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Unleash your inner geek and let this irreverent romp through the wonders of the garden yield practical results

The Ever Curious Gardener

Using a Little Natural Science for a Much Better Garden

LEE REICH

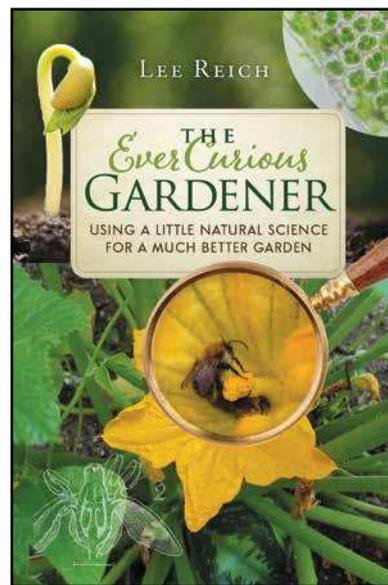
CURIOS WHY CARESSING YOUR CUCUMBER PLANTS will help them bear more fruit? Or why you should grow oranges from seed even if the fruit is inedible? Or why trees need to sleep and how to help them?

Join acclaimed gardener, scientist, and author Lee Reich on a journey through the delights of your garden in this laugh-out-loud treatise on the scientific wonders of plants and soil. Offering eye-opening insight and practical guidance, coverage includes:

- ▶ How to maximize both flavor and nutrition in your garden bounty
- ▶ Helping plants thrive during drought
- ▶ Outwitting weeds by understanding their nature
- ▶ Making the best use of compost
- ▶ Tips on pruning and orchard care
- ▶ Why the dead language of Latin can make you a better gardener.

The Ever Curious Gardener is an irreverent romp through the natural science of plants and soil, ideal for newer gardeners moving beyond back-of-the-seed-pack planting to experienced gardeners whose curiosity at the wonders of cultivation grows deeper and stronger with each season.

LEE REICH has a PhD in Horticulture from the University of Maryland, an MS in Soil Science, and a BA in Chemistry from the University of Wisconsin and is a former USDA agricultural scientist. He is the author of many books including *Weedless Gardening*, *The Pruning Book* and *Landscaping with Fruit*, as well as writing a syndicated garden column bimonthly for Associated Press. Find him on his blog at www.leereich.com/blog where he writes from his "farmden" in New Paltz, NY



FOOD & GARDENING

6 x 9" / 240 PAGES

85 B&W PHOTOS & ILLUSTRATIONS

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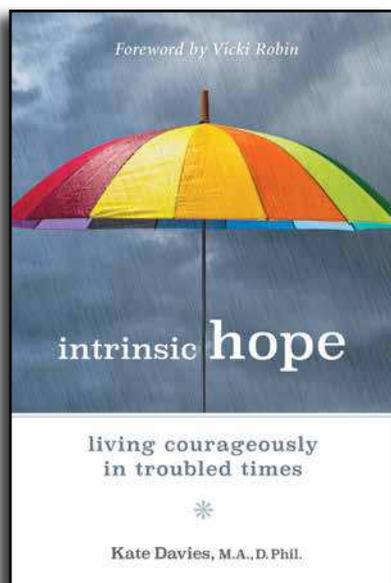
A different kind of hope for living in these turbulent times

Intrinsic Hope

Living Courageously in Troubled Times

KATE DAVIES

FOREWORD BY VICKI ROBIN



CLIMATE DISRUPTION. Growing social inequality. Pollution. We are living in an era of unprecedented crises, resulting in widespread feelings of fear, despair, and grief. Now, more than ever, maintaining hope for the future is a monumental task.

Intrinsic Hope offers a powerful antidote to these feelings. It shows how conventional ideas of hope are rooted in the belief that life will conform to our wishes and how this leads to disappointment, despair, and a dismal view of the future. As an alternative, it offers “intrinsic hope,” a powerful, liberating, and positive approach to life based on having a deep trust in whatever happens. The author, a hopeful survivor, shows how to cultivate intrinsic hope through practical tips and six mindful habits for living a positive, courageous life in these troubled times.

Whether working directly on ecological or social issues or worried about children and grandchildren, this book is for everyone concerned about the future and looking for a deeper source of hope for a better world.

HEALTH & WELLNESS

6 x 9" / 208 PAGES

US/CAN \$18.99

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KATE DAVIES MA, DPhil, has worked on environmental and social issues for her entire career. She is emeritus faculty at Antioch University, senior fellow at the Whidbey Institute, and clinical associate professor in the University of Washington’s School of Public Health. Her written work has been published in newspapers, magazines, and journals, and she is the author of *The Rise of the U.S. Environmental Health Movement*. Davies lives in Langley, WA.

Learn the secret language of boys and how to reconnect

Cracking the Boy Code

How to Understand and Talk with Boys

ADAM COX

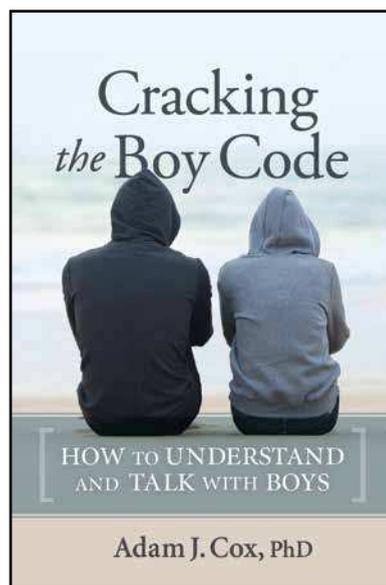
ALL TOO QUICKLY, talkative, affectionate young boys seem to slip away. Adolescents may be transformed overnight into reclusive, seemingly impenetrable young people who open up only to their friends and spend more time on devices than with family. How do you penetrate this shell before they are lost to you?

Drawing on decades of experience garnered through thousands of hours of therapy with boys, *Cracking the Boy Code* explains how the key to communicating with boys is understanding their universal psychological needs and using specific, straightforward communication techniques. Coverage includes:

- ▶ Why it's important to understand the psychological needs of boys
- ▶ How to talk to be heard, and listen to understand
- ▶ The crucial role of non-verbal cues
- ▶ Learning the universal tone that helps boys listen
- ▶ Motivating boys to become their authentic selves
- ▶ Using purposeful work to teach boys self-respect and confidence
- ▶ Reducing stress and creating greater closeness between boys and caregivers.

Essential reading for parents, caregivers, teachers, youth workers, coaches, and others who want to make a real connection with the boys in their lives.

ADAM J. COX, Ph.D, is a clinical psychologist whose work includes thousands of hours interviewing children in schools in the US, UK, Canada, South Africa, Australia, New Zealand, and Singapore. A sought-after therapist and frequent speaker on the psychology of boys, he is author of the acclaimed books *On Purpose Before Twenty*, *Boys of Few Words* and *No Mind Left Behind*. Cox lives in Rhode Island and shares his wisdom at DrAdamCox.com.



EDUCATION & PARENTING

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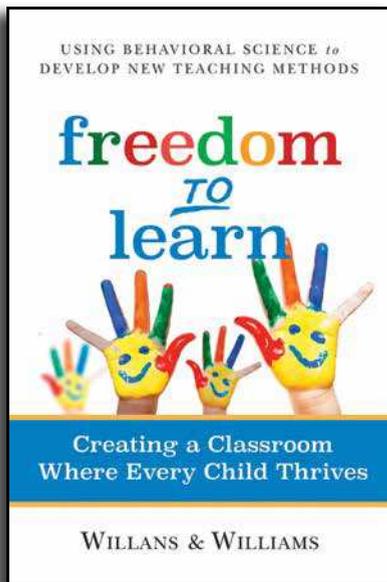
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Ditch the behavioral charts and start teaching for universal success

Freedom to Learn

Creating a Classroom Where Every Child Thrives

ART WILLANS & CARI WILLIAMS



EDUCATION & PARENTING

6 x 9" / 256 PAGES

US/CAN \$19.99

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DISINTERESTED STUDENTS AND BEHAVIORAL PROBLEMS are all too common in schools. Yet results show that behavior charts and other reward-and-punishment systems simply don't work. Teachers are burning out and students are failing. But what can be done?

The secret lies in a unique combination of behavioral science, neuropsychology, and group dynamics. When teachers get the classroom experience right, students want to succeed and achieve to their potential, while behavioral problems largely vanish.

For decades, it has been widely accepted that children have motivating needs including the need to avoid pain, a need for autonomy, and the need to belong. The authors harness these motivations into a method of interactions that increases cooperation, and in which children want to succeed and help others to thrive.

Packed with real classroom examples and practical guidance for using the methods, this guide gives teachers the tools to transform even difficult classrooms.

Start teaching for universal success in classroom management and academic accomplishments.

DR. ART WILLANS holds Bachelor and Master of Science degrees in education and a Ph.D. in Developmental and Child Psychology. He operates a preschool/therapeutic preschool, where he has refined his revolutionary methods. He and his wife live in Reno, NV.

CARI WILLIAMS is a teacher with a Bachelor of Science in Education and Special Education K-12. The concept for this book originated from her remarkable success using and refining Dr. Willans' methods to get students to excel academically. She lives in Reno, NV with her husband and three children.

Liberate yourself by understanding and mastering power dynamics

The Power Manual

How to Master Complex Power Dynamics

CYNDI SUAREZ

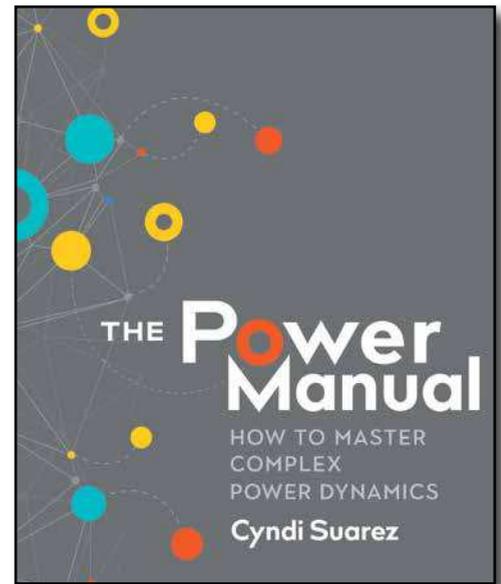
ALL SOCIAL RELATIONS are laden with power. Getting out from under dominant power relations and mastering power dynamics is perhaps the most essential skill for change agents across all sectors seeking to ignite positive change in the world.

This concise action manual explores major concepts of power, with a focus on the dynamics of domination and liberation, and presents methods for shifting power relations and enacting freedom. *The Power Manual*:

- ▶ Clearly distills the major theories of power from post-modern and feminist theory to business management and developmental psychology, and beyond
- ▶ Examines key ways that power is deployed and transformed in society
- ▶ Presents a new theory of power based on enactment—the bringing of something to life through one's actions
- ▶ Explains how to refuse powerless identities and enact powerful ones
- ▶ Helps readers choose egalitarian interactions over domination
- ▶ Demonstrates mastering the process of power expansion
- ▶ Features workshop games and group activities for identifying and shifting power relations.

This accessible action manual is ideal for change agents, leaders, and activists across all nonprofit and business sectors aiming to understand, master, and shift power relations.

CYNDI SUAREZ works with leaders in nonprofit organizations, philanthropy, and social movements, including most recently the Movement for Black Lives. She has an MS in Nonprofit Management from Southern New Hampshire University, and studied Feminist Theory at the New School for Social Research. Suarez is Senior Editor at *Nonprofit Quarterly*, the leading nonprofit journal. She lives in Boston, MA.



PROGRESSIVE LEADERSHIP

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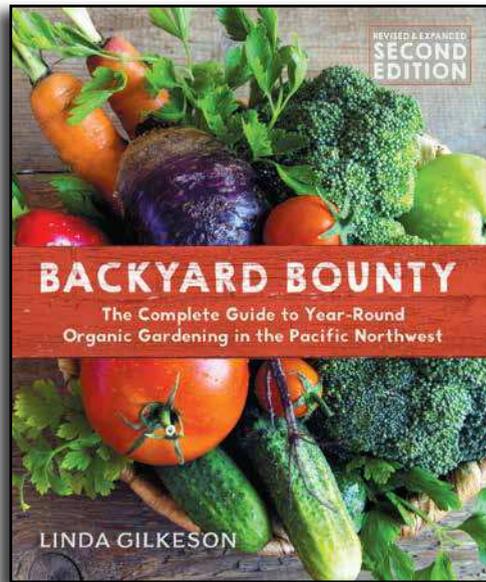
AVAILABLE MAY

Grow more food, with less work, in any yard — now completely revised and expanded!

Backyard Bounty – Revised & Expanded 2nd Edition

The Complete Guide to Year-round Gardening in the Pacific Northwest

LINDA GILKESON



ARE YOU ITCHING TO START your own garden or grow more in the one you have, but feel that gardening is too challenging or time-consuming for your busy schedule?

Now completely updated and expanded, *Backyard Bounty* will demystify gardening, bringing it back to the down-to-earth, environmentally practical activity that anyone can enjoy. Author and master gardener Linda Gilkeson covers everything you'll need to grow a successful garden, including:

- ▶ Planning your garden and preparing the soil
- ▶ Organic fertilizers and simplified composting
- ▶ Planting for winter harvests and intensive planting schedules
- ▶ Comprehensive information on pests, diseases, and working with an unstable climate
- ▶ Greenhouses, tunnels and containers
- ▶ Organic pest management.

Packed with a wealth of information specific to the Pacific Northwest, this complete guide emphasizes low-maintenance methods, covers problems related to common pests and climate concerns, includes a monthly garden schedule for year-round planting and harvesting, and features plant profiles for everything from apples to zucchini.

Perfect for novice and experienced gardeners alike, *Backyard Bounty* shows how even the smallest garden can produce a surprising amount of food twelve months of the year.

LINDA GILKESON is a passionate organic gardener with over 40 years of gardening experience. She is a regular instructor in the Master Gardener programs in BC and has led hundreds of workshops on pest management and organic gardening. Linda is deeply committed to preserving natural ecosystems through conservation and public education. She lives in the Gulf Islands of British Columbia, Canada.

FOOD & GARDENING

7.5 x 9" / 352 PAGES

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US/CAN \$29.99

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EBOOK ISBN 978-1-55092-636-1

AVAILABLE MARCH

What can we do, right now, in our own landscapes, to help solve climate change?

Climate-Wise Landscaping

Practical Actions for a Sustainable Future

SUE REED & GINNY STIBOLT

PREDICTIONS ABOUT FUTURE EFFECTS of climate change range from mild to dire – but we’re already seeing warmer winters, hotter summers, and more extreme storms. Proposed solutions often seem expensive and complex, and can leave us as individuals at a loss, wondering what, if anything, can be done.

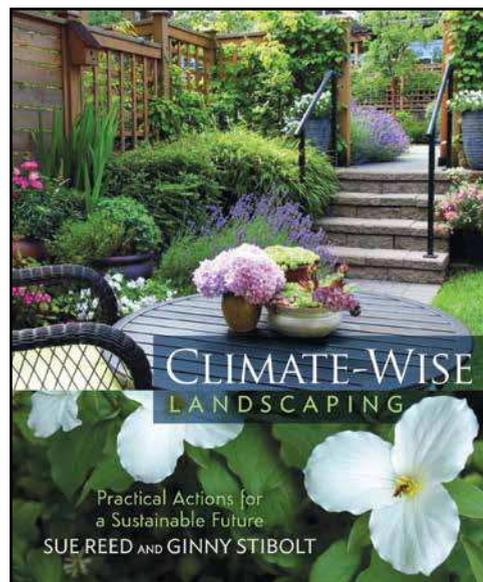
Sue Reed and Ginny Stibolt offer a rallying cry in response – instead of wringing our hands, let’s roll up our sleeves. Based on decades of experience, this book is packed with simple, practical steps anyone can take to beautify any landscape or garden, while helping protect the planet and the species that call it home. Topics include:

- ▶ Working actively to shrink our carbon footprint through mindful landscaping and gardening
- ▶ Creating cleaner air and water
- ▶ Increasing physical comfort during hotter seasons
- ▶ Supporting birds, butterflies, pollinators, and other wildlife.

This book is the ideal tool for homeowners, gardeners, and landscape professionals who want to be part of the solution to climate change.

SUE REED is a registered Landscape Architect with thirty years’ experience designing ecologically rich, energy efficient, and climate-responsive landscapes. She served as adjunct faculty at the Conway School of Landscape Design, and has led numerous workshops on ecological landscaping. Sue is the author of *Energy-Wise Landscape Design*.

GINNY STIBOLT has an MS degree in Botany from the University of Maryland, and moved to Florida in 2004. She is co-manager of the Florida Native Plant Society Facebook page, where she works to educate Floridians on authentic Florida landscapes.



FOOD & GARDENING

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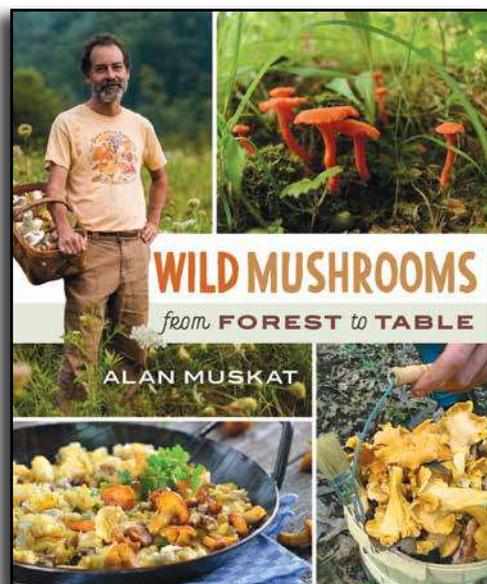
AVAILABLE APRIL

Fun, informative, practical – whether or not you put your mushroom where your mouth is!

Wild Mushrooms

From Forest to Table

ALAN MUSKAT



WILD MUSHROOMS HAVE BEEN part of the human diet for centuries, and add a tasty, healthful kick to any meal. But how to overcome fear and uncertainty when foraging? Once you know what to look for, the thousands of good guys and handful of deadly poisonous bad guys are as easy to distinguish as iceberg lettuce from cabbage.

In this irreverent yet irrefutable guide to mushroom hunting, author Alan Muskat addresses the most common misconceptions about mushrooms, as well as many questions left unanswered by the top-selling identification books. Yet this is no “field guide;” as Muskat explains, the only good field guide is one with two legs. Instead, Muskat covers important nuances like the difference between “poisonous” and “not edible,” or “edible” and “edible with caution.” After all, every mushroom is edible — once.

Uniquely down to earth and entertaining, *Wild Mushrooms* speaks to health enthusiasts, foodies, new and fearless foragers, and armchair naturalists alike. Whether to save money, escape the system, or just for fun, foraging has universal appeal. It’s a return to our hunter-gatherer roots, and the original “shopping spree!”

ALAN MUSKAT founded the first forage-to-table tour company in the country, launched the first wild foods public education program on the continent, and runs one of the largest foraging education organizations in the world. He has appeared in major media, and teaches extensively on wild mushrooms and foraging. He lives in Asheville, North Carolina with his partner and a chorus of dancing faeries.

FOOD & GARDENING

7.5 x 9" / 208 PAGES

20 B&W PHOTOS & ILLUSTRATIONS

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AVAILABLE MAY

Create delicious, healthy breads in your own kitchen – no experience required

From No-knead to Sourdough

A Simpler Approach to Handmade Bread

VICTORIA REDHED MILLER

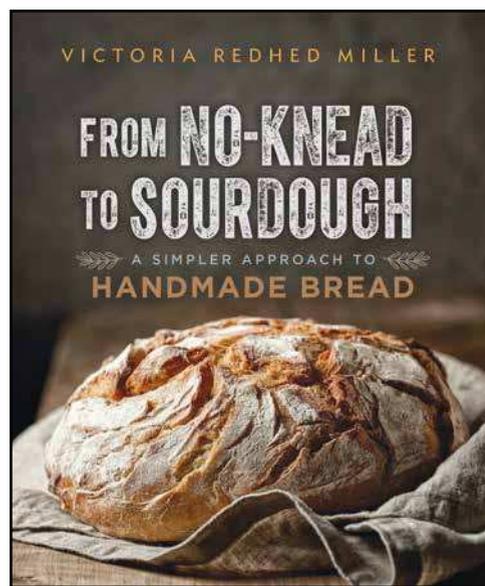
IS THERE ANY FOOD that evokes pleasant memories and warm feelings more than bread? It's the most basic of foods, yet many of us are intimidated by the prospect of making our own. "Artisan" bread, craft bakeries, and wood-fired pizza are gaining popularity – imagine creating these fabulous breads at home.

With *From No-Knead to Sourdough*, author Victoria Redhed Miller blends her own journey toward self-reliance with her fascination for traditional homesteading skills and love of good food. From simple yeast breads, to a wide variety of sourdough-based breads, the author shares with readers a simpler approach to the pleasures of bread-baking. Topics include:

- ▶ Fitting bread-baking into your schedule
- ▶ Low- and no-gluten baking, including GF sourdough breads
- ▶ Using a wood-fired oven
- ▶ Recipes for every comfort zone, from flatbread to sourdough
- ▶ "Sexy science talk" sidebars for those interested in the science of baking.

From No-Knead to Sourdough will inspire the beginner and the accomplished baker alike to find their own comfort zone and move on to new skills when they are ready. Pizza and bagels, flatbreads and loaf breads, even gluten-free breads – you become the artisan when you make your own bread.

VICTORIA REDHED MILLER is a writer, photographer, and homesteader. She speaks and writes extensively on topics including home distilling, bread baking, poultry keeping, and more. Victoria lives on a 40-acre off-grid farm in Washington State, and is also the author of *Pure Poultry* and the award-winning *Craft Distilling*.



FOOD & GARDENING

7.5 x 9" / 288 PAGES

60 B&W PHOTOS

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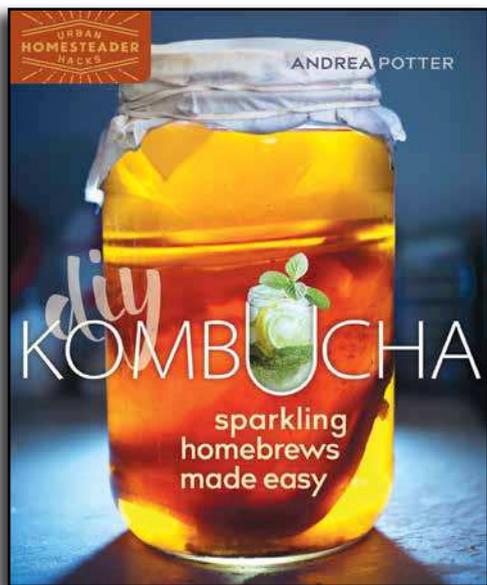
AVAILABLE JUNE

Creating refreshing, healthier drinks, from kombucha to herbal sodas
and more, in your own kitchen

DIY Kombucha

Sparkling Homebrews Made Easy

ANDREA POTTER



SINCE THE RELATIVELY RECENT introduction of kombucha onto North American supermarket shelves, this healthy sparkling beverage has exploded in popularity. But can it be brewed at home, with the same tasty, healthy results?

With this straightforward, accessible, and highly visual how-to guide, author Andrea Potter does away with specialist jargon and expensive or hard-to-find equipment, showing how sparkling homebrews from kombucha to water kefir are definitely possible for just about anyone to make, and have fun doing it. Coverage includes:

- ▶ Basic fermentation science
- ▶ Controlling fizz, acidity, and alcohol content
- ▶ Secondary fermentation and adding flavours to the brew
- ▶ Wild-fermented sodas, using a ginger bug (a wild yeast culture)
- ▶ Recipes for kombucha's honey-fed relative, Jun, as well as for water kefir.

Answering key questions including “where does all that sugar go?”, “do I need to get a sitter for it when I go on holiday?”, and “does this SCOBY look normal?”, and including a comprehensive troubleshooting guide to help you keep brewing confidently and consistently, *DIY Kombucha* is ideal for foodies, urban and rural homesteaders, and health-motivated people – it’s an essential addition to your DIY toolkit!

ANDREA POTTER is a Chef and Registered Holistic Nutritionist. Since 2009, she has owned and operated Rooted Nutrition, teaching extensively on topics from whole foods nutrition and alternative baking, to seasonal soups, and fermenting and preserving food. Andrea is passionate about supporting health-motivated cooks to make informed healthy choices that start with vibrant, delicious, practical recipes and culinary techniques. Learn more at RootedNutrition.ca

FOOD & GARDENING

URBAN HOMESTEAD HACKS SERIES

7.5 x 9" / 144 PAGES

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AVAILABLE JUNE

Help build a world based on flourishing well-being for both the human family and nature

An Economy of Well-Being

Common-sense tools for building genuine wealth and happiness

MARK ANIELSKI

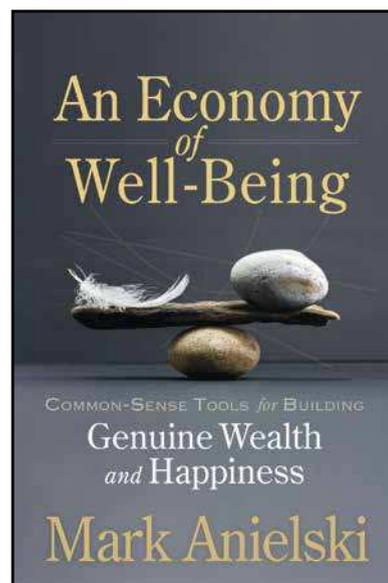
IN THE FACE OF POLITICAL, financial, and environmental upheaval, it's difficult to slow down and build lives of mindfulness and joy. These things are within reach, but how can we go about creating a new world, using common-sense economics?

In *An Economy of Well-Being*, author Mark Anielski presents a practical guide for building a new economy of well-being to help communities and nations become more flourishing and happier places to live. In this follow-up to his best-selling *The Economics of Happiness*, Anielski addresses key questions including:

- ▶ How can our personal and family assets be strengthened for a more fulfilling life of meaning and purpose?
- ▶ How can neighborhoods and cities become flourishing economies of well-being by making the best of abundant community assets?
- ▶ How can organizations, communities and financial institutions measure, manage and finance assets to achieve high levels of well-being?

An Economy of Well-Being responds to a common yearning for common-sense tools to orient our lives, our businesses, and our communities towards well-being. This is ideal reading for anyone who wishes to contribute to building happier, more mindful communities, and ultimately lives of joy and meaning.

MARK ANIELSKI is President and Chief Well-being Officer at Anielski Management Inc., and consults and speaks internationally on merging and measuring happiness, well-being, and economics. He has served as an economic advisor to Bhutan and China in their efforts to adopt new measures of well-being. He is the author of *The Economics of Happiness*, and lives in Alberta with his family.



NEW ECONOMICS

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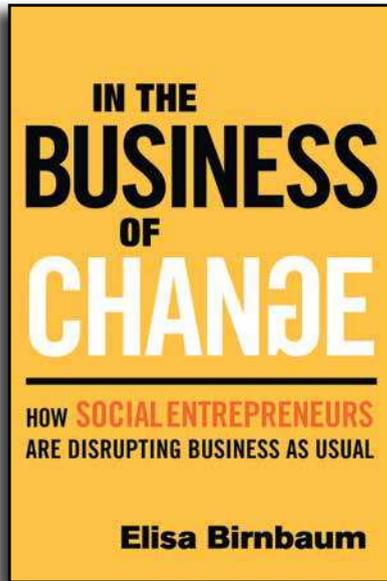
AVAILABLE MAY

Meet the social entrepreneurs who are using business to disrupt the status quo
and rebuild their communities

In the Business of Change

How Social Entrepreneurs are Disrupting Business as Usual

ELISA BIRNBAUM



OUR COMMUNITIES ARE FACING the fallout from the demise of vital industry, bankrupt economies, bad policy or policing, and political mismanagement. People are looking for answers, and the “same old” simply won’t do.

In the Business of Change is a practical and inspirational guide that showcases how social entrepreneurs from places such as New York, Chicago, Los Angeles, San Francisco, and Vancouver, who are weary of waste, injustice, and government inaction, are using business savvy to tackle challenges in their communities. Part story-telling, part lessons learned, coverage includes:

- ▶ Profiles of remarkable individuals and companies in such diverse sectors as employment, food, art, education, and social justice
- ▶ An overview of lessons learned and real impacts on the ground
- ▶ Tips for getting started, connecting to the local community, and scaling up.

In the Business of Change is for everyone who wants to rebuild their communities and believes that business can be a powerful, positive force for change.

ELISA BIRNBAUM is the publisher and editor-in-chief of *SEE Change Magazine*, a digital publication of social entrepreneurship and social change. A journalist and television producer for over 15 years, she’s a regular contributor on social entrepreneurship for the *National Post* and has been published in a variety of publications including the *Globe & Mail*, *Profit*, and *Lifestyles Magazine*. She holds degrees in political science and law and lives in Toronto, Ontario.

NEW ECONOMICS

6 x 9" / 176 PAGES

25 B&W PHOTOGRAPHS

US/CAN \$17.99

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AVAILABLE JUNE

The guidebook for ordinary people who want to create a new society now
rather than wait for a pie-in-the-sky future

Changemakers

Embracing Hope, Taking Action, and Transforming the World

FAY WELLER & MARY WILSON

WITH EVERY NEWS REPORT, the world seems to be careening off the rails. It's all too easy to slip into despair waiting for co-opted, self-serving governments to act.

Hope and action is the antidote. We each hold the power to make personal changes that can drive local changes and cascade into large-scale social transformation. This is the guidebook for ordinary people who want to create a new society now.

The first section explores the idea of transformative change – what it is, what difference it makes, and how it is connected to learning.

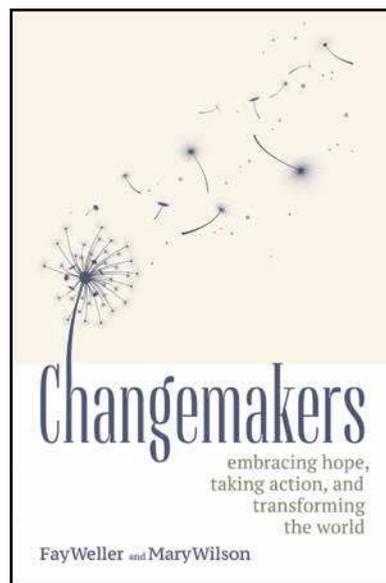
From creating a citizen-powered community bus service, to winning the right to local food, to women hand-sculpting their own houses, the second section explores powerful stories of everyday people who have challenged traditional understandings and transformed their lives, their communities, and wider society.

In the final section, the authors provide a workbook to guide people, wherever they are, through the process of catalyzing change.

We all have the power to create a more just and ecological society.
We all have the power to be changemakers.

FAY WELLER is a community organizer, homesteader, researcher, and artist with a PhD. focused on social transformation. She and her partner live on Gabriola Island, BC, with two sheep and numerous chickens.

MARY WILSON is a facilitator, researcher, instructional designer, and activist with a PhD. in education. She and her partner live on Gabriola Island, BC where they are restoring a home, developing a permaculture food forest, and building an engineless catamaran.



PROGRESSIVE LEADERSHIP

6 x 9" / 192 PAGES

20 B&W PHOTOGRAPHS

US/CAN \$17.99

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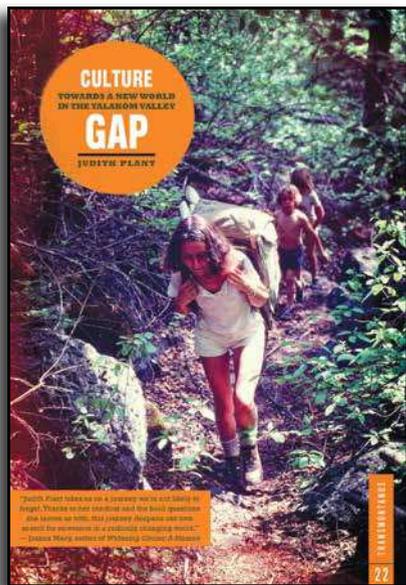
AVAILABLE APRIL

The pervasive, and intriguing, stories surrounding the mysterious
Camelsfoot Commune in the Yalakom valley, BC, Canada

Culture Gap

Towards a New World in the Yalakom Valley

JUDITH PLANT



THE TIME IS THE EARLY 1980S. Judith Plant and her new partner, Kip, are ready for a change. Inspired by the charismatic Fred Brown, their communications professor at Simon Fraser University, they join a commune in a remote valley near the Yalakom River, deep in BC's Coast Mountains.

Culture Gap: Towards a New World in the Yalakom Valley tells the story of that sojourn. The challenges and privations, the joys and adventures of rural communal living, form the backdrop to the human drama the author recounts. Judith and Kip's family includes her children; Willie takes to the new life, but his sisters feel the strong pull of the life they left behind. Meanwhile Fred, the inspiration for the commune, stricken with cancer, is dying.

An absorbing account of a lifestyle emblematic of a time, *Culture Gap* also shows, from her own older perspective, a young mother's struggles to reconcile her social ideals of personal and environmental responsibility, and loving and caring for those closest to her.

JUDITH PLANT, together with her late partner Kip, is longtime publisher of New Society Publishers of Gabriola, BC. She co-edited the collections *Healing the Wounds: The Promise of Ecofeminism* and *Home! A Bioregional Reader*.

CONSCIOUS COMMUNITY

7.75 x 9.75" / 112 PAGES

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Building a Revolution, one handful at a time

Mudgirls Manifesto

Handbuilt Homes, Handcrafted Lives

THE MUDGIRLS NATURAL BUILDING COLLECTIVE

IN THE FACE OF WIDESPREAD burnout and a world gone crazy, how do we find things to say “yes” to, rather than a resounding “no”?

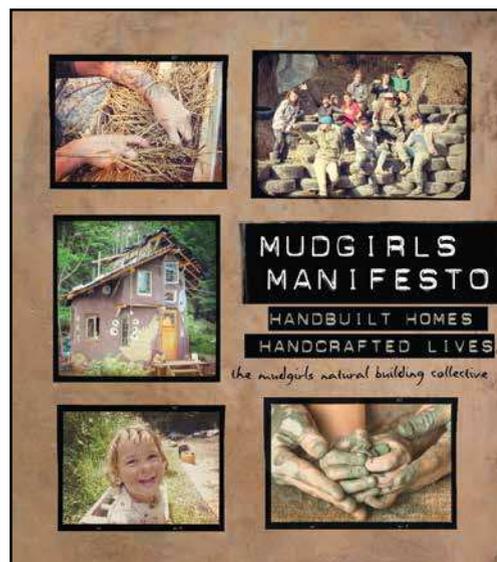
On North America’s West Coast, there’s a group of rebel women who ten years ago chose to break free from a rigged economic and social system. They didn’t take to the streets to lobby banks and governments to change their ways – they didn’t have time for that. They had babies to feed and house. They reckoned that if nobody else was going to change the rules to support basic human needs and respect the biosphere, then we are all free to make our own rules.

They chose action. They decided to teach themselves how to build houses using the most abundant material on earth – mud. They’d learn by building, gathering skills and allies. They’d have fun, sharing whatever they learned with whoever wanted to come along for the ride. The Mudgirls revolution was born.

Part story of rebel women, grassroots self-governance, and community-building, part incendiary political and economic tract, and part practical guide to building natural homes for real people. *Mudgirls Manifesto* is about respecting the earth and each other, and crafting meaningful lives.

A powerful, positive antidote to troubled times.

The Mudgirls is an all-women’s natural building collective from coastal British Columbia. They build houses and offer workshops that empower people to take back the right to provide themselves with shelter. They champion respect for the earth and each other. Find out more at mudgirls.ca.



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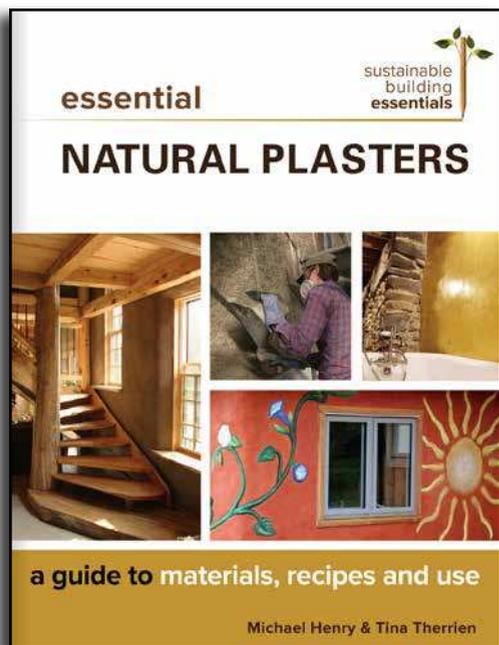
AVAILABLE JUNE

A veritable cookbook of natural plaster recipes and techniques for beautiful, durable finishes

Essential Natural Plasters

A Guide to Materials, Recipes, and Use

MICHAEL HENRY & TINA THERRIEN



NATURAL PLASTERS MADE OF clay, lime, and other materials mixed with sand are beautiful building finishes. Fun to work with, low-impact, and allowing infinite creativity, they are high performance and provide proven, centuries-long durability.

Yet until now there's been no resource that has pulled together the best North American plaster recipes and how-to into one place. *Essential Natural Plasters* covers it all:

- ▶ Sourcing and selecting materials, including site-soils
- ▶ Clay, lime, and gypsum plasters as well as fibers and amendments
- ▶ Interior and exterior use and specialty plasters such as tadelakt for bathrooms
- ▶ Preparing substrates, from straw bales and cob to lath and sheetrock
- ▶ How to setup a safe, efficient worksite
- ▶ Mixing, testing, tinting, and applying plasters and plaster repair
- ▶ Coveted recipes from leading plasterers in Ontario, Vermont, New Mexico, France, and New Zealand.

Richly illustrated and deeply researched, *Essential Natural Plasters* is the must-have resource for owner-builders and professionals alike.

MICHAEL HENRY plastered his way across Ontario for a decade. His research, attention to detail, and mad-scientist plaster experiments have made him a noted expert and teacher in the field. Michael lives in Peterborough, Ontario with his wife and two children. He shares his knowledge at thesustainablehome.net.

TINA THERRIEN started plastering in 1997 with Camel's Back Construction, Ontario's first straw bale building company. A founding member of the Ontario Natural Building Coalition, she is co-author of *More Straw Bale Building* and operates Shelter By Hand, a timber framing company, in Low, Quebec, where she lives with her partner and daughter.

SUSTAINABLE BUILDING & DESIGN
SUSTAINABLE BUILDING ESSENTIAL SERIES

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Build economical and resilient earthbag structures using simple tools and techniques

Essential Earthbag Construction

The Complete Step-by-Step Guide

KELLY HART

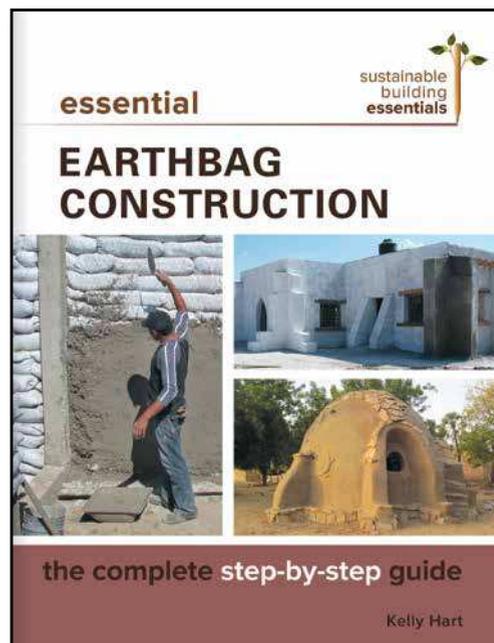
EARTHBAG CONSTRUCTION – building with polypropylene bags usually filled with earthen materials – is a versatile, easy-to-master, low-impact, and highly durable form of building, suitable for structures from houses to root cellars.

Containing over 75 photos and illustrations, *Essential Earthbag Construction* is a practical guide to this affordable method of building. Going well beyond the scope of other sources, this indispensable manual is packed with all the information you need to determine if it's the right choice for your project, and to start building. Distilling decades of experience, research, and best practices, it covers:

- ▶ Material specifications, performance, and when and where to use it
- ▶ Pros and cons of different fills from gravel, to earth and clay, to insulative perlite, rice hulls, and volcanic stone
- ▶ Illustrated, step-by-step guidance for efficient bag filling and installation
- ▶ Details for various designs, including domes and arches
- ▶ Foundation options and seismic and stability considerations
- ▶ Finishing and maintenance techniques
- ▶ Tools and materials
- ▶ Additional resources.

Essential Earthbag Construction presents the practical guidance and best practices for both the DIYer and professional to design and build high-quality earthbag structures.

KELLY HART is an earthbag builder, author, and filmmaker, and hosts the widely visited websites www.greenhomebuilding.com and www.earthbagbuilding.com. His multi-dome earthbag Colorado residence is chronicled in the video *Building with Bags: How We Made Our Experimental Earthbag/Papercrete House*. Kelly lives in Silver City, New Mexico.



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New Society Publishers' mission is to publish books that contribute in fundamental ways to building an ecologically sustainable and just society, and to do so with the least possible impact upon the environment, in a manner that models that vision.

