB

Hilary Powell & Daniel Edelstyn

May 2019. In the shadow of the towers of London's financial heart, Canary Wharf, a golden ford transit van explodes. With this single act, £1.2m of high interest 'toxic debt' is cancelled for a London community.

Bank Job is a white-knuckle ride into the dark heart of the global financial system. Discover how art hacks life, as artist and filmmaker duo Hilary Powell and Dan Edelstyn bring a community together to buy up and abolish crippling debt, by printing their own money in a disused bank in East London.

Part daring tale, part personal memoir and part financial education, *Bank Job* shares reflections of the authors' own experiences of debt through the eyes of their childhood into adulthood. They examine the wider impact of a society that, for generations, has entangled the concept of money with personal identity. And for those

brave enough among us, you'll see how to change the system to meet the needs of the many, not just the few – one bank job at a time.

Hilary Powell's work ranges from audio-visual epics, supported by Acme and the Henry Moore Foundation, to print works collected by the V&A and MoMA. She has a track record of involving diverse communities in *making* – from public participation in the production of a pop-up book of the Lower Lea Valley to large-scale print collaborations with demolition workers and material scientists as 'alchemist in residence' at UCL Chemistry.

Dan Edelstyn is an experienced film director and producer with multiple commissions for Channel 4. His first film *How to Re-Establish a Vodka Empire* was critically acclaimed and opened at the BFI London Film Festival before being released across the UK and US.

10 SEPTEMBER 2020

9781603589963

208pp

HB 216 x 140 mm

Black-and-white

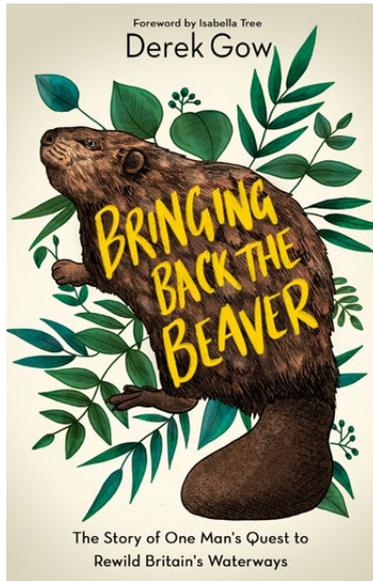
illustrations

throughout

£20.00

Nature Writing

World Rights Available



'This short, tub-thumping book spares no one... Gow has a fire in his belly. We need more like him.'

BBC Wildlife Magazine

BRINGING BACK THE BEAVER

The Story of One Man's Quest to Rewild Britain's Waterways

Derek Gow

Bringing Back the Beaver is farmer-turned-ecologist Derek Gow's inspirational and often riotously funny first-hand account of how the movement to rewild the British landscape with beavers has become the single most dramatic and subversive nature conservation act of the modern era.

Since the early 1990s – in the face of outright opposition from government, landowning elites and even some conservation professionals – Gow has imported, quarantined and assisted the re-establishment of beavers in waterways across England and Scotland. In addition to detailing the ups and downs of rewilding beavers, *Bringing Back the Beaver* makes a passionate case as to why the return of one of nature's great problem solvers will be critical as part of a sustainable fix for flooding and future drought, whilst ensuring the creation of essential lifescapes that enable the

broadest possible spectrum of Britain's wildlife to thrive.

Derek Gow is a farmer and nature conservationist. Inspired by the writing of Gerald Durrell, he jumped at the chance to manage a European wildlife park in central Scotland in the late 1990s before moving on to develop two nature centres in England. He now lives with his children, Maysie and Kyle, on a 300-acre farm on the Devon/Cornwall border which he is in the process of rewilding. Derek has played a significant role in the reintroduction of the Eurasian beaver, the water vole and the white stork in England. He is currently working on a reintroduction project for the wildcat.

24 SEPTEMBER 2020

9781603589321

272pp

HB 229 x 153 mm

Black-and-white

illustrations

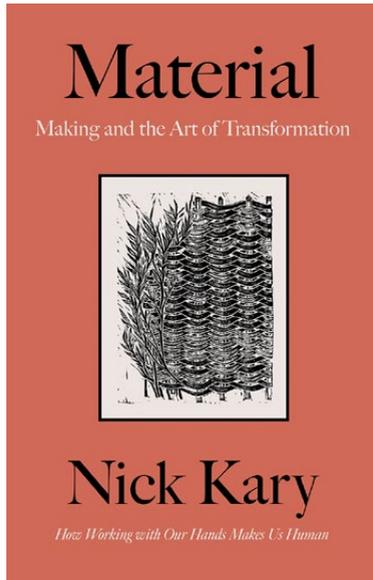
throughout

£20.00

Craft / Environment /

Philosophy

World Rights Available



‘An important book, brimming with insight.’

Nicholas Evans,
author of The Horse Whisperer

MATERIAL

Making and the Art of Transformation

Nick Kary

In our age of computer-assisted design, mass production and machine precision, the traditional skills of the ‘maker’ or craftsperson are hard to find. Yet the desire for well-made, beautiful objects from the hands (and mind) of a skilled artisan is just as present today as it ever has been.

In *Material*, craftsman Nick Kary explores what it means to be a maker. He tells the stories of crafts people around the UK, asking them why they ‘make’, and the challenge of carving a living out of a practice that was once a necessity. He explores the unique ways in which each harmonises their own vision with the natural movement of their chosen material, and underlying these experiences is the author’s own reflections about what and who influenced him to value and make with wood and other materials from the earth.

Personal, engaging, and filled with memorable people, landscapes and scenes, *Material* is a rich celebration of what it means to imagine and create.

Nick Kary has spent a lifetime making, teaching, and writing. Over the past 35 years he has developed his skillset as a craftsman and designer of fine furniture from workshops in London, Mexico and Devon, for clients including Terence Conran, Madonna and Elton John. A part-time lecturer at Plymouth University and Schumacher College in Devon, Nick also teaches furniture making from his own workshops at The Brake, the home and creative centre he established with his wife Dolly, outside Totnes, England. It is here that he can practice his passion for helping others find another way of ‘thinking through their hands.’ He has two sons and a daughter.

01 OCTOBER 2020

9781645020127

240pp

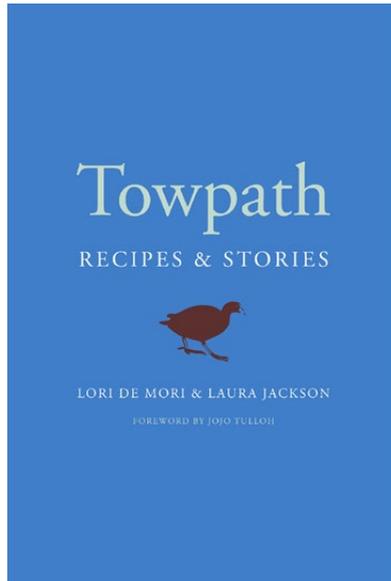
HB 254 x 181 mm

Full-colour
photographs
throughout

£27.00

Food & Drink

World Rights Available



'Towpath is one of the reasons I live in London. It's a jewel-like, dream of a place... This book is an invite into their magical world.'

Kiera Knightley

TOWPATH: RECIPES & STORIES

Lori De Mori & Laura Jackson

Walk along Regent's Canal in London from November to February and you will pass four mysterious shuttered kiosks, adorned with large, painted coots. As Spring arrives, the shutters open to reveal Towpath, a beloved waterside eatery that, even in the middle of one of the busiest cities in the world, has no website, no phone and no takeaway.

Towpath: Recipes & Stories captures the ebb and flow of the café's ever-changing seasonal menus and its waterside community. It offers Laura's vibrant recipes alongside evocative stories by Lori, and photography that reflects its character through the arc of a season, beginning just before the first breath of spring, through the dog days of summer and culminating – with fireworks! – on Bonfire Night. Both café and cookbook are a reminder of what is important in life: good food, conversation and community, and somewhere to watch the world go by.

Lori De Mori is the author of four books about Italian cooking and food culture. Her writing has appeared in the *Best Food Writing* anthology (Marlowe & Company, 2000), *Gourmet*, *Saveur*, *Bon Appétit*, *Food & Wine*, the *Independent*, the *Telegraph*, *Olive* and elsewhere. Her last book, *Beaneaters & Bread Soup* (Quadrille 2007), was shortlisted for both the Guild of Food Writers Award and the André Simon Food Book of the Year. This is her first book about one of her own culinary adventures.

Laura Jackson cooked at Rochelle Canteen and at the Auberge de Chassingnoles in France before coming to Towpath. She's drawn chefs like Rosie Sykes, Davo Cook and Rachel O'Sullivan to cook with her in Towpath's kitchen. Her food is seasonal, honest, unfussy and comforting – and so delicious people have been known to come for breakfast and stay through lunch.

15 OCTOBER 2020

9781603589024

288pp

PB 229 x 153 mm

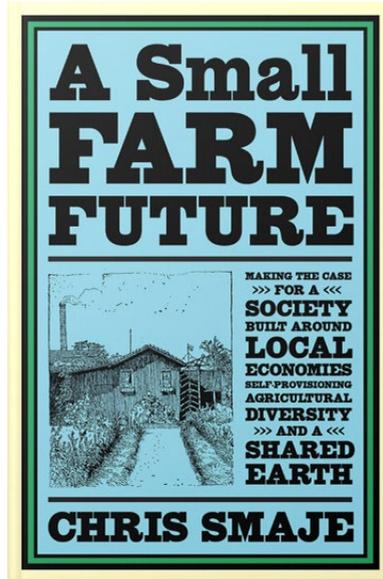
Mono

£18.99

Agriculture /

Economics

World Rights Available



'Chris Smaje's *A Small Farm Future* shows that the choice is clear. Either we have a small farm future, or we face collapse and extinction.'

Vandana Shiva

A SMALL FARM FUTURE

Making the Case for a Society Built Around Local Economies, Self-Provisioning, Agricultural Diversity and a Shared Earth

Chris Smaje

Destined to be a modern classic of economic thinking around food and community, *A Small Farm Future* contests that organising society around small-scale farming offers the soundest response to the 21st-century crises of civilisation – and will yield humanity's best chance at survival on healthy land, rich with promise.

Drawing on a vast range of sources from across a multitude of disciplines, the book analyses the complex forces that make societal change inevitable; explains how low-carbon, self-reliant agrarian communities can empower us to successfully confront these changes head on; and explores the pathways for delivering this vision politically. Challenging both conventional wisdom and utopian blueprints, *A Small Farm Future* offers rigorous original analysis of wicked problems and hidden opportunities in a way

that illuminates the path towards bolstering local economies, agricultural diversity, self-sufficiency and a shared earth.

Chris Smaje has cooperatively farmed a small farm in Somerset, southwest England, for the last fifteen years. Previously, he was a university-based social scientist, working in the Department of Sociology at the University of Surrey and the Department of Anthropology at Goldsmiths College on aspects of social policy, social identities and the environment. Since switching focus to the practice and politics of agroecology, he's written for various publications such as *The Land* and *Permaculture Magazine*, as well as academic journals such as *Agroecology and Sustainable Food Systems*. Smaje writes the blog, Small Farm Future, and is a featured author at resilience.org

15 OCTOBER 2020

9781645020219

128pp

HB 204 x 204 mm

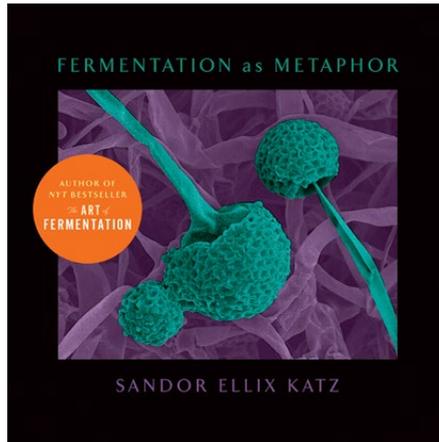
Full-colour

photographs

throughout

£20.00

Food / Philosophy



'[A] rock star of the American food scene.'

New York Times

'The godfather of fermentation.'

The Telegraph

FERMENTATION AS METAPHOR

Sandor Ellix Katz

In his first new book in eight years, bestselling author Sandor Katz delivers a groundbreaking treatise on the meaning of fermentation, coupled with stunning microscopy photographs, exploring what these crucial microbial processes found in fermented foods can teach us about ourselves, our culture and being human.

In *Fermentation as Metaphor*, Katz meditates on his art and work, drawing connections between microbial communities and aspects of human culture: politics, religion, social and cultural movements, art, music, sexuality, identity, and even our individual thoughts and feelings. This unforgettable book broadens and redefines our relationship with food and fermentation. It's the perfect gift for serious foodies, fans of fermentation, and non-fiction readers alike.

Sandor Ellix Katz is a fermentation revivalist. A self-taught experimentalist who lives in rural Tennessee, his explorations in fermentation developed out of overlapping interests in cooking, nutrition and gardening. He is the author of two bestselling books: *Wild Fermentation* and *The Art of Fermentation*, which won a James Beard Foundation award in 2013. The *New York Times* calls Sandor 'one of the unlikely rock stars of the American food scene.' For more information, check out his website: <https://www.wildfermentation.com/>

08 OCTOBER 2020

9781603588652

256pp

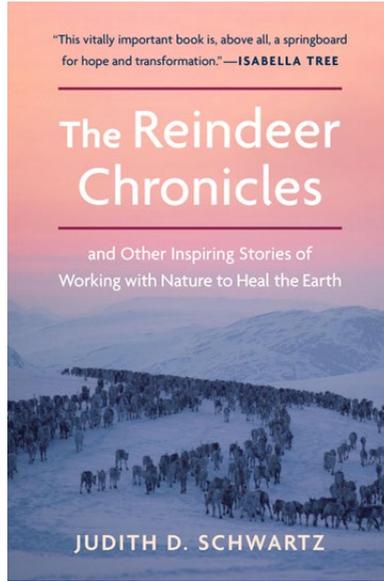
PB 229 x 153 mm

Mono

£14.99

Environment

Dutch rights sold



‘Compelling, fascinating, sometimes unexpectedly moving, this vitally important book is, above all, a springboard for hope and transformation.’
Isabella Tree,
author of Wilding

THE REINDEER CHRONICLES

And Other Inspiring Stories of Working with Nature to Heal the Earth

Judith D. Schwartz

In a time of great uncertainty about our environmental future *The Reindeer Chronicles* tells us inspiring stories of how passionate environmentalists and eco-champions around the world are leading the way to revitalising the Earth.

Award-winning author Judith Schwartz is a leading voice in ecological restoration and sustainable agriculture – topics that have become even more relevant as the pandemic exposes flaws in our global supply chains and the importance of biodiverse ecosystems.

Schwartz explores regenerative solutions in different landscapes: deserts, grasslands, tropics, tundra, Mediterranean. She also highlights various human landscapes, which may involve the legacy of colonialism and industrial agriculture, and the endurance of indigenous knowledge.

Through these inspiring stories and others, Schwartz demonstrates how solutions to seemingly intractable environmental problems can come from the unlikelyst of places and reveals how much is in our hands if we can find a way to work together and follow nature’s lead.

Judith D. Schwartz is an award-winning journalist whose work explores nature-based solutions to global environmental and economic challenges. She writes on this theme for numerous publications and speaks at venues around the world. She is the author of *Cows Save the Planet* and *Water in Plain Sight*. A graduate of the Columbia Journalism School and Brown University, she lives in southern Vermont.

10 SEPTEMBER 2020

9781603589888

224pp

PB 229 x 153 mm

Full-colour images
throughout

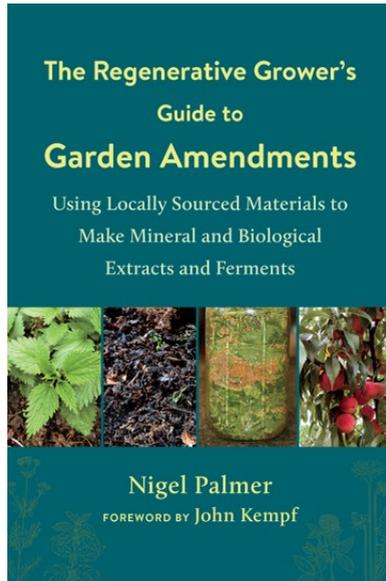
£20.00

Gardening &

Agriculture

World Rights Available

Agriculture



'Palmer's book is full of recipes using locally sourced material to create mineral and biological extracts to feed plants...brewing something from waste that will bring health to your garden and your food.'

the Guardian

THE REGENERATIVE GROWER'S GUIDE TO GARDEN AMENDMENTS

Using Locally Sourced Materials to Make Mineral and Biological Extracts and Ferments

Nigel Palmer

Go beyond compost and revitalise your garden by making biologically diverse inoculants and mineral-rich amendments using leaf mould, weeds, eggshells, bones, and other materials available for little or no cost.

In *The Regenerative Grower's Guide to Garden Amendments*, experimental gardener and author Nigel Palmer provides practical, detailed instructions that are accessible and exciting to every grower who wants to achieve a truly sustainable garden ecosystem. These recipes result in greater soil biological activity and mineral availability. They also increase pest and disease resistance, yields and nutrient density.

Inspired by the work of the Korean Natural Farming method, *The Regenerative Grower's*

Guide to Garden Amendments also includes a primer on plant-soil interaction, instructions for conducting a soil test, and guidance on composting, cover cropping, mulching and other aspects of sustainable gardening – making it a must-have for any serious grower.

Nigel Palmer has been a lifelong gardener in New England, relying on the amazing complexity of nature to inspire his gardening philosophy. He also works as an aerospace engineer, sorting, organising and resolving complex technical issues. He is the instructor and curriculum developer of the Sustainable Regenerative Gardening programme at The Institute of Sustainable Nutrition (TIOSN).

27 AUGUST 2020

9781645020301

288pp

PB 229 x 153 mm

Black-and-white

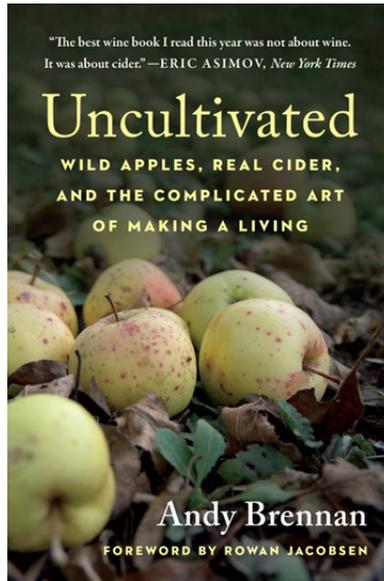
illustrations

throughout

£14.99

Food & Drink

World Rights Available



**'The Book for
Cider Lovers.'
New York Times**

UNCULTIVATED

Wild Apples, Real Cider, and the Complicated Art of Making a Living

Andy Brennan

The hero of this book is the wild apple.

Uncultivated follows Brennan's twenty-four-year history with wild, naturalised trees and shows how they have guided him towards successes in agriculture, in the art of cider making, and in creating a small-farm business. If *Uncultivated* is about faith in nature, and the power it has to deliver us from our own mistakes, then wild apple trees have already shown us the way.

Author Andy Brennan describes 'uncultivation' as a process: It involves exploring the wild; recognising that much of nature is omitted from our conventional ways of seeing and doing things; and realising the advantages to embracing what we've somehow forgotten or ignored.

Andy Brennan owns Aaron Burr Cider in New York's Catskills region. His career started as a freelance artist, working in the fields of photography, design and architecture. Since its founding in 2011, Aaron Burr Cider has become well known among cider enthusiasts for its natural approach to cider making, using wild apples and yeasts. As a prominent figure in the growing US cider movement, he regularly speaks about natural apple growing and cider production at museums, trade events, festivals, restaurants, and anywhere local food enthusiasts are found.

05 NOVEMBER 2020

9781603589727

224pp

PB 229 x 153 mm

Black-and-white

illustrations

throughout

£20.00

Health & Lifestyle

German rights sold

There's No Pill for This

A Naturopathic Physician's
Personal Prescription for Managing
MULTIPLE SCLEROSIS

Dr. Michaël Friedman, ND



How to radically improve your quality of life with diet, hormones, supplements, exercise, and other lifestyle factors

'I truly recommend *There's No Pill for This* because it contains the wisdom of a health care professional who also has the experience of being a patient.'
Bernie Siegel, MD,
author of *No Endings, Only Beginnings*

THERE'S NO PILL FOR THIS

**A Naturopathic Physician's Personal Prescription
for Managing Multiple Sclerosis**

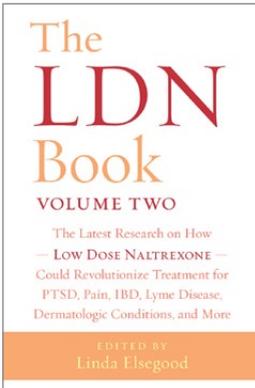
Michaël Friedman

Most of us take for granted the little things in life – walking to the postbox, meeting friends or enjoying a cup of coffee. But what if each daily activity required intensive planning and effort? That's what living with multiple sclerosis is like, and author Michaël Friedman knows this from first-hand experience. *There's No Pill for This* tells his story and offers treatment advice and hope to those who suffer from MS.

He does not promise a miracle cure for MS; there simply isn't one. Instead, Dr. Friedman provides the personal prescriptions he follows for delaying the disease process and radically improving his quality of life, including dietary measures and supplements and hormone therapies that can reduce neuroinflammation and possibly promote neurorestoration. In

the book's conclusion, Dr. Friedman reflects on what this complicated chronic disease has taught him about the need for humility and what is truly important in life. He writes: 'expect nothing, accept everything.'

Naturopathic physician **Dr. Michaël Friedman** is the founder of the Association for the Advancement of Restorative Medicine and the Journal of Restorative Medicine. He also creates and formulates herbal and nutritional supplements, and is co-founder and president of the Restorative Formulations supplement company. He is the author of the medical textbook *Fundamentals of Naturopathic Endocrinology*, a contributing author of *Evidence-Based Approach to Restoring Thyroid Health*, and co-author of *Healing Diabetes*. He lives with his family in Vermont, USA.



THE LDN BOOK VOLUME TWO

The Latest Research on How Low Dose Naltrexone Could Revolutionize Treatment for PTSD, Pain, IBD, Lyme Disease, Dermatologic Conditions, and More

Linda Elsegood

Prescribed off-label and administered in small daily doses, this generic drug has proven useful in treating many different ailments. Expanding on the information presented in *The LDN Book Volume One*, which showcased LDN's efficacy in treating conditions such as lupus, thyroiditis, autism spectrum disorder and chronic fatigue, Volume Two highlights the latest clinical trials, case studies, and research on LDN. *The LDN Book Volume Two* is both a resource for medical professionals, pharmacists and patients, and a renewed call for further research on the healing potential of this generic drug.

22 OCTOBER 2020

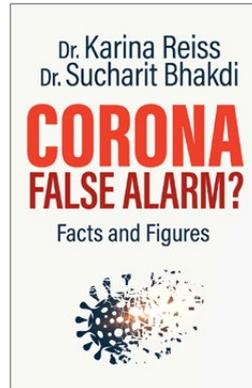
9781603589901

288pp, PB 229 x 153 mm

Black-and-white illustrations

£22.50, Health & Lifestyle

World Rights Available



CORONA, FALSE ALARM?

Facts and Figures

Dr Karina Reiss
and Dr Sucharit Bhakdi

No other topic dominates our attention as much as coronavirus and COVID-19, the infectious disease it triggers. There's been a global deluge of contradictory opinions, fake news and politically controlled information. Differing views on the dangers posed by the pandemic have led to deep division and confusion on a societal and personal level. In *Corona, False Alarm?*, award-winning researchers Dr. Sucharit Bhakdi and Dr. Karina Reiss bring clarity to these confusing and stressful times. They offer analysis of whether radical protective measures including lockdown, social distancing and mandatory masking have been justified, and their consequent societal ramifications. *Corona, False Alarm?* provides you with a factual account of the corona crisis and encourages you to form your own opinion.

01 OCTOBER 2020

9781645020578

160pp, PB 197 x 127 mm

Black-and-white illustrations throughout

£10.99, Health & Lifestyle

World Rights Available

Key Backlist & Bestsellers

"Going today, the world will do tomorrow."
Seth, UN Assistant Secretary General

Futuregen



Lessons
from a
Small
Country

JANE DAVIDSON

n Systems

l. Meadows

Diana Wright
with Christine



KOJI Alchemy

Rediscovering the Magic of
Mold-Based Fermentation



DA SHIH and JEREMY UMANSKY

"Dancing with Bees signals the way to a richer, wilder future."
— ISABELLA TREE, author of *Wilding*



Dancing with Bees

a journey back to nature



BRIGIT STRAWBRIDGE HOWARD

Wildcrafted Fermentation

Exploring, Transforming, and Preserving
the Wild Flavors of Your Local Terroir

Wild krauts and kimchis, fermented forest brews, seawater brines,
plant-based cheeses, and more



PASCAL BAUDAR

Dirty to Soil

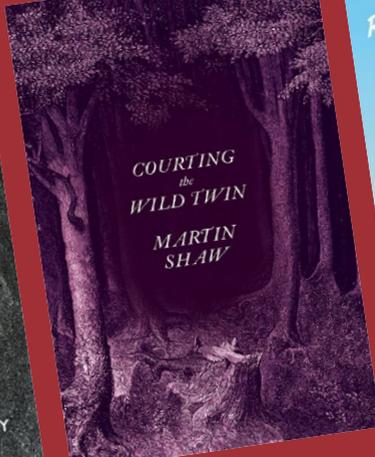
One Family's Journey
to Regenerative Agriculture



Gabe Brown

COURTING
the
WILD TWIN

MARTIN
SHAW



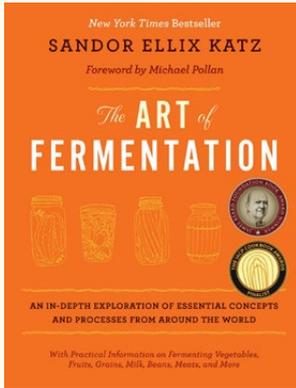
HITCHING FOR HOPES

A JOURNEY INTO THE HEART
AND SOUL OF IRELAND

#1
Irish Times
Bestseller



"Hitching for Hopes demonstrates that we all want the same thing: to find peace and to help our families and communities thrive."
— John P. Frank, author of *People Like Me*



THE ART OF FERMENTATION

An In-Depth Exploration of Essential Concepts and Processes from around the World
Sandor Ellix Katz

New York Times Bestseller

Winner of the 2013 James Beard Foundation Book Award for Reference and Scholarship, and a *New York Times* bestseller, *The Art of Fermentation* is the most comprehensive guide to do-it-yourself home fermentation ever published. Sandor Katz presents the concepts and processes behind fermentation in ways that are simple enough to guide a reader through their first experience making sauerkraut or yogurt, and in-depth enough to provide greater understanding and insight for experienced practitioners.

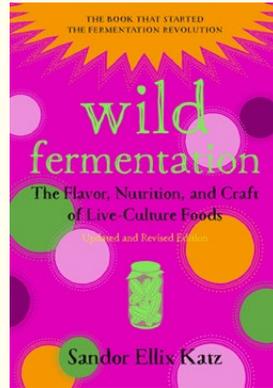
14 MAY 2012

9781603582865

528pp, HB 248 x 191 mm

32 pages of colour illustrations

£30.00, Food & Drink



WILD FERMENTATION

The Flavor, Nutrition, and Craft of Live-Culture Foods, 2nd Edition
Sandor Ellix Katz

Since its publication in 2003, *Wild Fermentation* has inspired people to turn their kitchens into food labs: fermenting vegetables into sauerkraut, milk into cheese or yogurt, grains into sourdough bread, and much more. This updated and revised edition, with full colour photos throughout, is sure to introduce a whole new generation to the flavours and health benefits of fermented foods. It features many brand-new recipes – including Strawberry Kvass, African Sorghum Beer, and Infinite Buckwheat Bread – and updates and refines original recipes, reflecting the author's ever-deepening knowledge of global food traditions that has influenced four-star chefs and home cooks alike.

19 AUGUST 2016

9781603586283, 320pp, PB 254 x 178 mm

Colour photographs and illustrations throughout

£22.50, Food & Drink

Korean, Spanish, Portuguese, Russian, German, Italian, French, Polish, Czech, Simplified Chinese, and Japanese rights sold



The New Wildcrafted Cuisine
Exploring the Exotic Gastronomy of Local Terroir

With detailed recipes for ferments, infusions, spices, and other preparations



PASCAL BAUDAR

THE NEW WILDCRAFTED CUISINE

Exploring the Exotic Gastronomy
of Local Terroir
Pascal Baudar

Wild foods are increasingly popular, as evidenced by the number of new books about identifying plants and foraging ingredients, as well as those written by chefs about culinary creations that incorporate wild ingredients. *The New Wildcrafted Cuisine*, however, goes well beyond both of these genres to deeply explore the flavours of local terroir. This beautifully photographed book offers up dozens of creative recipes for preparing a pantry full of preserved foods, including Pickled Acorns, White Sage & Lime Cider, Wild Kimchi Spice, and many more.

24 MARCH 2016

9781603586061

432pp, HB 254 x 204 mm

Full-colour photographs throughout

£30.00, Food & Drink

World Rights Available



Wildcrafted Fermentation

Exploring, Transforming, and Preserving
the Wild Flavors of Your Local Terroir

Wild krauts and kimchi, fermented forest brews, seawater brines,
pickled chives, and more.



PASCAL BAUDAR

WILDCRAFTED FERMENTATION

Exploring, Transforming,
and Preserving the Wild Flavors
of Your Local Terroir
Pascal Baudar

One of the most influential tastemakers of our time invites you on an extraordinary culinary journey to discover how to ferment the wild, edible plants in your local area. Used for thousands of years by different cultures all around the world, lacto-fermentation is the easiest, safest and most delicious way to preserve food. All vegan and all organic, nature provides all the necessary ingredients: plants, salt and the beneficial lactic acid bacteria found everywhere.

This cookbook will help you rewild your palate and 'create a cuisine unique to you and your environment.'

16 APRIL 2020

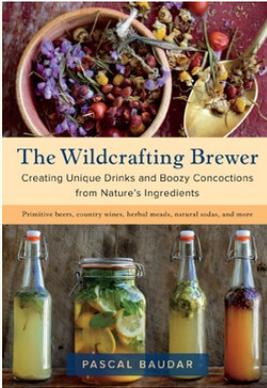
9781603588515

304pp, PB 254 x 178 mm

Full-colour photographs throughout

£25.00, Food & Drink

World Rights Available



THE WILDCRAFTING BREWER

**Creating Unique Drinks and Boozy
Concoctions from Nature's Ingredients**
Pascal Baudar

The art of brewing doesn't stop at the usual ingredients: barley, hops, yeast, and water. In fact, the origins of brewing involve a whole galaxy of wild and cultivated plants, fruits, berries and other natural materials, which were once used to make a whole spectrum of creative, fermented drinks. Now fermentation fans and home brewers can rediscover these 'primitive' drinks and their unique flavours in

The Wildcrafting Brewer.

12 FEBRUARY 2018

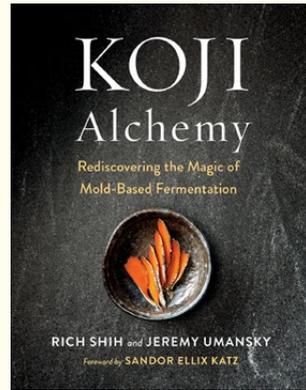
9781603587181

304pp, PB 254 x 178 mm

Full-colour photographs throughout

£22.50, Beverages

Polish rights sold



KOJI ALCHEMY
**Rediscovering the Magic of
Mold-Based Fermentation**
Rich Shih & Jeremy Umansky

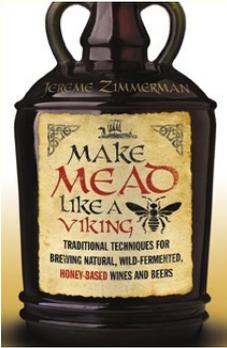
The first book of its kind – exploring the magical mould behind the umami flavours that underpin soy sauce, miso and more *Koji Alchemy* chefs Jeremy Umansky and Rich Shih – considered to be the leading innovators on the culinary power of this unique ingredient, deliver a comprehensive look at modern koji use around the world. Koji can rapidly age charcuterie, cheese, vegetables and more, and the authors take the magic of koji to the next level, revolutionising the creation of fermented foods and flavour profiles for both professional and home cooks. An essential read for the adventurous cook.

04 JUNE 2020

9781603588683

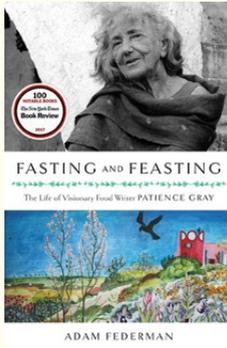
352pp, HB 229 x 178 mm

Black-and-white illustrations throughout,
16-page colour insert, £27.99, Food & Drink
Spanish, Italian and Complex Chinese rights sold



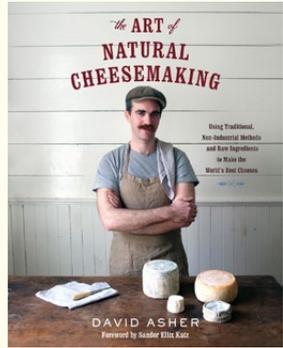
MAKE MEAD LIKE A VIKING

Jereme Zimmerman
9781603585989-PB
German rights sold



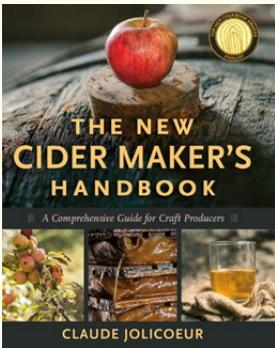
FASTING AND FEASTING

Adam Federman
9781603588232-PB
Simplified Chinese rights sold



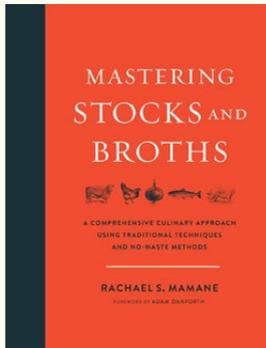
THE ART OF NATURAL CHEESEMAKING

David Asher
9781603585781-PB
Spanish, French, German,
Bulgarian and Russian
rights sold



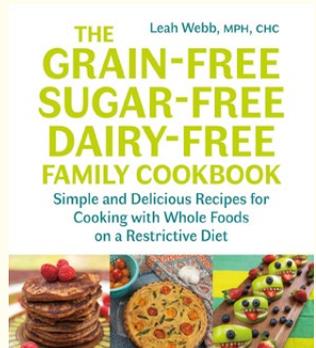
THE NEW CIDER MAKER'S HANDBOOK

Claude Jolicoeur
9781603584739-HB
French rights sold



MASTERING STOCKS AND BROTHS

Rachael Mamane
9781603586566-HB
World Rights Available



THE GRAIN-FREE, SUGAR-FREE, DAIRY-FREE FAMILY COOKBOOK

Leah Webb
9781603587594-PB
World Rights Available

'Dancing with Bees is a passionate hymn to nature, a joyful celebration not just of bees, but of the power of paying attention.'

Caroline Lucas, MP

30 APRIL 2020

9781645020257

304pp

PB 197 x 127 mm

Black-and-white

illustrations

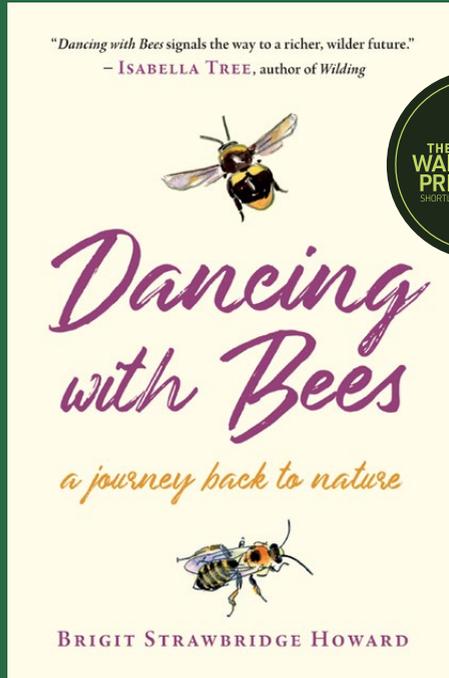
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£10.99

Nature Writing

German and Spanish

rights sold



DANCING WITH BEES

A Journey Back to Nature

Brigit Strawbridge Howard

Shortlisted for the Wainwright Prize 2020 for UK Nature Writing

Dancing with Bees is Strawbridge Howard's charming, eloquent account of a 'return to noticing' nature, a perspective on the world that had somehow been lost to her for decades. With special care and attention to the plight of bees and pollinators of all kinds (and what we can do to help them), Strawbridge Howard weaves fascinating details of the lives of flora and fauna into her own personal journey, introducing us to the bees, flowers and more that have filled her days with ever-increasing wonder and delight.

'Written with clarity, intelligence and humour, this engaging book will appeal to basically everyone.'

Forbes

08 MARCH 2019

9781603589086

304pp

PB 197 x 127 mm

Black-and-white
illustrations

throughout, plus

8-page colour insert

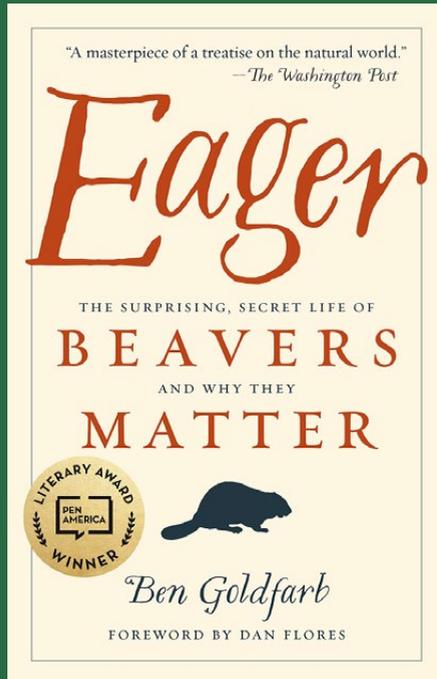
£11.99

Nature Writing

German, Vietnamese,

Simplified Chinese and

Japanese rights sold



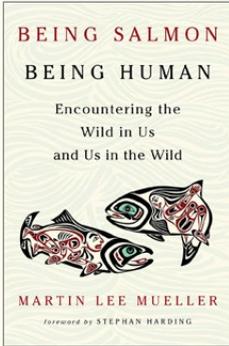
EAGER

The Surprising, Secret Life of Beavers and Why They Matter

Ben Goldfarb

WINNER of the 2019 PEN/E.O. Wilson Literary Science Writing Award

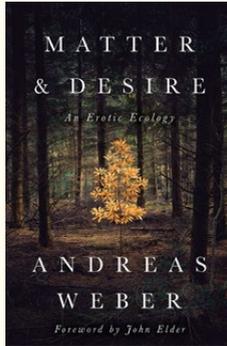
In *Eager*, environmental journalist Ben Goldfarb reveals that our modern idea of what a healthy landscape looks like and how it functions is wrong, distorted by the fur trade that once trapped out millions of beavers from North America's lakes and rivers. The consequences of losing beavers were profound: streams eroded, wetlands dried up, and species from salmon to swans lost vital habitat. *Eager* is a powerful story about one of the world's most influential species, and how beavers can help us fight the ravages of climate change.



**BEING SALMON,
BEING HUMAN**

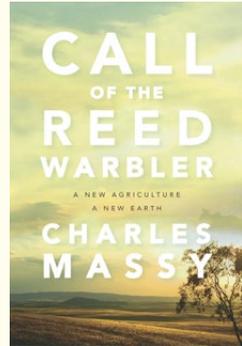
Martin Lee Mueller
9781603587457-PB

Simplified Chinese rights sold



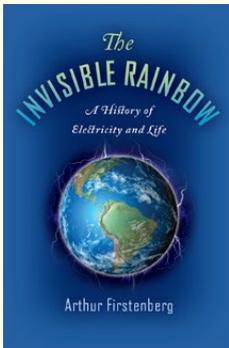
MATTER & DESIRE

Andreas Weber
9781603586979-PB



**CALL OF THE REED
WARBLER**

Charles Massy
9781603588133-PB



THE INVISIBLE RAINBOW

Arthur Firstenberg
9781645020097-PB
Norwegian, Korean, Japanese,
German, French, Spanish
and Italian rights sold



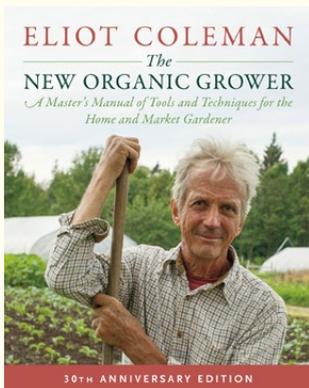
NOURISHMENT

Fred Provenza
9781603588027-PB
Spanish and Korean rights sold



BURN

Albert Bates & Kathleen Draper
9781603589840-PB
German rights sold



THE NEW ORGANIC GROWER

A Master's Manual of Tools and Techniques for the Home and Market Gardener, 30th Anniversary Edition
Eliot Coleman

Eliot Coleman's books and innovative methods have helped innumerable organic farmers build successful farms in deep accordance with nature. The wisdom in this seminal book holds true even as the modern agricultural canon has grown – in large part due to Coleman's influence as a wise elder with decades of experience.

New information has been included in this third edition to showcase the new tools and techniques that Eliot has been developing over the last 35 years.

26 SEPTEMBER 2018

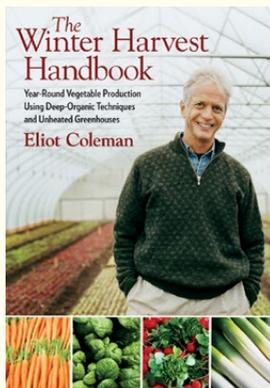
9781603588171

304pp, PB 254 x 204 mm

Full-colour photographs and illustrations throughout

£22.50, Gardening & Agriculture

French, German and Korean rights sold



THE WINTER HARVEST HANDBOOK

Year-Round Vegetable Production Using Deep-Organic Techniques and Unheated Greenhouses
Eliot Coleman

Celebrated farming expert Eliot Coleman helped start the organic food and sustainable living movement with *The New Organic Grower* published 20 years ago. He continues to lead the way, pushing the limits of the harvest season while working his world-renowned organic farm in Harborside, Maine. With *The Winter Harvest Handbook* anyone can have access to the innovative, highly successful methods Coleman describes in this comprehensive handbook to raise crops throughout the coldest of winters.

18 JUNE 2013

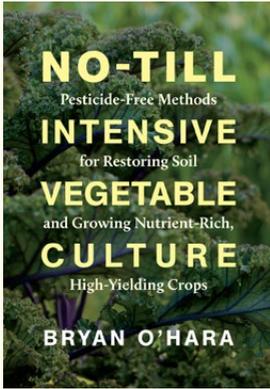
9781603580816

264pp, PB 254 x 178 mm

Full-colour photographs and illustrations throughout

£22.50, Gardening & Agriculture

German and French rights sold



NO-TILL INTENSIVE VEGETABLE CULTURE

**Pesticide-Free Methods for Restoring
Soil and Growing Nutrient-Rich,
High-Yielding Crops**
Bryan O'Hara

No-till farming has rapidly grown in popularity among vegetable growers due to its high-quality, high-yield, high-profit results. In *No-Till Intensive Vegetable Culture*, O'Hara describes the methods he has developed, which are completely free of herbicides or other pesticides and require only a few acres of land and minimal capital investment. He asserts that this flexible, ecological methodology is as important for soil fertility as it is for his economic success.

19 MARCH 2020

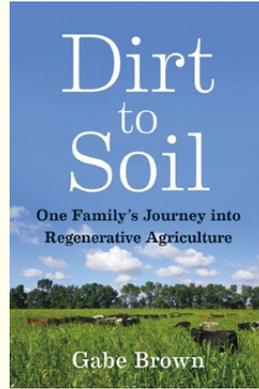
9781603588539

272pp, PB 254 x 178 mm

**Full-colour photographs and
illustrations throughout**

£25.00, Gardening & Agriculture

World Rights Available



DIRT TO SOIL
**One Family's Journey
into Regenerative Agriculture**
Gabe Brown

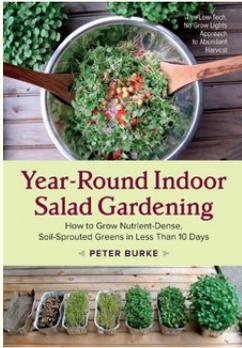
Gabe Brown didn't set out to change the world when he first started working alongside his father-in-law on the family farm in North Dakota. But as a series of weather-related crop disasters put Brown and his wife, Shelly, in desperate financial straits, they started making bold changes to their farm. Brown began experimenting with new practices in regenerative agriculture he'd learned about from innovative researchers and ranchers. In *Dirt to Soil* Gabe Brown tells the story of that amazing journey and offers a wealth of innovative solutions to our most pressing and complex contemporary agricultural challenge – restoring the soil.

11 OCTOBER 2018

9781603587631

240pp, PB 229 x 153 mm, Mono

**£14.99, Gardening & Agriculture
German and Dutch rights sold**

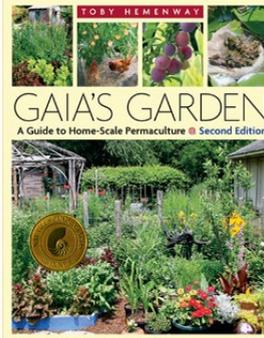


**YEAR-ROUND INDOOR
SALAD GARDENING**

Peter Burke

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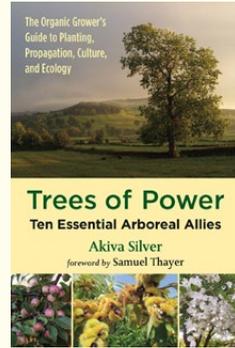


GAIA'S GARDEN

Toby Hemenway

9781603580298-PB

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Korean, Polish, Turkish,
French, Hungarian and
Latvian rights sold**

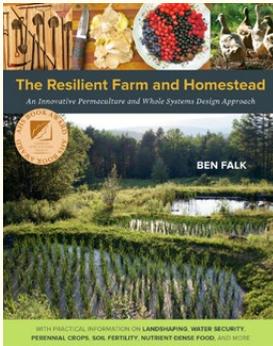


TREES OF POWER

Akiva Silver

9781603588416-PB

World Rights Available

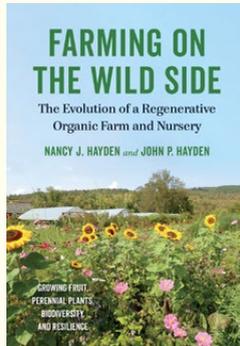


**THE RESILIENT FARM
AND HOMESTEAD**

Ben Falk

9781603584449-PB

French rights sold



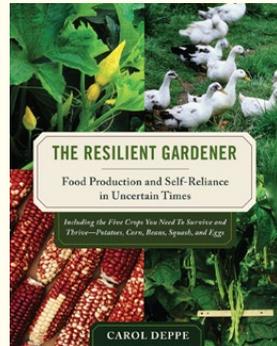
**FARMING ON THE
WILD SIDE**

Nancy J. Hayden

& John P. Hayden

9781603588287-PB

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THE RESILIENT GARDENER

Carol Deppe

9781603580311-PB

Czech rights sold

'Farming While Black helps us remember why land cultivation is such a significant part of the fight for freedom for Black people ... Thank you, Leah, for your work and for your vision.'

Patrisse Khan-Cullors, author of When They Call You a Terrorist; co-founder of Black Lives Matter

30 OCTOBER 2018

9781603587617

368pp

PB 254 x 204 mm

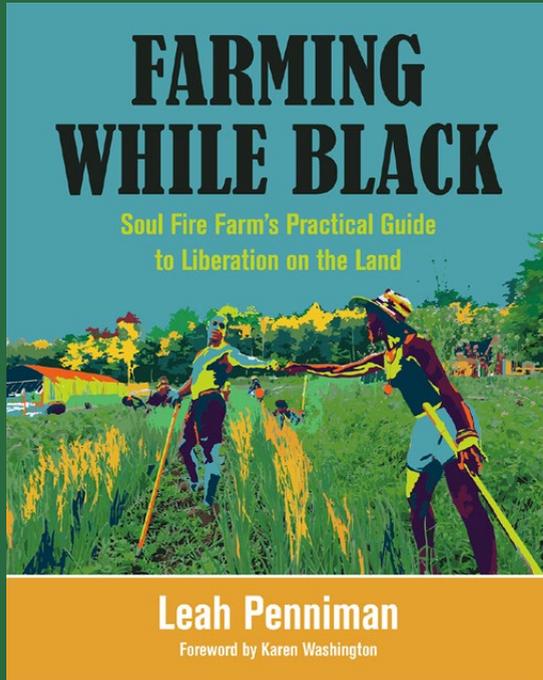
Full-colour

photographs
and illustrations
throughout

£25.00

Society & Culture /
Agriculture

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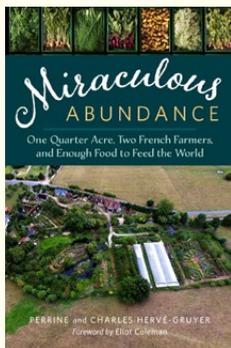


FARMING WHILE BLACK

Soul Fire Farm's Practical Guide to Liberation on the Land

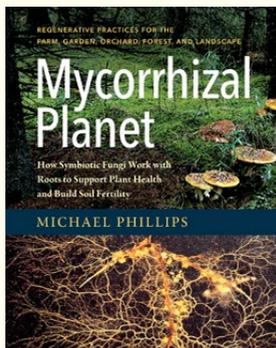
Leah Penniman

While farm management is among the whitest of professions, farm labour is predominantly brown and exploited, and people of colour disproportionately live in 'food apartheid' neighbourhoods and suffer from diet-related illness. The system is built on stolen land and stolen labour and needs a redesign. *Farming While Black* is the first comprehensive 'how to' guide for aspiring African-heritage growers to reclaim their dignity as agriculturists and for all farmers to understand the distinct, technical contributions of African-heritage people to sustainable agriculture.



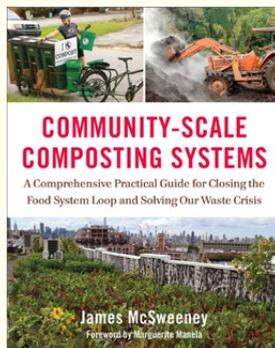
MIRACULOUS ABUNDANCE

**Perrine Hervé-Gruyer
& Charles Hervé-Gruyer**
9781603586429-PB



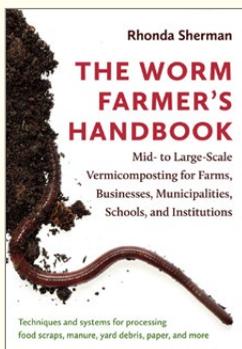
MYCORRHIZAL PLANET

Michael Phillips
9781603586580-HB
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**COMMUNITY-SCALE
COMPOSTING SYSTEMS**

James McSweeney
9781603586542-HB
World Rights Available

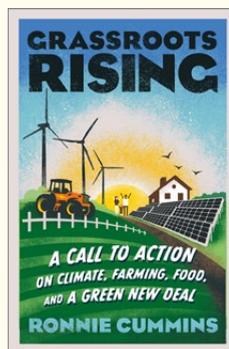


**THE WORM FARMER'S
HANDBOOK**

Rhonda Sherman
9781603587792-PB
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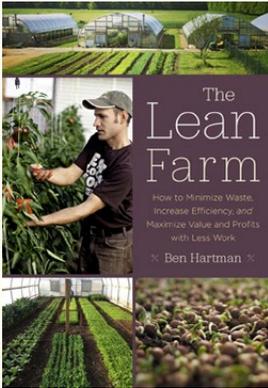


FIBERSHED
Rebecca Burgess
with Courtney White
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GRASSROOTS RISING

Ronnie Cummins
9781603589758-PB
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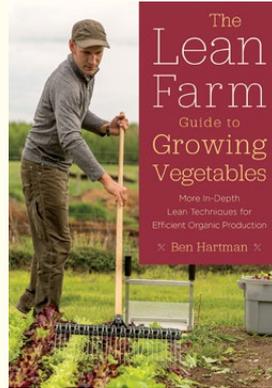


THE LEAN FARM

How to Minimize Waste, Increase Efficiency, and Maximize Value and Profits with Less Work
Ben Hartman

Lean principles grew out of the Japanese automotive industry, but they are now being followed on progressive farms around the world. Ben Hartman and other young farmers are increasingly finding that incorporating the best new ideas from business into their farming can drastically cut their wastes and increase their profits, making their farms more environmentally and economically sustainable. *The Lean Farm* makes the case that small-scale farming can be an attractive career option for young people who are interested in growing food for their community.

16 SEPTEMBER 2015
9781603585927
256pp, PB 254 x 178 mm
Full-colour photographs and illustrations throughout
£22.50, Gardening & Agriculture
Vietnamese rights sold



THE LEAN FARM GUIDE TO GROWING VEGETABLES

More In-Depth Lean Techniques for Efficient Organic Production
Ben Hartman

In this field-guide companion to his award-winning first book, *The Lean Farm*, Hartman shows market vegetable growers in even more detail how Clay Bottom Farm implements lean thinking in every area of their work, including using *kanbans*, or replacement signals, to maximise land use; germination chambers to reduce defect waste; and right-sized machinery to save money and labour and increase efficiency.

The Lean Farm Guide to Growing Vegetables offers strategies for farmers to stay flexible and profitable even in the face of changing weather and markets.

03 NOVEMBER 2017
9781603586993
272pp, PB 254 x 178 mm
Full-colour photographs and illustrations throughout
£22.50, Gardening & Agriculture
Turkish rights sold

LETTER TO A YOUNG FARMER

**How to Live Richly
without Wealth on the
New Garden Farm**

Gene Logsdon

For more than 40 years Gene Logsdon has commented on the state of American agriculture. In *Letter to a Young Farmer*, his final book of essays, Logsdon addresses the next generation – young people who are moving back to the land to enjoy a better way of life as small-scale ‘garden farmers.’ It’s a lifestyle that isn’t defined by accumulating wealth or by the ‘get big or get out’ agribusiness mindset. Instead, it’s one that recognises the beauty of nature, cherishes the land, respects our fellow creatures, and values rural traditions.

05 APRIL 2018

9781603588065

232pp

PB 216 x 140 mm

Mono

£13.99

Gardening & Agriculture

World Rights Available

FARMING FOR THE LONG HAUL

**Resilience and the
Lost Art of Agricultural
Inventiveness**

Michael Foley

Farming for the Long Haul is about building a viable small-farm economy that can withstand the economic, political and climatic shock waves that the twenty-first century portends. It draws on the innovative work of contemporary farmers, wherein it shares the experiences of farming societies around the world that have maintained resilient agricultural systems over centuries of turbulent change.

01 FEBRUARY 2019

9781603588003

272pp

PB 216 x 140 mm

Mono

£15.99

Gardening & Agriculture

World Rights Available

FRUITFUL LABOR

**The Ecology, Economy,
and Practice of a
Family Farm**

Mike Madison

In *Fruitful Labor*, Mike Madison meticulously describes the ecology of his own small family farm in the Sacramento Valley of California. He covers issues of crop ecology such as soil fertility, irrigation needs, and species interactions, as well as the broader agroecological issues of the social, economic, regulatory and technological environments in which the farm operates. The final section includes an extensive analysis of sustainability on every level. Pithy, readable and highly relevant, this book covers both the ecology and the economy of a truly sustainable agriculture.

21 FEBRUARY 2018

9781603587945

176pp

PB 204 x 153 mm

Black-and-white illustrations
throughout

£13.99

Gardening & Agriculture

World Rights Available

GENE LOGSDON

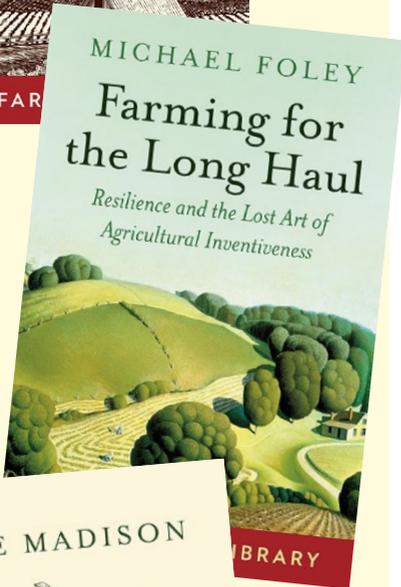
Foreword by
WENDELL BERRY

Letter to a Young Farmer

*How to Live Richly without Wealth
on the New Garden Farm*



NEW FARMER



MICHAEL FOLEY
**Farming for
the Long Haul**
*Resilience and the Lost Art of
Agricultural Inventiveness*

LIBRARY

MIKE MADISON



Fruitful Labor

*The Ecology, Economy, and
Practice of a Family Farm*



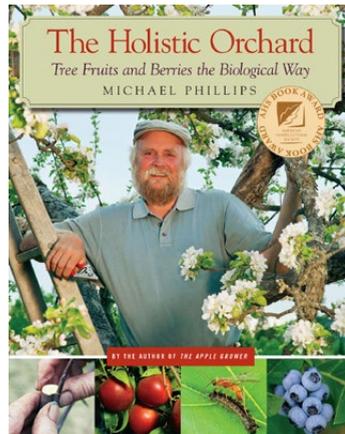
NEW FARMER LIBRARY

THE HOLISTIC ORCHARD

**Tree Fruits and Berries
the Biological Way**
Michael Phillips

Many people want to grow fruit on a small scale but lack the insight to be successful orchardists.

Growing tree fruits and berries is something virtually anyone with space and passionate desire can do – given wise guidance and a personal commitment to observe the teachings of the trees. *The Holistic Orchard* demystifies the basic skills everybody should know about the inner workings of the orchard ecosystem, as well as orchard design, soil biology and organic health management.



The Holistic Orchard

Tree Fruits and Berries the Biological Way
MICHAEL PHILLIPS

BY THE AUTHOR OF THE APPLE GARDEN

18 JUNE 2013

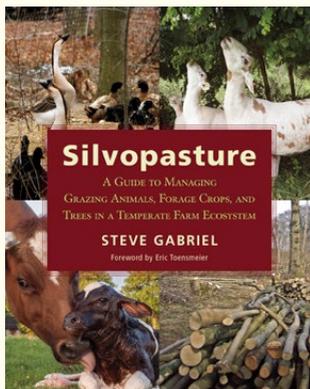
9781933392134

432pp, PB 254 x 204 mm

Full-colour photographs and
illustrations throughout

£30.00, Gardening & Agriculture

World Rights Available



SILVOPASTURE

A Guide to Managing Grazing Animals, Forage Crops, and Trees in a Temperate Farm Ecosystem

Steve Gabriel

The concept of silvopasture challenges our notions of both modern agriculture and land use. Silvopasture systems integrate trees, animals, and forages in a whole-system approach that offers a number of benefits to the farmer and the environment. Such a system not only offers the promise of ecological regeneration of the land, but also an economical livelihood and the ability to farm extensively in times of extensive climate change. *Silvopasture* offers farmers an innovative and ecological alternative to conventional grazing practice.

14 JUNE 2018

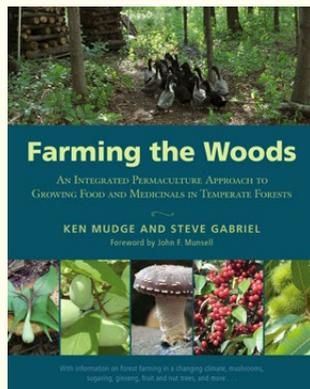
9781603587310

320pp, PB 254 x 204 mm

Full-colour photographs and illustrations throughout

£30.00, Gardening & Agriculture

World Rights Available



FARMING THE WOODS

An Integrated Permaculture Approach to Growing Food and Medicinals in Temperate Forests

Ken Mudge & Steve Gabriel

Farming the Woods invites a remarkably different perspective: that a healthy forest can be maintained while growing a wide range of food, medicinal, and other non-timber products. Forest farms can be most productive in places where the plough is not: on steep slopes, and in shallow soils. This book is a must-read for farmers and gardeners interested in incorporating aspects of agroforestry, permaculture, forest gardening, and sustainable woodlot management into the concept of a whole-farm organism.

23 SEPTEMBER 2014

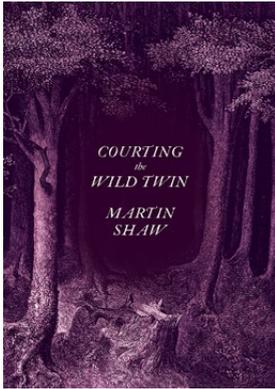
9781603585071

384pp, PB 254 x 204 mm

Full-colour photographs and illustrations throughout

£30.00, Gardening & Agriculture

World Rights Available



COURTING THE WILD TWIN

Martin Shaw

There is an old legend that says we each have a wild, curious twin that was thrown out the window the night we were born, taking much of our vitality with them. In *Courting the Wild Twin*, Shaw invites us to seek out our wild twin, a metaphor for the part of ourselves that we generally shun or ignore to conform to societal norms and invite them back into our consciousness, for they have something important to tell us. He challenges us to examine our broken relationship with the world, to think boldly, wildly and in new ways about ourselves – as individuals and as a collective.

12 MARCH 2020

9781603589505

112pp, HB 178 x 127 mm

Mono

£14.99, Philosophy / Folklore

World Rights Available



HITCHING FOR HOPE

A Journey into the Heart and Soul of Ireland

Ruairí McKiernan

Irish Times Bestseller

Hitching for Hope: A Journey into the Heart and Soul of Ireland is the story of McKiernan's whirlwind tour, told through countless conversations. Ruairí spends time with Inishbofin islanders and Connemara farmers, Polish migrants and community activists, his 89-year-old grandmother and the president of Ireland, to name a few. A testimony to the spirit of Ireland, this book is an inspirational manifesto for hope, healing and human endurance.

26 MARCH 2020

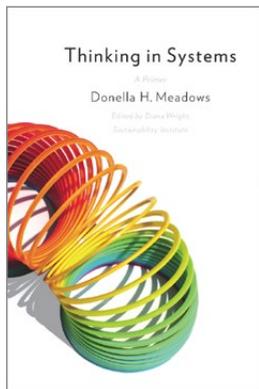
9781603589574

240pp, PB 235 x 156 mm

Mono

£14.99, Travel Writing

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THINKING IN SYSTEMS

A Primer
Donella Meadows

In the years following her role as the lead author of the international bestseller, *Limits to Growth* – the first book to show the consequences of unchecked growth on a finite planet – Donella Meadows remained a pioneer of environmental and social analysis until her untimely death in 2001. *Thinking in Systems*, is a concise and crucial book offering insight for problem solving on scales ranging from the personal to the global. This essential primer brings systems thinking out of the realm of computers and equations and into the tangible world.

03 DECEMBER 2008

9781603580557, 240pp, PB 229 x 153 mm

Black-and-white diagrams

£14.99, Popular Science / Business

Turkish, Spanish, Japanese, Italian, German,
Russian, Korean, Simplified Chinese, Vietnamese,
Complex Chinese and Georgian rights sold



#FUTUREGEN

Lessons from a Small Country
Jane Davidson

In *#futuregen*, Jane Davidson explains how, as Minister for Environment, Sustainability and Housing in Wales, she proposed the Well-being of Future Generations (Wales) Act 2015 – the first piece of legislation on Earth to place regenerative and sustainable practice at the heart of government. Unparalleled in its scope and vision, the Act connects environment and social health and looks to solve complex issues such as poverty, education and unemployment. Davidson reveals how and why such groundbreaking legislation was forged in Wales and explores how the shift from economic growth to sustainable growth is creating new opportunities for communities and governments all over the world.

04 JUNE 2020

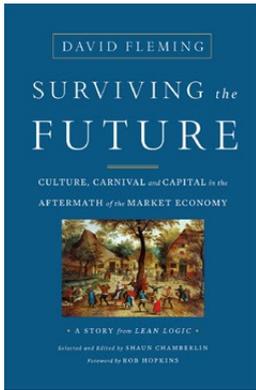
9781603589604, HB 216 x 140 mm

Mono

£14.99, Politics, Society

& Education

World Rights Available



SURVIVING THE FUTURE

Culture, Carnival and Capital in the Aftermath of the Market Economy

David Fleming, edited by Shaun Chamberlin

Inspired by the late David Fleming's extraordinary *Lean Logic: A Dictionary for the Future and How to Survive It*, *Surviving the Future* lays out a compelling and powerfully different new economics for a post-growth world. One that does not depend on competitiveness and increasing productivity but on the humour, conversation and reciprocal obligations of a rich culture.

12 AUGUST 2016

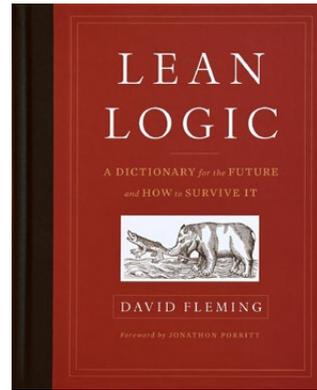
9781603586467

304pp, PB 229 x 153 mm

Black-and-white illustrations

£13.99, Business / Economics

Spanish rights sold



LEAN LOGIC

A Dictionary for the Future and How to Survive It

David Fleming

Lean Logic is David Fleming's masterpiece, the product of more than thirty years' work and a testament to the creative brilliance of one of Britain's most important intellectuals. The threads running through every entry are Fleming's deft and original analysis of how our present market-based economy is destroying the very foundations – ecological, economic and cultural – on which it depends, and his core focus: a compelling, grounded vision for a cohesive society that might weather the consequences.

03 AUGUST 2016

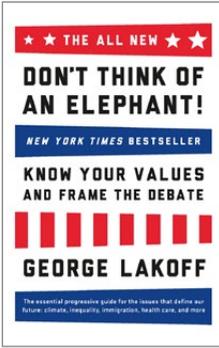
9781603586481

656pp, HB 229 x 178 mm

Black-and-white illustrations

£40.00, Business / Economics

World Rights Available

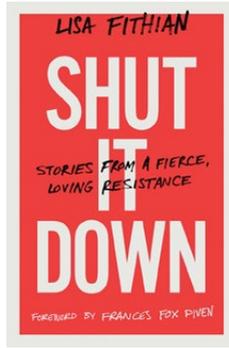


**THE ALL NEW DON'T
THINK OF AN ELEPHANT!**

George Lakoff

9781603585941-PB

Italian, Mongolian, Korean,
Spanish, Simplified Chinese,
Thai, French, Turkish and
Polish rights sold

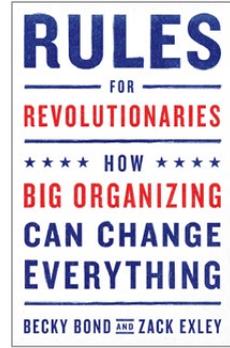


SHUT IT DOWN

Lisa Fithian

9781603588843-PB

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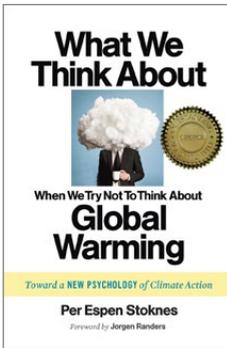


**RULES FOR
REVOLUTIONARIES**

Becky Bond & Zack Exley

9781603587273-PB

World Rights Available

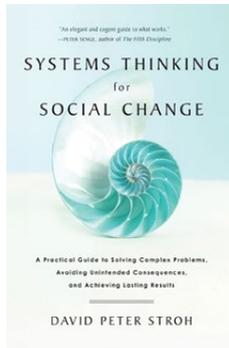


**WHAT WE THINK ABOUT
WHEN WE TRY NOT
TO THINK ABOUT
GLOBAL WARMING**

Per Espen Stoknes

9781603585835-PB

World Rights Available

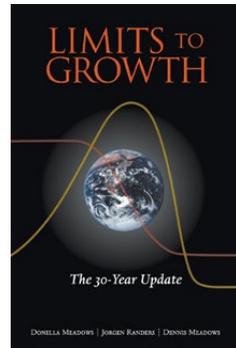


**SYSTEMS THINKING FOR
SOCIAL CHANGE**

David Peter Stroh

9781603585804-PB

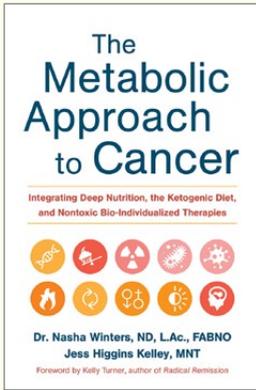
Japanese rights sold



LIMITS TO GROWTH

Donella Meadows, Jørgen
Randers & Dennis Meadows

9781931498586-PB



THE METABOLIC APPROACH TO CANCER

Integrating Deep Nutrition,
the Ketogenic Diet, and Nontoxic
Bio-Individualized Therapies

Dr. Nasha Winters, ND, L.Ac., FABNO
& Jess Higgins Kelley, MNT

Since the beginning of the twentieth century, cancer rates have increased exponentially. Conventional treatment continues to rely on chemotherapy, surgery and radiation to attack cancer cells. Yet research has repeatedly shown that 95 per cent of cancer cases are directly linked to diet and lifestyle. *The Metabolic Approach to Cancer* offers an innovative, metabolic-focused nutrition protocol that actually works. Dr. Nasha Winters and Jess Higgins Kelley have identified the ten key elements of a person's 'terrain' that are crucial to preventing and managing cancer.

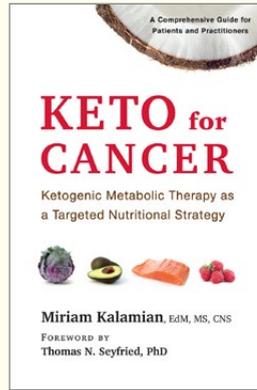
24 MAY 2017

9781603586863

408pp, HB 229 x 153 mm, Mono

£22.50, Oncology

Turkish, Russian, German, Polish, Korean
and Spanish rights sold



KETO FOR CANCER

Ketogenic Metabolic Therapy as a
Targeted Nutritional Strategy

Miriam Kalamian

Although evidence supporting the benefits of ketogenic diet therapies continues to mount, there is little to guide those who wish to adopt this diet as a metabolic therapy for cancer. *Keto for Cancer* fills this need. Inspired by the work of Dr. Thomas N. Seyfried, PhD, nutritionist Miriam Kalamian has written the first book to lay out comprehensive guidelines that specifically address the many challenges associated with cancer, and particularly the deep nutritional overhaul involved with the ketogenic diet.

18 OCTOBER 2017

9781603587013

400pp, PB 229 x 153 mm, Mono

£22.50, Health & Lifestyle

Turkish, Spanish, German and
Polish rights sold

03 NOVEMBER 2016

9781603586191

176pp

HB 204 x 127 mm

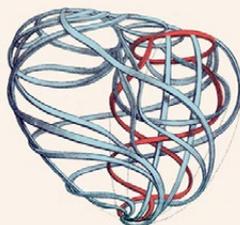
Mono

£18.99

Health & Lifestyle

German rights sold

HUMAN
HEART,
COSMIC
HEART



A Doctor's Quest *to* Understand, Treat, *and*
Prevent Cardiovascular Disease

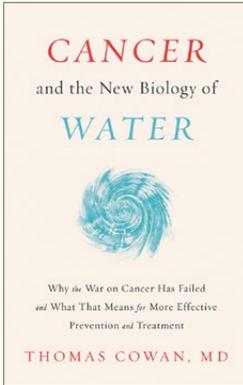
THOMAS COWAN, MD

HUMAN HEART, COSMIC HEART

**A Doctor's Quest to Understand, Treat, and Prevent
Cardiovascular Disease**

Thomas Cowan

In this deeply personal, rigorous and riveting account, Thomas Cowan, MD, offers up a daring claim: Our understanding of heart disease, with its origins in the blood vessels, is completely wrong. He contends that this gross misunderstanding, with its associated medications and risky surgeries, is the reason heart disease remains the most common cause of death worldwide. In *Human Heart, Cosmic Heart*, Cowan presents a new way of understanding the body's most central organ, offering a new look at what it means to be human and how we can best care for ourselves – and one another.



CANCER AND THE NEW BIOLOGY OF WATER

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Thomas Cowan

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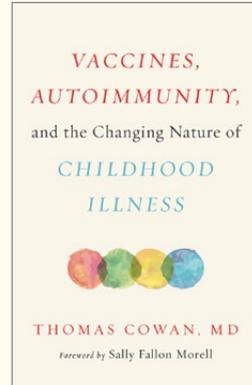
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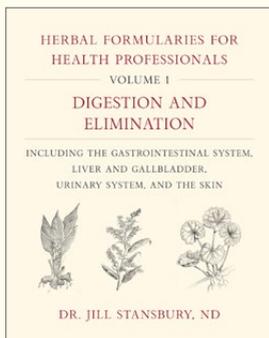
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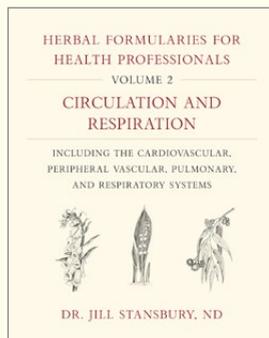
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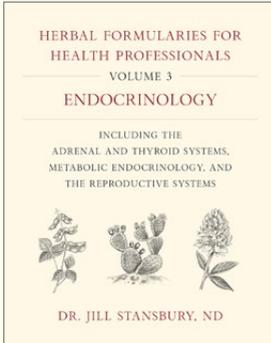
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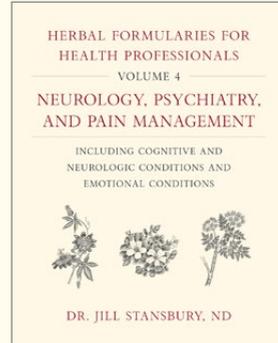
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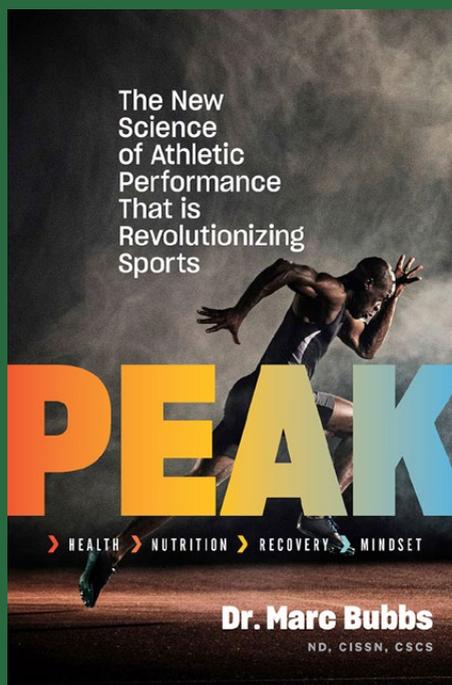
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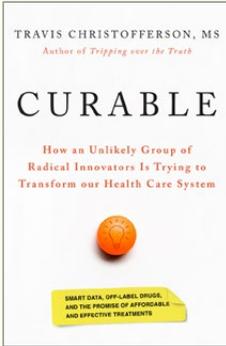
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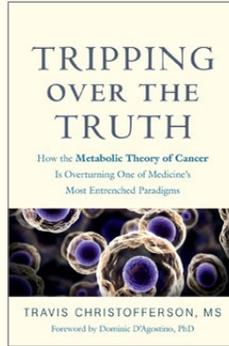
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The New Science of Athletic Performance That is Revolutionizing Sports
Marc Bubbs

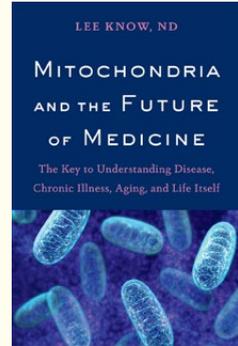
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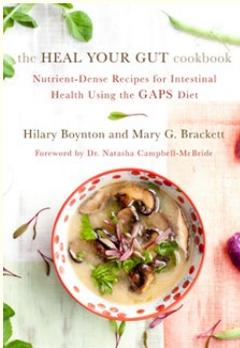
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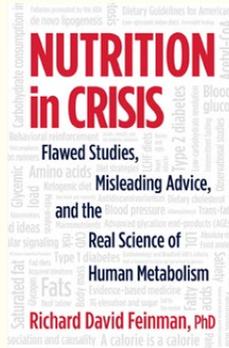
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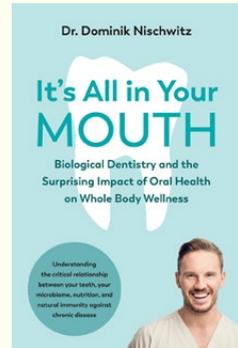
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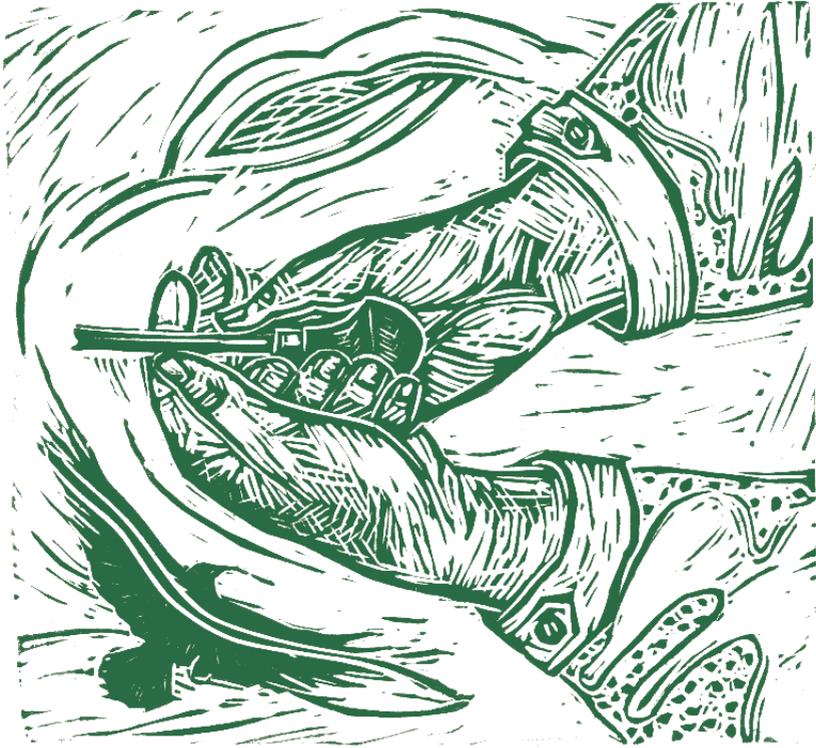
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