



# Chelsea Green Publishing

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Foraging Ideas. Cultivating Change.

Spring 2018



**The Wildcrafting Brewer : Creating Unique Drinks and Boozy Concoctions from Nature's Ingredients**

Pascal Baudar  
 9781603587181, 1603587187  
 Pub Date: 2/12/18  
 \$29.95/\$41.95 Can.  
 304 pages / Full-color photographs throughout  
 Paperback  
 Cooking / Beverages  
 10 in H | 7 in W

[With over 65 recipes and over 200 color photos, this book delivers the philosophy, ingredients, and techniques behind wildcrafting beverages](#)

**Summary: Primitive beers, country wines, herbal meads, natural sodas, and more**

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 flavors in *The Wildcrafting Brewer*. Wild-plant expert and forager Pascal Baudar's first book, *The New Wildcrafted Cuisine*, opened up a whole new world of

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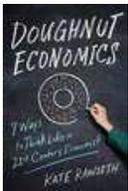
**Beaverland : The Surprising, Secret Lives of Nature's Most Ingenious Engineers**

Ben Goldfarb  
 9781603587396, 160358739X  
 Pub Date: 7/11/18  
 \$24.95/\$34.95 Can.  
 240 pages / Black-and-white illustrations throughout, 8-page color insert  
 Hardcover  
 Science / Natural History  
 9 in H | 6 in W

[Beavers-often dismissed and destroyed as pests-are actually ecological swiss army knives capable of tackling any landscape-scale problem. Beaverland shows how this keystone species shaped North America-and how, if allowed-they can save it.](#)

**Summary: Why their restoration matters in a changing climate**

In *Beaverland*, environmental journalist Ben Goldfarb reveals that everything we think we know about what a healthy landscape looks like and how it functions is inaccurate—a historical artifact produced by the removal of beavers from their former haunts. Across the Western Hemisphere, a coalition of "beaver believers"—including scientists, government officials, and farmers—have begun to recognize that ecosystems with beavers are far healthier, for humans and non-humans alike, than those without them. and to restore these industrious rodents to streams



**Doughnut Economics : Seven Ways to Think Like a 21st-Century Economist**

Kate Raworth  
 9781603587969, 1603587969  
 Pub Date: 3/13/18  
 \$18.00/\$24.95 Can.  
 320 pages / Black-and-white photographs and illustrations throughout  
 Paperback  
 Business & Economics / Environmental Economics  
 9 in H | 6 in W

["I see \[Raworth\] as the John Maynard Keynes of the 21st century: by reframing the economy, she allows us to change our view of who we are, where we stand, and what we want to be."-George Monbiot](#)

**Summary:** Economics is the mother tongue of public policy. It dominates our decision-making for the future, guides multi-billion-dollar investments, and shapes our responses to climate change, inequality, and other environmental and social challenges that define our times.

Pity then, or more like disaster, that its fundamental ideas are centuries out of date yet are still taught in college courses worldwide and still used to address critical issues in government and business alike.

That's why it is time, says renegade economist Kate Raworth, to revise our economic thinking for the 21<sup>st</sup> century. In *Doughnut*

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**The Massive Small Compendium : Ideas, Tools and Tactics for Urban Society**

Kelvin Campbell  
 9781603587754, 1603587756  
 Pub Date: 5/7/18  
 \$75.00/\$99.95 Can.  
 512 pages / Full-color photographs and illustrations throughout  
 Hardcover  
 Architecture / Urban & Land Use Planning  
 11 in H | 8.5 in W

[A manifesto and sourcebook for lean urbanism and bottom-up urban transformation](#)

**Summary:** The key to fixing our broken patterns of urban development does not lie in grand plans or giant projects; rather, it lies in the collective wisdom and energy of people harnessing the power of many small ideas and actions to make a big difference. We call this making "Massive Small" change.

In an increasingly complex and changing world where global problems are felt locally, the systems we use to plan, design, and build our urban neighborhoods are failing. For three generations, governments the world over have tried to order and control the evolution of cities through rigid, top-down action. Yet, master plans lie unfulfilled, housing is in crisis, the environment is under threat, and the urban poor have become poorer.

The system is not broken: it was built this way. And governments



### Pheasant, Quail, Cottontail : Upland Birds and Small Game from Field to Feast

Hank Shaw, Holly A. Heyser  
9780996944816, 0996944818  
Pub Date: 5/4/18

\$29.95/\$41.95 Can.

336 pages / Full-color photographs throughout

Hardcover

Cooking / Specific Ingredients / Game

9 in H | 8 in W

**Summary:** A comprehensive, lushly illustrated cookbook devoted to preparing and cooking upland birds and small game, both wild and domesticated, from the author of the award-winning website *Hunter Angler Gardener Cook*.

Game birds have always held a high place at the table, whether it's a hunter's prize of roast grouse or the turkey we all eat at Thanksgiving. Pheasants, quail, rabbits, doves, grouse and more - these are singular species with grand culinary traditions that offer the cook an unmatched range of flavors. Many cooks fear the fowl, however. Lean and athletic, game birds, rabbits and hares can dry out in a hurry. *Pheasant, Quail, Cottontail* shows you how to cook small game like a pro: perfectly crisp skin over tender breast meat, melt-in-your-mouth braises and confit, stews, sausages, and more.

Hank Shaw, an award-winning food writer, hunter, and cook at the forefront of the wild-to-table revolution, provides all you need to



### Gods, Wasps and Stranglers : The Secret History and Redemptive Future of Fig Trees

Mike Shanahan  
9781603587976, 1603587977  
Pub Date: 4/23/18

\$14.95/\$19.95 Can.

208 pages / Black-and-white illustrations throughout

Paperback

Nature / Plants / Trees

8.5 in H | 5.5 in W

**Summary:** They are trees of life and trees of knowledge. They are wish-fulfillers ... rainforest royalty ... more precious than gold. They are the fig trees, and they have affected humanity in profound but little-known ways. *Gods, Wasps and Stranglers* tells their amazing story.

Fig trees fed our pre-human ancestors, influenced diverse cultures and played key roles in the dawn of civilization. They feature in every major religion, starring alongside Adam and Eve, Krishna and Buddha, Jesus and Muhammad. This is no coincidence - fig trees are special. They evolved when giant dinosaurs still roamed and have been shaping our world ever since.

These trees intrigued Aristotle and amazed Alexander the Great. They were instrumental in Kenya's struggle for independence and helped restore life after Krakatoa's catastrophic eruption. Egypt's Pharaohs hoped to meet fig trees in the afterlife and Queen Elizabeth II was asleep in one when she ascended the throne.

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### Fruitful Labor : The Ecology, Economy, and Practice of a Family Farm

Mike Madison  
9781603587945, 1603587942  
Pub Date: 2/7/18

\$18.00/\$24.95 Can.

176 pages / Black-and-white illustrations throughout

Paperback

Technology & Engineering / Agriculture / Sustainable Agriculture

8.5 in H | 5.5 in W

**With three decades of experience, Mike Madison offers a thorough description of a successful small farm-perfect for anyone interested in starting a farm of their own or understanding truly sustainable, small-scale agriculture**

**Summary:** As the average age of America's farmers continues to rise, we face serious questions about what farming will look like in the near future, and who will be growing our food. Many younger people are interested in going into agriculture, especially organic farming, but cannot find affordable land, or lack the conceptual framework and practical information they need to succeed in a job that can be both difficult and deeply fulfilling.

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. regulatorv. and

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### The Fruit Forager's Companion : Ferments, Desserts, Main Dishes, and More from Your Neighborhood and Beyond

Sara Bir  
9781603587167, 1603587160  
Pub Date: 5/15/18

\$29.95/\$41.95 Can.

384 pages / Full-color photographs throughout

Paperback

Cooking / Specific Ingredients / Fruit

10 in H | 7 in W

**A how-to guide with recipes that will tell readers where and when to find wild and unusual fruit, how to gather and grow it, and how to cook it**

**Summary: From apples and oranges to pawpaws and persimmons**

Half of the fruit that grows in yards and public spaces is never picked or eaten. Citrus trees are burdened with misshapen lemons, berries grow in tangled thickets on the roadside, and the crooked rows of abandoned orchards fill with fallen apples. At the same time, people yearn for an emotional connection that's lacking in bland grocery store bananas and tasteless melons. *The Fruit Forager's Companion* is a how-to guide with recipes, devoted to the secret, sweet bounty just outside our front doors and ripe for the taking, from familiar apples and oranges to lesser-known pawpaws and mahhaws. It will tell readers where and when to



### The Suburban Micro-Farm : Modern Solutions for Busy People

Amy Stross

9780997520835, 0997520833

Pub Date: 3/1/18

\$34.95/\$48.95 Can.

354 pages / Full-color photographs throughout

Paperback

Gardening / Garden Design

8.5 in H | 8.5 in W

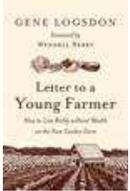
Growing food for the family in suburbia just got more beautiful and a whole lot easier. Dig in with just 15 minutes a day!

**Summary:** Reduce your lawn and your grocery budget. Take gardening to the next level!

Would you like to grow healthy food for your table? Do you want to learn the secrets of farming even though you live in a neighborhood? Author Amy Stross talks straight about why the suburbs might be the ideal place for a small farm.

In these pages you'll learn:

- How to make your landscape as productive as it is beautiful
- Why the suburbs are primed with food-growing potential
- How to choose the best crops for success
- Why you don't need the perfect yard to have a micro-farm



### Letter to a Young Farmer : How to Live Richly without Wealth on the New Garden Farm

Gene Logsdon, Wendell Berry

9781603588065, 160358806X

Pub Date: 6/5/18

\$18.00/\$24.95 Can.

232 pages

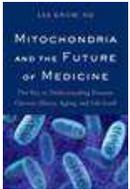
Paperback

Technology & Engineering / Agriculture / Sustainable Agriculture

8.5 in H | 5.5 in W

**Summary:** For more than four decades, the self-described "contrary farmer" and writer 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 recognizes the beauty of nature, cherishes the land, respects our fellow creatures, and values rural traditions. It's one that also looks forward and embraces "right technologies," including new and innovative ways of working smarter, not harder, and avoiding premature burnout.

Completed only a few weeks before the author's death, *Letter to a Young Farmer* is a remarkable testament to the life and wisdom of one of the greatest rural philosophers and writers of our time. Gene's earthy wit and sometimes irreverent...



### Mitochondria and the Future of Medicine : The Key to Understanding Disease, Chronic Illness, Aging, and Life Itself

Lee Know

9781603587679, 160358767X

Pub Date: 2/28/18

\$24.95/\$34.95 Can.

272 pages / Black-and-white illustrations throughout

Paperback

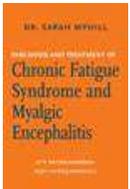
Medical / Microbiology

9 in H | 6 in W

**Summary:** With information for patients and practitioners on optimizing mitochondrial function for greater health and longevity

Why do we age? Why does cancer develop? What's the connection between heart failure and Alzheimer's disease, or infertility and hearing loss? Can we extend lifespan, and if so, how? What is the Exercise Paradox? Why do antioxidant supplements sometimes do more harm than good? Many will be amazed to learn that all these questions, and many more, can be answered by a single point of discussion: mitochondria and bioenergetics.

In *Mitochondria and the Future of Medicine*, Naturopathic Doctor Lee Know tells the epic story of mitochondria, the widely misunderstood and often-overlooked powerhouses of our cells. The legendary saga began over two billion years ago, when one bacterium entered another without being digested, which would evolve to create the first mitochondrion. Since then, for life to



### Diagnosis and Treatment of Chronic Fatigue Syndrome and Myalgic Encephalitis : It's Mitochondria, Not Hypochondria

Sarah Myhill

9781603587877, 160358787X

Pub Date: 3/7/18

\$24.95/\$34.95 Can.

400 pages / Black-and-white illustrations throughout

Paperback

Health & Fitness / Diseases / Chronic Fatigue Syndrome

9 in H | 6 in W

[\*\*A Comprehensive, detailed plan for how to manage Chronic Fatigue Syndrome and Myalgic Encephalitis\*\*](#)

**Summary:** Mitochondria are the powerhouses of our cells, essential for the production and management of energy at the cell level. Dr. Sarah Myhill has spent years studying the relationship between mitochondrial malfunction and one of the most common problems that leads people to the doctor's office: fatigue.

In *Diagnosis and Treatment of Chronic Fatigue Syndrome and Myalgic Encephalitis*, Dr. Myhill examines this essential role of our mitochondria in energy production and why it is key to understanding and overcoming Chronic Fatigue Syndrome (CFS) and the inflammation that often accompanies it: Myalgic Encephalitis (ME). She explains the importance of healthy mitochondria, how we can assess how well they are functioning, what we can do to keep them healthy, and how to restore them to health if problems arise.



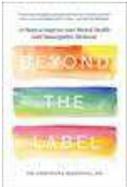
### Sustainable Medicine : Whistle-Blowing on 21st-Century Medical Practice

Sarah Myhill  
9781603587891, 1603587896  
Pub Date: 3/7/18  
\$19.95/\$27.95 Can.  
288 pages / Black-and-white illustrations throughout  
Paperback  
Medical / Holistic Medicine  
9 in H | 6 in W

[A patient guide and overall blueprint for how to achieve good health thorough investigation and common sense](#)

**Summary:** *Sustainable Medicine* is based on the premise that twenty-first century Western medicine—driven by vested interests—is failing to address the root causes of disease. Symptom-suppressing medication and “polypharmacy” have resulted in an escalation of disease and a system of so-called “health care,” which more closely resembles “disease care.”

In this essential book, Dr. Sarah Myhill aims to empower people to heal themselves by addressing the underlying causes of their illness. She presents a logical progression from identifying symptoms, to understanding the underlying mechanisms, to relevant interventions and tests and tools with which to tackle the root causes. As Myhill writes, “It’s all about asking the question ‘why?’”



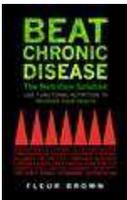
### Beyond the Label : 10 Steps to Improve Your Mental Health with Naturopathic Medicine

Christina Bjorndal  
9780994802002, 0994802005  
Pub Date: 10/9/17  
\$18.95/\$23.95 Can.  
376 pages  
Paperback  
Self-Help / Mood Disorders  
9 in H | 6 in W

**Summary:** An inspiring and empowering guide to emotional freedom, from a Naturopathic Doctor who took charge of her own life and mental health.

“This book should be on the shelves of every person struggling with their moods.” Dr. Jonathan Prousky, ND, author of the *Textbook of Integrative Clinical Nutrition*

For years, Dr. Christina Bjorndal, ND, endured debilitating depression, bipolar disorder, and anxiety and battled bulimia, addiction, and a range of other mental health challenges. Finally, feeling terrorized by her own thoughts, she attempted to take her life. This devastating low point led to a deep reckoning. She began to take back control of her life. Today she is the owner of a thriving naturopathic clinic, living her life’s purpose and passion in the most authentic way. In *Beyond the Label*, Bjorndal outlines, step-by-step, how you can move from the current mental health “label” you have been given to optimal health on all levels –



### Beat Chronic Disease : The Nutrition Solution

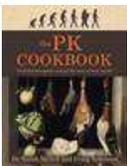
Fleur Brown, Stephen Terrass  
9781781611043, 1781611041  
Pub Date: 2/21/18  
\$19.95/\$27.95 Can.  
280 pages  
Paperback  
Health & Fitness / Holism  
8.8 in H | 5.5 in W

**Summary:** A guidebook for anyone with a persistent health problem that medications are not helping

Fleur Brown, Functional Nutritionist for nearly 25 years, shares her experience of helping thousands of clients with chronic health problems recover their vitality and well-being. Fleur shows her readers how to apply the principles of functional nutrition to understand and overcome their condition(s) based on her extensive clinical experience and incorporating detailed illustrative case histories.

Whether you suffer from osteoporosis, arthritis, hypertension, cardiovascular disease, Hashimoto’s disease, ulcerative colitis, Crohn’s disease, fibromyalgia, type 2 diabetes, multiple sclerosis, infertility, irritable bowel syndrome, migraines, or depression, you can learn how to:

- become your own health detective to investigate the root



### The PK Cookbook : Go Paleo-Ketogenic and Get the Best of Both Worlds

Sarah Myhill, Craig Robinson  
9781781611289, 1781611289  
Pub Date: 2/21/18  
\$22.50/\$31.95 Can.  
168 pages  
Paperback  
Health & Fitness / Diet & Nutrition / Diets  
9 in H | 7 in W

**Summary:** A straightforward nutritional plan combining the health benefits of the Paleo and Ketogenic diets

Dr Sarah Myhill has been helping sufferers from debilitating chronic conditions for over 30 years with an approach that combines all the benefits of current scientific knowledge and medical testing and treatments with an expanding appreciation of the importance of nutrition and lifestyle. Her book with Craig Robinson, *Prevent and Cure Diabetes*, saw her arrive at the conclusion that the diet we should *all* be eating is one that combines Paleo principles (eating pre-agricultural, seasonal foods) with Ketogenic ones (fuel the body with fats and fibre, not with carbs). That book tells us *why*; now in this down-to-earth, highly practical dietary guide, Sarah and Craig tell us *how*.

This accessible shopping template, meal planner, and preparation guide handily demystifies the PK diet. It’s not a collection of detailed, step-by-step recipes, but a revolutionarily simple

**Sprig the Rescue Pig**

Leslie Crawford, Sonja Stangl

9780998862309, 0998862304

Pub Date: 3/15/18

Ages 5 to 8, Grades K to 3

\$17.99/\$24.95 Can.

40 pages / Full-color illustrations

throughout

Hardcover

Juvenile Fiction / Animals / Farm Animals

10 in H | 8 in W

**Summary:** Inspired by true events, an uplifting story about a little pig who changes his life by taking one giant leap--a picture book for ages 5-8.

First there was Wilbur, a spider's best friend, in *Charlotte's Web*. Then there was Babe. Now there's Sprig, another winning pig who has it all, charm, smarts, and good looks - as he'd be the first to tell you.

The day we meet Sprig, he's on a truck jam-packed with pigs hurtling towards what he senses is a grim fate. Suddenly, the truck stops, and Sprig catches a whiff of something utterly delicious. He decides he must have it.

And that is why, moments later, he finds himself taking a flying leap off the truck.

The pig-centered adventure tale that follows takes a few surprise turns as our hero explores a scrumptious new world that includes

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Available**The Community Food Forest Handbook : How to Organize, Plan, and Develop Edible Gathering Places**

Catherine Bukowski, John Munsell

9781603586443, 160358644X

Pub Date: 6/8/18

\$24.95/\$34.95 Can.

224 pages / Black-and-white illustrations

throughout, 16-page color insert

Paperback

Technology &amp; Engineering / Agriculture /

Sustainable Agriculture

9.5 in H | 7.5 in W

[Provides guidance, information, and inspiration to individuals and groups working toward the establishment of food forests and edible gathering spaces scaled to the community level](#)

**Summary: Collaboration and leadership strategies for long-term success**

Fueled by the popularity of permaculture and agroecology, community food forests are capturing the imaginations of people in neighborhoods, towns, and cities across the United States. Along with community gardens and farmers markets, community food forests are an avenue toward creating access to nutritious food and promoting environmental sustainability where we live. Interest in installing them in public spaces is on the rise. People are the most vital component of community food forests, but while we know more than ever about how to design food forests, the ways in which to best organize and lead groups of people

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Available**Silvopasture : How to Integrate Pastured Animals, Forage Crops, and Trees in a Temperate Farm Ecosystem**

Steve Gabriel, Eric Toensmeier

9781603587310, 1603587314

Pub Date: 6/1/18

\$39.95/\$55.95 Can.

288 pages / Full-color photographs and

illustrations throughout

Paperback

Technology &amp; Engineering / Agriculture /

Sustainable Agriculture

10 in H | 8 in W

[The agroforestry practice where trees, livestock, and forages are combined in an intentional way](#)

**Summary: A system for regenerating land, storing carbon, and creating climate resilience**

The concept of silvopasture challenges our notions of both modern agriculture and land use. For centuries, European settlers of North America have engaged in practices that separate the field from the forest, and even the food from the animal. 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 even the ability to farm extensively while buffering the effects of a changing climate: increased rainfall, longer droughts, and more intense storm events.

**The War on Bugs : The Secret History of Agricultural Chemicals, the Farmers Who Resisted, and the Birth of the Organic Movement, 2nd Edition**

Will Allen, Vandana Shiva

9781603587938, 1603587934

Pub Date: 4/24/18

\$19.95/\$27.95 Can.

304 pages / Black-and-white illustrations

throughout

Paperback

Technology &amp; Engineering / Agriculture

9 in H | 6 in W

[The origin story of chemical agriculture and how farmers and consumers have been conned by government, industry, and war-mongering jargon into choosing toxic food](#)

**Summary:** In the early nineteenth century as the American population grew rapidly, demands on crop output increased. Seeing an opportunity to play upon fears from market demand, chemical companies declared war on the vile, profit-sucking, output-wreaking, arch-nemesis of the average American farmer: bugs. With precision, pesticide manufacturers delivered a "shock and awe" media campaign that can only be paralleled to the current blitzkrieg from today's pharmaceutical companies. Bugs were the threat to the American dream—and there was a cure available to every farmer available in spray, granule, dust, or systemic form that could be applied to any crop.

Will Allen's *The War on Bugs* reveals how advertisers, editors,



### Herbal Formularies for Health Professionals, Volume 1 : Digestion and Elimination, including the Gastrointestinal System, Liver and Gallbladder, Urinary System, and the Skin

Jill Stansbury  
9781603587075, 1603587071  
Pub Date: 3/21/18  
\$59.95/\$83.95 Can.  
352 pages / Black-and-white illustrations  
throughout  
Hardcover  
Health & Fitness / Herbal Medications  
10 in H | 8 in W

[A quick-reference resource and teaching tool for those who wish to master the art of devising herbal formulas](#)

**Summary:** *Herbal Formularies for Health Professionals* is a five-volume set that serves as a comprehensive, practical reference manual for herbalists, physicians, nurses, and allied health professionals. Dr. Jill Stansbury draws on her decades of clinical experience and her extensive research to provide an unparalleled range of herbal formulas.

Organized by body system, each volume includes hundreds of formulas to treat common health conditions, as well as formulas that address specific energetic or symptomatic presentations, including Dr. Stansbury's own formulas, formulas from herbal folklore, and formulas from Traditional Chinese Medicine. For each formula, Dr. Stansbury offers a brief explanation of how the selected herbs address the specific condition. The book offers many sidebars and user-friendly lists—helping readers quickly



### Herbal Formularies for Health Professionals, Volume 2 : Circulation and Respiration, including the Cardiovascular, Peripheral Vascular, Pulmonary, and Respiratory Systems

Jill Stansbury  
9781603587983, 1603587985  
Pub Date: 7/27/18  
\$44.95/\$62.95 Can.  
256 pages / Black-and-white illustrations  
throughout  
Hardcover  
Health & Fitness / Herbal Medications  
10 in H | 8 in W

**Summary:** *Herbal Formularies for Health Professionals* is a five-volume set that serves as a comprehensive, practical reference manual for herbalists, physicians, nurses, and allied health professionals. Dr. Jill Stansbury draws on her decades of clinical experience and her extensive research to provide an unparalleled range of herbal formulas.

Organized by body system, each volume includes hundreds of formulas to treat common health conditions, as well as formulas that address specific energetic or symptomatic presentations, including Dr. Stansbury's own formulas, formulas from herbal folklore, and formulas from Traditional Chinese Medicine. For each formula, Dr. Stansbury offers a brief explanation of how the selected herbs address the specific condition. The book offers many sidebars and user-friendly lists—helping readers quickly choose which herbs are best for specific presentations—and details traditional uses of both western herbs and traditional Asian herbs and formulas that are r...



### The Visionary Spirit : Awakening to the Imaginal Realm in the Transformocene Age

Mick Collins  
9781856233156, 1856233154  
Pub Date: 4/30/18  
\$25.95/\$36.95 Can.  
272 pages  
Paperback  
Self-Help / Spiritual  
9.8 in H | 6.1 in W

**Summary:** *Wisdom for transformation, from the author of The Unselfish Spirit*

Drawing inspiration from diverse fields such as the sacred feminine, indigenous wisdom, daimons and near-death experiences, this book is enlivened by fascinating, real-life stories of people who have engaged in deep processes of psycho-spiritual change. *The Visionary Spirit* is a radical manifesto for soulful and creative living. At the end of each chapter there is an exercise, providing opportunities for experiential reflection, aiding the reader on their personal journey. This offers new ways of living creatively, spiritually, harmoniously and responsibly on planet Earth, offering a vision of a new era of emancipatory living, which Collins calls the Transformocene Age. The scale of planetary destruction now recorded in the geological layer of the Earth - known as the Anthropocene - is a clarion call for deep change. To help facilitate such a transformative process, *The Visionary Spirit* draws on the wisdom of the



### The Vegan Cook & Gardener : Growing, Storing and Cooking Delicious Healthy Food All Year Round

Piers Warren, Ella Bee Glendining  
9781856233187, 1856233189  
Pub Date: 4/30/18  
\$27.95/\$39.95 Can.  
224 pages / Full-color illustrations  
throughout  
Paperback  
Cooking / Vegan  
10.8 in H | 8.7 in W

**Summary:** Do you want to eat more healthily? Lower your carbon footprint? Banish animal exploitation and suffering? Then this book is for you! It shows what fruit and vegetables you can grow at home, how to store any excess to keep you going all year round, and how to prepare your produce with a selection of satisfying and delicious recipes. Join the fight against food miles, agrochemicals, and climate change, and discover the fun and huge sense of satisfaction that comes from cooking something you have produced yourself. Learn about vegan gardening, self-sufficiency, year round growing techniques and seasonal recipes, fruits and vegetables, herbs, salads and sprouts, challenging crops, plus lots of vegan resources.