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Foraging Ideas. Cultivating Change.

Spring 2019





Landfill

Notes on Gull Watching and Trash Picking in the Anthropocene

Tim Dee

"A wonderfully thoughtful and gently ironic meditation on 'gull-life and gulling-life', as well as our changing relationship with nature in the Anthropocene." -P. D. Smith, *The Guardian*

Summary

Over the past hundred years, gulls have been brought ashore by modernity. They now live not only on the coasts but in our slipstream following trawlers, barges, and garbage trucks. They are more our contemporaries than most birds, living their wild lives among us in towns and cities. In many ways they live as we do, walking the built-up world and grabbing a bite where they can. Yet this disturbs us. We've started fearing gulls for getting good at being among us. We see them as scavengers, not entrepreneurs; ocean-going aliens, not refugees. They are too big for the world they have entered. Their story is our story too.

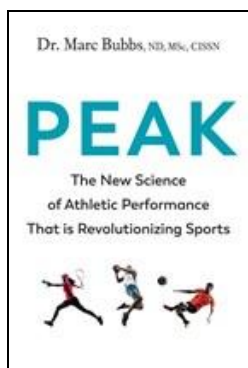
Landfill is the original and compelling story of how in the Anthropocene we have learned about the natural world, named and catalogued it, and then colonized it, planted it, or filled it with our junk. While most other birds have gone in the opposite direction, hiding away from us, some vanishing forever, gulls continue to tell us how the wild can share our world. For these reasons *Landfill* is the nature book for our times, groundbreaking and genre-bending. Without nostalgia or eulogy, it kicks beneath the littered surface of the things to discover stranger truths.

Contributor Bio

Tim Dee is a radio producer, television broadcaster, acclaimed author of *Four Fields* and *The Running Sky*, and editor of the anthology *Ground Work*.

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Peak

The New Science of Athletic Performance That is Revolutionizing Sports

Marc Bubbs

A Personalized Plan for Upgrading Athlete Health, Nutrition, Recovery, and Building a Champion's Mindset

Summary

An integrated and personalized approach to health, nutrition, training, recovery, and mindset

There is a new revolution happening in sports as more and more athletes are basing their success on this game-changing combination: health, nutrition, training, recovery, and mindset. Unfortunately, the evidence-based techniques that the expert PhDs, academic institutions, and professional performance staffs follow can be in stark contrast to what many athletes actually practice. When combined with the noise of social media, old-school traditions, and bro-science, it can be difficult to separate fact from fiction.

Peak is a groundbreaking book exploring the fundamentals of high performance (*not* the fads), the importance of consistency (*not* extreme effort), and the value of patience (*not* rapid transformation). Dr. Marc Bubbs makes deep science easy to understand, and with information from leading experts who are influencing the top performers in sports on how to achieve world-class success, he lays out the record-breaking feats of athleticism and strategies that are rooted in this personalized approach.

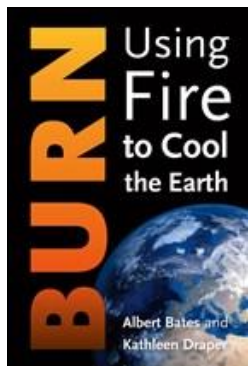
Dr. Bubbs's performance protocol is for the elite athlete, active individual, strength coach...

Contributor Bio

Dr. Marc Bubbs, ND, MSc, CISSN, CSCS, is the Director of Nutrition for the Canadian men's national basketball team, a speaker, and a former strength and conditioning coach. He is also the host of the *Dr. Bubbs Performance Podcast*, connecting listeners with world experts in nutrition, training, functional health, and mental performance. Dr. Bubbs regularly presents at health, fitness, and medical conferences across Canada, the United States, UK, and Europe and consults with professional sports teams in the NBA, NFL, NHL, and MI B. He practices in Toronto, Canada, and London, England, helping athletes and clients struggling with

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Burn

Using Fire to Cool the Earth

Albert Bates, Kathleen Draper

How we can harness the power of carbon to rebuild infrastructure, replace fossil fuels, revitalize communities, and reverse climate change

Summary

How We Can Harness Carbon to Help Solve the Climate Crisis

In order to rescue ourselves from climate catastrophe, we need to radically alter how humans live on Earth. We have to go from spending carbon to banking it. We have to put back the trees, wetlands, and corals. We have to regrow the soil and turn back the desert. We have to save whales, wombats, and wolves. We have to reverse the flow of greenhouse gases and send them in exactly the opposite direction: down, not up. We have to flip the carbon cycle and run it backwards. For such a revolutionary transformation we'll need civilization 2.0.

A secret unlocked by the ancients of the Amazon for its ability to transform impoverished tropical soils into *terra preta*—fertile black earths—points the way. The indigenous custom of converting organic materials into long lasting carbon has enjoyed a reawakening in recent decades as the quest for more sustainable farming methods has grown. Yet the benefits of this carbonized material, now called biochar, extend far beyond the soil. Pyrolyzing carbon has the power to restore a natural balance by unmining the coal and undrilling the oil and gas. Employed to its full potential, it can run the c...

Contributor Bio

Albert Bates is one of the founders of the intentional community and ecovillage movements. A lawyer, scientist, and teacher, he has taught village design, appropriate technology, and permaculture to students from more than sixty countries. His books include *Climate in Crisis*; *The Post-Petroleum Survival Guide and Cookbook*; *The Biochar Solution*; and *The Paris Agreement*.

Kathleen Draper has been deeply involved in many areas of biochar research, communication, and outreach

Uncultivated

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

Andy Brennan

Meditations on artisanship, craft, apples, and modern society—from a master cider maker

Summary

Today, food is being reconsidered. It's a front-and-center topic in everything from politics to art, from science to economics. We know now that leaving food to government and industry specialists was one of the twentieth century's greatest mistakes. The question is where do we go from here.

Author Andy Brennan describes uncultivation as a process: It involves exploring the wild; recognizing that much of nature is omitted from our conventional ways of seeing and doing things (our cultivations); and realizing the advantages to embracing what we've somehow forgotten or ignored. For most of us this process can be difficult, like swimming against the strong current of our modern culture.

The hero of this book is the wild apple. *Uncultivated* follows Brennan's twenty-four-year history with naturalized trees and shows how they have guided him toward successes in agriculture, in the art of cider making, and in creating a small-farm business. The book contains useful information relevant to those particular fields, but is designed to connect the wild to a far greater audience, skillfully blending cultural criticism with a food activist's agenda.

Apples rank among the most manipulated crops in...

Contributor Bio

Andy Brennan owns Aaron Burr Cider in New York's Catskills region. His career started as a freelance artist, working in the fields of photography, design, and architecture. Since its founding in 2011, Aaron Burr Cider has become well known among cider enthusiasts for its natural approach to cider making, using wild apples and yeasts. As a prominent figure in the growing US cider movement, Andy has been featured in print media and on television, radio, and podcasts. He regularly speaks about natural apple growing and cider production

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Carving Out a Living on the Land

Lessons in Resourcefulness and Craft from an Unusual Christmas Tree Farm

Emmet Van Driesche

An examination of what it means to make land productive-and how to combine your interests with what your land can produce-to piece together a living

Summary

When he first envisioned becoming a farmer, author Emmet Van Driesche never imagined his main crop would be Christmas trees, nor that such a tree farm could be more of a managed forest than the conventional grid of perfectly sheared trees. *Carving Out a Living on the Land* tells the story of how Van Driesche navigated changing life circumstances, took advantage of unexpected opportunities, and leveraged new and old skills to piece together an economically viable living, while at the same time respecting the land's complex ecological relationships.

From spoon carving to scything, coppicing to wreath-making, *Carving Out a Living on the Land* proves that you don't need acres of expensive bottomland to start your land-based venture, but rather the creativity and vision to see what might be done with that rocky section or ditch or patch of trees too small to log. You can lease instead of buy; build flexible, temporary structures rather than sink money into permanent ones; and take over an existing operation rather than start from scratch. What matters are your unique circumstances, talents, and interests, which when combined with what the land is capable of producing, can create a fulfilli...

Contributor Bio

Emmet Van Driesche, along with his wife, Cecilia, operates the Pieropan Christmas Tree Farm in Western Massachusetts. When he's not working on the tree farm or editing scientific manuscripts, he spends his time carving wooden spoons. His work is deeply rooted in the importance of physical labor, the ability to use one's hands, and a Yankee sense of practicality.

Eager

The Surprising, Secret Life of Beavers and Why They Matter

Ben Goldfarb

Summary

"A marvelously humor-laced page-turner about the science of semi-aquatic rodents....A masterpiece of a treatise on the natural world."—*The Washington Post*

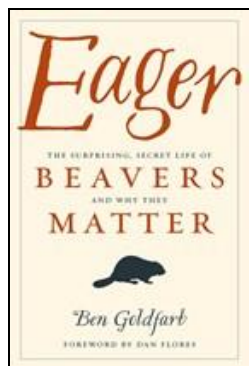
In *Eager*, environmental journalist Ben Goldfarb reveals that our modern idea of what a healthy landscape looks like and how it functions is wrong, distorted by the fur trade that once trapped out millions of beavers from North America's lakes and rivers. The consequences of losing beavers were profound: streams eroded, wetlands dried up, and species from salmon to swans lost vital habitat. Today, a growing coalition of "Beaver Believers"—including scientists, ranchers, and passionate citizens—recognizes that ecosystems with beavers are far healthier, for humans and non-humans alike, than those without them. From the Nevada deserts to the Scottish highlands, Believers are now hard at work restoring these industrious rodents to their former haunts. *Eager* is a powerful story about one of the world's most influential species, how North America was colonized, how our landscapes have changed over the centuries, and how beavers can help us fight drought, flooding, wildfire, extinction, and the ravages of climate change. Ultimately, it's ab...

Contributor Bio

Ben Goldfarb is an award-winning environmental journalist who covers wildlife conservation, marine science, and public lands management, as well as an accomplished fiction writer. His work has been featured in *Science*, *Mother Jones*, *The Guardian*, *High Country News*, *VICE*, *Audubon Magazine*, *Modern Farmer*, *Orion*, *World Wildlife Magazine*, *Scientific American*, *Yale Environment 360*, and many other publications. He holds a master of environmental management from the Yale School of Forestry and Environmental Studies and is a 2018 North American Congress for Conservation Biology journalist fellow.

Other

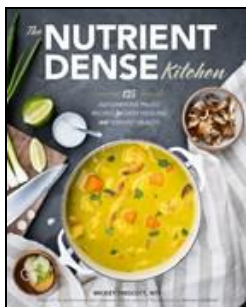
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The Nutrient-Dense Kitchen

125 Autoimmune Paleo Recipes for Deep Healing and Vibrant Health

Mickey Trescott

Summary

Eating for both nutrient density and the Autoimmune Protocol has never been so easy thanks to *The Nutrient-Dense Kitchen*!

You might be surprised to discover exactly how difficult it is to reach nutrient sufficiency eating a modern diet. While our food system is flooded with high-energy foods, these products only serve to fill us up and offer close to nothing in the way of true nourishment. An adequate supply of nutrients—vitamins, minerals, phytonutrients, fatty acids, and fibers, to name a few—are needed by the body to perform countless functions and provide essential structure. Nutrient density in the diet impacts both the outcome of chronic illness and the prevention of future disease.

In *The Nutrient-Dense Kitchen*, Mickey teaches you everything you need to know about eating like a “nutrivore.” You’ll start with a comprehensive tour of nutrients that are essential for both optimal health and deep healing, with handy charts to help you identify which foods contain them in varying amounts. You’ll also get an overview of Autoimmune Protocol details, some creative ideas for affordably sourcing the highest-quality and most nutrient-dense ingredients, and tips for setting up your kitche...

Contributor Bio

MICKEY TRESCOTT, NTP prides herself in finding creative solutions to preparing, cooking, and succeeding on allergen-free diets. She is the author of the best-selling guide to the Autoimmune Protocol, *The Autoimmune Paleo Cookbook* and co-author of *The Autoimmune Wellness Handbook*, an award-winning book advocating for a whole lifestyle approach to autoimmune healing.

Mickey is a Nutritional Therapy Practitioner and works with clients virtually all over the globe. She is the co-creator and co-teacher of *AIP Certified Coach*, an advanced training health care practitioners. In 2012, Mickey founded AutoimmuneWellness.com, a website that now serves millions of readers annually with recipes, resources, and support for living well with autoimmune disease and chronic illness.

The Whole Okra

A Seed to Stem Celebration

Chris Smith

Through the singular, wonderful lens of okra, a book that touches upon gardening, cooking, permaculture, farming, and so much more—with over forty recipes

Summary

With 42 recipes for gumbos and stews, plus okra pickles, tofu, marshmallow, paper, and more

Chris Smith’s first encounter with okra was of the worst kind: slimy fried okra at a greasy-spoon diner. Despite that dismal introduction, Smith developed a fascination with okra, and as he researched the plant and began to experiment with it in his own kitchen, he discovered an amazing range of delicious ways to cook and eat it, along with ingenious and surprising ways to process the plant from tip-to-tail: pods, leaves, flowers, seeds, and stalks. Smith talked okra with chefs, food historians, university researchers, farmers, homesteaders, and gardeners. The summation of his experimentation and research comes together in *The Whole Okra*, a lighthearted but information-rich collection of okra history, lore, recipes, craft projects, growing advice, and more.

The Whole Okra includes classic recipes such as fried okra pods as well as unexpected delights including okra seed pancakes and okra flower vodka. Some of the South’s best-known chefs shared okra recipes with Smith: Okra Soup by culinary historian Michael Twitty, Limpin’ Susan by chef BJ Dennis, Bhindi Masala by chef Meherwan Irani, and Okr...

Contributor Bio

Expert okra enthusiast Chris Smith writes regularly for *The Heirloom Gardener*, the *Mother Earth News* blog, and the *Farmers’ Almanac* blog. His presentations on the versatility of okra have delighted audiences at food and farming festivals and fairs throughout the Southeast. He is the Communications Manager for Sow True Seed in Asheville, North Carolina, and serves on the boards of The People’s Seed and Slow Food Asheville. A native of the UK, Smith has a master’s degree in creative writing from the University of Manchester. His short stories have been published in *Nashville Review*, *Mid-American Review*, and *The Manchester Review*.

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The Grain-Free, Sugar-Free, Dairy-Free Family Cookbook

Simple and Delicious Recipes for Cooking with Whole Foods on a Restrictive Diet

Leah Webb

With 135 unique and delicious recipes, this is a whole new system to preparing food and approaching the kitchen for a healthier, less-medicated family

Summary

Including One Month of Kid-Friendly Meal Plans and Detailed Shopping Lists to Make Life Easier

As the rate of chronic illness skyrockets, more and more parents are faced with the sobering reality of restrictive diets. And because everyone is busy, many families come to rely on store-bought "healthy" products to make life simpler, but many of these are loaded with sugar and hidden toxins. When faced with her own family health crisis, mother and health coach Leah Webb realized that in order to consistently provide high quality food for her family, nearly 100 percent of their meals would need to be homemade. But when she looked for a resource to guide her, most cookbooks that offered recipes "free" of allergenic foods were also high in processed starches, flours, and sugar. Webb, like so many parents, was looking for a cookbook that offered deeply nutritious, kid-friendly, whole foods recipes that were also *easy*, but there wasn't one—so she wrote it herself.

The Grain-Free, Sugar-Free, Dairy-Free Family Cookbook offers a new system to preparing food and approaching the kitchen that gets kids involved in cooking, which encourages excitement around food (a major challenge with restrictive...

Contributor Bio

Leah M. Webb, MPH, obtained her health coach certification from the Institute for Integrative Nutrition after earning a Bachelor of Science degree in Environmental Biology from Appalachian State University and a Master of Public Health degree in Environmental Health Sciences from Georgia Southern University. She has worked in nutrition and gardening education since 2009 with a focus on engaging children in healthy eating habits through experiential learning and discovery. Leah started and runs the Deep Rooted Wellness blog, on which she posts stories and tips regarding nutrition, gardening, and healthy families. Leah lives in the

Nutrition in Crisis

Flawed Studies, Misleading Advice, and the Real Science of Human Metabolism

Richard David Feinman

Scientifically accurate and entertaining, a distinguished biochemist offers an unsparing critique of the nutritional establishment

Summary

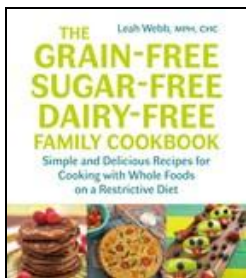
Almost every day it seems a new study is published that shows you are at risk for diabetes, cardiovascular disease, or death due to something you've just eaten for lunch. Many of us no longer know what to eat or who to believe. In *Nutrition in Crisis* distinguished biochemist Richard Feinman, PhD, cuts through the noise, explaining the intricacies of nutrition and human metabolism in accessible terms. He lays out the tools you need to navigate the current confusion in medical literature and its increasingly bizarre reflection in the media.

At the same time, *Nutrition in Crisis* offers an unsparing critique of the nutritional establishment, which continues to demonize fat and refute the benefits of low-carbohydrate and ketogenic diets—all despite decades of evidence to the contrary. Feinman tells the story of the first low-carbohydrate revolution fifteen years ago, how it began, what killed it, and why a second revolution is now reaching a fever pitch. He exposes the backhanded tactics of a regressive nutritional establishment that ignores good data and common sense, and highlights the innovative work of those researchers who have broken rank.

Entertaining, informative, and irreverent, ...

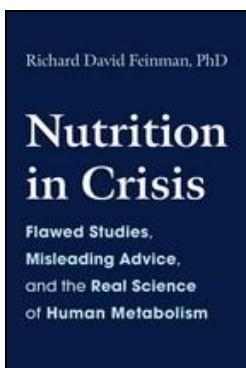
Contributor Bio

Richard David Feinman, PhD, is a professor of cell biology at the State University of New York Downstate Medical Center in Brooklyn, where he has been a pioneer in incorporating nutrition into the biochemistry curriculum. A graduate of the University of Rochester and the University of Oregon, Dr. Feinman has published numerous scientific and popular papers. Dr. Feinman is the founder and former coeditor-in-chief (2004-2009) of the journal *Nutrition & Metabolism*. He's currently researching the application of ketogenic diets to cancer.



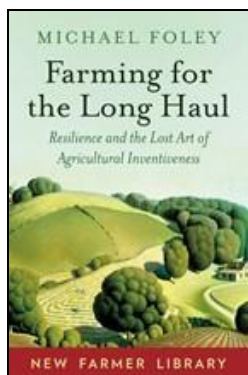
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Farming for the Long Haul

Resilience and the Lost Art of Agricultural Inventiveness

Michael Foley

A guide to building a viable small farm economy that can withstand the economic, political, and climatic shock waves that the twenty-first century portends

Summary

It's all but certain that the next fifty years will bring enormous, not to say cataclysmic, disruptions to our present way of life. World oil reserves will be exhausted within that time frame, as will the lithium that powers today's most sophisticated batteries, suggesting that transportation is equally imperiled. And there's another, even more dire limitation that is looming: at current rates of erosion, the world's topsoil will be gone in sixty years. Fresh water sources are in jeopardy, too. In short, the large-scale agricultural and food delivery system as we know it has at most a few decades before it exhausts itself and the planet with it.

Farming for the Long Haul is about building a viable small farm economy that can withstand the economic, political, and climatic shock waves that the twenty-first century portends. It draws on the innovative work of contemporary farmers, but more than that, it shares the experiences of farming societies around the world that have maintained resilient agricultural systems over centuries of often-turbulent change. Indigenous agriculturalists, peasants, and traditional farmers have all created broad strategies for survival through good times an...

Contributor Bio

After twenty years in academia, Michael Foley began farming first in southern Maryland, and then in Willits, California, where he, his wife, and oldest daughter currently operate the small, diversified Green Uprising Farm. Foley is cofounder of the School of Adaptive Agriculture (formerly the Grange Farm School), a farmer training and education program where he is a board member and teacher. He also helped create and manage a community kitchen and small farmers group. He currently manages his local farmers market, and has served as vice president of the Mendocino County Farmers' Market Association and president of Little Lake Grange.

Mid-Course Correction Revisited

The Story and Legacy of a Radical Industrialist and his Quest for Authentic Change

Ray Anderson, John A. Lanier, Paul Hawken

A sustainability classic updated for the 21st Century

Summary

The original *Mid-Course Correction*, published 20 years ago, became a classic in the sustainability field. It put forth a new vision for what its author, Ray C. Anderson, called the "prototypical company of the 21st century"—a restorative company that does no harm to society or the environment. In it Anderson recounts his eureka moment as founder and leader of Interface, Inc., one of the world's largest carpet and flooring companies, and one that was doing business in all the usual ways. Bit by bit, he began learning how much environmental destruction companies like his had caused, prompting him to make a radical change. *Mid-Course Correction* not only outlined what eco-centered leadership looks like, it also mapped out a specific set of goals for Anderson's company to eliminate its environmental footprint.

Those goals remain visionary even today, and this second edition delves into how Interface worked toward making them a reality, birthing one of the most innovative and successful corporate sustainability efforts in the world. The new edition also explores why we need to create not only prototypical companies, but also the prototypical economy of the twenty-first century. As our glo...

Contributor Bio

Ray C. Anderson was founder and chairman of Interface, Inc., one of the world's leading carpet and flooring producers. His story is now legend: Ray had a "spear in the chest" epiphany when he first read Paul Hawken's *The Ecology of Commerce*, inspiring him to revolutionize his business in pursuit of environmental sustainability. In doing so Ray proved that business can indeed "do well by doing good." His Georgia-based company has been ranked number one in a GlobeScan survey of sustainability experts, and it has continued to be an environmental leader even after Ray's death in 2011. Ray authored the 1998 classic *Mid-Course Correction*, which chronicled his epiphany, as well as a later book, *Confessions of a Radical Industrialist*. He became an unlikely screen hero in the 2003 Canadian documentary *The Corporation*, and was named one of

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Lyme Disease

Medical Myopia & the Hidden Epidemic

Bernard Raxlen, Allie Cashel

Summary

A Guide to Navigating the Labyrinth of Diagnosis and Treatment

What if, at this very moment, hundreds of thousands of people were unaware that they were living in midst of an epidemic so large that it dwarfs the AIDS epidemic by sheer numbers in North America?

What if this epidemic cut across all populations: women and men, children and adults, the infirm and the fit, the very poor and the very rich?

And what if many of our best doctors in cities like New York, London, Paris, Dublin, Sydney and San Francisco were unaware of this very same problem?

This epidemic is upon us. It lurks in the most seductive of locations outside our cities – sought after vacation places frequented by urban dwellers. These are the favorite getaway spots for the often millions of people who work in our city centers, many of whom are unaware that they are at risk of infection from this insidious microbe.

The epidemic in question is a tick-borne disease, namely the spirochete bacterium *Borrelia burgdorferi*, or Lyme disease, as it is more commonly known. Along with a number of other co-infection pathogens, including deadly viruses, this bacterium has become the scourge of the Northern Hemisphere and is now spreadi...

Contributor Bio

Dr Bernard Raxlen MD specializes in neuropsychiatry and neurocognitive complications. Over the past 30 years, he has successfully treated over 6500 cases of tick-borne disease, and today over 90% of his practice is devoted to chronic Lyme disease (CLD) and co-infections. He was an original member and co-founder of AIMS (Academy for Integrated Medical Studies) and served for several years on the Board of Directors of the Omega Institute. He is founding member and secretary of the board of governors of ILADS (the International

Trees of Power

Ten Essential Arboreal Allies

Akiva Silver, Samuel Thayer

Summary

The organic grower's guide to planting, propagation, culture, and ecology

Trees are our allies in healing the world. Partnering with trees allows us to build soil, enhance biodiversity, increase wildlife populations, grow food and medicine, and pull carbon out of the atmosphere, sequestering it in the soil.

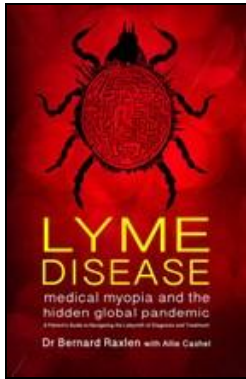
Trees of Power explains how we can work with these arboreal allies, specifically focusing on propagation, planting, and individual species. Author Akiva Silver is an enthusiastic tree grower with years of experience running his own commercial nursery. In this book he clearly explains the most important concepts necessary for success with perennial woody plants. It's broken down into two parts: the first covering concepts and horticultural skills and the second with in-depth information on individual species. You'll learn different ways to propagate trees: by seed, grafting, layering, or with cuttings. These time-honored techniques make it easy for anyone to increase their stock of trees, simply and inexpensively.

Ten chapters focus on the specific ecology, culture, and uses of different trees, ones that are common to North America and in other temperate parts of the world:

Chestnut:...

Contributor Bio

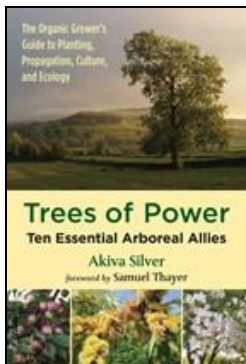
Akiva Silver owns and operates Twisted Tree Farm, a homestead, nut orchard, and nursery located in Spencer, New York, where he grows around 20,000 trees per year using practices that go beyond organic. His background is in foraging, wilderness survival, and primitive skills. He has been observing nature intensively for the last 20 years, cultivating a deep appreciation for life. Akiva lives on his farm with his wife and three young children.



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Water in Plain Sight

Hope for a Thirsty World

Judith Schwartz

Summary

Now in paperback--"[A] vision of water for a thirsty world through a better understanding of what makes natural systems thrive." --Society of Environmental Journalists

Water scarcity is on everyone's mind. Long taken for granted, water availability has become dependent on economics, politics, and people's food and lifestyle choices. But as anxiety mounts--and even as a swath of California farmland has been left fallow, and extremist groups worldwide exploit the desperation of people losing livelihoods to desertification--many are finding new routes to water security with key implications for food access, economic resilience, and climate change.

Water does not perish, nor does it require millions of years to form as do fossil fuels. However water is always on the move and we must learn to work with its natural movement. In this timely, important book, Judith D. Schwartz presents a refreshing perspective on water that transcends zero-sum thinking. By allying with the water cycle, we can revive lush, productive landscapes, like the river in rural Zimbabwe that now flows miles further than it has in living memory thanks to restorative grazing; the fruit-filled food forest in Tucson, Arizona...

Contributor Bio

Judith D. Schwartz is a journalist whose recent work looks at soil as a hub for multiple environmental, economic, and social challenges and solutions. She writes on this theme for numerous publications and speaks at venues around the world. Her 2013 book *Cows Save the Planet* was awarded a Nautilus Book Award Silver Prize for Sustainability and was among *Booklist's* Top 10 Books on Sustainability in 2014. A graduate of the Columbia Journalism School and Brown University, she lives in Vermont.

Chelsea Green Publishing
9781603589161
Pub Date: 5/2/19
\$17.95
Paperback
288 Pages
Science / Earth Sciences
SCI081000
9 in H | 6 in W

No Image
Available

Happy Pigs Taste Better

A Complete Guide to Organic and Humane Pasture-Based Pork Production

Alice Percy

A comprehensive look at raising organic, pasture-fed, gourmet meat

Summary

What does it take to raise a happy pig? Armed with experience from running the largest organic hog operation in Maine, author Alice Percy is well equipped to answer this question.

Pigs are much closer to their cousin, the wild boar, than other domesticated animals. Ethically managing pigs requires an understanding of their natural mannerisms, including factors such as social grouping, mating, territory, housing, and, of course, their love of wallowing in the mud.

In *Happy Pigs Taste Better* Percy offers a comprehensive look at raising organic, pasture-fed, gourmet meat. She advises readers on pasturing and feeding hogs organically, as well as managing the breeding herd and administering effective natural healthcare. In addition, she provides an overview of marketing and distribution for those looking to turn their hog farming operation into a lucrative business.

This book is the first of its kind to offer an in-depth approach to organic, high-welfare commercial production, including information on:

- Designing a hog business from the ground up
- Housing pigs, including benefits and drawbacks of various housing systems
- Evaluating the nutritional content of common organic feedstuffs
- Butc...

Contributor Bio

For ten years Alice Percy operated a commercial hog operation on her farm in Winthrop, Maine, becoming the

Chelsea Green Publishing
9781603587914
Pub Date: 6/18/19
\$29.95/\$39.95 Can.
Paperback
288 Pages
Full-color photographs and
illustrations throughout
Technology & Engineering /
Agriculture
TEC003020
9.5 in H | 7.5 in W

Chelsea Green Spring Frontlist 2019

Chelsea Green Publishing



Community-Scale Composting Systems : A Comprehensive Practical Guide for Closing the Food System Loop and Solving Our Waste Crisis

James McSweeney

9781603586542

Pub Date: 2/1/19

\$59.95/\$79.95 Can.

464 pages / Full-color photographs and illustrations throughout

Hardcover

Technology & Engineering / Environmental / Waste Management

10 in H | 8 in W | 1.5 in T | 0.9 lb Wt

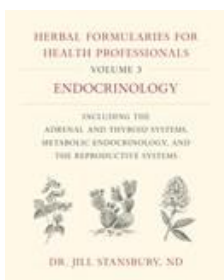
Summary: Composting at scales large enough to capture and recycle the organic wastes of a given community, whether a school, neighborhood, or even a small city, is coming of age, propelled by a growing awareness not only of our food waste crisis, but also the need to restore natural fertility in our...

Contributor Bio:

James McSweeney is a composting consultant and educator. Through his work at the Highfields Center for Composting and current consultancy, Compost Technical Services, James has worked with hundreds of composters, large and small, on everything from site planning, design, and management to compost heat recovery and livestock feeding...

Chelsea Green Spring Frontlist 2019

Chelsea Green Publishing



Herbal Formularies for Health Professionals, Volume 3 : Endocrinology, including the Adrenal and Thyroid Systems, Metabolic Endocrinology, and the Reproductive Systems

Jill Stansbury

9781603588553

Pub Date: 5/29/19

\$49.95/\$69.95 Can.

288 pages / Black-and-white illustrations throughout

Hardcover

Health & Fitness / Herbal Medications

10 in H | 8 in W

Related Products

Also Available

Herbal Formularies for Health Professionals, Volume 2
9781603587983 \$44.95 10/11/2018 Hardcover

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

Contributor Bio:

Dr. Jill Stansbury is a naturopathic physician with 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 ?eld courses in the Amazon. She is the author of *Herbal...*

Chelsea Green Spring Frontlist 2019

Hammersmith Books Limited



A Kitchen Fairytale : Healing with Food – Delicious Recipes for Everyone

Iidamaria van der Byl-Knoefel, Clint Paddison, Shi...

9781781611340

Pub Date: 11/21/18

\$34.95/\$47.50 Can.

224 pages / Full-color photographs throughout

Paperback

Cooking / Health & Healing

10.2 in H | 7.6 in W | 0.6 in T | 1.5 lb Wt

Summary: Written by 'expert patient' Iida, who has used the principles of plant-based wholefoods with no added sweeteners, fats or oils to regain her own health, this is a beautifully illustrated, full-colour cookbook that explicitly follows the approach of the Paddison Program for Rheumatoid Arthri...

Contributor Bio:

Iidamaria van der Byl-Knoefel is an Instagram proponent (11.5k followers) of plant-based whole-food eating successfully and sustainably. She developed the symptoms of inflammatory arthritis - so badly she could hardly walk down stairs - while following what she had been told was a healthy diet and lifestyle. Appalled by the side ef...

Chelsea Green Spring Frontlist 2019

Stone Pier Press



Growing Good Food : A Citizen's Guide to Backyard Carbon Farming

Acadia Tucker, Krishna Chavda

9780998862330

Pub Date: 7/29/19

\$17.95/\$24.95 Can.

150 pages / Black-and-white illustrations throughout

Paperback

Gardening / Vegetables

9 in H | 6.5 in W | 0.7 in T | 0.7 lb Wt

Related Products

Also Available

Growing Perennial Foods 9780998862354 \$17.95 2/15/2019
Paperback

A beginner's guide to ecological home gardening

Summary:

This is a handbook for growing a victory garden when the enemy is global warming. Written by Acadia Tucker, with help from gardeners Gregory Veitch and Ben Goldberg, *Growing Good Food* calls on us to take up regenerative gardening, also known as carbon farming, for the good of the planet. By...

Contributor Bio:

Acadia Tucker is a regenerative farmer and writer. Her interest in growing food led her to start a four season organic market garden in Washington, map endemic plant species in the Channel Islands, and complete plant surveys in the Peruvian rainforest. She completed a Masters in Land

Chelsea Green Spring Frontlist 2019

Permanent Publications



Compost Teas for the Organic Grower

Eric Fisher

9781856233279

Pub Date: 6/21/19

\$19.95/\$27.50 Can.

256 pages / Full-color photographs and illustrations throughout

Paperback

Gardening / Techniques

8 in H | 7 in W | 0.9 in T | 1 lb Wt

Summary: Everything you need to know about feeding your garden, orchard, or smallholding with homemade and chemical-free "teas"—packed with recipes for creating nutrient-rich, healthy soil, to give you healthy plants and ecosystems

Permaculture orchardist Eric Fisher provides an in depth history of o...

Contributor Bio:

Eric Fisher Msc Bsc (Hons) was born in North Yorkshire, has a degree in Environmental Science from Plymouth University and a masters in Technology from Cranfield University. He owns a small permaculture orchard where he practices cider making and worm farming. He has an interest in trading crypto currencies and has a love of being ...

Chelsea Green Spring Frontlist 2019

Permanent Publications



Walking with Trees

Glennie Kindred

9781856233262

Pub Date: 6/21/19

\$19.95/\$27.50 Can.

286 pages / Full-color photographs and pencil illustrations throughout

Paperback

Nature / Plants / Trees

8.1 in H | 5.6 in W | 1 in T | 0.9 lb Wt

Related Products

Also Available

Sacred Earth Celebrations, 2nd Edition 9781856231756
\$15.95 8/10/2014 Paperback
Letting in the Wild Edges 9781856231176 \$24.95 8/15/2013
Paperback

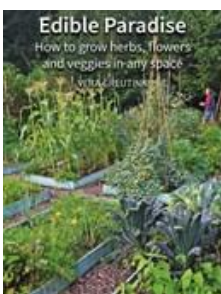
Summary: In *Walking with Trees*, Glennie Kindred takes us on an intimate and profoundly connecting walk with thirteen of our native trees. She leads us into their worlds and opens our hearts to their wonders, their qualities and their potential to heal. This is a book about relationships and inter-re...

Contributor Bio:

Glennie Kindred is the author of twelve books on Earth wisdom, native plants and trees and celebrating the Earth's cycles, including *Earth Wisdom*, *A Hedgerow Cookbook* and *Letting in the Wild Edges*. She is a highly respected teacher and much loved expert on natural lore and Earth traditions. She has a strong and committed following ...

Chelsea Green Spring Frontlist 2019

Permanent Publications


Edible Paradise : How to Grow Herbs, Flowers, Vegetables and Fruit in Any Space

Vera Greutink
9781856233255
Pub Date: 6/21/19
\$19.95/\$27.50 Can.
240 pages / Full-color illustrations throughout
Paperback
Gardening / Organic
9.6 in H | 7.6 in W | 0.9 in T | 1 lb Wt

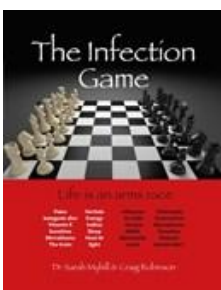
Summary: Learn how to create your own no-dig, organic garden with permaculture design and techniques. Vera's 15 years of experience as a no dig gardener provides a vast amount of knowledge on growing fruit, vegetables, herbs and flowers. The book is divided into two sections, container gardening and...

Contributor Bio:

Vera Greutink lives in Hengelo, Netherlands with her husband and two children. She has been a no-dig gardener for over 15 years, and has grown food and flowers on a range of plots from allotments to community gardens. She currently grows on a 1 hectare (966 square metre) plot, with fruit trees, greenhouse, pond and raised beds, aim...

Chelsea Green Spring Frontlist 2019

Hammersmith Books Limited


The Infection Game : Life Is an Arms Race

Sarah Myhill, Craig Robinson
9781781611425
Pub Date: 10/1/18
\$22.50/\$29.95 Can.
264 pages
Paperback
Medical / Infectious Diseases
8.7 in H | 7 in W | 1 in T | 1 lb Wt

Related Products
Also Available

The PK Cookbook 9781781611289 \$22.50 3/19/2018
Paperback
Diagnosis and Treatment of Chronic Fatigue Syndrome and Myalgic Encephalitis, 2nd ed. 9781603587877 \$24.95
2/21/2018 Paperback
Sustainable Medicine 9781603587891 \$19.95 2/21/2018
Paperback

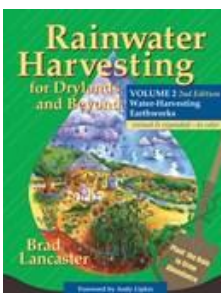
Summary: It is generally believed that infection is a killer of the past. That belief could not be more wrong! Research now shows that our big killers, from cancers and coronaries to dementia and diabetes are largely infection-driven. Indeed, it is difficult to find a pathology that does not have an...

Contributor Bio:

Dr. Sarah Myhill qualified in medicine (with Honours) from Middlesex Hospital Medical School in 1981 and has since focused tirelessly on identifying and treating the underlying causes of health problems, especially the "diseases of civilisation" with which we are beset in the West. She has worked in NHS and private practice and for...

Chelsea Green Spring Frontlist 2019

Rainsource Press


Rainwater Harvesting for Drylands and Beyond, Volume 2, 2nd Edition : Water-Harvesting Earthworks

Brad Lancaster, Andy Lipkis
9780977246441
Pub Date: 4/22/19
\$44.95/\$59.95 Can.
432 pages / Full-color photographs and illustrations throughout
Paperback
Technology & Engineering / Environmental / Water Supply
11 in H | 8.5 in W | 1 in T | 2.5 lb Wt

Related Products
Also Available

Rainwater Harvesting for Drylands and Beyond, Volume 1, 2nd Edition 9780977246434 \$29.95 7/1/2013 Paperback

Previous Editions
Updated, full-color second edition

Summary: *Rainwater Harvesting for? Drylands and Beyond, Volume 2?* is a how-to guide enabling you to "plant the rain" by creating water-harvesting "earthworks" or "rain gardens." Earthworks? are simple, inexpensive strategies and landforms that passively harvest multiple sources of free on-site water...

Contributor Bio:

Brad Lancaster is a dynamic teacher, consultant, and designer of regenerative systems. He's taught throughout North America, Middle East, Asia, Europe, Africa, and Australia; worked with the City of Tucson and other municipalities to legalize, incentivize, and provide guidance on water-harvesting systems, demonstration sites, and p...