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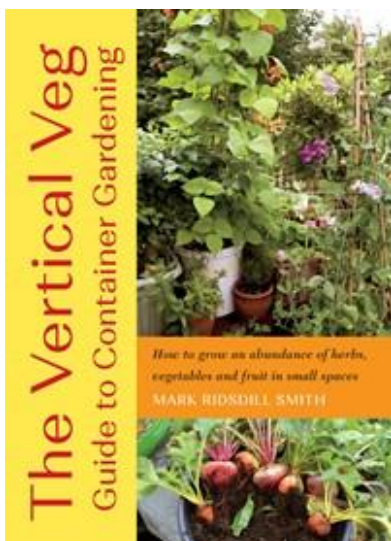
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Discount: 47%

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Conditions: One order per code. Ends April 30, 2022. Combinable across all Ampersand's participating UTP publishers. Includes all titles not marked NYP.



The Vertical Veg Guide to Container Gardening

How to Grow an Abundance of Herbs, Vegetables and Fruit in Small Spaces

Mark Ridsdill Smith

Summary

From the creator of the wildly popular website “Vertical Veg” and with over 200k people in his online community of growers, comes the complete guide to growing delicious fruit, vegetables, herbs, and salad in containers, pots, and more—in any space, from window boxes to garden yards, no matter how small!

If you long to grow your own tomatoes, zucchini, or strawberries, but thought you didn’t have enough space, Mark Ridsdill Smith, aka the “Vertical Veg Man,” will show you how to make the most of walls, balconies, patios, arches, and windowsills.

Ridsdill Smith has spent over ten years teaching people to grow bountiful, edible crops in all kinds of containers in small spaces.

Inside *The Vertical Veg Guide to Container Gardening*, you’ll find:

- Mark’s “Eight Steps to Success”
- How to make the most of your space
- How to draw up a planning calendar so you can grow throughout the year
- Planting projects for beginners
- Compost recipes and wormery guide for the more experienced gardener
- Troubleshoots for specific challenges of growing in small spaces
- How growing food at home can contribute to wellbeing, sustainability, and the local community

With quick, proven results from his own tests, failures, and successes, Mark will show you how gardening in containers is not just a hobby, but a way of creating a significant amount of delicious, low-cost, high nutrition food.

Don’t be confined by the space you have—grow all the food you want with Mark’s *Vertical Veg Guide to Container Gardening*.

Contributor Bio

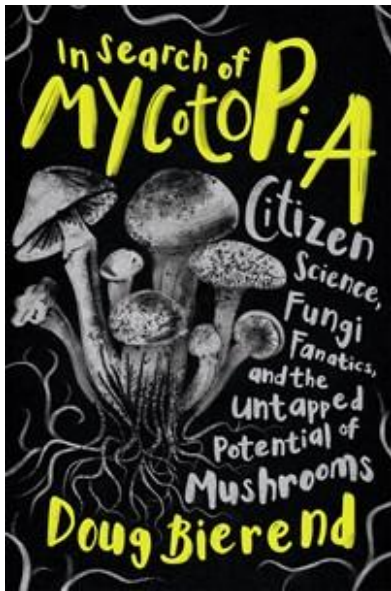
Mark Ridsdill Smith founded Vertical Veg in 2009 after discovering how much food he could grow on the balcony of his flat. His website and Facebook page inspire and support people to grow food in small urban spaces, and Mark has run workshops across the UK, including for Garden Organic and Capital Growth.

Mark has shared his growing experience on BBC Radio 4’s *Gardeners’ Question Time*, Alan Titchmarsh’s *Love Your Garden* on ITV and BBC1’s *Countryfile*. He has also written a series of 15 articles for the *Guardian*’s ‘Live Better’ campaign and a feature for *Which? Gardening*.



Chelsea Green Publishing
9781645021506
Pub Date: 3/24/2022
\$44.95 Can.
Paperback

320 Pages
Full-color photographs and
illustrations throughout
Gardening / Container
9.7 in H | 7 in W | 1.3 in T | 1.3 lb
Wt



In Search of Mycotopia

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

Doug Bierend

Summary

"Mushrooms are having a moment. [A] natural sequel for the many readers who enjoyed Merlin Sheldrake's *Entangled Life*."—*Library Journal*

"Bierend writes with sensual verve and specificity, enthusiasm, and humor. . . . [He] introduces us to the staggering variety of mushrooms, their mystery, their funk, and the way they captivate our imaginations."—*The Boston Globe*

"Nothing is impossible if you bring mushrooms into your life, and reading this book is a great way to begin your journey."—Tradd Cotter, author of *Organic Mushroom Farming and Mycoremediation*

From ecology to fermentation, in pop culture and in medicine—mushrooms are everywhere. With an explorer's eye, author Doug Bierend guides readers through the weird, wonderful world of fungi and the amazing mycological movement.

In Search of Mycotopia introduces us to an incredible, essential, and oft-overlooked kingdom of life—fungi—and all the potential it holds for our future, through the work and research being done by an unforgettable community of mushroom-mad citizen scientists and microbe devotees. This entertaining and mind-expanding book will captivate readers who are curious about the hidden worlds and networks that make up our planet.

Bierend uncovers a vanguard of mycologists: growers, independent researchers, ecologists, entrepreneurs, and amateur enthusiasts exploring and advocating for fungi's capacity to improve and heal. From decontaminating landscapes and waterways to achieving food security, *In Search of Mycotopia* demonstrates how humans can work with fungi to better live with nature—and with one another.

"Comprehensive and enthusiastic. . . . This fascinating, informative look into a unique subculture and the fungi at its center is a real treat."—*Publishers Weekly*

"If you enjoyed Merlin Sheldrake's *Entangled Life* . . . I highly recommend this book. . . . In the vein of Louis Theroux, Bierend journeys deep in the wonderfully strange subculture of the mushroom-mad."—*Idler* magazine

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.



Chelsea Green Publishing

9781645021490

Pub Date: 5/26/2022

\$24.95 Can.

Paperback

336 Pages

Science / Life Sciences

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

Wt

UNDERSTANDING THE HEART

SURPRISING INSIGHTS INTO
THE EVOLUTIONARY ORIGINS
OF HEART DISEASE
—AND WHY IT MATTERS

DR. STEPHEN HUSSEY, MS, DC

Understanding the Heart

Surprising Insights into the Evolutionary Origins of Heart Disease—and Why It Matters

Stephen Hussey

Summary

“The most mind-blowing information on heart disease. . . . I consider this to be the best book I’ve ever read on cardiovascular health.”—Ben Greenfield, *New York Times* bestselling author

Heart disease is the number-one killer in the world. Despite ever-advancing medical procedures and more and more powerful pharmaceutical drugs, the rate of heart disease continues to rise.

According to Dr. Stephen Hussey, this is due in part to misunderstandings about how the heart really functions and how to keep it healthy. These misunderstandings result in improper medical approaches and off-target intervention therapies.

As a type 1 diabetic, Dr. Hussey has always known that he was at two to four times greater risk of developing heart disease. As a result, he has dedicated his entire adult life to understanding the heart, to prevent himself from becoming a statistic.

And then his worst nightmare came true. Dr. Hussey suffered a “STEMI,” a blockage in the left anterior descending artery of his heart. STEMI is typically so fatal that they are known as “widowmakers.” Only 12 percent of those who experience them outside of a hospital setting survive.

Dr. Hussey was among the lucky 12 percent, but faced a difficult decision during his recovery: follow the standard of care laid out for him by the attending cardiologist, or politely decline and apply everything he’d learned about the heart to a recovery protocol that would look massively different than what the doctors were recommending.

In *Understanding the Heart*, Dr. Hussey shares the information that guided him through the highest-stakes decision of his life, including:

- A large body of research suggesting that the heart is not the main mover of blood in the body, and what that means for your overall health
- The evolutionary origins of the nervous system, and how these manifest today in rampant rates of heart disease
- Deep analysis of the widely accepted idea that saturated fat and cholesterol will clog your arteries
- The importance of reducing oxidative stress for a heart healthy lifestyle

In *Understanding the Heart*, Dr. Stephen Hussey lays bare everything he has learned in his deep investigation into the heart, and guides you on a path to prevent disease in the context of a highly diseased modern world in order to enjoy lifelong good health.

Contributor Bio

Dr. Stephen Hussey is a board-certified chiropractor and functional medicine practitioner. He has a bachelor's degree in health and wellness promotion from the University of North Carolina Asheville as well as a doctorate of chiropractic and master's in human nutrition and functional medicine from the University of Western States. In addition to working as a chiropractor in clinical practice, Dr. Hussey has worked with people all over the world, coaching them back to health; he sees the power of food, lifestyle change, and personal environment modification change lives.



THE HOME-SCALE FOREST GARDEN

How to Plan, Plant, and Tend a Resilient Edible Landscape



DANI BAKER

The Home-Scale Forest Garden

How to Plan, Plant, and Tend a Resilient Edible Landscape

Dani Baker

Summary

Learn how to create an edible forest garden—perfect for gardeners and growers at any scale!

Includes over 100 cold-hardy berry bushes, fruit and nut trees, perennial vegetables, herbs, edible flowers, mushrooms, and more.

When market gardener Dani Baker attended a permaculture workshop at her local Cooperative Extension office in upstate New York, she was inspired by its message of working with nature to create a thriving edible garden ecosystem. She immediately launched a new experiment she dubbed the “Enchanted Edible Forest.” In *The Home-Scale Forest Garden*, Baker shares what she learned as she became a forest gardener, providing a practical, in-depth guide to creating a beautiful, bountiful edible landscape at any scale—from a few dozen square feet to an acre or more.

Baker provides information on planning, planting, and maintaining a resilient forest garden ecosystem, including:

- Using permaculture principles
- Observing and mapping your space
- Building planting beds, including hügelkultur mounds
- Coping with saturated soil
- Matching perennial edible plants to the right growing conditions
- Grouping plants in diverse layers that attract and shelter beneficial insects and birds
- Creating microclimates to increase the range of plants you can grow
- Pruning, propagating, managing pests, and more
- Expending less energy for greater reward

The Home-Scale Forest Garden is complete with descriptions of over 100 food-bearing and multifunctional plants for every layer of a forest garden: overstory and understory trees, shrubs, herbaceous plants, groundcovers, vines, and mushrooms, too.

The book includes over 200 photographs taken over 10 years of forest development, along with illustrations of a garden layout and special plant groupings for a range of conditions, including hot, dry sites and shady, moist sites.

Throughout, Baker candidly shares both her mistakes and her successes to help readers better understand the dynamics of a forest garden as it grows and changes over time. From her Asian Pear Adventure and Tamarack Travesty to her discoveries of unique ways to rescue and transplant tree seedlings, readers will appreciate the practical advice as she recounts lessons learned from her grand edible gardening experiment.

This is the perfect guide for gardeners of all experience levels who want to work with nature’s model and expand the range of food crops they grow as the...

Contributor Bio

Dani Baker and her partner, David Belding, farm at Cross Island Farms on Wellesley Island in the St. Lawrence River between New York and Canada, where they raise



Chelsea Green Publishing

9781645020981

Pub Date: 5/13/2022

\$44.95 Can.

Paperback

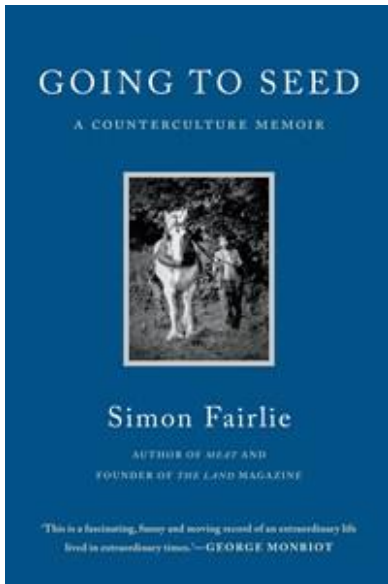
320 Pages

Full-color photographs (245) and illustrations throughout

Gardening / Landscape

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

Wt



Going to Seed

A Counterculture Memoir

Simon Fairlie

Summary

An unforgettable firsthand account of how the hippie movement flowered in the late 1960s, appeared spent by the Thatcher-consumed 1980s, yet became the seedbed for progressive reform we now take for granted—and continues to inspire generations of rebels and visionaries.

At a young age, Simon Fairlie rejected the rat race and embarked on a new trip to find his own path. He dropped out of Cambridge University to hitchhike to Istanbul and bicycle through India. He established a commune in France, was arrested multiple times for squatting and civil disobedience, and became a leading figure in protests against the British government's road building programs of the 1980s and—later—in legislative battles to help people secure access to land for low impact, sustainable living.

Over the course of fifty years, we witness a man's drive for self-sufficiency, freedom, authenticity, and a deep connection to the land.

Fairlie grew up in a middle-class household in leafy middle England. His path had been laid out for him by his father: boarding school, Oxbridge, and a career in journalism. But everything changed when Simon's life ran headfirst into London's counterculture in the 1960s. Finding Beat poetry, blues music, cannabis and anti-Vietnam War protests unlocked a powerful lust to be free. Instead of becoming a celebrated Fleet Street journalist like his father, Simon became a laborer, a stonemason, a farmer, a scythesman, and then a magazine editor and a writer of a very different sort. In *Going to Seed* he shares the highs of his experience, alongside the painful costs of his ongoing search for freedom—estrangement from his family, financial insecurity, and the loss of friends and lovers to the excesses and turbulence that continued through the 70s and 80s.

Part moving, free-wheeling memoir, part social critique, *Going to Seed* questions the current trajectory of Western "progress"—and the explosive consumerism, growing inequality, and environmental devastation laid bare in our daily newsfeeds—and will resonate with anyone who wonders how we got to such a place. Simon's story is for anyone who wonders what the world might look like if we began to chart a radically different course.

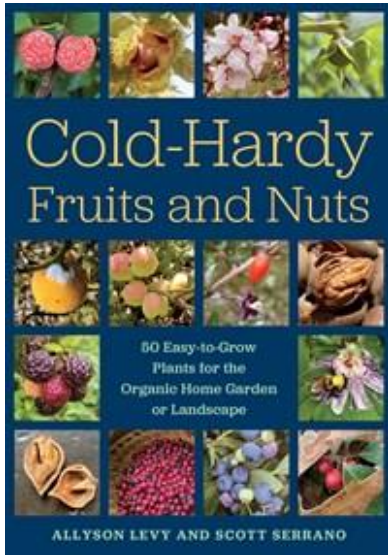
Contributor Bio

Simon Fairlie worked for twenty years variously as an agricultural labourer, vine worker, shepherd, fisherman, builder and stonemason before being ensnared by the computer in 1990. He was a coeditor of *The Ecologist* magazine for four years until he joined a farming community in 1994 where he managed the cows, pigs and a working horse. He now runs a micro dairy at Monkton Wyld Court, a charity and cooperative in rural Dorset. Simon is a founding editor of *The Land* magazine, and he earns a living by selling scythes. He is the author of *Low Impact Development: Planning and People in a Sustainable Countryside* (1996) and *Meat: A Benign Extravagance* (2010).



Chelsea Green Publishing
9781645020615
Pub Date: 2/22/2022
\$27.95 Can.
Paperback

272 Pages
Biography & Autobiography /
Environmentalists & Naturalists
9 in H | 6 in W | 1.3 in T | 1.3 lb
Wt



Cold-Hardy Fruits and Nuts

50 Easy-to-Grow Plants for the Organic Home Garden or Landscape

Allyson Levy, Scott Serrano

Summary

The easy-to-use resource for growing healthy, resilient, low-maintenance trees, shrubs, vines, and other fruiting plants from around the world—perfect for farmers, gardeners, and landscapers at every scale.

Illustrated with more than 200 color photographs and covering 50 productive edible crops—from Arctic kiwi to jujube, medlar to heartnut—this is *the* go-to guide for growers interested in creating diversity in their growing spaces.

Cold-Hardy Fruits and Nuts is a one-stop compendium of the most productive, edible fruit-and nut-bearing crops that push the boundaries of what can survive winters in cold-temperate growing regions. While most nurseries and guidebooks feature plants that are riddled with pest problems (such as apples and peaches), veteran growers and founders of the Hortus Arboretum and Botanical Gardens, Allyson Levy and Scott Serrano, focus on both common and unfamiliar fruits that have few, if any, pest or disease problems and an overall higher level of resilience.

Inside *Cold-Hardy Fruits and Nuts* you'll find:

- Taste profiles for all fifty hardy fruits and nuts, with notes on harvesting and uses
- Plant descriptions and natural histories
- Recommended cultivars, both new and classic
- Propagation methods for increasing plants
- Nut profiles including almonds, chestnuts, walnuts, and pecans
- Fertilization needs and soil/site requirements
- And much more!

With beautiful and instructive color photographs throughout, the book is also full of concise, clearly written botanical and cultural information based on the authors' years of growing experience. The fifty fruits and nuts featured provide a nice balance of the familiar and the exotic: from almonds and pecans to more unexpected fruits like maypop and Himalayan chocolate berry. *Cold-Hardy Fruits and Nuts* gives adventurous gardeners all they need to get growing.

Both experienced and novice gardeners who are interested in creating a sustainable landscape with a greater diversity of plant life—while also providing healthy foods—will find this book an invaluable resource.

Contributor Bio

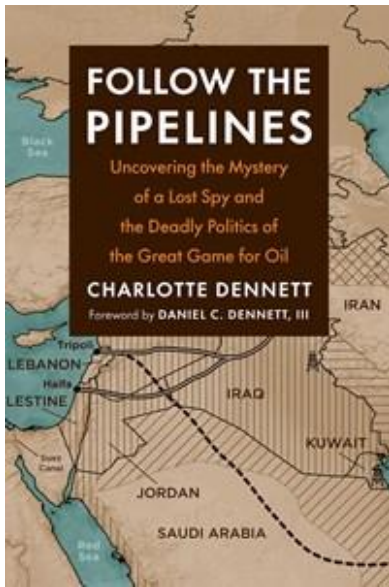
Allyson Levy and Scott Serrano are both exhibiting visual artists and codirectors of Hortus Arboretum and Botanical Gardens in New York's Hudson Valley. Their garden began as a source of inspiration and raw materials for their art. Over time their interest in growing a wider selection of plants expanded until the garden encompassed eleven acres and became their primary passion. Along the way they began planting a vast diversity of plants, both edible and ornamental. This grew into an extensive collection of cold-hardy cactus, magnolia trees, viburnums, and grafted fruit trees, with a focus on rare, underutilized plants. The arboretum is now a nonprofit organization and level II arboretum.

Allyson Levy and Scott Serrano are both exhibiting visual artists and codirectors of Hortus Arboretum and Botanical Gardens in New York's Hudson Valley. Their garden



Chelsea Green Publishing
9781645020455
Pub Date: 3/4/2022
\$44.95 Can.
Paperback

384 Pages
Full-color photographs throughout
Gardening / Fruit
10 in H | 7 in W | 1.3 in T | 1.3 lb
Wt



Follow the Pipelines

Uncovering the Mystery of a Lost Spy and the Deadly Politics of the Great Game for Oil

Charlotte Dennett, Daniel C. Dennett III

Summary

“Charlotte Dennett has written an excellent book summarizing the geopolitics of the Middle East historically through to current events. . . . This is an amazing piece of historical writing. . . . Students, foreign affairs ‘experts’ and officials should have this work as required reading.”—Jim Miles, *Palestine Chronicle*

Unraveling the mystery of a master spy’s death by following pipelines and mapping wars in the Middle East.

In 1947, Daniel Dennett, America’s sole master spy in the Middle East, was dispatched to Saudi Arabia to study the route of the proposed Trans-Arabian Pipeline. It would be his last assignment. A plane carrying him to Ethiopia went down, killing everyone on board. Today, Dennett is recognized by the CIA as a “Fallen Star” and an important figure in US intelligence history. Yet the true cause of his death remains clouded in secrecy.

In *Follow the Pipelines*, investigative journalist Charlotte Dennett digs into her father’s postwar counterintelligence work, which pitted him against America’s wartime allies—the British, French, and Russians—in a covert battle for geopolitical and economic influence in the Middle East. Through stories and maps, she reveals how feverish competition among superpower intelligence networks, military, and Big Oil interests have fueled indiscriminate attacks, misguided foreign policy, and targeted killings that continue to this day.

The book delivers an irrefutable indictment of these devastating forces and demonstrates how the brutal violence they incite has shaped the Middle East and birthed an era of endless conflict.

Follow the Pipelines also brings new questions to the fore:

- To what lengths has the United States negotiated with the Taliban, Al Qaeda, and ISIS to secure Big Oil’s holdings in Syria, Iraq, Afghanistan, and Yemen?
- Was the Pentagon’s goal of defeating ISIS a fraudulent pretext for America’s occupation of Syrian eastern provinces and a land grab for oil?
- Did the infamous double agent Kim Philby, who worked for the British while secretly spying for the Russians, have anything to do with Dennett’s death?
- Why have the US and China made North Africa the next major battleground in the Great Game for Oil?

Part personal pilgrimage, part deft critique, Dennett’s insightful reportage examines what happens to international relations when oil wealth hangs in the balance, and she shines a glaring light on what so many hav...

Contributor Bio

Charlotte Dennett is a former Middle East reporter, investigative journalist, and attorney. She is the co-author of *Thy Will Be Done: The Conquest of the Amazon: Nelson Rockefeller and Evangelism in the Age of Oil*. Dennett’s brother, **Daniel C. Dennett III**, famed philosopher and author of *From Bacteria to Bach and Back: The Evolution of Minds and Consciousness Explained*, wrote the foreword to *The Crash of Flight 2804*.



Chelsea Green Publishing

9781645021476

Pub Date: 2/3/2022

\$27.95 Can.

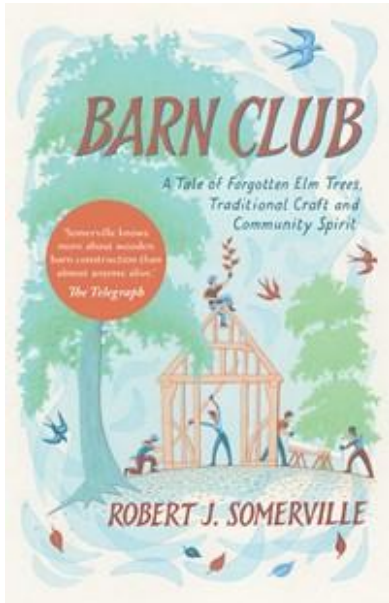
Paperback

368 Pages

Political Science / Geopolitics

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

Summary

"In today's ego-techno-centred world, Robert Somerville's . . . *Barn Club* approach is a way forward that utilizes local traditions, local materials, and local hands to create a built environment that is more harmonious with the natural world and of course more beautiful."—Jack A. Sobon, architect, timber framer, and author of *Hand Hewn*

"Somerville knows more about wooden barn construction than almost anyone alive."—*The Telegraph*

Natural history meets traditional hand craft in this celebration of the elm tree and community spirit.

When renowned craftsman Robert Somerville moved to Hertfordshire in southern England, he discovered an unexpected landscape rich with wildlife and elm trees. Nestled within London's commuter belt, this wooded farmland inspired Somerville, a lifelong woodworker, to revive the ancient tradition of hand-raising barns.

Barn Club follows the building of Carley Barn over the course of one year. Volunteers from all walks of life joined Barn Club, inspired to learn this ancient skill of building elm barns by hand, at its own quiet pace and in the company of others, while using timber from the local woods.

The tale of the elm tree in its landscape is central to *Barn Club*. Its natural history, historic importance, and remarkable survival make for a fascinating story.

This is a tale of forgotten trees, a local landscape, and an ancient craft.

This book includes sixteen pages of color photographs, and black and white line drawings of techniques and traditional timber frame barns feature throughout.

Perfect for fans of *Norwegian Wood* and *The Hidden Life of Trees*.

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.

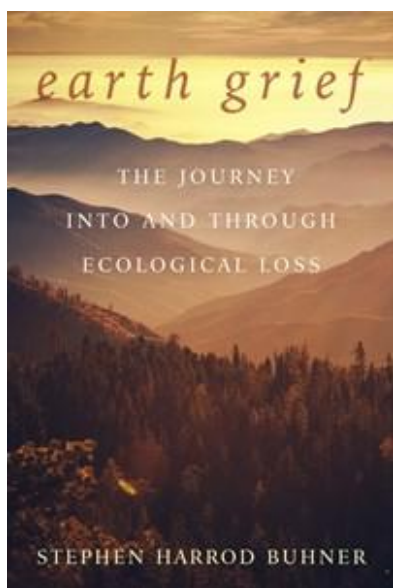
Upon moving to Hertfordshire with his wife, Lydia, Somerville began working with local woodland owners and foresters to source local elm timber and then build and raise timber frames by hand, with the help of volunteers known as the Barn Club - a group formed to teach, practice and celebrate skilled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

Somerville lives with Lydia and the youngest of his three children in their self-built eco-house in an idyllic smallholding.



Chelsea Green Publishing
9781645021483
Pub Date: 3/30/2022
\$24.95 Can.
Paperback

272 Pages
Black-and-white illustrations
throughout, 16-page color insert
Crafts & Hobbies / Nature Crafts
9 in H | 6 in W | 1.3 in T | 1.3 lb
Wt



Earth Grief

The Journey Into and Through Ecological Loss

Stephen Harrod Buhner

Summary

News reports appear every day now on the ecological state of our planetary home and the news is not good. Ecological systems are in terrible peril, species are dying by the millions, and global warming is getting worse. Increasing numbers of people feel the impact of this, feel some form of what is being called climate grief, ecological loss, or sometimes even solastalgia. Our species is entering a time of difficult and deep mourning. As environmentalist Leslie Head has said, "Grief will be our companion on this journey—it is not something we can deal with and move on." It will be with us for a long time to come.

Stephen Harrod Buhner takes the reader on a journey into and through that grief to what is waiting on the other side, a place that Viktor Frankl, Jacques Cousteau, Vaclav Havel, Elizabeth Kubler-Ross and so many others have found. It's where one becomes an engaged witness, alive to the losses that are occurring and the grief that is felt but is not overcome by them. Then he travels into and through the common feelings of guilt and shame (feelings that are put on so many but in actuality belong to very few) that come from ecological devastation. From there Stephen moves deep into what occurs when those we love die, when the planetary landscapes, forests, fields and rivers that are engraved into our deepest selves are lost, when we are forced to travel into the territory of death and loss and deep grief ourselves.

Throughout it, Stephen draws on his studies with Elizabeth Kubler Ross and others who worked with the dying, his years as a psychotherapist, extensive work with the chronically ill, and deep immersion in and relationship with plants, wild ecosystems, and this living planet that is our home. At journey's end what arises is not the optimism of false hope (as Greta Thunberg calls it) but a deeper and more realistic hope, one that is intimately entangled with gravitas and the journey through loss. It's born from the heart's integration of grief and a deep faith in the green world, in this planet from which we have emerged, and in the new life that comes with every spring.

Stephen's book is written with the exquisite prose style, intimacy, depth of insight, and engaged storytelling for which he is known. No one who reads it will remain unmoved or ever again feel as if they are alone in the grief they feel for what is happening to our home.

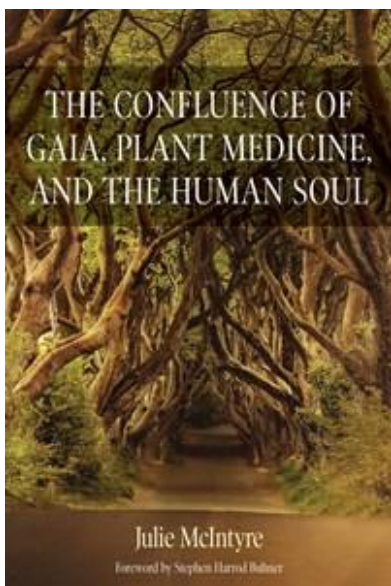
Contributor Bio

Stephen Harrod Buhner is the award-winning, best-selling author of 24 books including *The Lost Language of Plants*, a BBC Environmental Book of the Year. Stephen is a polymath and autodidact, an independent scholar, a Fellow of Schumacher College, and the senior researcher for the Foundation for Gaian Studies. He has taught and written extensively the past four decades on the ecology of Gaian planetary systems, the rise of antibiotic resistant bacteria, viral pandemics, the dangers of pharmaceuticals in the environment, as well as producing a number of leading-edge clinical texts on the use of plant medicines in the treatment of resistant infections and chronic disease. Stephen also worked for many years as psychotherapist, studying with such luminaries as Elizabeth Kubler Ross and a number of the country's preeminent transactional analysis therapists. He is considered one of the preeminent medical herbalists in the United States. Stephen lives in Silver City, NM. You can read more about him at stephenharrodbuhner.com.



Raven Press
9780970869678
Pub Date: 3/29/2022
\$34.95 Can.
Paperback

304 Pages
Nature / Environmental
Conservation & Protection
9 in H | 6 in W | 1 in T | 1.5 lb Wt



The Confluence of Gaia, Plant Medicines and the Human Soul

Julie McIntyre, Stephen Harrod Buhner

Summary

A journey into the deep and ancient soul relationship between Gaia, humans, and plants

“Tantalizing... provocative... laced with sensuality. Ms. McIntyre has the unique ability to allow the Earth to speak through her.”—Deb Vail, Grandparents of the Forest

The Confluence of Gaia, Plant Medicines, and the Human Soul unearths the deep twining roots of human and plant relationships at the intersection of Soul: from the plants and trees who reach out to touch us, to heal us not only physically with their medicine but with something far deeper and older, the soul-to-soul medicine has been in hiding for two thousand years.

And so, the journey that we take involves far more than merely the medicinal healing of our bodies. It takes us deeper into Soul, our own and that of the plants and Earth itself.

The sanctity of vines and trees is far older in human memory than the history of crops, agriculture, and religion. The Athenians, the Greeks, and indigenous cultures knew that Soul and intelligence was an inherent aspect of plants. They knew that powerful spirits lived within trees and plants, that they were closely interwoven with that of the gods, even of Gaia itself.

This is the oldest, original story that was once known to all peoples in all times and places that have been. Its tendrils can still be found in even the most industrialized of countries. Gaia’s story lives in the underbrush and the soil of this world, in the tendrils of plants, in the cambium of trees. There is not a child born that does not feel the touch of that story as easily as they breathe. Its threads are not only interwoven throughout the world around us but lie waiting in the understory of the human psyche.

***The Confluence of Gaia, Plant Medicines, and the Human Soul* reminds us that:**

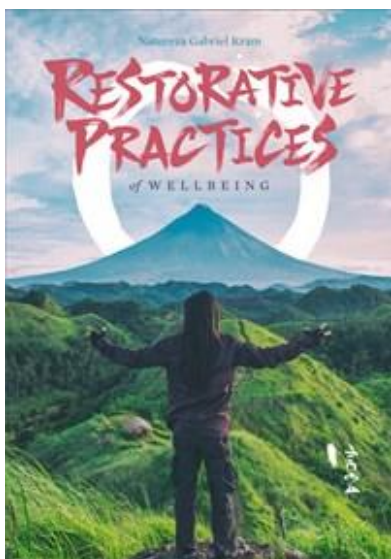
- The living Earth, Gaia, is not something apart from us as so many of us have been taught. Rather it is the fabric in which all life on this planet is embedded. It is from Gaia’s threads that we and every life form on this planet have been woven.
- Those who have felt the livingness and intelligence of plants can begin to remember who they were always meant to be.
- The first human bonding with Gaia as infants begins with the first touch, the first taste of grass and dirt .
- The soul of plants are involved in human soul-making.

In these times of uncertainty and as humanity seems to be losing its way, meeting at Chelsea Green Publishing--Spring Frontlist 2022 - December 2021 Page 10



Raven Press
9780970869685
Pub Date: 8/15/2022
\$27.95 Can.
Paperback

224 Pages
Body, Mind & Spirit / Nature
Therapy
9 in H | 6 in W | 1.3 in T | 1.3 lb
Wt



Restorative Practices of Wellbeing

Natureza Gabriel Kram

Summary

Drawing on cutting-edge neurophysiology and ancient awareness practices, a pioneering connection phenomenologist maps a medicine of the ancestral future.

The landmark Adverse Childhood Experiences study, the largest epidemiological study of trauma ever done, suggests that more than two thirds of American adults are carrying trauma from early childhood adversity. Yet the study did not even conceptualize social trauma: the impacts of racism, sexism, and other forms of structural oppression, or ecological trauma: the trauma of being disconnected from the Living World. By this metric, almost all modern people are traumatized.

Trauma activates the toxic stress response, which translates to a wide variety of stress-related adverse health outcomes later in life. It shapes how we feel in our bodies, our emotional landscape, and structures the thoughts we are able to think. It shapes how we see ourselves, how we interpret the world, and the behaviors available to us.

For the two million years that humans have lived on earth, we have sought to nourish thriving in our children by creating a kind of developmental nest for them. For humans, this nest is of culture and its function is to connect us with three things: ourselves, one another, and the Living World. When this is done properly, the human nervous system becomes baselined in safety and connection, turning on the Connection System, the physiological fountain of wellbeing and resilience.

Over the past 10,000 years, humans have deviated from this ancestral nest at an accelerating rate, which has intensified over the past 500 years. Most modern humans therefore do not feel safe, and are therefore not able to reside in the biology of wellbeing. Humans who are disconnected do not care for themselves, one another, or the Living World.

In this pioneering volume, connection phenomenologist Gabriel Kram addresses two fundamental practical questions: how do we address the trauma and disconnection endemic to the modern world, and how do we turn on the Connection System? Marrying cutting-edge neurophysiology with awareness technologies from a wide variety of traditions and lineages, this book maps a novel approach to the creation of wellbeing informed by the most cutting-edge science, and the most ancient of awareness practices.

It teaches over 300 restorative practices of wellbeing to connect with Self, Others, and the Living Wor...

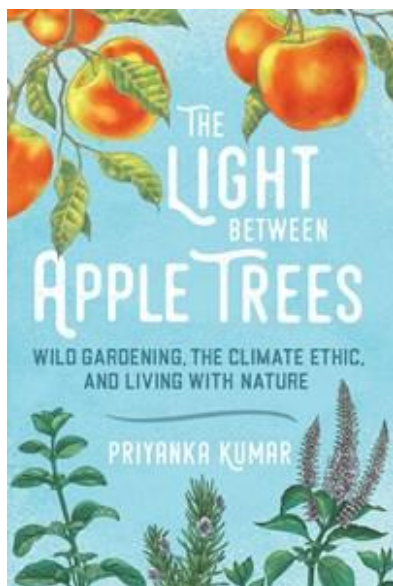
Contributor Bio

Natureza Gabriel Kram is a connection phenomenologist. He has spent the past 25 years studying the art & science of connection and wellbeing through six primary disciplinary lenses: neurophysiology, mindful awareness, social justice, cultural linguistics, deep nature connection, and non-cognitive ways of knowing. He is Convener of the Restorative Practices Alliance, a philanthropic ancestral neuro-technology cooperative and culture repair engine, the Founder and CEO of Applied Mindfulness, Inc. where he directs research, curriculum development, and pedagogy, and is co-founder of the Academy of Applied Social Medicine, where Dr. Stephen Porges, PhD is honorary chair of Neurophysiology. He studied at Yale and Stanford Universities, but has been shaped more by sitting in teepees and circles than in



Jaguar Imprints
9781736280317
Pub Date: 3/15/2022
\$65.00 Can.
Hardcover

416 Pages
Full-color illustrations throughout
Health & Fitness / Healing
9.3 in H | 7.5 in W | 1.3 in T | 2.1
lb Wt



The Light Between Apple Trees

Wild gardening, the climate ethic, and living with nature

Priyanka Kumar

Summary

What if turning to nature can help us heal the planet, and ourselves? A naturalist explores ways to engage with the land in a world changed by global warming, and returns with a bounty of options.

The Light Between Apple Trees stretches the hearts and minds of readers toward a new, but age-old way of being in nature. A naturalist, birder, and award-winning writer, Priyanka Kumar illuminates the gift of the land as she takes readers on journeys to historic and wild fruit orchards, to ancient forests, and along pollinator corridors.

At a time when we're suddenly talking a lot about the environment and climate change, is it just that—*talk*? What does it mean to live a life that engages with the land? For if we aren't reading the land, how can we feel its rhythms? How can we know how those rhythms are changing with global warming?

Everywhere Kumar turns, she sees the disconnect between our lives and the crisis our planet faces. To help bridge this gulf, she shows us ways to connect with nature, and details her experiences. Her book includes guidance on:

- Foraging
- Reading the land's ecology
- Planting rare varieties of fruit trees
- Cultivating microbe-rich soil
- Growing healing herbs, and edible flowers
- Inviting over pollinators, and birds

This book is for gardeners, armchair gardeners, and people trying to make sense of our climate-challenged times. When we deepen our engagement with the land and its birds and animals, it's possible we'll find our lives—and the land itself—being transformed in astonishing ways.

Contributor Bio

Priyanka Kumar was awarded the Aldo & Estella Leopold Writing Residency in 2020. She is also a recipient of an Alfred P. Sloan Foundation Award, New Mexico/New Visions Governor's Award, Canada Council for the Arts Grant, Ontario Arts Council Literary Award, and an Academy of Motion Pictures Arts and Sciences Fellowship.

Her essays and criticism have appeared in *The New York Times*, *The Washington Post*, the *Los Angeles Review of Books*, *The Huffington Post*, the *Santa Fe New Mexican*, and *High Country News*. Her debut novel, the critically acclaimed *Take Wing and Fly Here*, explores our changing relationship with the outdoors in the American West.

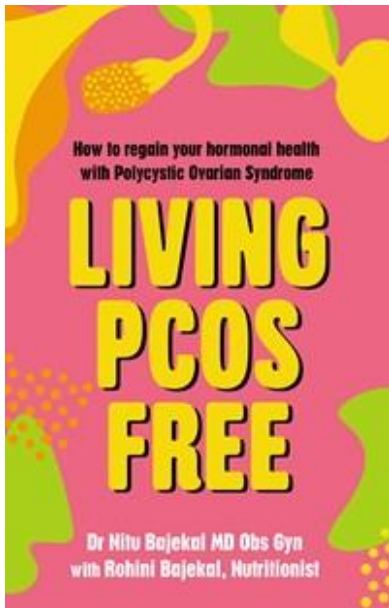
She received her M.F.A. from the University of Southern California's School of Cinematic Arts, and wrote, directed and produced the feature documentary *The Song of the Little Road*, starring Martin Scorsese and Peter Rainer. The film premiered at the Telluride Film Festival, was "Pick of the Week" in the *Los Angeles Times*, and is in the permanent collection of the Academy of Motion Pictures Arts and Sciences.

An alumna of the Bread Loaf Writers' Conference, Kumar has taught at the University of California Santa Cruz, the University of Southern Calif...



Stone Pier Press
9781734901177
Pub Date: 8/29/2022
\$27.95 Can.
Paperback

168 Pages
Gardening / Essays & Narratives
9 in H | 6 in W | 1.3 in T | 1.3 lb
Wt



Living PCOS Free

How to Regain Your Hormonal Health with Polycystic Ovarian Syndrome

Nitu Bajekal, Rohini Bajekal

Summary

When faced with her own premature menopause, Dr. Nitu Bajekal, the “plant-based gynae,” learned that the Western medicine in which she had trained and practiced had too long ignored the real impact of nutrition and lifestyle on both health and disease. To allow women to achieve their full health potential, lifestyle medicine and conventional medicine can complement each other, offering an appropriate blend of solutions for the individual patient. Based on her research, 35 years’ clinical practice, and her personal experience of a plant-based diet—with input from her daughter, nutritionist and former PCOS sufferer Rohini Bajekal—she offers this practical lifestyle guide to recovery from polycystic ovarian syndrome. Dr. Bajekal shows how this endocrine condition can be managed via the six pillars of lifestyle medicine, with interventions of Western medicine available as adjuncts as needed. The book features a 21-day lifestyle plan for hormonal health together with tried-and-tested plant-based recipes by the authors and illuminating case histories.

Contributor Bio

Dr Nitu Bajekal MD-the "Plant-Based Gynae"-is a Senior NHS Consultant Obstetrician and Gynaecologist and Women's Health expert based in London, with over 35 years' clinical experience. She is also one of the first board-certified Lifestyle Medicine Physicians in the UK and the founder of Women for Women's Health which has the aims of educating, energising and empowering women to make positive lifestyle choices. She is also a former Training Programme Director for Obstetrics and Gynaecology and the recipient of the President of India Gold Medal for her achievements.

Rohini Bajekal MA, is a Nutritionist and Board-Certified Lifestyle Medicine Professional, now in London after working in the food industry in Mumbai and Singapore. She has personal experience of overcoming PCOS.



Hammersmith Books Limited

9781781612132

Pub Date: 3/24/2022

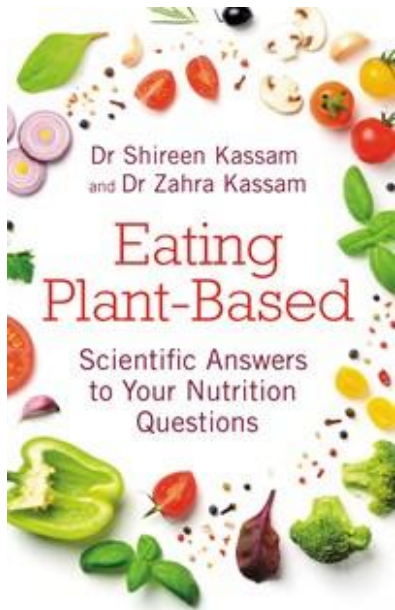
\$34.95 Can.

Paperback

360 Pages

Health & Fitness / Women's Health

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



Eating Plant-Based

Scientific Answers to Your Nutrition Questions

Shireen Kassam, Zahra Kassam, Kate Strong

Summary

Questions—and answers—about the virtues of a plant-based diet

Despite plant-based diets being associated with some of the best health outcomes, myths about the need for meat, dairy and eggs in the diet persist. Following a Q&A format, two medical doctors (who both specialize in cancer treatment, one in the UK and one in Canada) answer all the commonly asked questions and concerns raised when people first consider transitioning to a plant-based diet. How do you get enough protein? Is it safe for children? Is soya problematic for hormones? Simple and straightforward answers are supported with the scientific background making this book also the go-to guide for health professionals who are increasingly meeting patients and clients who have chosen a plant-based diet.

Contributor Bio

Dr Shireen Kassam MB BS, FRCPath, PhD, DipIBLM is a Consultant Haematologist and Honorary Senior Lecturer at King's College Hospital, London with a specialist interest in the treatment of patients with lymphoma. She is passionate about promoting plant-based nutrition for the prevention and reversal of chronic diseases and for maintaining optimal health after a cancer diagnosis. In 2018 she was appointed Visiting Professor of Plant-Based Nutrition at Winchester University where she has developed and facilitates a dedicated course on the subject. She is Founder and Director of Plant-Based Health Professionals UK, a community interest company whose mission is to provide evidence-based education on healthy plant-based diets. In 2021 she co-founded Plant Based Health Online, the UK's first CQC regulated, lifestyle medicine healthcare service. She writes a weekly blog on the latest science on plant-based nutrition.

Dr Zahra Kassam MBBS, FRCPC, MSc, DipABLM, is a Radiation Oncologist at the Stronach Regional Cancer Centre in Ontario, and an Assistant Professor in Radiation Oncology at the University of Toronto, Canada. Zahra specialises in the treatment of breast and gastrointestinal malignancies.



Hammersmith Books Limited
9781781611944
Pub Date: 3/17/2022
\$39.95 Can.
Paperback

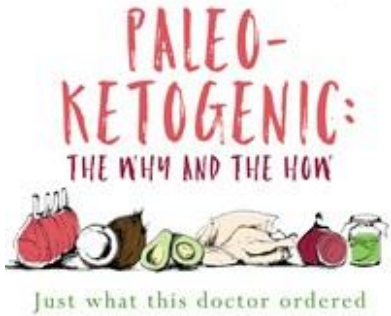
240 Pages
Health & Fitness / Diet &
Nutrition

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

Dr Sarah Myhill with Craig Robinson

Paleo-Ketogenic**The Why and the How**

Sarah Myhill, Craig Robinson

**Summary****How to implement a paleo-ketogenic diet and take control of your gut health**

Sarah Myhill and Craig Robinson's new book brings together all the guidance offered across their many other publications to show why a paleo-ketogenic diet is evolutionarily correct, and therefore the healthiest option, and how it can be practiced affordably, easily, and sustainably so that chronic "diseases of civilization" can be prevented or reversed. Discover how to prevent the "upper fermenting gut"—the cause of the current epidemic of esophageal cancer and other digestive problems. Find out how to clear out chronic infections and toxins and what to expect while doing so. Pick and choose from a selection of delicious low-carb whole-food recipes that will provide a high level of nutrients in the right balance. Just do it!

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 civilization" 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 met Sarah in 2001, as a patient for the treatment of his CFS, and since then they have developed a professional working relationship, where he helps with the maintenance of Dr Myhill's website, social ...



Hammersmith Books Limited

9781781612170

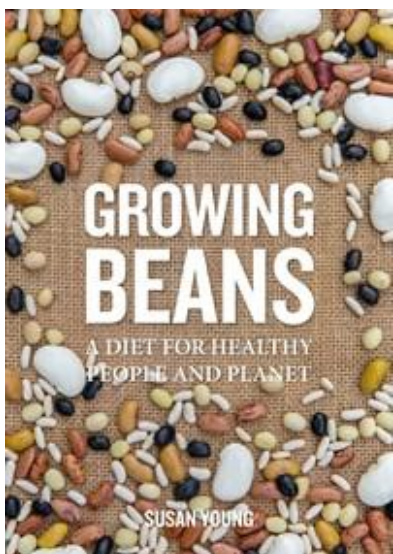
Pub Date: 4/14/2022

\$34.95 Can.

Paperback

220 Pages

Health & Fitness / Diet &
Nutrition8.7 in H | 6.7 in W | 1.3 in T | 1.3
lb Wt



Growing Beans

A Diet for Healthy People & Planet

Susan Young

Summary

Beans are easy to grow, easy to cook, delicious, nourishing, and beneficial for us and the planet.

Growing your own beans builds healthy soil in your garden and provides you with a nutrient rich diet. Beans can play a role in reducing the risk of obesity, diabetes, heart disease and cancer; they are good sources of protein, fibre, folate, iron and potassium, and they can reduce our carbon footprint and food miles!

Susan Young brings together 10 years of experimenting with multiple varieties of beans (Phaseolus) and takes us on a culinary journey around the world, revealing a range of colourful and historic beans, from the pink Fagiolo di Lamon of Italy to the black and white Bosnian Pole bean. She explains which varieties are best for eating fresh off the plant (green) and which for drying for later use, providing harvests for storing all through winter. Beans offer year-round meals, and dried beans can be the star of the show with their diversity of flavours and textures.

Susan shares six must-grow beans, as well as a multitude of European varieties along with their backgrounds. She includes a basic guide to drying your beans and guidelines for cooking them.

Learn how to sow, grow and harvest your beans, how to build supports for climbing and bush varieties, and keep your plants and soil healthy.

Contributor Bio

Susan has been gardening for over 50 years. She currently lives on two acres on the English-Welsh border, where she grows vegetables, experiments and searches out new bean varieties and manages a wildflower meadow. Susan originally trained as a pianist and spent many years as a music educator and university lecturer, with degrees in music, education and biological anthropology.



Permanent Publications
9781856232180
Pub Date: 4/28/2022
\$19.95 Can.
Paperback

160 Pages
Full-color photographs throughout
Gardening / Vegetables
8.3 in H | 5.8 in W | 1.3 in T | 1.3
lb Wt



Ferrocement Water Tanks

A Comprehensive Guide to Domestic Water Harvesting

Felicity Lee, Daniel Coleman

Summary

Learn how to design and build your own domestic-sized water tank to collect, store, and use rainwater for your home and garden. Save money with this low-cost method of construction and reduce your water bills too!

The combination of cheap, easily available materials, margin for error, suitability for amateurs and flexibility in terms of size and shape, make ferrocement tanks an ideal choice for anyone looking for long-term water security on a budget, and they work well in all but the harshest environment.

With hands-on experience, the authors provide a detailed guide to enable confident and safe construction by anyone interested in building their own ferrocement tank. Felicity and Lee share their reasons for choosing these tanks, how they calculated their water needs and how they constructed and maintain the tanks that cater for all their needs. With our weather patterns drastically shifting between drought and flood due to the changing climate, it is vital to have reserves of water to rely on. Felicity and Daniel self-built their own house and included water tanks, achieving water security for less than the cost of joining the local water network!

Whether you are creating your own off-grid home, or want to reduce your carbon footprint and reliance on mains water, the ferrocement tank offers a simple, achievable and robust DIY solution.

Contributor Bio

Felicity Lee and Daniel Coleman live in a self-built, off-grid strawbale house on 2.8 acres in France. They offer an online consultation service for those exploring the option of building their own tanks, and share their off-grid journey at <https://lesvignesbasses.org>



Permanent Publications
9781856232494
Pub Date: 6/2/2022
\$19.95 Can.
Paperback

64 Pages
Full-color photographs throughout
House & Home / Sustainable
Living
8.3 in H | 5.8 in W | 1 in T | 1 lb
Wt

Official Contact Information & Territory Breakdown
For catalogue page



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