

PURPLE CONEFLOWER  
*Echinacea purpurea*

pink petals  
droop  
down

native to  
open meadows  
and forest  
edges in central  
and south  
eastern US.

REISHI  
MUSHROOM  
a polypore fungus  
(no gills underneath -  
just pores), beautiful  
shiny reddish orange  
brown

petals  
stand  
straight  
up!

rough  
leaf and  
stem -  
feels like  
sandpaper

supports immune system

Ganoderma  
Lingzhi

GOLDEN SEAL  
*Hydrastis canadensis*  
shiny  
clump of  
berries

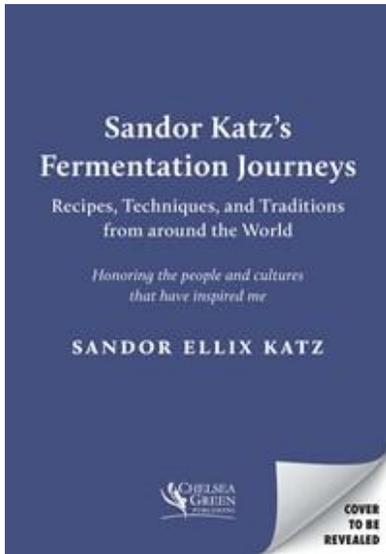
single white flower

RANUNCULACEAE

# Chelsea Green Publishing

Foraging Ideas. Cultivating Change.

Fall 2021



## Sandor Katz's Fermentation Journeys

### Recipes, Techniques, and Traditions from around the World

Sandor Ellix Katz

#### Summary

**From James Beard Award winner and *New York Times*–bestselling author of *The Art of Fermentation*: the recipes, processes, cultural traditions, and stories from around the globe that inspire Sandor Katz and his life's work—a cookbook destined to become a modern classic essential for every home chef.**

**"His teachings and writings on fermentation have changed lives around the world."—BBC**

For the past two decades, fermentation expert and bestselling author Sandor Katz has traveled the world, both teaching and learning about the many fascinating and delicious techniques for fermenting foods. Wherever he's gone, he has gleaned valuable insights into the cultures and traditions of local and indigenous peoples, whether they make familiar ferments like sauerkraut or less common preparations like natto and koji.

In his latest book, *Sandor Katz's Fermentation Journeys*, Katz takes readers along with him to revisit these special places, people, and foods.

**This cookbook goes far beyond mere general instructions and explores the transformative process of fermentation through:**

- Detailed descriptions of traditional fermentation techniques
- Celebrating local customs and ceremonies that surround particular ferments
- Profiles of the farmers, business owners, and experimenters Katz has met on his journeys

**It contains over 60 recipes for global ferments, including:**

- *Chicha de jora* (Peru)
- Misa Ono's *Shio-koji*, or salt koji (Japan)
- *Doubanjiang* (China)
- *Efo riro* spinach stew (Nigeria)
- Whole sour cabbages (Croatia)
- *Chucula* hot chocolate (Colombia)

*Sandor Katz's Fermentation Journeys* reminds us that the magical power of fermentation belongs to everyone, everywhere. Perfect for adventurous foodies, armchair travelers, and fermentation fanatics who have followed Katz's work through the years—from *Wild Fermentation* to *The Art of Fermentation* to *Fermentation as Metaphor*—this book reflects the enduring passion and accumu...

#### Contributor Bio

Sandor Ellix Katz is a fermentation revivalist. A self-taught experimentalist who lives in rural Tennessee, his explorations in fermentation developed out of his overlapping interests in cooking, nutrition, and gardening. He is the author of four previous books: *Wild Fermentation*, *The Revolution Will Not Be Microwaved*, *The Art of Fermentation*—which won a James Beard Foundation Award in 2013—and *Fermentation as Metaphor*. The hundreds of fermentation workshops he has taught around the world have helped catalyze a broad revival of the fermentation arts. *The New York Times* calls Sandor "one of the unlikely rock stars of the American food scene." For more information, check out his website: [www.wildfermentation.com](http://www.wildfermentation.com).

## Energetic Herbalism

A Guide to Sacred Plant Traditions  
Integrating Elements of Vitalism,  
Ayurveda, and Chinese Medicine

KAT MAIER

FOREWORD BY  
ROSEMARY GLADSTAR



COVER  
TO BE  
REVEALED

## Energetic Herbalism

**A Guide to Sacred Plant Traditions Integrating Elements of Vitalism, Ayurveda, and Chinese Medicine**

Kat Maier, Rosemary Gladstar

### Summary

**In this indispensable new resource both for the home apothecary and clinical practitioners, a veteran herbalist brings alive the elemental relationships among traditional healing practices, ecological stewardship, and essential plant medicines.**

By honoring ancient wisdom and presenting it in an innovative way, *Energetic Herbalism* is a profound and practical guide to family and community care for those seeking to move beyond symptom relief and into a truly holistic framework of health. Throughout, author Kat Maier invites readers to explore their personal relationships with plants and their environs as they discover diverse models of healing.

### Inside *Energetic Herbalism*, you'll find:

- The elements and patterns of Ayurvedic doshas for greater self-awareness as well as positive lifestyle choices
- The relationship of well-being to the seasons through the brilliant lens of Chinese Five Element Theory, and how our emotional health is beautifully expressed through the Elements
- The roots and evolution of Vitalism, the traditional Western system of energetic medicine
- How to assess imbalances in the body using the elegant and intuitive vocabulary of the six tissue states, an emerging tool in Western herbalism
- The senses as the main tools for navigating through energetic herbalism
- A deep appreciation of the wisdom of indigenous peoples, which is the foundation of sacred plant traditions

Through the rich herbal tradition of storytelling, Maier seamlessly blends theory and practice with her experience-tested herbal remedies and healing protocols. Maier stresses the critical message of how to address the challenge of threatened medicinal plant populations, offering practical and inspiring methods for ensuring their survival. Many herbals boast a materia medica of more than 100 herbs, but in keeping with an emphasis on sustainable practice, Maier instead focuses in depth on **25 essential medi...**

### Contributor Bio

Kat Maier is the founder and director of Sacred Plant Traditions, a center for herbal studies in Charlottesville, Virginia. Her school's free herbal clinic was one of the first on the East Coast and is a model for other programs. In clinical practice for over 30 years, Maier also teaches widely at universities, conferences, and herbal schools. She began her study of plants as a Peace Corps volunteer, and her training as a physician's assistant allows her to weave the language of biomedicine into her presentation of traditional energetic systems. She is a past president of United Plant Savers and the recipient of the organization's Medicinal Plant Conservation Award.



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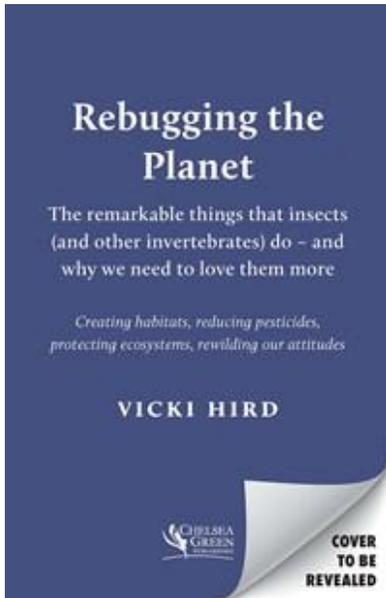
Paperback

384 Pages

Black-and-white illustrations  
throughout

Health & Fitness / Herbal  
Medications

9 in H | 6 in W | 1.3 in T | 1.3 lb  
Wt



## Rebugging the Planet

**The Remarkable Things that Insects (and Other Invertebrates) Do – And Why We Need to Love Them More**

Vicki Hird, Gillian Burke

### Summary

**Meet the intelligent insects, marvelous minibeasts, and inspirational invertebrates that help shape our planet—and discover how you can help them help us by rebugging your attitude today!**

Remember when there were bugs on your windshield? Ever wonder where they went? We need to act now if we are to help the insects survive. Robin Wall Kimmerer, David Attenborough, and Elizabeth Kolbert are but a few voices championing the rewilding of our world. *Rebugging the Planet* explains how we are headed toward “insectageddon” with a rate of insect extinction eight times faster than that of mammals or birds, and gives us crucial information to help all those essential creepy-crawlies flourish once more.

Author Vicki Hird passionately demonstrates how insects and invertebrates are the cornerstone of our global ecosystem. They pollinate plants, feed birds, support and defend our food crops, and clean our water systems. They are also beautiful, inventive, and economically invaluable—bees, for example, contribute an estimated \$235 to \$577 billion to the US economy annually, according to *Forbes*.

***Rebugging the Planet* shows us small changes we can make to have a big impact on our littlest allies:**

- Learn how to rewild parks, schools, sidewalks, roadsides, and other green spaces.
- Leave your garden to grow a little wild and plant weedkiller-free, wildlife-friendly plants.
- Take your kids on a minibeast treasure hunt and learn how to build bug palaces.
- Make bug-friendly choices with your food and support good farming practices
- Begin to understand how reducing inequality and poverty will help nature and wildlife too—it’s all connected.

**So do your part and start rebugging today! The bees, ants, earthworms, butterflies, beetles, grasshoppers, ladybugs, snails, and slugs will thank you—and our planet will thank you too.**

### Contributor Bio

Vicki Hird is Head of the Sustainable Farming Campaign for Sustain: The Alliance for Better Food and Farming, and she also runs an independent consultancy. An experienced and award-winning environmental campaigner, researcher, writer and strategist working mainly in the food, farming and environmental policy arenas, Vicki has worked on government policy for many years and is the author of *Perfectly Safe to Eat?: The Facts on Food*.

Vicki's passion is insects. The first pets she gave her children were a family of stick insects, and she received a giraffe-necked weevil tattoo for her 50th birthday. Vicki has a masters in pest management and is a fellow of the Royal Entomological Society (FRES).



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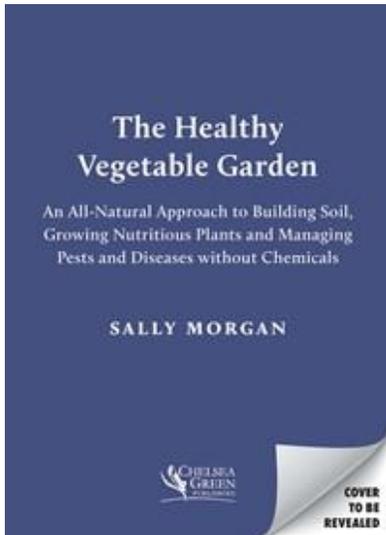
\$24.95 Can.

Paperback

224 Pages

Nature / Animals

8.5 in H | 5.5 in W | 1.3 in T | 1.3 lb Wt



## The Healthy Vegetable Garden

An All-Natural Approach to Building Soil, Growing Nutritious Plants and Managing Pests and Diseases without Chemicals

Sally Morgan

### Summary

**Whether you're an experienced gardener, homesteader, or market farmer, this A–Z, soil-to-table guide shows you how to reduce chemical inputs; naturally enrich your growing ecology; and create a hardy, nutrient-dense, and delicious crop.**

In *The Healthy Vegetable Garden*, expert organic gardener Sally Morgan explains how to use natural approaches to cope with the challenges of a changing climate through principles from regenerative gardening, agroecology, and permaculture—all to help your green space thrive.

***The Healthy Vegetable Garden* shows you how to:**

- **Combat disease and keep pests at bay** with natural predators, companion planting, and trap and barrier crops
- Choose the right plants to **attract pollinators** and pest predators
- **Build a healthy soil** full of organic matter, earthworms, and mycorrhizal fungi
- Regenerate soil through no-dig practices, **composting, cover crops, and mulching**
- Boost biodiversity through the use of **crop rotations and polyculture**
- **Rewild your garden** by creating a range of habitats, making use of walls and fences, log piles, water features, and wild corners
- Understand plant defenses and **use biocontrols**
- **Make natural barriers**, traps, and lures

A healthy, productive garden should work in harmony with nature to produce and protect delicious fruits and vegetables and build a rich soil that is full of life. With *The Healthy Vegetable Garden*, growers of all levels will start reducing incidents of pests and diseases while creating a verdant habitat—all without the need for fertilizers, pesticides, or weedkillers.

### Contributor Bio

Sally Morgan is the editor of Soil Association's *Organic Farming* magazine, writes regularly for gardening and smallholding magazines and is a member of the Garden Media Guild. Sally's blog was a finalist in the Garden Media Guild Award 2019, and she also runs smallholder courses on her organic farm in Somerset.

Her previous books include *The Climate Change Garden* with Kim Stoddart (Green Rocket Books, 2019) and *Living on One Acre or Less* (Green Books, 2016).



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Paperback

240 Pages  
Full-color photographs throughout  
Gardening / Vegetables  
9.7 in H | 7 in W | 1.3 in T | 1.3 lb  
Wt



## Bringing Back the Beaver

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

Derek Gow, Isabella Tree

### Summary

New in Paperback

**"Derek Gow might be the most colorful character in all of Beaverdom."**—Ben Goldfarb, author of *Eager*

**"A treasure."**—*Booklist*

*Bringing Back the Beaver* is farmer-turned-ecologist Derek Gow's inspirational and often riotously funny firsthand 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 reestablishment 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.

**"*Bringing Back the Beaver* is a hilarious, eccentric and magnificent account of a struggle . . . to reintroduce a species crucial to the health of our ecosystems."**—George Monbiot

### Contributor Bio

Derek Gow is a farmer and nature conservationist. Born in Dundee in 1965, he left school when he was 17 and worked in agriculture for five years. Inspired by the writing of Gerald Durrell, all of whose books he has read - thoroughly - 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.



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\$24.95 Can.

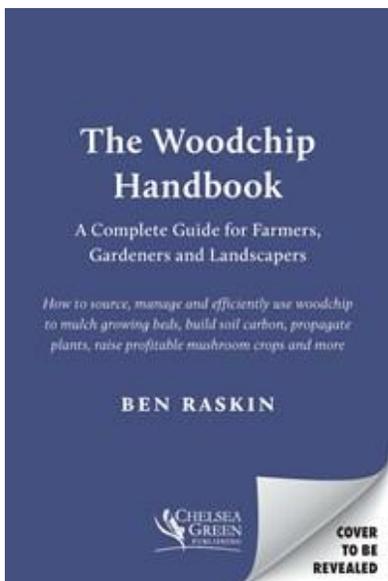
Paperback

208 Pages

Nature / Animals

8.5 in H | 5.5 in W | 1.3 in T | 1.3

lb Wt



## The Woodchip Handbook

**A Complete Guide for Farmers, Gardeners and Landscapers**

Ben Raskin

### Summary

**The first and only complete guide to sourcing and using woodchip—an abundant, inexpensive, and ecologically sustainable material—for savvy growers and landscapers at any scale, from farm to garden to greenhouse.**

*The Woodchip Handbook* is the essential guide to the many uses of woodchip both in regenerative agriculture and horticulture. Author Ben Raskin, Head of Horticulture and Agroforestry at the Soil Association, draws on his extensive practical experience using woodchip, provides the latest research from around the world, and presents inspiring case studies from innovative farmers.

**The book explores and unlocks the tremendous potential of woodchip to enhance soil health and plant growth:**

- As a **natural mulch for weed suppression**, temperature buffering, and water conservation
- As a growing **medium for propagating plants**
- As a **decomposing source of warmth for hotbeds** in the greenhouse or hoop house
- As a carbon-rich compost ingredient that **supports beneficial fungi and microorganisms**
- As a **powerful soil health booster**, when applied as small-sized ramial chipped wood
- As an ideal substrate for growing many kinds of **edible or medicinal mushrooms**
- As a **sustainable, versatile, and durable material for foot paths and ornamental landscaping**

Some of these techniques, like mulching—or the renewable harvest potential from coppicing and pollarding trees—have been around forever. Yet there is always new science to be discovered, such as the role that salicylic acid from willow woodchip can play in preventing tree diseases or promoting livestock health when used as a bedding material.

Whether you are a commercial grower or farmer, a permaculture practitioner, or a serious home gardener producing your own fruit and vegetables, *The Woodchip Handbook* will show you how to get the most out of this readily available and renewable material.

### Contributor Bio

Ben Raskin has worked in horticulture for more than 25 years, developing a wide range of experience both in practical commercial growing and wider policy and advocacy work.

As the Soil Association's Head of Horticulture and Agroforestry, he provides growers at all levels of production with technical, marketing, policy, supply chain and networking support. He is currently implementing a 200-acre silvopastoral agroforestry planting in Wiltshire.

Ben is the author of several previous books on gardening, including *Zero-Waste Gardening* (2021), *The Community Gardening Handbook* (2017) and three volumes of the *Crow Together Guides* aimed at families with young children: *Cornest-Crow* and



9781645020486

Pub Date: 11/4/2021

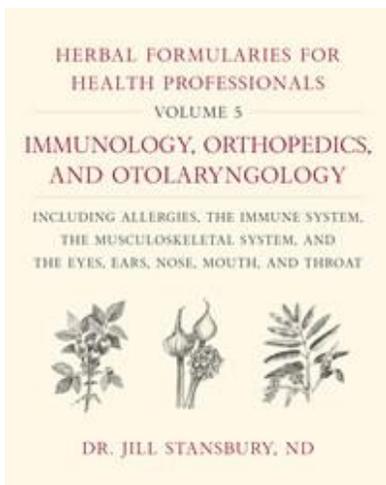
\$33.95 Can.

Paperback

224 Pages

Black-and-white photographs throughout, 8-page color insert  
Technology & Engineering / Agriculture

9 in H | 6 in W | 1.3 in T | 1.3 lb Wt



## Herbal Formularies for Health Professionals, Volume 5 Immunology, Orthopedics, and Otolaryngology, including Allergies, the Immune System, the Musculoskeletal System, and the Eyes, Ears, Nose, Mouth, and Throat

Jill Stansbury

### Summary

#### The 5th and final volume in a masterwork for students of herbalism and practicing herbalists

*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. For each formula, Dr. Stansbury briefly explains how the selected herbs address the specific condition. Sidebars and user-friendly lists help readers quickly choose which herbs are best for specific presentations and detail traditional uses of both Western and traditional Asian formulas and herbs that are readily available in the United States.

*Volume 5* focuses on autoimmune and allergic conditions including allergic rhinitis (hay fever), asthma, hives, and food sensitivities. A chapter on ears, eyes, nose, mouth, and throat includes herbal therapies for eye infections, glaucoma, and other eye conditions; sinus infections, colds, and sore throats; and tooth decay and oral infections. A chapter on the musculoskeletal system covers common conditions such as sore muscles and bruising as well as chronic conditions such as fibromyalgia, arthritis, and osteoporosis.

Each chapter includes a *materia medica* section that describes individual herbs with tips on their properties, modes of action, and the specific symptoms each plant best addresses.

These formularies are also a tutorial for budding herbalists on the sophisticated art of fine-tuning an herbal formula for the constitution and overall health condition of an individual patient, rather than prescribing a one-size-fits-all...

### Contributor Bio

Dr. Jill Stansbury is a naturopathic physician with over 30 years of clinical experience. She served as the chair of the Botanical Medicine Department of the National University of Natural Medicine for more than 20 years. She remains on the faculty, teaching and leading ethnobotany field courses in the Amazon. She is the author of *Herbal Formularies for Health Professionals, Volume 1 through Volume 5*, and is the co-author of *The PCOS Health and Nutrition Guide*. Dr. Stansbury lives in Battle Ground, Washington, and is the medical director of Battle Ground Healing Arts. She also runs an herbal apothecary featuring many of her own custom formulas.



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Hardcover

272 Pages

Black-and-white illustrations  
throughout

Health & Fitness / Herbal  
Medications

10 in H | 8 in W | 1.3 in T | 1.3 lb  
Wt



## Kinship: Belonging in a World of Relations, Vol. 1 – Planet

Gavin Van Horn, Robin Wall Kimmerer, John Hausdoerffer

### Summary

**Volume 1 of the Kinship series revolves around the question of *planetary relations*: What are the sources of our deepest evolutionary and planetary connections, and of our profound longing for kinship?**

We live in an astounding world of relations. We share these ties that bind with our fellow humans—and we share these relations with nonhuman beings as well. From the bacterium swimming in your belly to the trees exhaling the breath you breathe, this community of life is our kin—and, for many cultures around the world, being human is based upon this extended sense of kinship.

*Kinship: Belonging in a World of Relations* is a lively series that explores our deep interconnections with the living world. The five *Kinship* volumes—Planet, Place, Partners, Persons, Practice—offer essays, interviews, poetry, and stories of solidarity, highlighting the interdependence that exists between humans and nonhuman beings. More than 70 contributors—including Robin Wall Kimmerer, Richard Powers, David Abram, J. Drew Lanham, and Sharon Blackie—invite readers into cosmologies, narratives, and everyday interactions that embrace a more-than-human world as worthy of our response and responsibility.

With every breath, every sip of water, every meal, we are reminded that our lives are inseparable from the life of the world—and the cosmos—in ways both material and spiritual. **"Planet," Volume 1** of the *Kinship* series, focuses on our Earthen home and the cosmos within which our "pale blue dot" of a planet nestles. National poet laureate Joy Harjo opens up the volume asking us to "Remember the sky you were born under." The essayists and poets that follow—such as geologist Marcia Bjornerud who takes readers on a Deep Time journey, geophilosopher David Abram who imagines the Earth's breathing through animal migrations, and theoretical physicist Marcelo Gleiser who contemplates the relations between mystery...

### Contributor Bio

Gavin Van Horn is the Creative Director and Executive Editor for the Center for Humans and Nature. His writing is tangled up in the ongoing conversation between humans, our nonhuman kin, and the animate landscape. He is the co-editor (with John Hausdoerffer) of *Wildness: Relations of People and Place*, and (with Dave Aftandilian) *City Creatures: Animal Encounters in the Chicago Wilderness*, and the author of *The Way of Coyote: Shared Journeys in the Urban Wilds*. If he's not up a tree or in a kayak, you can find Gavin slow-walking the footpaths, beaches, and forests of the Chicagoland area.

Dr. Kimmerer is a mother, botanist, writer and Distinguished Teaching Professor at the SUNY College of Environmental Science and Forestry in Syracuse, New York and the founding Director of the Center for Native Peoples and the Environment. She is an enrolled member of the Citizen Potawatomi Nation and a student of the plant nations. Her writings include *Gathering Moss* and *Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge and the Teachings of Plants*. As a writer and a scientist, her interests include not only restoration of ecological communities, but restoration of our relationships to la...



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Paperback

180 Pages

Nature / Essays

7.8 in H | 5.3 in W | 1 in T | 0.8 lb

Wt

## Kinship: Belonging in a World of Relations, Vol. 2 – Place

Gavin Van Horn, Robin Wall Kimmerer, John Hausdoerffer

### Summary

**Volume 2 of the Kinship series revolves around the question of *place-based relations*: To what extent does crafting a deeper connection with the Earth's bioregions reinvigorate a sense of kinship with the place-based beings, systems, and communities that mutually shape one another?**

We live in an astounding world of relations. We share these ties that bind with our fellow humans—and we share these relations with nonhuman beings as well. From the bacterium swimming in your belly to the trees exhaling the breath you breathe, this community of life is our kin—and, for many cultures around the world, being human is based upon this extended sense of kinship.

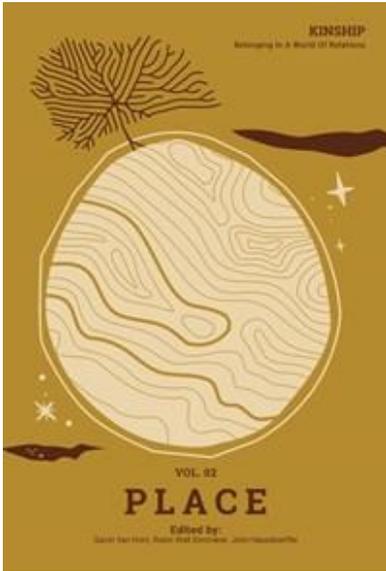
*Kinship: Belonging in a World of Relations* is a lively series that explores our deep interconnections with the living world. The five *Kinship* volumes—*Planet, Place, Partners, Persons, Practice*—offer essays, interviews, poetry, and stories of solidarity, highlighting the interdependence that exists between humans and nonhuman beings. More than 70 contributors—including Robin Wall Kimmerer, Richard Powers, David Abram, J. Drew Lanham, and Sharon Blackie—invite readers into cosmologies, narratives, and everyday interactions that embrace a more-than-human world as worthy of our response and responsibility.

Given the place-based circumstances of human evolution and culture, global consciousness may be too broad a scale of care. **"Place," Volume 2** of the *Kinship* series, addresses the bioregional, multispecies communities and landscapes within which we dwell. The essayists and poets in this volume take us around the world to a variety of distinctive places—from ethnobiologist Gary Paul Nabhan's beloved and beleaguered sacred U.S.-Mexico borderlands, to Pacific islander and poet Craig Santos Perez's ancestral shores, to writer Lisa María Madera's "vibrant flow of kinship" in the equatorial Andes expressed in Pacha Mama's constituti...

### Contributor Bio

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Dr. Kimmerer is a mother, botanist, writer and Distinguished Teaching Professor at the SUNY College of Environmental Science and Forestry in Syracuse, New York and the founding Director of the Center for Native Peoples and the Environment. She is an enrolled member of the Citizen Potawatomi Nation and a student of the plant nations. Her writings include *Gathering Moss* and *Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge and the Teachings of Plants*. As a writer and a scientist, her interests include not only restoration of ecological communities, but restoration of our relationships to la...



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Paperback

204 Pages

Nature / Essays

7.8 in H | 5.3 in W | 1 in T | 0.8 lb

Wt



## Kinship: Belonging in a World of Relations, Vol. 3 – Partners

Gavin Van Horn, Robin Wall Kimmerer, John Hausdoerffer

### Summary

**Volume 3 of the Kinship series revolves around the question of *interspecies relations*: How do relations between and among different species foster a sense of responsibility and belonging in us?**

We live in an astounding world of relations. We share these ties that bind with our fellow humans—and we share these relations with nonhuman beings as well. From the bacterium swimming in your belly to the trees exhaling the breath you breathe, this community of life is our kin—and, for many cultures around the world, being human is based upon this extended sense of kinship.

*Kinship: Belonging in a World of Relations* is a lively series that explores our deep interconnections with the living world. The five *Kinship* volumes—Planet, Place, Partners, Persons, Practice—offer essays, interviews, poetry, and stories of solidarity, highlighting the interdependence that exists between humans and nonhuman beings. More than 70 contributors—including Robin Wall Kimmerer, Richard Powers, David Abram, J. Drew Lanham, and Sharon Blackie—invite readers into cosmologies, narratives, and everyday interactions that embrace a more-than-human world as worthy of our response and responsibility.

How do cultural traditions, narratives, and mythologies shape the ways we relate, or not, to other beings as kin? **"Partners," Volume 3** of the *Kinship* series, looks to the intimate relationships of respect and reverence we share with nonhuman species. The essayists and poets in this volume explore the stunning diversity of our relations to nonhuman persons—from biologist Merlin Sheldrake's reflections on microscopic fungal networks, to writer Julian Hoffman's moving stories about elephant emotions and communication, to Indigenous seed activist Rowen White's deep care for plant relatives and ancestors. Our relationships to other creatures are not merely important; they make us possible. As poet Brenda Cárdenas, in...

### Contributor Bio

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Paperback

170 Pages

Nature / Essays

7.8 in H | 5.3 in W | 1 in T | 0.8 lb

Wt



## Kinship: Belonging in a World of Relations, Vol. 4 – Persons

Gavin Van Horn, Robin Wall Kimmerer, John Hausdoerffer

### Summary

**Volume 4 of the Kinship series revolves around the question of *interpersonal relations*: Which experiences expand our understanding of being human in relation to other-than-human beings?**

We live in an astounding world of relations. We share these ties that bind with our fellow humans—and we share these relations with nonhuman beings as well. From the bacterium swimming in your belly to the trees exhaling the breath you breathe, this community of life is our kin—and, for many cultures around the world, being human is based upon this extended sense of kinship.

*Kinship: Belonging in a World of Relations* is a lively series that explores our deep interconnections with the living world. The five *Kinship* volumes—Planet, Place, Partners, Persons, Practice—offer essays, interviews, poetry, and stories of solidarity, highlighting the interdependence that exists between humans and nonhuman beings. More than 70 contributors—including Robin Wall Kimmerer, Richard Powers, David Abram, J. Drew Lanham, and Sharon Blackie—invite readers into cosmologies, narratives, and everyday interactions that embrace a more-than-human world as worthy of our response and responsibility.

Kinship spans the cosmos, but it is perhaps most life changing when experienced directly and personally. **“Persons,” Volume 4** of the *Kinship* series, attends to the personal—our unique experiences with particular creatures and landscapes. This includes nonhuman kin that become our allies, familiars, and teachers as we navigate a “world as full of persons, human and otherwise, all more-or-less close kin, all deserving respect,” as religious studies scholar Graham Harvey puts it. The essayists and poets in the volume share a wide variety of kinship-based experiences—from Australian ecophilosopher Freya Mathews’s perspective on climate-related devastation on her country’s koalas, to English professor and forest therapy guide...

### Contributor Bio

Gavin Van Horn is the Creative Director and Executive Editor for the Center for Humans and Nature. His writing is tangled up in the ongoing conversation between humans, our nonhuman kin, and the animate landscape. He is the co-editor (with John Hausdoerffer) of *Wildness: Relations of People and Place*, and (with Dave Aftandilian) *City Creatures: Animal Encounters in the Chicago Wilderness*, and the author of *The Way of Coyote: Shared Journeys in the Urban Wilds*. If he’s not up a tree or in a kayak, you can find Gavin slow-walking the footpaths, beaches, and forests of the Chicagoland area.

Dr. Kimmerer is a mother, botanist, writer and Distinguished Teaching Professor at the SUNY College of Environmental Science and Forestry in Syracuse, New York and the founding Director of the Center for Native Peoples and the Environment. She is an enrolled member of the Citizen Potawatomi Nation and a student of the plant nations. Her writings include *Gathering Moss* and *Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge and the Teachings of Plants*. As a writer and a scientist, her interests include not only restoration of ecological communities, but restoration of our relationships to la...



9781736862537

Pub Date: 9/15/2021

\$29.95 Can.

Paperback

194 Pages

Nature / Essays

7.8 in H | 5.3 in W | 1 in T | 0.8 lb

Wt

## Kinship: Belonging in a World of Relations, Vol. 5 – Practice

Gavin Van Horn, Robin Wall Kimmerer, John Hausdoerffer

### Summary

**Volume 5 of the Kinship series revolves around the question of *practice*: What are the practical, everyday, and lifelong ways we become kin?**

We live in an astounding world of relations. We share these ties that bind with our fellow humans—and we share these relations with nonhuman beings as well. From the bacterium swimming in your belly to the trees exhaling the breath you breathe, this community of life is our kin—and, for many cultures around the world, being human is based upon this extended sense of kinship.

*Kinship: Belonging in a World of Relations* is a lively series that explores our deep interconnections with the living world. These five *Kinship* volumes—Planet, Place, Partners, Persons, Practice—offer essays, interviews, poetry, and stories of solidarity, highlighting the interdependence that exists between humans and nonhuman beings. More than 70 contributors—including Robin Wall Kimmerer, Richard Powers, David Abram, J. Drew Lanham, and Sharon Blackie—invite readers into cosmologies, narratives, and everyday interactions that embrace a more-than-human world as worthy of our response and responsibility. These diverse voices render a wide range of possibilities for becoming better kin.

From the perspective of kinship as a recognition of nonhuman personhood, of kincentric ethics, and of kinship as a verb involving active and ongoing participation, how are we to live? **"Practice," Volume 5** of the Kinship series, turns to the relations that we nurture and cultivate as part of our lived ethics. The essayists and poets in this volume explore how we make kin and strengthen kin relationships through respectful participation—from creative writer and dance teacher Maya Ward's weave of landscape, story, song, and body, to Lakota peace activist Tiokasin Ghosthorse's reflections on language as a key way of knowing and practicing kinship, to cultural geographer Amba Sepie's wr...

### Contributor Bio

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9781736862544

Pub Date: 9/15/2021

\$29.95 Can.

Paperback

194 Pages

Nature / Essays

7.8 in H | 5.3 in W | 1 in T | 0.8 lb

Wt



## Kinship: Belonging in a World of Relations, 5-Volume Set

Gavin Van Horn, Robin Wall Kimmerer, John Hausdoerffer

### Summary

For readers of *Braiding Sweetgrass* and *The Overstory*

**From The Center for Humans and Nature, a collection in five volumes: essays, interviews, poetry, and stories of solidarity that highlight the interdependence that exists between humans and nonhuman beings**

We live in an astounding world of relations. We share these ties that bind with our fellow humans—and we share these relations with nonhuman beings as well. From the bacterium swimming in your belly to the trees exhaling the breath you breathe, this community of life is our kin—and, for many cultures around the world, being human is based upon this extended sense of kinship.

*Kinship: Belonging in a World of Relations* is a lively series that explores our deep interconnections with the living world. More than 70 contributors—including Robin Wall Kimmerer, Richard Powers, David Abram, J. Drew Lanham, and Sharon Blackie—invite readers into cosmologies, narratives, and everyday interactions that embrace a more-than-human world as worthy of our response and responsibility. These diverse voices render a wide range of possibilities for becoming better kin.

Contents:

1. **Planet:** What are the sources of our deepest evolutionary and planetary connections, and of our profound longing for kinship?
2. **Place:** To what extent does crafting a deeper connection with the Earth's bioregions reinvigorate a sense of kinship with the place-based beings, systems, and communities that mutually shape one another?
3. **Partners:** How do relations between and among different species foster a sense of responsibility and belonging in us?
4. **Persons:** Which experiences expand our understanding of being human in relation to other-than-human beings?
5. **Practice:** What are the practical, everyday, and lifelong ways we become kin?

From the recognition of nonhumans as persons to the care of our kinfolk through language and action, *Kinship: Belonging in a World of Relations* is a gu...

### Contributor Bio

Gavin Van Horn is the Creative Director and Executive Editor for the Center for Humans and Nature. His writing is tangled up in the ongoing conversation between humans, our nonhuman kin, and the animate landscape. He is the co-editor (with John Hausdoerffer) of *Wildness: Relations of People and Place*, and (with Dave Aftandilian) *City Creatures: Animal Encounters in the Chicago Wilderness*, and the author of *The Way of Coyote: Shared Journeys in the Urban Wilds*. If he's not up a tree or in a kayak, you can find Gavin slow-walking the footpaths, beaches, and forests of the Chicagoland area.

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\$135.00 Can.

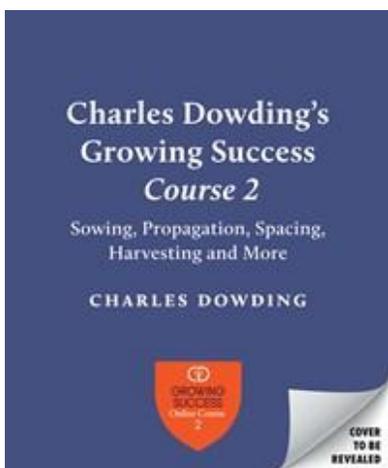
Paperback

942 Pages

Nature / Essays

7.8 in H | 5.3 in W | 5 in T | 3.8 lb

Wt



## Charles Dowding's Growing Success, Course 2

**Sowing, Propagation, Spacing, Harvesting and More**

Charles Dowding

### Summary

**A second "gardening course in a book" from master gardener Charles Dowding: 18 lessons, and over 900 photos with detailed captions**

**Grow creatively, learn new skills, save time, enjoy growing success!**

Includes detailed information on:

- how to create planting plans: succession and interplanting
- plant propagation
- spacing, picking methods, and watering
- using covers for both warmth and pest protection.
- how to grow herbs and perennial vegetables
- how to grow in containers
- how to multisow

Charles Dowding explains the skills and understandings you need, the essentials of gardening success, whether the space you are gardening is large or small. His approach sometimes diverges from the mainstream because he assays and develops new or lesser-known methods, for easier and better results.

### Lessons

1. Skills and Knowledge
2. Fully Use your Time and Space: how to maximise growth, efficiently
3. Sketch Out the Year: examples of plans and successions for three beds
4. Succession and Rotation: How to plan for and succeed with new plantings throughout summer and into autumn, what can follow what
5. Winter Gardening: Growing and preparing for winter, and harvesting during the hungry gap
6. Perennial Vegetables and Raspberries A growing manual of 12 perennial food plants,
7. Herbs: How to sow, harvest and maintain annuals and perennials, from basil and coriander to sage and thyme
8. Seeds and Sowing: How to source, buy and save seeds, with illustrations of seed saving
9. Propagation Skills: The biggest lesson, packed with information on this important subject
10. Multisowing: Inter-sowing is a form of companion planting, because seedlings like 'nurse plants' nearby, and plants generally like being close to other plants: why and how, many examples, a big timesaver and garden filler!
11. Close Spacings: How and when to do it and why this works so well within reason; details for many vegetables
12. Wider Spacings: Many examples and explanations, see the...

### Contributor Bio

Charles Dowding develops and explains time- and labour-saving methods of high-yielding nature-friendly gardening. He has written ten books and an annual calendar of sowing dates, runs a YouTube channel with 36 million views, writes for national gardening magazines, and gives talks and courses at home and abroad. He has created three online courses: No Dig Gardening, Course 1; Growing Success



9781916092044

Pub Date: 12/23/2021

\$40.95 Can.

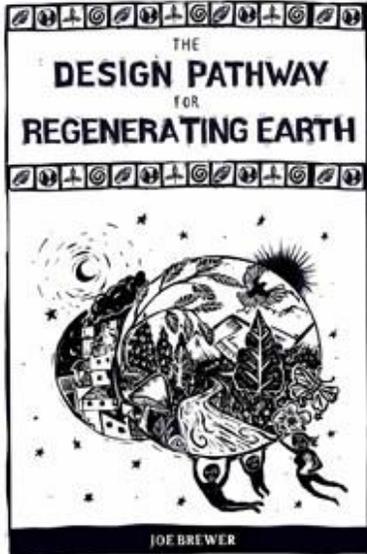
Hardcover

240 Pages

Full-color photographs throughout

9.5 in H | 7.9 in W | 1 in T | 1.9 lb

Wt



## The Design Pathway for Regenerating Earth

Joe Brewer

### Summary

**Humanity is confronted with threats unprecedented in the history of our species. There is an urgent need to describe the "how" for managing the convergent threats of ecological overshoot and civilization collapse. This book offers a clear and cogent pathway for safeguarding humanity's future through an extended period of cascading consequences.**

To a great extent, the rest of our lives will be defined to a great extent by how those who understand our global predicament organize and cooperate with one other. We are in the midst of a planetary change process that extends far beyond a human lifetime. Most of us experience a kind of intergenerational amnesia—having never seen an intact ecosystem or a healthy human economy at any point in our lives. How can we *design* our way through the struggles that now lie ahead?

We design by embracing the fundamental insight that all living systems self-organize around the patterns of regeneration. Applied to the scale of entire landscapes, this reveals how all truly sustainable human cultures throughout history were organized at the territorial scale as bioregional economies. A planet-wide network of learning ecosystems is needed that can hold the complexity of birthing these regenerative bioregions during and after the rest of the collapse that we were all born into. This book offers genuine hope. There truly is a pathway to regenerate the Earth. It is not to be found in the shallow optimism of techno-fixes or consumer choices. Nothing short of a spiritual revival of indigenous lifeways will do. Combined with the best scientific knowledge about human behavior, cultural evolution, and the dynamic Earth; a path can be made by walking it throughout the rest of this century and beyond.

### Contributor Bio

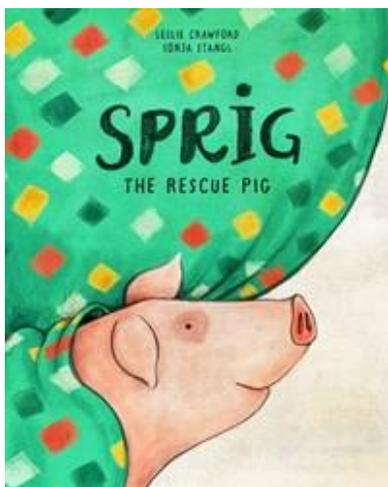
Joe Brewer is a complexity researcher and transdisciplinary scholar who has devoted his life to helping humanity through the sustainability bottleneck. He weaves insights from the scientific study of cultural evolution, human cognition, and earth system science into frameworks for action.

Prior affiliations include the *International Centre for Earth Simulation*, the *Center for Complex Systems Research* at the University of Illinois, the *Cultural Evolution Society*, the *Rockridge Institute*, and the *Evolution Institute*.



9781736908204  
Pub Date: 9/2/2021  
\$26.95 Can.  
Paperback

224 Pages  
Nature / Environmental  
Conservation & Protection  
9 in H | 6 in W | 1.3 in T | 1.3 lb  
Wt



## Sprig the Rescue Pig

Leslie Crawford, Sonja Stangl

### Summary

**"May Sprig help people to see what wonderful individuals pigs truly are."—Sy Montgomery, author of *The Good Good Pig***

**A self-described "charming" pig escapes a terrible fate, and finds friendship with a little girl. This light-hearted and beautifully illustrated bedtime story has been widely praised for inspiring compassion for animals. Now available in paperback.**

Things aren't looking good for Sprig, who is packed into a fast-moving truck with dozens of other pigs. He doesn't know where they're going but his nose knows there's something better out there. So with one dramatic leap, or really more of a tumble, Sprig sets out on a pig-centered adventure that leads him to his new best friend, a girl named Rory. Inspired by true events, this light-hearted tale introduces kids to an intelligent and inquisitive pig who finds his way to a good life.

The book includes a bonus section called *More About Pigs*, where curious readers can learn that pigs are smart enough to play video games, enjoy sleeping in cozy pig piles, run really fast, and other amazing facts. Ages: 4 to 7

Recognition:

- *Sprig* is displayed in the California governor's mansion in Sacramento, CA, and part of the State Library's permanent collection.
- Teach Heart, which designs Humane Education curriculums for teachers, has named *Sprig* to its recommended book list.
- Named to seven "best books for kids" lists

### Contributor Bio

A journalist and editor for more than twenty years, Leslie Crawford has primarily written about health and education. It was thanks to her 12-year-old daughter Molly, who has never met an animal she doesn't like, that Leslie developed an interest in writing about animals. Leslie lives in San Francisco with her six chickens, four foster pigeons, and a bearded dragon lizard named Georgia.

Sonja Stangl is an artist and illustrator from Austria. She studied multimedia art in Salzburg and now lives and works in Vienna, where she happily illustrates stories for books and animation.



9780998862316

Pub Date: 8/5/2021

\$16.95 Can.

Paperback

40 Pages

Full-color illustrations throughout  
Juvenile Fiction / Animals

10 in H | 8 in W | 1.3 in T | 1.3 lb  
Wt



## Gwen the Rescue Hen

Leslie Crawford, Sonja Stangl

### Summary

#### New in Paperback!

**Winner of a prestigious Northern Lights Book Award, *Gwen the Rescue Hen* is the heart-warming story about a sharp-witted chicken that inspires compassion for animals.**

Gwen has spent her whole life in a big egg-laying hen house, so she knows very little about what chickens can do (besides lay eggs, of course). A fateful tornado turns her world upside-down and sideways, landing her in a strange new place that's nothing like the hen house.

Using her wits and chicken superpowers, Gwen dodges danger at every turn until she finds safety and friendship with a boy named Mateo. Together they discover how extraordinary an ordinary chicken really is.

The book includes a bonus section called *More About Chickens*, where curious readers can learn that chickens have extraordinary eyesight, a complex language of 24 sounds, and are descended from dinosaurs, among other fun facts about chickens. Ages: 4 to 7

### Recognition

- 2020 Winner of the Northern Lights Book Award Honoring "Children's Literature of Exceptional Merit"
- *Gwen* is displayed in the California governor's mansion in Sacramento, CA, and part of the State Library's permanent collection.
- Teach Heart, which designs Humane Education curriculums for teachers, has named *Gwen* to its recommended book list.
- Named to seven "**best books for kids**" lists
- Part of a Texas school district's curriculum on where our food comes from

### Contributor Bio

A journalist and editor for more than twenty years, Leslie Crawford has primarily written about health and education. It was thanks to her 12-year-old daughter Molly, who has never met an animal she doesn't like, that Leslie developed an interest in writing about animals. Leslie lives in San Francisco with her six chickens, four foster pigeons, and a bearded dragon lizard named Georgia.

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9781734901153

Pub Date: 8/5/2021

\$16.95 Can.

Paperback

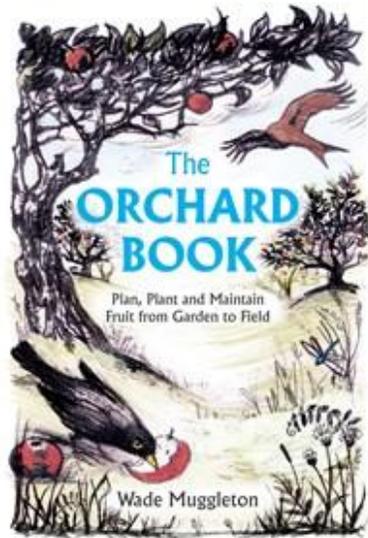
38 Pages

Full-color illustrations throughout

Juvenile Fiction / Animals

10 in H | 8 in W | 0.5 in T | 0.08 lb

Wt



## The Orchard Book

**Plan, Plant and Maintain Fruit from Garden to Field**

Wade Muggleton

### Summary

**Wonderlands of bounty and beauty, orchards offer an abundance of fruit in a wildlife haven full of diversity. A well-managed orchard works with nature to provide maximum harvest for minimal effort.**

Wade Muggleton has distilled 20 years of orchard know-how into this practical handbook to help you plan, plant and manage your orchard, whatever your garden size or budget.

With his expert guidance you can have an orchard on any plot—garden, yard, allotment or smallholding—and both maximise your harvest and minimise your outlay. The book covers:

- Rootstocks and fruit varieties
- Planting plans
- Maintenance strategies
- Pruning
- Propagation
- Eco-friendly pest and disease management
- Harvesting
- Storing
- Preserving the harvest

The diversity, history and heritage of apples and other fruit trees is fascinating, and Wade's passion for them is infectious. Let him draw you into a world of apples and pears, walnuts and cobnuts, cherries and plums; of ancient varieties such as quince, medlar and mulberry; and even of juicy apricots, figs and peaches. Imagine having organic fruit all year round from your own little nature haven and use Wade's tried and tested experience to create your perfect orchard.

### Contributor Bio

Wade Muggleton lives in Shropshire with his partner and two children, where their plot, Station Road Permaculture Garden, is a demonstration site for permaculture and opens under the National Open Gardens Scheme. In 2013, he acquired a field and now has a collection of over 130 fruit trees and was featured on BBC Gardeners' World in 2018.



9781856232951

Pub Date: 12/16/2021

\$26.95 Can.

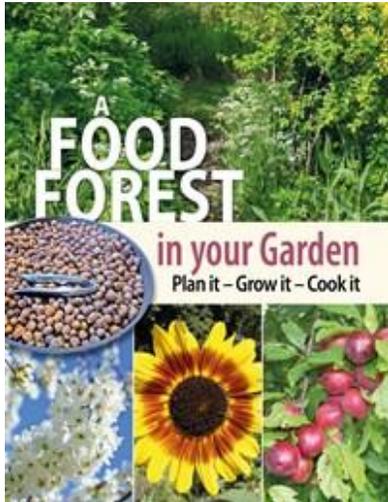
Paperback

160 Pages

Full-color photographs throughout  
Gardening / Fruit

9.5 in H | 6.7 in W | 1.3 in T | 1.3

lb Wt



## A Food Forest in Your Garden

**Plan It, Grow It, Cook It**

Alan Carter

### Summary

**Grow your own seasonal food in a low maintenance, nature-friendly garden that feels like a woodland glade. Scottish plant expert Alan Carter shows you how to plan and plant a temperate forest garden for any sized plot—from a small terrace garden to an allotment or smallholding.**

Learn how to successfully layer root crops, fruit, perennial vegetables and edible shrubs below tree crops, cultivating an edible garden that doesn't look like a traditional vegetable plot. A forest garden is wildlife friendly, provides nutrient-dense and often unusual food through every season, and requires minimal work to maintain.

The first part of this in-depth, practical guide explains how a forest garden works, how to map your climate and design your own plot, and how to manage it with mulching, weeding and pruning. What's not to like about Alan's motto of "the more you pick, the more you get," and intriguing concepts such as the Panda Principle?

The second half of the book is a detailed directory of more than 170 plants and fungi suitable for a wide range of temperate climates, complete with growing, harvesting and cooking tips based on over a decade of Alan's own experience. Learn how to incorporate traditional fruit and vegetable crops, such as strawberries and beans, into your forest garden, and how to weave in more unusual crops, such as shiitake mushrooms and ferns.

Techniques from agro-ecology bring regenerative farming into the backyard, helping you to work towards greater self-sufficiency. Useful tips on seed saving and propagation help keep plant costs low, and there is practical advice on soil health, compost—essential for all no dig, organic gardeners—and pests and disease. *A Food Forest in Your Garden* will help you create your own productive forest gardens even in cooler climates.

### Contributor Bio

Alan Carter studied forestry and has worked variously in forestry, gardening, conservation and greenspace management. He has been writing and teaching about forest gardening since 2011, having spent many years experimenting with it on his allotment in Aberdeen.



9781856232999

Pub Date: 11/25/2021

\$39.95 Can.

Paperback

304 Pages

Full-color photographs throughout  
Gardening / Organic

7.4 in H | 9.7 in W | 1.3 in T | 1.3  
lb Wt

FAMILIES FIT FOR THE FUTURE



# GREEN MOTHER

Dr Sarah Myhill and Michelle McCullagh  
with Craig Robinson

## Green Mother

**Families Fit for the Future**

Sarah Myhill, Michelle McCullagh

### Summary

**A no-nonsense guide to pregnancy and child rearing for those who want to reap the advantages of modern Western life while avoiding its pitfalls**

"Modern Western life is eroding the physical, mental, emotional and spiritual health of our children so seriously that the very survival of our species is threatened. More children than ever are fat and fatigued, learning disabled and emotionally damaged, and the responsibility lies with us. We are killing with kindness in an attempt to provide a stress-free, safe environment for our most loved."—**Sarah Myhill and Michelle McCullagh**

*Green Mother* is for those who want the best of both worlds—to reap the advantages of modern Western life but recognise its pitfalls. This book aims to give parents, would-be parents, grandparents, siblings and all members of the 'tribe' that surround a new baby the theoretical and intellectual imperatives to tread this difficult path, the practical day-to-day realities that must be overcome, and the encouragement to do so. The book is beautifully illustrated with 50 of Michelle's sketches.

Contents include:

- Mothers and fathers: what to do pre-conception to reduce risks
- The Paleo-Ketogenic (PK) diet: the non-negotiable foundation for success
- Normal pregnancy: avoiding complications
- Childbirth and immediate postpartum: being informed and involved in decision-making
- Breastfeeding and weaning
- Sleep
- The baby who cries
- The 'first brain'—the immune system: vaccination decisions, training the immune system
- Minor childhood ailments
- Serious avoidable childhood problems
- The 'second brain'—emotional confidence
- The 'third brain'—sub-conscious, conscious and intellectual
- Infertility and assisted conception

### Contributor Bio

**Dr Sarah Myhill** MB MS worked in the National Health Service from 1981 to 2000, since when she has been an independent doctor and since 2020 a naturopathic physician, giving her the freedom of speech she previously found she lacked. Her specialty has become the successful treatment of ME/chronic fatigue through diet, nutritional support and lifestyle changes. Dr Myhill is a noted expert on vitamin C and other natural virus killers, and an advocate of micro-immunotherapy—a treatment designed to coordinate the body's own immune system communication and actions. She is the author of seven previous books: *Ecological Medicine*; *The Infection Game*; *The PK Cookbook*; *Prevent & Cure Diabetes*; *Sustainable Medicine*; *The Treatment and Diagnosis of CFS/ME* (now in its second edition), and most recently, *The Energy Equation*.

**Michelle McCullagh** is a successful artist and Green Mother of two toddlers living and working in Dorset.



9781781612040

Pub Date: 10/29/2021

\$33.95 Can.

Paperback

220 Pages

Black-and-white illustrations

throughout

Family & Relationships /

Parenting

8.7 in H | 6.7 in W | 1.3 in T | 1.3

lb Wt

KLAUS ROSE MD MS



# BLIND TRUST

How parents with a sick child  
can escape the labyrinth of  
lies, hypocrisy and false promises

## Blind Trust

**How Parents with a Sick Child Can Escape the Labyrinth of Lies, Hypocrisy and False Promises**

Klaus Rose

### Summary

**An insider's look into the world of pediatric drug trials: when research outcomes can quite literally represent life or death**

Many parents of children with serious health problems may wonder why new medicines are initially not approved for minors and, if their condition is rare, why at the same time there is such pressure to enter any young person under 18 into drug trials. So-called 'paediatric' pharmaceutical studies have become an international multi-billion business, with many careers in academia, regulatory authorities and the pharmaceutical industry based on this work, yet much of this activity is founded on a series of flawed concepts that have led to an immeasurable waste of resources and serious, ongoing medical abuse. In this revelatory book, the former head of paediatric drug research at two major pharmaceutical companies provides a guide for parents and non-specialists interested in advancing the health of children—both individuals facing serious disease and groups of children enrolled in testing programs. Rose explains the key differences between clinically-directed and administratively-directed research, what will potentially benefit or harm children, and how laws need to change around the world so that true advances can be made.

### Contributor Bio

**Klaus Rose MD MS** is a medical doctor who worked in the pharmaceutical industry for 20 years. He was an enthusiast for pharmaceutical studies in children and became global head of paediatric research first at Novartis and then Genentech/Roche before becoming an independent advisor on paediatric studies for drug approval in 2011. Through this work he came to understand that a large proportion of 'investigations' in children are not only unnecessary but ethically questionable, and that these problems are masked by a stated intention of 'helping children' that is hard to challenge.



9781781612026

Pub Date: 9/30/2021

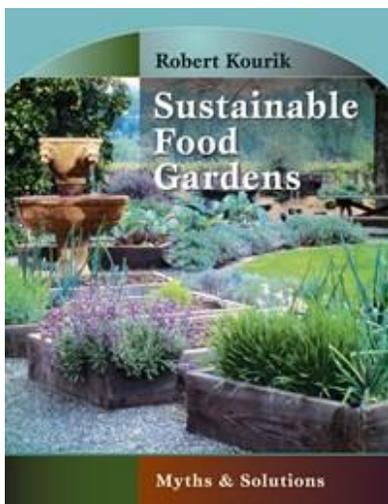
\$33.95 Can.

Paperback

240 Pages

Health & Fitness / Children's Health

8.5 in H | 5.4 in W | 1.3 in T | 1.3 lb Wt



## Sustainable Food Gardens

### Myths and Solutions

Robert Kourik

### Summary

**Dismantle your gardening myths. Grow a garden grounded in fact.**

**Master gardener Robert Kourik deftly guides the reader through the mysteries of growing plants and designing landscapes in temperate climates and suburbs, and the use of all-natural, sustainable methods to grow and maintain a healthy variety of plants.**

Would you like to garden without digging, composting, buying fertilizers, spraying with pesticides, or lamenting low yields?

If so, *Sustainable Food Gardening* is the book you've been waiting for, with over 450 pages, 13 chapters, 487 color photos, illustrations, charts, and graphs, and a 10-page index. Author Robert Kourik began his career in natural landscape design and maintenance in 1974, with one of the first sustainably oriented organic gardening businesses in the country.

In *Sustainable Food Gardening*, you'll learn to:

- Design your own "edible landscapes."
- Use no-till techniques to preserve the integrity of your soil
- Adapt your growing space to fit into a wide range of USDA garden zones
- Review alternative ways to change "guilds" (well-intended clusters of trees and shrubs jumbled together) to more effective and labor-saving plantings.
- Grow new kinds of beautiful and productive Victory gardens
- Plant Native American "Three-Sisters" gardens that actually work
- Learn many myths about roots, and what to do to help them thrive
- Attract many beneficial insects to your garden with strategic flower plantings

Here are some of the other topics covered in depth:

- Rainwater catchment/cisterns.
- Hügelkulturs (do you really need raised garden beds filled with rotten wood?).
- Options for better, faster ways to maximize and improve soil.
- "Dynamic accumulation"-a myth with some useful guidelines.
- Avoiding hours of tree-pruning and encouraging fruiting with a few dozen clothespins.
- Clever ways to install and simplify drip irrigation
- Using plants to lure good insects that prey upon pests.
- Promotin...

### Contributor Bio

Robert Kourik installed his first edible landscape in 1978, and is the author of *Drip Irrigation*, *Understanding Roots*, *Designing and Maintaining Your Edible Landscape*, and *Lazy-Ass Gardening*

In the course of his 40-plus years of first-hand experience in sustainable horticulture, he's received many accolades. *Sunset* magazine described Robert's *Drip Irrigation* book as "The last word on drip irrigation" and "infused with good humor." Paul Hawken extols his work as "uncommonly valuable." Rosalind Creasy calls Robert's books "encyclopedic." All of Robert's work and writings were oriented towards sustainability long before the term became popular.



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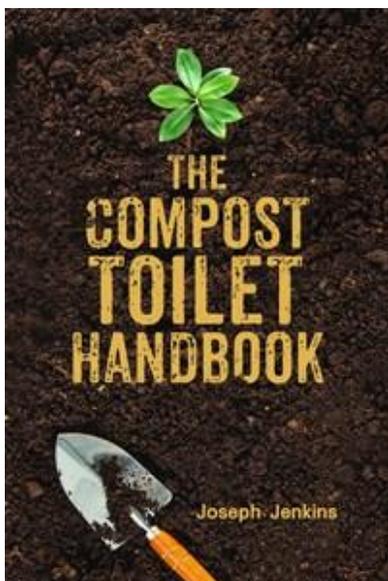
\$95.00 Can.

Paperback

460 Pages

Full-color illustrations throughout  
Gardening / Organic

11 in H | 8.5 in W | 1.3 in T | 1.3  
lb Wt



## The Compost Toilet Handbook

Joseph C. Jenkins

### Summary

Previously announced in March 2021

**From the author of *The Humanure Handbook*, an expert guide to compost toilets you can build yourself**

*The Compost Toilet Handbook* is an illustrated instructional manual explaining how to make, use, and manage compost toilets, which are waste-free toilets that rely on the biological process of composting to recycle toilet material. It is based on the author's 40+ years of first-hand experience with "composting as a sanitation alternative." The 254-page indexed book has 161 pages of color photos including 203 photos or illustrations from 13 countries where compost toilet systems are in use. The 2<sup>nd</sup> half of the book includes case study reviews of compost toilet projects in African prisons and schools; Haitian schools, orphanages, and villages; schools in Mozambique; neighborhoods in Mongolia; a school and village in Nicaragua; and an ecovillage in the US. Along with the nuts and bolts of compost toilet construction, use, and management, the book covers emergency preparedness, cold weather composting, pharmaceuticals, heavy metals, health, and safety.

### Contributor Bio

Joseph Jenkins is the author of several award-winning books, including *The Humanure Handbook*, now in its fourth edition, having been translated into over 20 languages and published on several continents. *The Humanure Handbook* was a graduate thesis turned into an underground best seller, based on the author's first-hand experience with compost toilet systems. Jenkins began providing consulting services worldwide in 2006 as a compost toilet expert, and has traveled to 64 countries, many multiple times. Jenkins currently resides in the US in a household serviced by a compost toilet system.



9781733603515

Pub Date: 4/29/2021

\$54.95 Can.

Hardcover

254 Pages

Full-color illustrations throughout  
House & Home / Sustainable  
Living

9 in H | 6 in W | 1.3 in T | 1.3 lb  
Wt

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**For catalogue page**



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