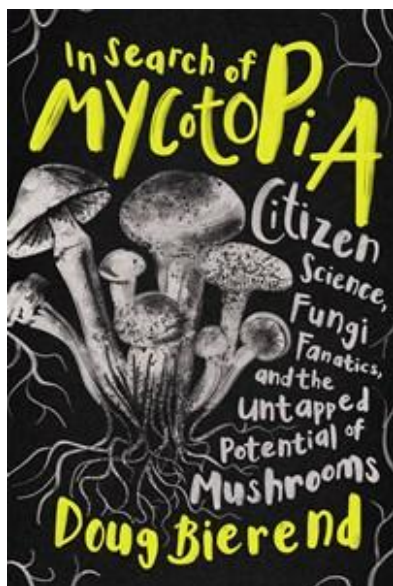




Chelsea Green Publishing

Foraging Ideas. Cultivating Change.

Spring 2021



In Search of Mycotopia

Citizen Science, Fungi Fanatics, and the Untapped Potential of Mushrooms

Doug Bierend

Key Selling Points:

- The quality of the narrative and quirky personalities and human stories position this solidly as a general interest non-fiction title.
- Doug writes for *The Atlantic*, *Vice* and more
- Builds on the popularity of the hit documentary "Fantastic Fungi"
- Appeal to environmentalists, citizen scientists, "makers," 20-something readers

Summary

An engaging and thrilling tour of the new frontiers in mycology—from ecology to fermentation to medicine—introducing the reader to the fascinating characters involved in the fungal Renaissance.

Fungi are fundamental to life. As decomposers, they are critical to the formation and sustenance of soils and ecosystems. As endlessly innovative chemists, they devise and secrete enzymes that can break down a vast variety of materials, mitigate bacterial and viral infections, and interact—for better or worse—with the bodies and brains of animals that consume their fruiting bodies, commonly called mushrooms.

Given their ubiquity and utility, it's no surprise that humans have deep cultural connections to fungi and mushrooms, even while they have remained both understudied by institutional science and misunderstood by the general populace. But an emerging mycological vanguard is reaching maturity, exploring and advocating for fungi's capacity to remediate contaminated landscapes and waterways, provide food and medicine, and demonstrate how humans might live in equitable and sustainable accord with nature and one another. This diverse cadre of growers, independent researchers, ecologists, entrepreneurs, and amateur enthusiasts is also scrambling to seize on rising demand for specialty mushrooms in culinary and medicinal markets, advance burgeoning fields of 'applied mycology,' and center conversations about social justice and sustainability.

In *In Search of Mycotopia*, Doug Bierend introduce...

Contributor Bio

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

Marketing Plans

- National Media Campaign: Print, Broadcast, Podcast, Digital
- NPR Feature Campaign
- Social Media Campaign
- Digital Advertising
- Advance Reading Copies
- Early Blurbs
- Excerpt Placement in National Media
- Author Virtual Tour: Including "In Conversations" with leading...



9781603589796

Pub Date: 3/10/2021

\$34.95 Can.

Hardcover

336 Pages

Science / Life Sciences

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

Wt

Toxic Legacy

How the Weedkiller Glyphosate Is Destroying Our Health and the Environment

Stephanie Seneff

No Image
Available

Key Selling Points:

- Public awareness of the lethal toxicity of glyphosate is cresting:
 - In 2018 Bayer-Monsanto lost a landmark cancer trial worth \$289M in damages.
 - In June 2020, Bayer/Monsanto agreed to pay an additional \$10.1 billion to settle approximately 75% of the current litigation over Roundup in the U.S.
- Stephanie Seneff explains, for the first time to a general audience, glyphosate's unique and diabolical mechanism of toxicity.
- Dr. Seneff is a senior research scientist at MIT's Computer Science and Artificial Intelligence Laboratory. Since 2010, Seneff's research focus has been on the effects of drugs, toxic chemicals, and diet on human health and disease, and she has authored over three dozen peer-reviewed journal papers on topics relating human disease to nutritional deficiencies and toxic exposures.
- Chronic conditions covered in this book include: liver disease, infertility, gut dysbiosis, neurological disorders, and autoimmunity.

Summary

The "Silent Spring" of our time: scientific evidence that the active ingredient in the world's most commonly used herbicide is responsible for a host of debilitating chronic diseases

Glyphosate is the active ingredient in Roundup, the most commonly used herbicide in the world. The United States uses more of it, per capita, than any other country. Nearly 300 million pounds of glyphosate-based herbicides are sprayed on American farms—and food—every year.

Agrichemical companies claim that glyphosate is safe for humans, animals, and the environment. But emerging scientific research on glyphosate's deadly disruption of the gut microbiome, its crippling effect on protein synthesis, and its impact on the body's ability to use and transport sulfur—not to mention several landmark legal cases—tells a very different story.

In *The Glyphosate Effect*, MIT senior research scientist Stephanie Seneff, PhD presents compelling evidence based on countless published, peer-reviewed studies that glyphosate plays a major role in skyrocketing rates of chronic diseases, including gut dysbiosis, non-alcoholic fatty liver disease, autism, infertility, and more. Dr. Seneff describes glyphosate's unique mechanism of toxicity that slowly erodes human health over time, as well as its impact on soil, ecosystems, and the nutritional quality of the nation's food supply.

As Rachel Carson did with DDT in the 1960's, Stephanie Seneff sounds the alarm on glyphosate, giving you essential information to protect your h...

Contributor Bio

Stephanie Seneff is a senior research scientist at MIT's Computer Science and Artificial Intelligence Laboratory. She has a bachelor's degree in biology with a minor in food and nutrition, and a master's degree, an engineer's degree, and a PhD in electrical engineering and computer science, all from MIT. For most of her career at MIT she was involved in the development of technology to support natural human-



9781603589291

Pub Date: 7/21/2021

\$34.95 Can.

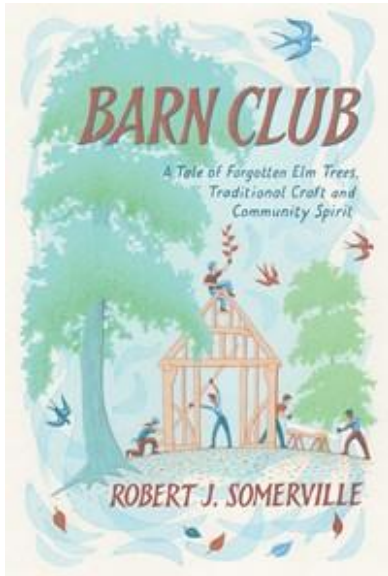
Hardcover

272 Pages

Medical / Public Health

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

Wt



Barn Club

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

Robert Somerville

Key Selling Points:

- A "feel good" narrative for fans of nature writing and natural history, and anyone who aspires to slow down
- Fascinating history of the beloved elm tree
- Perfect for urban escapees (as many BC volunteers are) and those wanting to step away from screens to work with their hands
- The building chapters are rich in practical detail on the craft of traditional timber framing--will be of interest to builders as well as craftspeople

Summary

What is rediscovered and what is learned when a year-long community of volunteers breathes life into the dormant tradition of barns built by hand using local materials

When Robert Somerville moved to Hertfordshire from Devon, he discovered an unexpected landscape rich with wildlife, particularly elm trees. Nestled within London's commuter belt, this wooded wilderness inspired Somerville, a lifelong woodworker, to revive the ancient tradition of hand-raising barns using locally sourced elm timber for material and the local community as labour.

The story of the elm tree in the landscape is central to *Barn Club*. Its natural history and its historic importance in England, continental Europe and North America make for a fascinating story told by the author, a long-time admirer of this diverse and remarkable forest denizen. The decline of the elm, which began more than a century ago, was due to an imported fungal disease, and nearly spelled its doom. Yet the tree has survived, often unnoticed, throughout the English countryside and even within some cities.

Barn Club is about craft, landscape and community. It follows the building of Carley Barn, a traditional Hertfordshire elm barn, made by hand with the help of volunteers over the course of one year. The last time barns were made in this way was 150 years ago, so the experience provides unique insights into aspects of craft construction that have faded from modern life. What happens when we imbue our structures with the local landscape...

Contributor Bio

Robert Somerville grew up in rural Kent during the 1960s. A childhood spent in the woods and hills of the North Downs and the orchards and marshes of the Little Stour valley inspired his deep love for the natural world. After studying engineering and architecture at the University of Cambridge, Somerville went on to run a design and building business in Devon, utilizing local wood, stone and earth.

Upon moving to Hertfordshire with his wife, Lydia, Somerville began working with local woodland owners and foresters to source local elm timber and then build and raise timber frames by hand, with the help of volunteers known as the Barn Club - a group formed to teach, practice and celebrate skilled rural craftsmanship.

Somerville lives with Lydia and the youngest of his three children in their se...

Marketing Plans



9781603589666

Pub Date: 3/11/2021

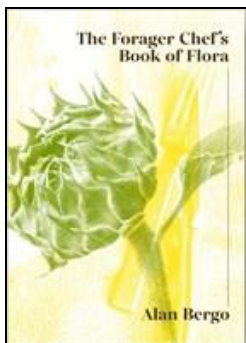
\$34.95 Can.

Hardcover

272 Pages

Black-and-white illustrations throughout, 16-page color insert
Crafts & Hobbies / Woodwork

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



The Forager Chef's Book of Flora

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

Alan Bergo

Summary

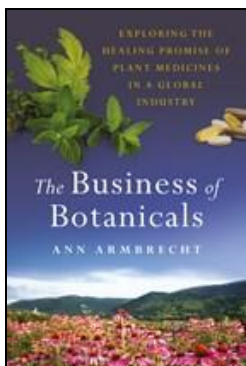
***The Forager Chef's Book of Flora* explores some of the most exciting ingredients available today—but more importantly, it gives home cooks and chefs alike a whole new way of seeing and thinking about all vegetable ingredients—by looking at them through a trained forager's eyes.**

Over the past fifteen years, Minnesota chef Alan Bergo has become one of the nation's most exciting and resourceful chefs. Watching wild plants grow and searching for new edible parts of familiar plants transformed his culinary style, similar to how the nose-to-tail movement affected the way chefs consider animals. Now when Bergo sees squash in the garden, instead of waiting for them to ripen, he harvests some while they are still green, and the shoots, flowers, and young greens too.

In *The Forager Chef's Book of Flora*, Bergo shows how understanding the properties of leaves, stems, roots, and flowers can inform how you prepare something exotic—like the head of an immature sunflower—as well as more common vegetables like broccoli stems or eggplant. As a society, we've forgotten this type of old-school knowledge, including many brilliant culinary techniques that were borne of thrift and necessity. For our own sak...

Contributor Bio

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



The Business of Botanicals

Exploring the Healing Promise of Plant Medicines in a Global Industry

Ann Armbricht

Summary

A fascinating and provocative investigation into the global business of herbal supplements and products—asking whether it delivers on its healing promise to consumers, suppliers, and the environment.

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

Author Ann Armbricht, director of the Sustainable Herbs Program of the American Botanical Council, reveals the inner workings of a complicated industry, with players that range from small farms where herbs are harvested by hand, to wild collectors who gather herbs using traditional practices, to industrial production fields where herbs are harvested by combines. Her investigation brings up questions about whether the health benefits of medicinal herbs can be preserved when production expands to an industrial scale. Armbricht shares stories from the people and places she visits around the world, including:

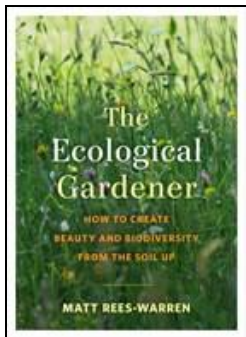
- A massive industrial facility in New Jersey that pr...

Contributor Bio

Ann Armbricht is the director of the Sustainable Herbs Program under the auspices of the American Botanical Council. She is also a writer and anthropologist (PhD, Harvard 1995) whose work explores the relationships between humans and the earth, most recently through her work with plants and plant medicine. She is the co-producer of the documentary *Numen: The Nature of Plants* and the author of the award-winning ethnographic memoir *Thin Places: A Pilgrimage Home*, based on her research in Nepal. She was a 2017 Fulbright-Nehru Scholar documenting the supply chain of medicinal plants in India. She lives with her family in central Vermont.

Chelsea Green Publishing
9781603587488
Pub Date: 2/17/21
\$34.95 CAD
Hardcover

288 Pages
16-page color insert
Health & Fitness / Herbal Medications
HEA011000
9 in H | 6 in W | 1.3 in T |
1.3 lb Wt



The Ecological Gardener

How to Create Beauty and Biodiversity from the Soil Up

Matt Rees-Warren

Summary

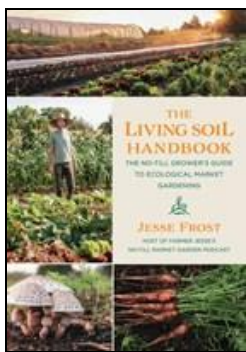
Transform your garden into a self-sustaining haven for nature and wildlife. Ecological garden designer Matt Rees-Warren shares inspirational design ideas and practical projects to help you create a garden that is both beautiful today and sustainable tomorrow.

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

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

Contributor Bio

Matt Rees-Warren is an ecological gardener, designer and writer. During 15 years of life in the 'outside', he's worked for the National Trust, been head gardener at Kilver Court Gardens, Somerset, had articles published in *RHS The Garden*, *Somerset Life*, and *Country Gardener*, and designed gardens for private clients in and around the South West. Through his work, Matt has looked to illuminate, propose and develop ecological gardening methods and practices. As an advocate of organic gardening, permaculture, no-dig gardening and wildlife gardening, among other practices, his style and ethos reflect the changing relationship between ourselves, our gardens and the natural world.



The Living Soil Handbook

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

Jesse Frost

Summary

Principles and farm-tested practices for no-till market gardening--for healthier, more productive soil!

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

Farmer Jesse's basic principles of no-till market gardening are 1) keep the soil covered as much as possible, 2) keep it planted as much as possible, and 3) disturb it as little as possible. No-till practices must be based on each farm's unique context, and thus this book guides readers in applying those principles to their own environment, with their own materials, to meet their own goals.

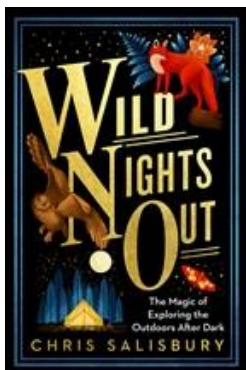
Beginning with soil biology and moving on to chapters on turning over beds, using compost and mulch, path management, and production methods for six major crops, Jesse provides in-depth, practical information on all the best tools and practices for growers who want to build their livelihood around maximizing the health of their ...

Contributor Bio

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

Chelsea Green Publishing
9781645020073
Pub Date: 4/29/21
\$34.95 CAD
Paperback
224 Pages
Full-color photographs
throughout
Gardening / Organic
GAR016000
9.7 in H | 7 in W | 1.3 in T |
1.3 lb Wt

Chelsea Green Publishing
9781645020264
Pub Date: 7/13/21
\$39.95 CAD
Paperback
272 Pages
Full-color photographs and
illustrations throughout
Technology & Engineering /
Agriculture
TEC003070
10 in H | 7 in W | 1.3 in T |
1.3 lb Wt



Wild Nights Out

The Magic of Exploring the Outdoors After Dark

Chris Salisbury

Summary

Take a walk into the wild darkness.

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

Parents, grandparents, teachers and nature educators alike will find here a wealth of unique activities to explore the natural world from dusk till dawn. Alongside games, walks and sensory experiences, talented storyteller Chris Salisbury will bring this forgotten dimension to life with some wild narratives about nocturnal creatures, as well as heavenly tales of constellations and planets, to share around the campfire.

Nature offers so much after the sun has set. Allow Chris to become your guide to the night's enchantments and not only will this instill a lifelong love of the dark, it will also boost the resilience and self-confidence of children and adults alike.

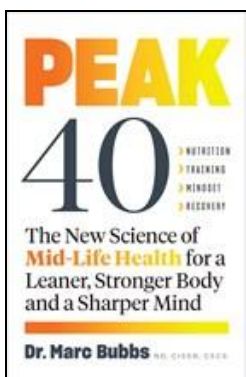
The fun doesn't have to stop just because it got dark...!

Contributor Bio

Chris Salisbury founded WildWise in 1999 after many years working as an education officer for Devon Wildlife Trust. With a background in the theatre, a training in therapy and a career in environmental education, he uses every creative means at his disposal to encourage people to enjoy and value the natural world.

Chris directs the acclaimed Call of the Wild Foundation programme for educators-in-training as well as Where the Wild Things Are, a rewilding adventure based at Embercombe in Devon.

He is also a professional storyteller (aka 'Spindle Wayfarer') and is the co-founder and artistic director for the Westcountry and Oxford Storytelling Festivals.



Peak 40

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

Marc Bubbs

Summary

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

This is the first book that is specifically designed to help you optimise your physical health, mental well-being, energy levels and intellectual acuity with a simple, science-based plan of action.

Life at 40 is very different from life in your 20s or 30s. This is the period when you begin to encounter roadblocks to peak wellness. In fact, it can be the most challenging decade of your life – when you reach peak tiredness, peak stress and when you realise that your body isn't what it used to be. That you can no longer eat, sleep, move or exercise as you used to.

Peak 40 will guide you through the myriad confusing lifestyle messages and help you understand:

- How to restore flexibility
- How to train with achy joints, knees, back, shoulders...
- Whether a plant-based diet is right
- How to maintain bone health
- Whether to lift weights
- Who should do HIIT (and who shouldn't)
- The importance of glucose control in your diet
- Whether living with anxiety and/or low mood is normal
- How to reset expectations

But these aren't questions with binary answers. Dr Bubbs will help find the best combination for YOU ...

Contributor Bio

Chelsea Green Publishing
9781645020738
Pub Date: 5/20/21
\$25.95 CAD
Paperback

208 Pages
Black-and-white illustrations
throughout
Health & Fitness / Exercise
HEA007000

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

No Image
Available

Defending Beef

The Ecological and Nutritional Case for Meat, 2nd Edition

Nicolette Hahn Niman

Summary

A passionate and factually grounded argument for responsible meat production and consumption--in an updated and expanded new edition

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

But is the matter really so clear-cut? Hardly. In *Defending Beef, Second Edition*, environmental lawyer turned rancher Nicolette Hahn Niman argues that cattle are not inherently bad for the earth. The impact of grazing can be either negative or positive, depending on how livestock are managed. In fact, with proper oversight, livestock can play an essential role in maintaining grassland ecosystems by performing the same functions as the natural herbivores that once roamed and grazed there.

The ideas and information covered in the first edition of *Defending Beef* ...

Contributor Bio

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

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

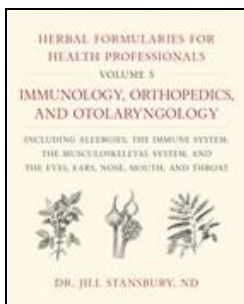
Herbal Formularies for Health Professionals is a five-volume set that serves as a comprehensive, practical reference manual for herbalists, physicians, nurses, and allied health professionals. Dr. Jill Stansbury draws on her decades of clinical experience and her extensive research to provide an unparalleled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

Contributor Bio

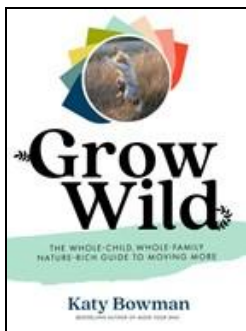
Dr. Jill Stansbury is a naturopathic physician with 30 years of clinical experience. She served as the chair of the Botanical Medicine Department of the National University of Natural Medicine for more than 20 years. She remains on the faculty, teaching and leading ethnobotany field courses in the Amazon. She is the author of *Herbal Formularies for Health Professionals, Volume 1* through *Volume 4*, 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.



Chelsea Green Publishing
9781603588577
Pub Date: 9/9/21
\$67.50 CAD
Hardcover

272 Pages
Black-and-white illustrations
throughout
Health & Fitness / Herbal
Medications
HEA011000

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



Grow Wild

The Whole-Child, Whole-Family, Nature-Rich Guide to Moving More

Katy Bowman

Summary

From biomechanist and bestselling author Katy Bowman comes her eagerly anticipated book about getting kids—from babies to preteens—and their families moving more, together, outside.

Human movement is at an all-time low, and our children are currently facing both a movement and nature deficiency, spending more time inside and moving less than any other generation throughout human history.

As adults and kids alike turn more frequently to “convenient” and tech-based solutions, many tasks that once required head-to-toe use of our muscles and bones can be done with a click and a swipe. Without realizing it, we’ve gotten rid of the movement-rich environment our physical, mental, and environmental health depend on...but not our need for it.

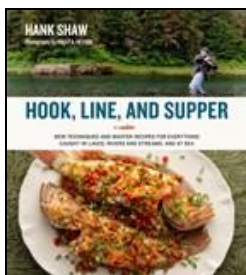
The good news is, while the problem feels massive, the solution is quite simple...and fun! Bowman, a leader in the Movement movement, has written *Grow Wild* to show where movement used to fit into the activities of daily life and more importantly, how it can again.

A companion to Bowman’s bestseller *Move Your DNA*, *Grow Wild* provides practical, everyday, nature-rich ideas on how to let *them* move their DNA in a variety of kids’ daily environments. “Stack your lif...

Contributor Bio

Bestselling author, speaker, and a leader of the Movement movement, biomechanist Katy Bowman, M.S. is changing the way we move and think about our need for movement. Her eight books, including the groundbreaking *Move Your DNA*, have been translated into more than a dozen languages worldwide.

Bowman teaches movement globally and speaks about sedentarism and movement ecology to academic and scientific audiences such as the Ancestral Health Summit and the Institute for Human and Machine Cognition.



Hook, Line and Supper

New Techniques and Master Recipes for Everything Caught in Lakes, Rivers, Streams and Sea

Hank Shaw

Summary

Quite possibly the only fish and seafood cookbook you’ll ever need, from the author of the award-winning website *Hunter Angler Gardener Cook*.

So many people get all tense when faced with a piece of fish or a bag of shrimp. It’s understandable: you went through all that effort to catch it, or, if you bought it from the store, we all know that fish isn’t cheap. You don’t want to mess things up. *Hook, Line and Supper* aims to cure that stage fright once and for all by breaking down the essence of fish and seafood cookery, allowing you to master the methods that bring out the best in whatever you catch or bring home from the market.

Rather than focusing on specific species, *Hook, Line and Supper* zeroes in on broad, widely applicable varieties of fish – both freshwater and salt – that can substitute for each other, and clearly and carefully provides master recipes and techniques that will help you become a more competent and complete fish and seafood cook.

Hank Shaw, an award-winning food writer, angler, commercial fisherman and cook at the forefront of the wild-to-table revolution, provides all you need to know about buying, cleaning, and cooking fish and seafood from all over North America...

Contributor Bio

A lifelong angler, sometimes commercial fisherman, and former chef, Hank Shaw has caught and cooked fish and seafood in nearly every state and province in the US and Canada over the course of nearly 45 years. He is the author of four award-winning cookbooks, most recently *Pheasant, Quail, Cottontail*, which won the IACP Award for best self-published book in 2019. Shaw also runs the James Beard Award-winning website *Hunter Angler Gardener Cook* (huntgathercook.com). He has been featured on numerous television shows, including Travel Channel's *Bizarre Foods* and CNN's *Somebody's Gotta Do It* with Mike Rowe. His work has appeared in

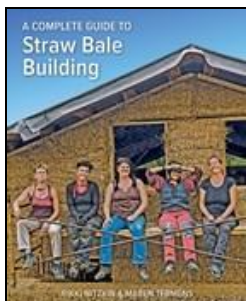
Propriometrics Press
9781943370160
Pub Date: 5/3/21
\$39.95 CAD
Paperback - with flaps

304 Pages
Full-color photographs and illustrations throughout
Health & Fitness / Children's Health
HEA046000
9.5 in H | 7 in W | 1.3 in T | 1.3 lb Wt

H&H Books
9780996944823
Pub Date: 5/13/21
\$44.95 CAD
Hardcover

352 Pages
Full-color photographs throughout
Cooking / Specific Ingredients
CKB076000

9.2 in H | 8.2 in W | 0.9 in T | 2.7 lb Wt



A Complete Guide to Straw Bale Building

Rikki Nitzkin, Maren Termens

Summary

A soup-to-nuts guide to straw bale construction, written by the founders of the Spanish Straw Bale Network

Straw bale buildings are warm in winter and cool in summer. The natural materials used create beautiful healthy homes that also have a low environmental impact. Highly affordable for self-builders, in professional construction, the relationship between quality, price, and long-term savings can easily be achieved. Straw bale is also especially suited to community-based projects as it generates curiosity and often needs groups of enthusiastic volunteers.

This complete guide gives detailed descriptions about how straw bales react to different applications and enables anyone to design and build these natural homes in different climates.

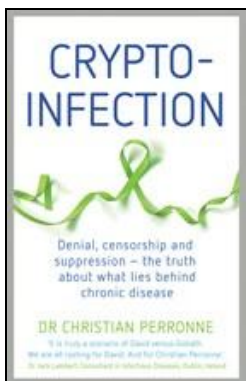
Included are:

- Step-by-step instructions for many processes
- Tips, tricks, advice and warnings
- Over 600 photos, drawings and diagrams
- Materials, tools and building techniques
- Solutions to common problems
- Plans for a practice straw bale building

Since every build is unique (availability of materials, skills, budget, climate etc.), many different and varied building techniques are explained. Self-builders will learn a vast array of skills and the confidence to b...

Contributor Bio

Rikki Nitzkin found her way to straw bale when building her own home in the Catalan Pyrenees. Maren Termens has a degree in Technical Architecture and found straw bale building after volunteering with Institut



Crypto-infection

Denial, Censorship and Suppression—the Truth About What Lies Behind Chronic Disease

Christian Perronne

Summary

A challenge to the conventional medical narrative around infectious disease from one of France's leading specialists

The accepted message is that humankind has largely conquered infectious disease with a mixture of antibiotics and vaccines, yet it is becoming increasingly clear that chronic hidden or latent infections (crypto-infections) lie behind many of today's big killers, including heart disease, dementia, and cancer. As an exemplar of how the organisms responsible can hide in plain sight, causing devastation while the medical world is in denial, *Borrelia burgdorferi*—the bacterium responsible for Lyme disease—has led Dr Perronne to clash with his fellow specialists in infectious disease (ID) and challenge the status quo. From his experience as one of France's, and the world's, leading ID specialists, he examines the threats that both Lyme in particular and crypto-infections in general pose and how we can rise to the challenge.

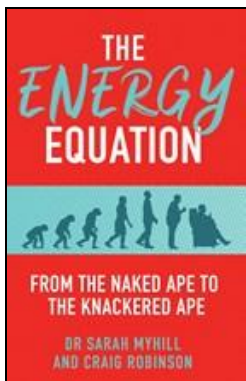
Contributor Bio

Christian Perronne MD, PhD qualified in Internal Medicine and is Professor of Infectious and Tropical Diseases at the University of Versailles-St Quentin, Paris-Saclay, France. Since 1994, he has been head of a Department of Medicine at the Raymond Poincaré University Hospital in Garches, Greater Paris University Hospitals group. He had major responsibilities within several institutions: the Pasteur Institute in Paris (vice-director of the national tuberculosis reference centre), French College of Professors of Infectious and Tropical Diseases (chairman), French National Technical Advisory Group of Experts on Immunisation (chairman), French Drug Agency (chairman of several working groups making evidence-based recommendations), Superior Council for Public Hygiene in France (chairman), French High Council for Public Health (chairman of the Communicable Diseases Commission), INSERM, National Council of Universities (chairman for infectious and tropical diseases), and the European Advisory...

Hammersmith Books Limited
9781781611784
Pub Date: 3/4/21
\$34.95 CAD
Paperback

320 Pages
Medical / Infectious
Diseases
MED022090

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



The Energy Equation

From the Naked Ape to the Knackered Ape

Sarah Myhill, Craig Robinson

Summary

Energy as a foundation of good health—how we can get it and keep it

Whether we are elite athletes, office workers, or students struggling with assignments, we all need energy and can only optimise our performance with optimal energy levels. And if our energy demand exceeds our energy supply we eventually have to stop. In her NHS and then independent medical practice, Dr Myhill has increasingly specialised in helping patients with pathologically low levels of energy. Through this she has learned of the centrality of having sufficient energy to live well and stay healthy, and of balancing energy generation with energy use. In this, her simplest and most readable account of the fundamentals of good health, supported by editor and former patient Craig Robinson, Dr Myhill provides all we need to ensure the energy equation is resolving in our favour.

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 17 years was the Hon Secretary of the British Society for Ecological Medicine, which focuses on the causes of disease and treating through diet, supplements and avoiding toxic stress. She helps to run and lectures at the Society's training courses and also lectures regularly on organophosphate poisoning, the problems of silicone, and chronic fatigue syndrome.

Craig Robinson took a first in Mathematics at Oxford University in 1985. He then joined Price Waterhouse and qualified as a Chartered Accountant in 1988, after which he worked as a lecturer in the private sector, and also in The City of London, primarily in Financial Sector Regulation roles. Craig first m...

Also Available



No Dig Year-Round Harvests

Grow food all year in your garden, allotment or homestead

Stephanie Hafferty

Summary

Extend your no-dig season to fill the whole calendar

Co-author of the best-selling, award winning *No Dig Organic Home and Garden*, Stephanie Hafferty explains how to grow your own fresh and organic vegetables, herbs and fruit in any sized garden, whilst creating healthy, carbon sequestering soil and a wildlife-friendly and happy space.

She shares:

- Tips on small space growing, using intercropping and module sowing
- Ideas for indoor growing for those with small or no gardens
- Step-by-step plans and timings from sowing to harvesting
- Advice on setting up your own no dig garden
- Key veggies, fruits and herbs to grow for ease, taste and nutrition
- Composting systems, water conservation and plant propagation
- Gardening for food and wildlife biodiversity
- Natural pest controls

No matter where you live and what size garden you have, Stephanie will show you how to grow a healthy, productive garden that will provide food for the table in every month of the year. Her methods are positively liberating!

Contributor Bio

Stephanie Hafferty is a professional organic no dig kitchen gardener, writer and chef, specialising in seasonal plant-based food. She is passionate about sharing her knowledge of growing and cooking good food to feed families and communities. She specialises in making organic, biodegradable, zero plastic, zero waste beautiful products for the home and garden. Her first book, *No Dig Organic Home and Garden*, co-authored with

Hammersmith Books Limited
9781781611852
Pub Date: 1/28/21
\$34.95 CAD
Paperback

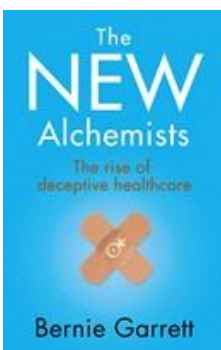
182 Pages
Health & Fitness / Healthy
Living
HEA010000

7.8 in H | 5.1 in W | 1.3 in T
| 1.3 lb Wt

Permanent Publications
9781856233347
Pub Date: 5/13/21
\$35.95 CAD
Paperback

224 Pages
Full-color photographs
throughout
Gardening / Organic
GAR016000

9.1 in H | 7.8 in W | 1.3 in T
| 1.3 lb Wt



The New Alchemists : The Rise of Deceptive Healthcare

Bernie Garrett

9781781611883

Pub Date: 5/27/21

\$34.95 CAD

320 pages

Paperback

Health & Fitness / Health Care Issues

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

Summary: How to identify and see through deceptive and unethical health marketing practices

Health scams come in all shapes and sizes—from the suppression of side-effects from prescription drugs to the unproven benefits of 'traditional' health practices—taking advantage of the human tendency to assum...

Contributor Bio:

Bernie Garrett is a professor at the University of British Columbia School of Nursing with over 35 years of experience in clinical nursing and nursing education. He is a registered nurse and holds a PhD and a number of specialist health and educational qualifications. He has authored numerous research papers and chapters and severa...



The Forager's Garden

Anna Locke

9781856233071

Pub Date: 4/8/21

\$19.95 CAD

176 pages / Full-color illustrations throughout

Paperback

Gardening / Organic

8.4 in H | 5.1 in W | 1.3 in T | 1.3 lb Wt

Summary: A handy, accessible guide to creating your own paradise plot where you can forage throughout the year

Anna Locke condenses years of hands-on experience to walk you through the skills and techniques you need to design and plant a delicious, useful, and thriving garden in town or country that ...

Contributor Bio:

Brought up in cities all over the world, Anna's journey into a deep love of plants began with a degree in herbal medicine. She passed the RHS diploma in Horticulture in 2000 and became a community gardener around North London, teaching children and adults in schools, play centres, community centres, housing estates and allotments. ...



Grounded : A Gardener's Journey to Abundance and Self-Sufficiency

Liz Zorab

9781856233026

Pub Date: 4/8/21

\$29.95 CAD

240 pages / Full-color photographs throughout

Paperback

Self-Help / Green Lifestyle

9.1 in H | 7.8 in W | 1.3 in T | 1.3 lb Wt

Summary: A tale of courage and imagination that will inspire readers to grow their own productive paradise and live their dreams

This is the story of a gardener's transformation of a tired paddock to food abundance in just over four years, with little money and a lot of resourcefulness and clever ide...

Contributor Bio:

Liz Zorab runs Byther Farm with her husband, Mr J. On just 0.8 acres, they grow 80% of the food and drink they enjoy each year, and they also run a veggie box scheme.

Liz teaches gardening and self-sufficiency on a vibrant YouTube Channel, Byther Farm.

**Chelsea Green books are distributed in Canada
by University of Toronto Press Distribution,
and represented by Ampersand, Inc.**

**British Columbia/ Alberta/ Saskatchewan/ Manitoba/ Yukon/ Nunavut/
NWT**

Ali Hewitt 604-448-7166 alih@ampersandinc.ca

Dani Farmer 604-448-7168 danif@ampersandinc.ca

Jessica Price 604-448-7170 jessicap@ampersandinc.ca

Pavan Ranu 604-448-7165 pavanr@ampersandinc.ca

2440 Viking Way, Richmond, BC, V6V 1N2
general phone 604-448-7111, toll-free 1-800-561-8583
fax 604-448-7118, toll-free 888-323-7118

Ontario

Saffron Beckwith Ext. 124 saffronb@ampersandinc.ca

Morgen Young Ext. 128 morgeny@ampersandinc.ca

Laureen Cusack Ext. 120 laureenc@ampersandinc.ca

Vanessa Di Gregorio Ext. 122 vanessad@ampersandinc.ca

Evette Sintichakis Ext. 121 evettes@ampersandinc.ca

Jenny Enriquez Ext. 126 jennye@ampersandinc.ca

Kris Hykel Ext 127 krish@ampersandinc.ca

Head Office:
Suite 213, 321 Carlaw Avenue, Toronto, ON, M4M 2S1
phone 416-703-0666, toll-free 866-736-5620
fax 416-703-4745, toll-free 866-849-3819

Quebec

Jenny Enriquez

direct phone 416-703-0666 Ext. 126, toll-free 866-736-5620

fax 416-703-4745 jennye@ampersandinc.ca

Atlantic Provinces

Kris Hykel

direct phone 416-703-0666 Ext. 127, toll-free 866-736-5620

fax 416-703-4745 krish@ampersandinc.ca