

Sustainability Leaders

Publishing Books for a World of Change



40 Years of Publishing for a World of Change

NEW SOCIETY PUBLISHERS is proud to be celebrating 40 years of activist, solutions-oriented publishing. From our roots in non-violent civil disobedience training during the Vietnam war to today, with over 500 books published — some across a dozen languages — we continue to bring positive solutions and cutting-edge ideas, to some of the most troubling challenges of our time.

Having never wavered from our mission to help build a just and ecologically sustainable society — placing planet and people before profit —we are proud to hold the highest environmental and social standards of any publisher in North America.

With a dedicated community of changemakers and thought leaders, always working ahead of the curve, we look forward to another 40 years of bringing our readers books for a world of change.

As the climate crisis accelerates and the coronavirus outbreak exposes the fragility of the just-in-time globalized, growth economy, we are focussed ever more on local resilience.

Our Fall 2020 list is packed with practical books to get you started on building local capacity with how-to books on ecological land design, regenerative agriculture, and growing quality, nutritious local food – the very backbone of a resilient local economy.

Yet resiliency is not all about food. We also offer tools for the deep inner work of personal transformation and methods for leveraging behavior change to build an inclusive society in which all voices are heard and all people can contribute.

It's a powerful season of books to kickstart action, with something for everyone at every point on the journey towards a more sustainable world. We've always had your back, and your support is what keeps us going. So here's to 40 more years of publishing books to build a new society.

With gratitude for all you do,

JULIE RADDYSH, Publisher

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Escape the industrial food system, find community, and take back control of your food

Food Freedom

A Year of Growing and Foraging 100 Percent of My Food and Why It Matters

ROB GREENFIELD

TEN YEARS AGO, ROB GREENFIELD woke up to the destruction caused by the industrial food system and Big Ag. Since then he has been deeply exploring food sovereignty—often through immersive activism—which led to his most recent quest: could he step outside of the food system and grow and forage 100% of his food?

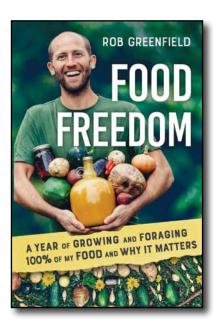
In *Food Freedom*, he shares his adventures of living without grocery stores or restaurants. Nothing packaged, processed, or shipped—not even multivitamins, supplements, or spices. Within Orlando, Florida, he turned lawns into abundant gardens, grew over 100 species of food, and foraged over 200. Follow Rob on an emotional journey as he explores:

- Growing and foraging to gain an appreciation for local food
- ▶ The industrial food system that likely brought you today's meal
- How communities are taking back control of their food and creating food sovereignty
- Solutions for how you can grow your own and gain food freedom.

The good food revolution is not a lonely path. Millions have embarked on the journey and are waiting for you to join them. Question your food. Get uncomfortable. Be empowered to change the narrative!

ROB GREENFIELD is an activist and humanitarian leading the way to a more sustainable and just world. Profiled in *National Geographic* and dubbed "The Robin Hood of modern times" by France 2 TV, he embarks on extreme projects to bring attention to important global issues and inspire positive change. He donates 100% of his media income to non-profits.

Also Available: Dude Making a Difference (9780865718074) (see page 26)



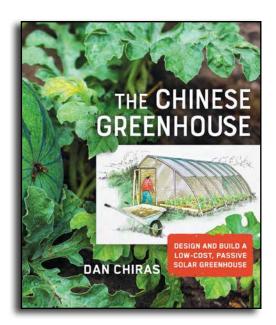
Food & Gardening 6 x 9" / 256 Pages 24 B&W Illustrations US/Can \$19.99 PB ISBN 9780865718968 Mother Earth News Wiser Living Series Available January 2021

Grow vegetables year-round in a greenhouse powered only by solar energy

The Chinese Greenhouse

Design and Build a Low-Cost, Passive Solar Greenhouse

DAN CHIRAS



Modern Homesteading & Farming 7.5 x 9" / 240 Pages 125 Color Illustrations US/Can \$34.99 PB ISBN 9780865719293 Mother Earth News Wiser Living Series Available October 2020 ORIGINALLY DEVELOPED IN CHINA to feed millions, Chinese greenhouses are earth-sheltered, solar-heated, east-west oriented, intelligently glazed, and well-insulated. They have proven highly effective in growing warm-weather vegetables and fruits like green peppers and tomatoes in cold climates through fall, winter, and early spring using passive solar energy as the sole heat source.

The Chinese Greenhouse is a full-color comprehensive guide to these passive solar greenhouses for self-sufficiency and growing year-round in soil or aquaponic grow beds with no additional heat. Coverage includes:

- ▶ How to design, build, and operate a Chinese greenhouse
- How to improve performance via short-term and long-term heat banking
- How to provide additional heat to make your greenhouse operate even more effectively
- ▶ How to cool the greenhouse during the summer.

Become a more self-sufficient gardener, growing and harvesting a variety of fresh fruits and vegetables year-round, with your own Chinese greenhouse.

DAN CHIRAS, PHD, is the author of 38 books and hundreds of articles on natural building, green building, solar electricity, passive solar design, and self-sufficiency. He has been growing in greenhouses for nearly two decades and in his own passive solar Chinese greenhouse since 2017. Dan lives in Gerald, MO.

ALSO AVAILABLE: Solar Electricity Basics - 2nd Edition (9780865719255) (see page 22) The Homeowner's Guide to Renewable Energy - Revised & Updated Edition (9780865716865) (see page 21) Power from the Sun - 2nd Edition (9780865718296) (see page 22) Power from the Wind - 2nd Edition (9780865718319) (see page 22) The best person to design the property of your dreams is you. This book gives you the tools to succeed.

Building Your Permaculture Property

A Five-Step Process to Design and Develop Land

ROB & MICHELLE AVIS, TAKOTA COEN

WHEN DESIGNING A REGENERATIVE permaculture property, too many land stewards suffer from option paralysis, a lack of integrated holistic design, fruitless trial-and-error attempts, wasted money, and the frustration that results from too much information and no context.

The authors—engineers and a farmer—lead you, the land steward, through a clear five-step process, as well as exercises, templates, and workflow tools developed through decades of successful land management consulting and farming. Coverage includes:

- Set and communicate goals that are realistic for you and your property
- Diagnose your property's strengths, weaknesses, opportunities, and threats
- Develop functional designs that strengthen resiliency, leverage opportunities, and mitigate risks
- Make informed and strategic decisions with confidence and without remorse
- Establish benchmarks to monitor the sustainability and success of your development.

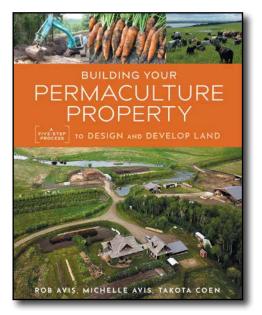
Building Your Permaculture Property is the essential guide for all land stewards looking to cut through the noise and establish an ecologically regenerative, financially sustainable, enjoyable, and thriving permaculture property, anywhere in the world.

ROB AND MICHELLE AVIS own and operate Adaptive Habitat, a leadingedge property design firm, and Verge Permaculture, a globally recognized award-winning education business in Calgary, AB.

TAKOTA COEN is a second-generation organic farmer on the awardwinning 250-acre Coen Farm in central Alberta. Together they have taught thousands of students and co-consulted on dozens of projects.

ALSO AVAILABLE:

Essential Rainwater Harvesting (9780865718746) (see page 27)

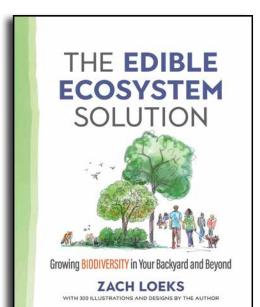


Modern Homesteading & Farming 8 x 10" / 288 Pages 100 Color Illustrations US/Can \$49.99 PB ISBN 9780865719378 Mother Earth News Wiser Living Series Available December 2020 Start a peaceful revolution by planting an edible ecosystem and sharing the experience with your neighbors

The Edible Ecosystem Solution

Growing Biodiversity in Your Backyard and Beyond

ZACH LOEKS



Food & Gardening 8 x 10" / 288 Pages 300 Color Illustrations US/Can \$39.99 PB ISBN 9780865719347 Mother Earth News Wiser Living Series Available September 2020 HUMANS HAVE ALWAYS THRIVED in rich, diverse, edible ecosystems. Yet most cities and suburbs are blanketed by lawns, ornamentals, and a lack of biodiversity, let alone anything edible. It is within these sterile landscapes that seeds of an edible ecosystem lie.

The Edible Ecosystem Solution is a comprehensive, practical guidebook that looks at underutilized spaces to reveal the many opportunities for landscape transformation that are both far-reaching and immediately beneficial and enjoyable. Coverage includes:

- Hundreds of full-color infographics, illustrations, and photographs that clearly outline the principles and concepts of edible landscape design and benefits
- How to get started with as little as 25 square feet of land
- How to transition a garden plot into a place of edible abundance and an edible biodiversity hot spot, living laboratory, and a source point for transitioning and transforming community and culture
- Choosing appropriate plants for insects, wildlife, and food
- Scaling up and networking backyard edible ecosystems at the neighborhood level and beyond to build community food security and resilience.

The Edible Ecosystem Solution is for everyone with access to a bit of yard, a desire for food security, biodiversity, and a beautiful and resilient community, and for anyone who wants to reclaim humanity's place in a rich, abundant, edible ecosystem.

ZACH LOEKS is an award-winning educator, designer, author, consultant, and grower who specializes in Edible Ecosystem Design around the world. He is the director of the Ecosystem Solution Institute. He resides in Cobden, Ontario.

ALSO AVAILABLE:

The Permaculture Market Garden (9780865718265) (see page 24)

Shares the adaptation stories of award-winning sustainable farmers and ranchers to explore practical steps to a climate-resilient food future

Resilient Agriculture, Second Edition *Cultivating Food Systems for a Changing Climate*

LAURA LENGNICK

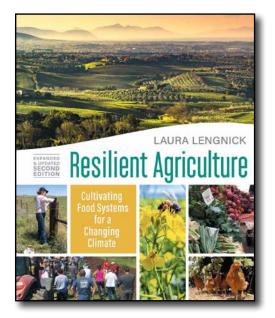
CLIMATE CHANGE PRESENTS an unprecedented challenge to the productivity and profitability of agriculture in North America. Drought and flooding rains create the most obvious damage, but hot summer nights, warmer winters, changing pest pressures, and other changes have more subtle but far-reaching effects on the production of crops and livestock.

This updated second edition of *Resilient Agriculture* takes you beyond the headlines and the hype to examine the complexities of climate change, resilience, and the future of food through the adaptation stories of some of North America's best sustainable farmers and ranchers. Updated content includes:

- 4th National Climate Assessment
- Current and projected climate change impacts by region
- New interviews with award-winning farmers and ranchers and updates on the producers featured in the first edition
- New chapters exploring agricultural climate solutions, the regional roots of resilience, and emerging policies and programs designed to enhance the climate resilience of agriculture and food systems.

To enjoy the sustained production of food, fiber, and fuel well into the 21st century, we must begin now to make changes to enhance the adaptive capacity and resilience of agriculture and food systems. Whether you're an educator, farmer, researcher, policy maker, or simply an interested eater, *Resilient Agriculture* will take you on a journey into the power of sustainable agriculture as a solution to climate change.

LAURA LENGNICK is an award-winning soil scientist with 25 years of experience working as a researcher, policy maker, educator, and farmer. She is the founder and principal at Cultivating Resilience, LLC, in Asheville, NC.

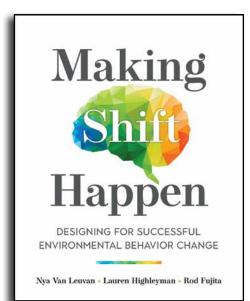


Climate Change 7.5 x 9" / 320 Pages 70 B&W Illustrations US/Can \$29.99 PB ISBN 9780865719507 Available December 2020 Use behavioral science and design thinking to understand why people do what they do, and harness these tools to help the planet

Making Shift Happen

Designing for Successful Environmental Behavior Change

NYA VAN LEUVEN, LAUREN HIGHLEYMAN, AND ROD FUJITA



Climate Change 8 x 10" / 256 Pages 60 B&W Illustrations US/Can \$29.99 PB ISBN 9780865719484 Available November 2020 FOR DECADES, CORPORATIONS HAVE used behavioral science tactics to promote a culture of overconsumption – successfully selling us stuff we don't need. At the same time, organizations are creating huge positive social and environmental impacts through simple targeted changes using similar techniques. From hotels who have saved water and money using simple signage, to energy suppliers who have boosted renewable programs through customer enrollment form tweaks, to successes of the same-sex marriage movement – changing the behavior of millions for the better is possible.

Making Shift Happen teaches you how to use behavioral science and human-centered design to understand why people do what they do, and to harness this to help the planet. Drawing on decades of scientific research and practice, this practical guide shows you how to:

- Research, design, test, and implement practical, datadriven, science-based initiatives to get people to engage in environmentally friendly behaviors
- Use tools such as design thinking, prototyping, and a behavioral drivers analysis that can be implemented quickly to adapt to rapidly changing situations
- Design and strengthen pro-environmental policies that are generally beyond the reach of legislation or regulation.

A must-have guide for practitioners in organizations, businesses, and government looking to design successful campaigns and initiatives that shift behavior toward positive environmental outcomes.

NYA VAN LEUVEN, MA, LAUREN HIGHLEYMAN, MS, AND ROD FUJITA, PHD, are acknowledged experts in using science-based behavior change interventions to solve large-scale conservation problems. They work through the non-profit Root Solutions, a consultancy based in the San Francisco Bay Area.

Meet the new Black friend you never had

The Token

Common Sense Ideas for Increasing Diversity in Your Organization

CRYSTAL BYRD FARMER

AS A BLACK ORGANIZER, community, business, and organization leaders often ask: "How do I get diversity in my group?" The thing is, the work is real, but it's a minefield out there. And even progressive leaders can still, perhaps unknowingly, be racist and uphold oppressive systems.

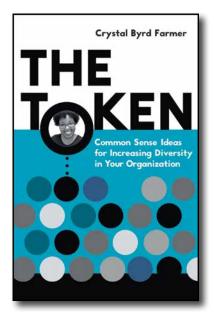
In *The Token*, your new token Black friend, Crystal Byrd Farmer, acts as the bridge between majority white organizations that are dedicated to social justice and "diverse" people in community they want to recruit, across identities of race, LGBTQ, education, socioeconomic status, and disability.

With a blunt style that pulls no punches, Crystal tells you how it is, while extending a hand to help your organization make transformative change toward diversity and inclusion. Coverage includes:

- What marginalized people experience and what they need in order to succeed
- Doing "The Work" how to have deep conversations with your membership about the reality of bias, privilege, and microaggressions
- Practical exercises and discussion questions
- How to choose appropriate meeting locations, establish ground rules, bring in outside help, and recruit support within your organization
- Strategies on how to talk to friends who are resistant to progressive ideas.

This no-nonsense, provocative, humorous, and accessible guide is for all well-meaning people leading progressive organizations who acknowledge the need for diversity but don't know where to start.

CRYSTAL BYRD FARMER is an engineer turned educator, organizer, and speaker who focuses on cohousing, Black, and polyamorous communities. She serves on Communities Magazine Editorial Review Board and resides in Gastonia, North Carolina.

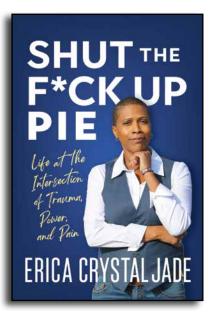


Social Responsibility 5.5 x 8.5" / 112 Pages US/Can \$14.99 PB ISBN 9780865719514 Available September 2020 The compelling story of one powerful, black, queer heroine's quest to overcome trauma and heal through food, music, and love

Shut the F*ck Up Pie

Life at the Intersection of Trauma, Power, and Pain

ERICA CRYSTAL JADE



Cultural Critique 6 x 9" / 256 Pages 12 B&W Illustrations US/Can \$19.99 PB ISBN 9780865719453 Available January 2021 FROM GROWING UP IN NORTH ST. LOUIS, to landing top-secret government contractor computer jobs, to acting on an Emmy Awardwinning television show, to a devastating health diagnosis. Shut the F^*ck Up Pie showcases what it's like for a queer woman of color to navigate the modern realities of mental health, chronic pain, and personal trauma.

In a no-holds-barred lived critique of race, class, and gender, Erica Crystal Jade holds up a magnifying glass to some of the most pressing issues of our times, and shares her heroic journey, exploring:

- How a queer woman of color navigates the modern realities of healing
- Remarkable experiences of trauma that can help others cope with devastating experiences
- ▶ The pursuit of reconciliation, compassion, and self-care, through music, food, art, and alternative medicines.

Forced to confront her own mortality, Erica took the road less traveled in search of healing and recovery where she would unknowingly connect with community, health, and love. *Shut the* F^*ck *Up Pie* is the modern and inspiring memoir for those doing the necessary hard work to heal.

ERICA CRYSTAL JADE is a cook, culinary educator, food waste activist, US Navy veteran, trauma survivor, and singer. Founder of Food Church community café, she also sits on the board of One World Everybody Eats. She earned a bachelor's degree in Environmental Studies with a food security focus, underpinning her use of food as a powerful healing tool. She lives in St. Louis, MO. Transform your personal life and catalyze lasting social change with the power of regenerative design

Regenerative Design for Changemakers

A Social Permaculture Guide

ABRAH DRESDALE

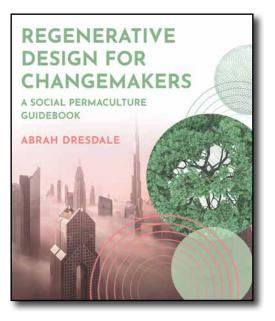
BURNOUT, DISCOURAGEMENT, AND OVERWHELM are inevitable patterns for changemakers, until we remember that we are creative, powerful agents who can shape our personal circumstances and exert influence on wider social systems. With regenerative design tools, align with your highest potential and design profound change in your personal life, organizations, and in the world around you.

Regenerative Design for Changemakers is a compelling and accessible guide plus curriculum that calls changemakers to action by applying ecosystem intelligence and justice practices to their social impact projects. Taking a fractal approach, readers learn scaleable principles and frameworks to redesign their inner lives, relationships with others, and wider communities in accordance with regenerative patterns from the natural world. This guide covers:

- 45 social permaculture exercises that champion changemakers in replacing degenerative patterns with regenerative, life-affirming practices
- Justice-based frameworks and ecological principles to heal from racism and other forms of oppression
- A "Social Design Lab" for analyzing and designing one's own changemaking projects
- Group resilience frameworks, including project accountability buddies, implementation teams, and coalition-building.

Regenerative Design for Changemakers is an essential guide for educators and higher education students, organizational changemakers, and consultants pursuing a regenerative future for the 21st century.

ABRAH DRESDALE, MA, is a visionary and bold educator, curriculum designer, and consultant in social regeneration and prison food justice. She serves as Permaculture Faculty at the University of Massachusetts and Omega Institute and is Founding Director of Regenerate Change. She lives in culturally vibrant Western Massachusetts with her beloved husband.



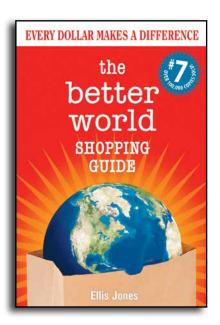
Progressive Leadership 8 x 10" / 288 Pages 100 B&W Illustrations US/Can \$32.99 PB ISBN 9780865719446 Available September 2020

NEW TITLES

Small enough to fit in your pocket, this practical little book will help you change the world as you shop!

The Better World Shopping Guide 7th Edition Every Dollar Makes a Difference

ELLIS JONES



Nature 4 x 6" / 208 Pages 100 B&W Illustrations US/Can \$12.99 PB ISBN 9780865719460 Available September 2020 WHILE WE STRIVE to make our vote count every four years, few of us realize that our most immediate power to shape the world is squandered on a daily basis. Every dollar we spend has the potential to create social and environmental change. In fact, it already has. The world that exists today is in large part a result of our purchasing decisions.

The Better World Shopping Guide rates hundreds of products and services from A to F so you can quickly tell the "good guys" from the "bad guys" and ensure your money is not supporting corporations that make decisions based solely on the bottom line. Drawing on decades of meticulous research, this revised seventh edition will help you find out who actually "walks the talk" when it comes to:

- Environmental sustainability
- Human rights
- Community involvement
- Animal protection
- Social justice.

Small enough to fit in a back pocket or handbag and organized in a user-friendly format, covering more brands than ever, The Better World Shopping Guide helps you reward companies who are doing good, penalize those involved in destructive activities, and change the world as you shop!

ELLIS JONES, PHD, is the award-winning, bestselling author of six previous editions of *The Better World Shopping Guide*, and co-author of *The Better World Handbook*. A scholar of social responsibility, global citizenship, and everyday activism, he is dedicated to uncovering practical ways for people to make a difference in the world. He teaches at Holy Cross College in Worcester, MA.

ALSO AVAILABLE:

Better World Handbook (9780865715752) (see page 28)

Facing the Climate Emergency How to Transform Yourself with Climate Truth MARGARET KLEIN SALAMON WITH MOLLY GAGE

Facing the Climate Emergency addresses the fears of everyone who is alarmed about the climate crisis and yet feels powerless to stop it. Drawing on psychology, it shows readers how to use their feelings of fear, grief, and powerlessness to transform themselves into climate warriors and motivate collective change.

"A remarkable account of how you can become a climate warrior." —BILL MCKIBBEN, author, Falter

8.5 x 5.5" / 160 pages US/CAN \$14.99 PB ISBN 9780865719415

How to Talk to Your Kids About Climate Change

Turning Angst Into Action

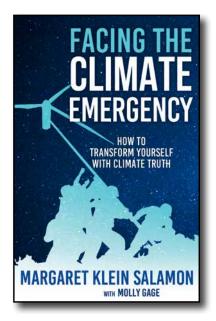
HARRIET SHUGARMAN

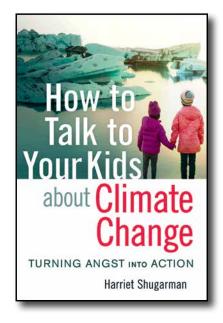
How to Talk to Your Kids About Climate Change provides tools and strategies for parents to explain the climate emergency to their children, maintain hope in the face of crisis, and galvanize positive action by encouraging today's children to follow their passions in pursuit of a livable world.

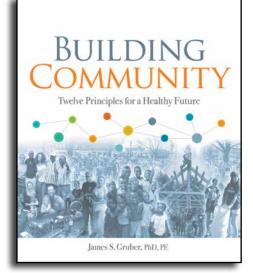
"A comprehensive description of the climate crisis, how to communicate it to the children in your life, and how you can work together to be part of its solutions."

—Al Gore

6 x 9" / 192 pages US/CAN \$17.99 PB ISBN 9780865719361







Building Community Twelve Principles for a Healthy Future

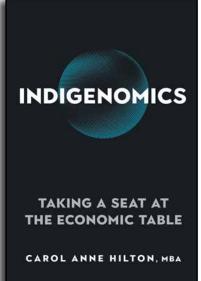
JAMES S. GRUBER

Building Community is a practical guide for local leaders working to build equitable, healthy, and sustainable communities. Featuring a chapter covering each of 12 Guiding Principles common to thriving communities, the book includes rich case studies and leaderships tools.

"Crucial reading for all who feel compelled to lead...simply because they care deeply about their community and world."

-RONALD A. HEIFETZ, MD, founder, Center for Public Leadership, Harvard Kennedy School, author, *Leadership Without Easy Answers*

7.5 x 9" / 352 pages US/CAN \$32.99 PB ISBN 9780865719323



Indigenomics

Taking a Seat at the Economic Table CAROL ANNE HILTON

Igniting the \$100 billion Indigenous economy.

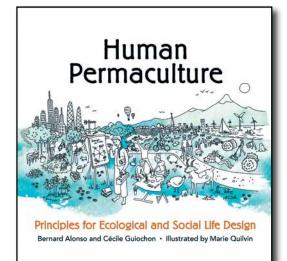
Indigenomics lays out the tenets of the emerging Indigenous economy, built around relationships, multigenerational stewardship, and care for all. Includes voices of leading First Nations business leaders. Powerful reading for business leaders, policymakers, and economists.

6 x 9" / 256 pages US/CAN \$19.99 PB ISBN 9780865719408 Human Permaculture Principles for Ecological and Social Life Design BERNARD ALONSO AND CÉCILE GUIOCHON

Harness the power of permaculture to change yourself and become a regenerative force for the planet.

Human Permaculture is a forward-thinking guide that adapts permaculture principles for complete life redesign to align with the planet's available resources. Offering step-by-step instructions, it explores permaculture concepts, personal niches, efficient teamwork, and our vital links with the natural world.

8.5 x 8.5" / 240 2-color pages US/CAN \$29.99 PB ISBN 9780865719316



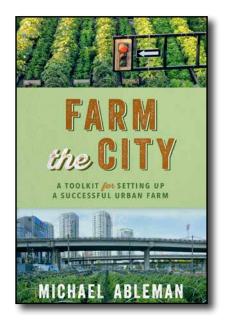
Farm the City A Toolkit for Setting Up a Successful Urban Farm MICHAEL ABLEMAN

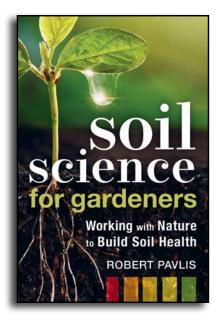
Farm the City is an introduction to the principles, methods, and realities of starting an urban farm derived from the success of Sole Food Street Farms, one of the largest urban agricultural enterprises in North America. Covers navigating regulations and finding land, to crop planning, fundraising, marketing, and more.

"Ableman gardens society, grows well-being, weeds out despair, and sows hope."

-PAUL HAWKEN, author, Drawdown and Blessed Unrest

6 x 9" / 128 full color pages US/CAN \$19.99 PB ISBN 9780865719392





Soil Science for Gardeners Working with Nature to Build Soil Health ROBERT PAVLIS

Soil Science for Gardeners is an easy-to-read, practical guide to the science behind a healthy soil ecosystem and thriving plants. The book debunks common myths, explains soil science basics, and provides the reader with the knowledge to create a personalized soil fertility improvement program for better plants.

"Explains why things work in your garden! Equally important, Pavlis uses science to destroy so many gardening myths." —JEFF LOWENFELS, author, DIY Autoflowering Cannabis and the Teaming With Trilogy

6 x 9" / 224 pages / US/CAN \$18.99 PB ISBN 9780865719309 Mother Earth News Wiser Living Series

Keeping Bees with a Smile

Principles and Practice of Natural Beekeeping FEDOR LAZUTIN WITH LEO SHARASHKIN

The second edition of bestselling *Keeping Bees with a Smile* shows beginner and practicing beekeepers how to attract local bee swarms, keep bees healthy and productive, build simple bee-friendly hives, and harvest honey without stressing bees. Chock-full of techniques for natural beekeeping.

"This book should be on every beekeeper's bookshelf." —Напк Will, author, Plowing with Pigs, Editorial Director, Mother Earth News

6 x 9" / 400 pages / 24 page color insert / US/CAN \$34.99 PB ISBN 9780865719279 Mother Earth News Wiser Living Series



Goats Giving Birth What to Expect during Kidding Season

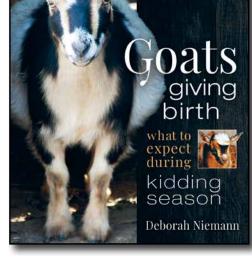
DEBORAH NIEMANN

Goats Giving Birth presents stories, lessons, and reflections from over 600 goat births with insights into the differences between normal births, necessary C-sections, and incidents that may turn deadly serious, giving you the confidence to handle all goat birthing situations.

"Neimann is knowledgeable and her information complete, but she also brings a heartfelt love for her herd to her writing. Her passion for goats translates into excitement."

—KIRSTEN LIE-NIELSEN, Hostile Valley Living, author, The Modern Homesteader's Guide to Keeping Geese

7.5 x 9" / 128 full color pages US/CAN \$19.99 PB ISBN 9780865719422



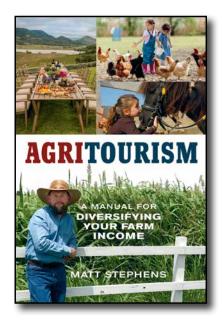
Agritourism A Manual for Diversifying Your Farm Income MATT STEPHENS

Sow the seeds of multiple income streams and community connection on your farm.

Agritourism is a practical guide for diversifying your farm income and connecting with people. Chock-full of case studies, Q&A's, pros and cons, solutions, priorities, and actionable items, it contains everything you need to know to turn your hobby farm into a successful and sustainable agritourism enterprise.

6 x 9" / 224 pages / 8 page color insert / US/CAN \$19.99 PB ISBN 9780865719354

Mother Earth News Wiser Living Series



DIY Sourdough

The Beginner's Guide to Crafting Starters, Bread, Snacks, and More JOHN & JESSICA MOODY

DIY Sourdough is the essential beginner's guide to crafting simple whole grain sourdough starters, breads, snacks, and more that can be incorporated into your weekly routine. Packed with tips and tricks for consistent, *nutritious, and delicious results*.

"A useful and practical book for conscious cooks." —JEAN DENNEY, group editor, Mother Earth Living and Fermentation 7.5 x 9" / 104 Full color pages / US/CAN \$19.99 / PB ISBN 9780865719200 Mother Earth News Wiser Living Series

The Art of Plant-Based Cheesemaking, Second Edition How to Craft Real, Cultured, Non-Dairy Cheese

KAREN MCATHY

The Art of Plant-based Cheesemaking, 2nd edition is a comprehensive update of Karen McAthy's award-winning vegan cheese book. Includes new beginner and more advanced plant-based cheese recipes; nut, kefir, lentil, and other culture preparation, and more step-by-step methods, plus lavish photos.

"McCathy brings an enormous wealth of knowledge and experience to the world of plant-based cheesemaking."

-MARGARET COONS, founder and CEO, Nuts for Cheese

7.5 x 9" / 160 full color pages / US/CAN \$24.99 / PB ISBN 9780865719385

Your Indoor Herb Garden

Growing and Harvesting Herbs at Home

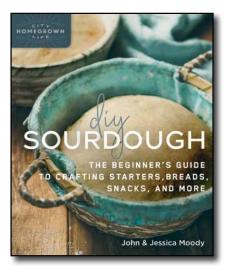
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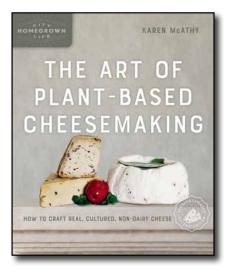
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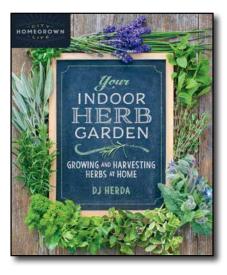
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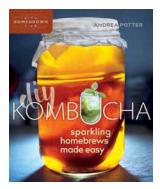
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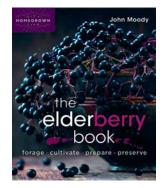
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