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Food & Drink

FOOD & DRINK





How to Make Anything Gluten-Free

Over 100 Recipes For Everything From Home Comforts To Fakeaways, Cakes To Dessert, Brunch To Bread

Becky Excell

Feb 2021 | HC | CKB000000 | \$29.99 | 9781787136618
224pp | 7.4 x 9.8" | 2lb 4oz | Full color photography throughout

ISBN 978-1-78713-661-8



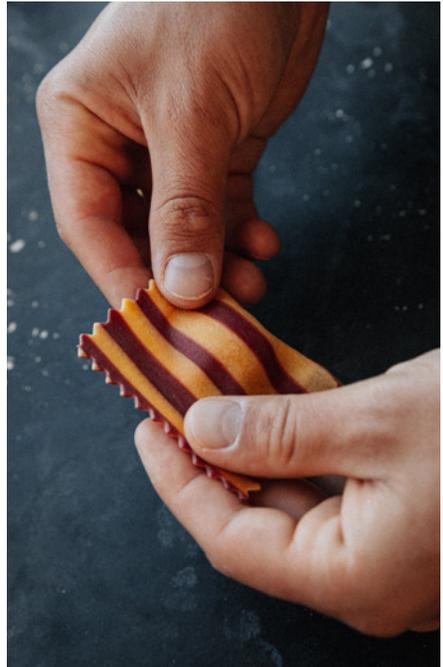
Make eating and cooking gluten-free easy with Becky Excell's revolutionary new book!

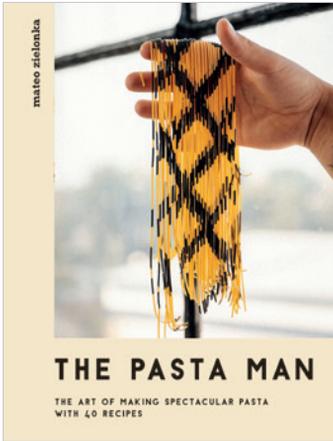
Are you avoiding gluten but yearn for fresh bread and pasta? Do you crave donuts, cookies and classic cakes?

How to Make Anything Gluten-Free is the first cookbook that shows you how to unlock all the food you truly miss eating – but nothing tastes or looks 'gluten-free'. Becky Excell is here to show you that a gluten-free life can be exciting and easy, without having to miss out. From proper pad thai, doughnuts, lemon drizzle cake, cheesecake, and profiteroles, plus dairy-free, vegan, veggie and low FODMAP options, Becky gives you all the recipes you'll ever need with tips and advice on how to make absolutely anything gluten-free.

Becky Excell is a full-time food writer with a following of over 250,000 on her blog and social media channels. She's been gluten-free for over 10 years and has written recipes for numerous online publications, as well as doing cooking demos. She gave up a job in PR and marketing to focus on food full-time, developing the recipes that she and her followers really want to eat. She lives in Essex, UK.

- Author Becky Excell has a following of over 200,000 across her social media channels, including over 100,000 on Instagram
- Gluten-free has gone mainstream with most stores and restaurants offering gluten-free options
- It is estimated that US sales of gluten-free foods are set to double 2018–25





The Pasta Man

The Art of Making Spectacular Pasta –
with 40 Recipes

Mateo Zielonka

June 2021 | HC | CKB061000

\$22.99 | 9781787136199

160pp | 6.8 x 8.9" | 1lb 3oz

Full color photography throughout

ISBN 978-1-78713-619-9



Pasta cookbook showcasing spectacular colored and patterned creations, from cult Instagram chef Mateo Zielonka.

Striped, spotted, red and green, purple and yellow, black and white... The Pasta Man, Mateo Zielonka, makes the most spectacular, most original pasta you've ever seen. In this new book Mateo reveals for the first time how you too can make his incredible, beautiful creations.

With step-by-step 'how to' sections guiding you through various shapes and effects, to making 2-, 3- and even 4-color farfalle (using all natural coloring), lasagne sheets and pappardelle, ravioli, tortellini and other spectacular filled pastas, Mateo then offers over 40 recipes for using the pasta you've just made. All the recipes are illustrated with stunning photographs. Be guided by a master and make your own pasta as pretty as a picture.

Mateo Zielonka, aka The Pasta Man, is a Polish-born chef who has worked in London restaurants including Padella and Polpo. He regularly teaches pasta classes and cooks for influencer events, and has filmed pasta-making videos for Food52. He lives in Dorset, UK.

- Over 80,000 followers on Instagram
- 40 stunningly photographed recipes
- Pasta elevated to designer heights

FOOD & DRINK





The Italian Deli Cookbook

100 Glorious Recipes Celebrating the Best of Italian Ingredients

Theo Randall

March 2021 | HC | CKB047000

\$35.00 | 9781787135963

256pp | 6.6 x 9.7" | 2lb 4oz

Full color photography throughout

ISBN 978-1-78713-596-3



Beautiful new cookbook from world-renowned chef Theo Randall, showcasing Italian deli ingredients.

From biscotti to limoncello, the world's love affair with Italian delis goes back many years. The Italians have taken the very best of Italian produce all over the world. People everywhere have access to a treasure trove of ingredients through Italian delicatessens.

The Italian Deli Cookbook showcases delicious meals using cured meats, smoked fish, jarred vegetables, vinegars, olives, pasta, pulses, cheeses and wine. These transformative ingredients will make for easy lunches and suppers, or dinner party centerpieces. With original, simple recipes, elevate your cooking the easy way with the expert guidance of world-renowned chef Theo Randall.

Theo Randall started working at the River Café in 1989. After a brief stint at Chez Panisse under Alice Waters, he returned to London to take up the role of Head Chef at the River Café, and remained there for 15 years. In 2006 he launched his first restaurant, Theo Randall at the Intercontinental, which now has two more locations in Hong Kong and Bangkok.

- Taps into the popularity of pantry cooking using high-quality canned and preserved ingredients as the basis of simple recipes
- Theo Randall is an internationally renowned chef with restaurants in London, Bangkok and Hong Kong
- Theo appears regularly on television, and spent many years as Head Chef at London's famed River Café

FOOD & DRINK





Cooking in the Big Green Egg

The Essential Guide To Getting The Best From Your EGG, With Over 70 Recipes

James Whetlor

April 2021 | HC | CKB005000

\$35.00 | 9781787135871

224pp | 7.4 x 9.8" | 2lb 3oz

Full color photography throughout

ISBN 978-1-78713-587-1



The brand-new cookbook for your Big Green Egg, with full instructions and 70 recipes.

The Big Green Egg has a cult following amongst BBQ experts due to its high-performance cooking at a range of temperatures. As more and more enthusiasts realize what a versatile and practical bit of cooking kit the EGG is, experts and amateurs alike are looking for recipes to test out their skills and maximize the EGG's capabilities.

Cooking in the Big Green Egg offers instructions and recipes for everything you'd ever want to cook in your EGG. Award-winning food writer James Whetlor guides the reader through the basics of using the EGG, with tips and advice on lighting and cooking techniques, then you're ready to cook your way through 70 amazing recipes including all the basic meats and joints, whole fish, vegetables and jaw-dropping barbecue feasts.

Winner of a James Beard award for his first book, *Goat*, **James Whetlor** of Cabrito Goat Meat worked as a chef for 12 years in London, before moving back to his hometown in Devon and working at River Cottage.

- Big Green Egg is a phenomenon in the world of outdoor cooking, with a devoted following and prestigious reputation
- This will be first 'quality' cookbook published around the brand and with their full endorsement; previous branded books have sold over 80,000 copies

STICKY BBQ CAULIFLOWER WINGS WITH RANCH DIP

SERVES 4 AS A SIDE DISH OR SNACK

Finger-lickin' snacks don't come more delicious than these sticky cauliflower wings, with their crumbly, golden crust. Plop up shop-bought BBQ sauce with chilli flakes for heat that is mouth-watering and satisfying. Parika breadcrumbs give a perfectly crisp coating, and can be found in most large supermarkets or Asian supermarkets. Serve straight from the oven, with a cooling ranch dip.

For the cauliflower wings

- 200g (generous 1½ cups) BBQ sauce (ensure vegan)
- 2 tbsp sunflower oil
- 2 tsp garlic powder
- ½ tsp dried chilli flakes
- 100g (2 cups) parika breadcrumbs
- 1 medium cauliflower, broken into bite-sized florets with some stem remaining
- 1 sprig onion (optional), finely sliced

For the ranch dip

- 4 tbsp chilled vegan mayonnaise
- generous handful of chives, finely chopped
- small handful of flat-leaf parsley, finely chopped
- generous pinch of sea salt and black pepper
- pinch of smoked paprika
- extra-virgin olive oil, for drizzling

•

Preheat the oven to 200°C/400°F. Toss cauliflower in the BBQ sauce and oil.

In a bowl, mix together the BBQ sauce, oil, garlic powder and chilli flakes.

Arrange the parika breadcrumbs on a plate. Dip a cauliflower floret into the BBQ sauce mix, shake off any excess, then roll in the parika breadcrumbs. Place on a lined baking tray and repeat until each floret is coated.

Bake in the oven for 15 minutes, remove from the oven and carefully use a spatula to turn the florets before returning to the oven for 10–15 minutes until the breadcrumbs are evenly golden.

Meanwhile, make the ranch dip. Mix together the mayonnaise and vegan yogurt then stir in the chopped chives and parsley. Season to taste with sea salt, plenty of black pepper and finish with a pinch of paprika and a drizzle of olive oil.

Remove the sticky BBQ wings from the oven, scatter with the spring onion and serve hot, with the cooling dip.

GET AHEAD

- Make extra spicy BBQ sauce and keep it covered in the fridge for up to a month for quick and easy fish-toasts.

18 AMERICAN



BEER-BATTERED TOFISH AND CHIPS

SERVES 4

Crisply-free doesn't have to mean flavour-free, with a golden beer batter enclosing tender tofu. It's thanks to non-seasoned sheets that the tofu has a flavour of the ocean (you'll find non in the world food aisle of large supermarkets).

For the chips

- 4 large King Edward potatoes, peeled and cut into 2cm (¾in) thick chips
- 2 tbsp sunflower oil
- sprinkle of malt vinegar
- pinch of sea salt

For the beer-battered tofu

- 200g (generous 1½ cups) plain (all-purpose) flour
- 2 tbsp cornflour (cornstarch)
- pinch of ground turmeric
- small handful of fresh dill, finely chopped
- 1 tsp sea salt
- generous pinch of black pepper
- 300ml (1¼ cups) cold beer (ensure vegan)
- 2 x 200g (7½oz) blocks of extra-firm tofu, drained and pressed (see page 14)
- 4 sheets of sushi non
- 500ml (generous 2 cups) sunflower oil
- unsweetened lemon wedges, to serve

•

To make the chips, preheat the oven to 200°C/400°F. Toss the potatoes in the sunflower oil, then bake for 50 minutes until golden and crisp.

Meanwhile, make the beer batter. Stir together the flour, cornflour, turmeric, dill, sea salt and black pepper in a large bowl. Slowly pour in the beer and whisk to get rid of any lumps. Rest the batter in the fridge while you prepare the tofu.

Slice each block of pressed tofu horizontally, so you have 4 thin rectangles. Press a sheet of non over one side of each tofu slice. Heat the sunflower oil in a large, deep frying pan (skillets) over a medium heat. Dip the tofu slices in the batter to coat fully then use a slotted spoon to place them in the pan for 3–4 minutes, before turning and cooking the other side until light golden in colour.

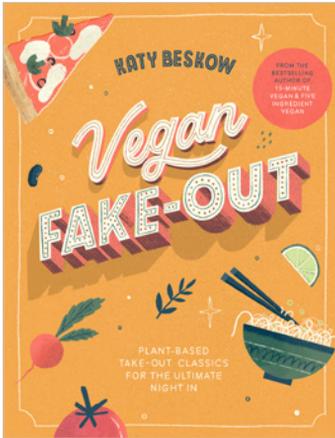
Remove the chips from the oven and sprinkle with vinegar and salt. Serve the tofu and chips hot, with wedges of lemon.

TAKE-OUT TIP

- Tofu requires draining and pressing to give it a firmer texture. See page 14 for detailed instructions on how to do this.

40 AMERICAN





Vegan Fake-out

Plant-Based Take-Out Classics For The Ultimate Night In

Katy Beskow

Feb 2021 | HC | CKB125000

\$22.99 | 9781787136281

160pp | 6.9 x 8.9" | 1lb 4oz

Full color photography throughout

ISBN 978-1-78713-628-1



70 quick and easy vegan take-out classics for the ultimate night in.

We all love take-out. It's one of life's little pleasures, and a great way to try food from around the world in the comfort of our own homes. But when hankering after a plant-based treat, the take-out menu isn't always the easiest thing to navigate. *Vegan Fake-out* offers 70 recipes that deliver fast, easy, vegan take-out classics that will make sure that you're able to indulge, whenever the craving strikes.

Divided into chapters on American, Chinese, Indian, Italian and Middle Eastern classics you'll find recipes which take just fifteen minutes to cook, slow-cooker recipes that do the hard work for you, and menus that will feed up to four people.

Using readily available ingredients, standard kitchen equipment and with tips on freezing, cost-saving and ditching single-use plastics, you can enjoy a fuss-free fake-out with minimal effort and maximum flavor – all without leaving the house.

Katy Beskow is an award-winning cook, writer and cookery tutor with a passion for seasonal ingredients, vibrant food and fuss-free home cooking. This is her fifth book.

- Recreate the delicious flavors of your favorite take-out dishes, in less time and for less money
- 70 of the nation's favorite take-out classics reimagined as plant-based recipes
- The world's take-out food market is predicted to be worth over \$120 billion by 2023



Also available
Five Ingredient
Vegan
9781787135284
\$29.99



Also available
Easy Vegan Bible
9781787135666
\$31.00



Also available
15 Minute Vegan
9781849499637
\$22.99



ROTTERS' ROAD TRIP

Champagne

France

CHAMPAGNE IS SO UNDERRATED. I'm not thinking of the nasty novichok-grade bubbly gathering dust on the top shelf of your local corner shop or the prestige cuvées wheeled out in business class to mitigate the nightmare of a £5000 air fare or even the rapper-endorsed bottles in full Barbie-doll packaging – as classy as a Trump election pledge, and just as hard to swallow. No, what I mean is, even though everyone regards Champagne as the ultimate aperitif and signifier for celebration, few consider it a 'serious' wine.

For most people, there's wine and then there's Champagne. Even today, many of the region's *Grandes Marques* (big brands) repudiate the fact that Champagne is categorically a wine, pontificating about 'pleasure' and 'special moments' in place of growers, grapes and vineyards. But while Champagne may always be dominated by these large houses, which traditionally don't own vineyards and buy in grapes from among 19,000 local farmers, a niche movement of vigneron who have decided to make wines from their own crop has ushered in huge changes over the past two decades. Today a return to organic farming, indigenous yeasts, fully mature grapes, no chaptalisation, oak barrel storage and minimal dosage have become more commonplace. However, it's not as simple as saying that big companies are bad and small ones are beautiful, as first- and second-rate wines are made by both. It's a matter of valuing terroir; of capturing the taste of a place, not of a brand.

One of the things that strikes you about travelling around Champagne is how long it is. And how wide. At 25,000km², the region is almost as big as Belgium, and it takes more than an hour-and-a-half to drive from Reims, the commercial hub in the north, to Troyes, the pre-French Revolution capital in the south, near where our journey begins.

A vast open landscape of big skies and small villages, the Aube (a.k.a. La Côte des Bar) has historically had a tempestuous relationship with its northern neighbours, who in the 1900s tried to exclude it from the Champagne appellation, resulting in its classification as a secondary zone. Geographically

Opposite: Anelina & Guillaume Sébaste, Domaine Jacques Sébaste, Aube

WINE FROM ANOTHER GALAXY

149

Crab & Tarragon Salad

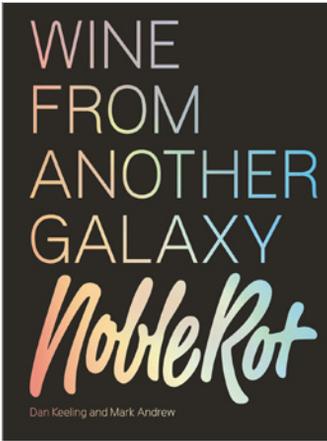
Sweet white crab meat in a creamy tarragon dressing is a luxurious beginning to a meal, and sets high-acidity whites such as Champagne, Burgundy and Chenin Blanc in a jervisable light. An adaptation of one of Vivian Oxenloeh's genius recipes, the mixture is served in a slightly fluted chicory leaf to contrast with its richness. If you have the time and inclination, buy a live crab to cook. If not, use the best-quality crab meat possible, not the bland pasteurised variety now available in supermarkets.

Lightly flake 350g of white crab meat into a bowl and check for shell fragments. Combine with approximately three heaped tablespoons of mayonnaise, three heaped tablespoons of crème fraîche, 30g of baby capers, and a small handful of finely chopped tarragon. Season perfectly with salt and pepper and balance with a large squeeze of lemon juice. It must be creamy and rich but fresh and slightly piquant. Add a pinch of cayenne pepper if you like. Cut the ends off approximately ten medium green or red chicories and divide out the best, uniform-sized leaves. Add a spoonful of crab mixture to the centre of each leaf and let everyone help themselves using their fingers.



114

NOBLE ROT



Noble Rot Book: Wine from Another Galaxy

Dan Keeling and Mark Andrew

Feb 2021 | HC | CKB126000

\$45.00 | 9781787132719

352pp | 7.4 x 9.8" | 3lb 5oz

Full color artworks and photographs throughout

ISBN 978-1-78713-271-9



'Noble Rot manages to unravel the mysteries of wine with insight and humour. A wonderful – and essential – read for anyone interested in the world of wine, or even for those, like me, who just drink it.'

– **Nigella Lawson**

'Noble Rot is a ray of sunshine. Since its inception it's felt like our European safe house, our likeminded colleagues who share the same passions and interests. This is great writing. Enjoy it.'

– **David McMillan, Joe Beef**

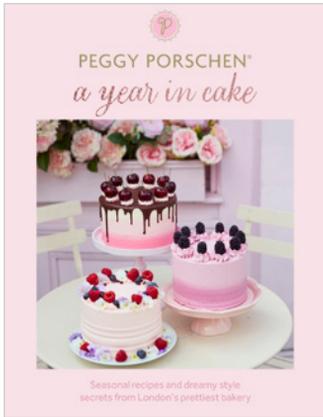
Forget everything you thought you knew about wine...

Choosing wine in a restaurant or shop can seem an unfathomable business. But, according to Dan Keeling and Mark Andrew, the duo behind London's Noble Rot, it needn't be that way. In *Wine from Another Galaxy* they'll help you to understand how wine is made, where to buy it, what to look for when you drink it, and how to talk about it. And once you've mastered the basics, they'll take you on a journey through the best of European wine culture, meeting the people and places behind their favorite bottles. This is the alternative, accessible, no-holds-barred guide to wine, where the usual clichés and rules don't apply.

Dan Keeling and **Mark Andrew** co-founded Noble Rot magazine and the restaurant of the same name. In Dan's previous career he was Managing Director of Island Records, and Head of A&R at Parlophone Records, where he signed Coldplay, among others. Mark Andrew is a Master of Wine, and previously worked as buyer at a leading London merchant. Together, Dan and Mark founded wine importers Keeling Andrew & Co.

- Since launching in 2013 *Noble Rot* magazine has become a cult hit, featuring the world's leading food and drink writers; a quarter of their Instagram followers are in the US.
- The magazine is stocked around the world including 34 stockists in the US and 8 in Canada.
- Dan Keeling is the Louis Roederer Food & Wine Writer of the Year 2017 and 2018, and has worked on wine events in the US with The Infatuation (5 million global users a month).





draft cover

'The best cupcakes in the world.'
- *Vanity Fair*

Peggy Porschen: A Year In Cake

Recipes and Dreamy Style Secrets from
London's Prettiest Café
Peggy Porschen

May 2021 | HC | CKB014000
\$32.50 | 9781787136861
192pp | 7.9 x 10" | 2lb 3oz
Full color photography throughout

I S B N 978-1-78713-686-1



Seasonal recipes, from Valentine's to Christmas, in Peggy Porschen's uniquely Instagrammable style.

With its fairytale façade and picture-perfect cupcakes, the Peggy Porschen Parlour has become a destination bakery for Londoners and tourists since it first opened ten years ago. Half a million people follow Peggy's creations and seasonal displays on Instagram and her customers include celebrities, global fans and influencers who come – often dressed in 'Peggy pink' – for a sweet treat, as well as to take selfies in the floral archway entrances of the parlours. This book pays tribute to the magic Peggy weaves with her baking through every season. Going through the year and punctuated by special occasions, the recipes cover cakes, iced cookies and cupcakes and will include step-by-step photos for the trickier makes.

The first **Peggy Porschen** Parlour opened in London's Belgravia in 2010 to provide fresh cupcakes, cookies and layer cakes, and a bespoke cake service. In 2011, Peggy opened the Peggy Porschen Academy (closed for relocation). In 2016 she decided to step away from bespoke orders to focus on growing the Parlours. The Chelsea Parlour opened in 2019.

- On Vogue's list of most Instagrammable places in London
- Her customers range from celebs to royalty: Elton John, Madonna, Stella McCartney and Kate Moss (whose wedding cake was made by Peggy)
- London's answer to the Magnolia Bakery



THAI RED CHICKEN CURRY

SERVES 4

This curry recipe is a Thai restaurant favourite. The red colour comes from the curry paste and it will vary depending on how many red spur chillies you used in the paste. You can use shop-bought red curry paste but you will need to add less to begin with as commercial pastes are often a lot spicier and saltier than homemade. One eye-catching way of adding colour to the curry is to drizzle fresh red chilli oil but this is optional.

PREP TIME 10 MINS
COOK TIME 20 MINS

- 120g coconut oil or rapeseed oil (see also p. 10)
- 150g (5.3oz) Thai red curry paste (see page 14 or see p. 10) (shop-bought)
- 450g (1lb) skinless chicken thigh fillets, or skinless bone-in pieces (see also p. 10)
- 250g (9oz) Thai chicken stock (see page 10)
- 400g (14oz) fresh coconut milk

- About 50g (1.8oz) vegetables, such as baby aubergines, eggplants, aubergine (aubergine), green string beans, 300g Thai fish sauce*
- 150g (5.3oz) soy sauce*
- 150g (5.3oz) palm-tree papaya (or shop-bought)
- 150g palm sugar
- 200g (7.1oz) Thai basil leaves, to garnish
- 150g (5.3oz) Thai chili oil (see page 10) or shop-bought
- 150g (5.3oz) Thai rice noodles (see also p. 10)

Heat the oil over a medium-high heat in a large frying pan or wok. When sizzling hot, add the red curry paste and fry for about 30 seconds in the oil. Stir in the chicken and fry for a couple minutes, or until the chicken is about 50% cooked through. Stir in the stock and coconut milk and simmer for 5 minutes to thicken the sauce a little.

Now add the veggie, fish sauce, soy sauce, tamarind and palm sugar and simmer for about 3 minutes to cook the vegetables through. Taste and adjust the flavour as necessary, then cook the sauce down until you are happy with the consistency. It should be quite thin. Be careful not to overcook the vegetables. Garnish with coriander and drizzle with chilli oil if you like.

NOTE
*Many soy and Thai fish sauces contain glutamates but glutamates are fine brands are available.

70 Classic Dishes



PAD SEE EEW (FRIED NOODLES IN SOY SAUCE)

SERVES 4

If you look at the recipes for the different noodle dishes in this book, you will notice that they are all quite similar. By tweaking them just a little, you get completely different end results. Pad See Eew is famous for the way the noodles are air-fried over a high heat until they are beginning to brown. This gives them a delicious smoky flavour that simply has to be tried. It's also known for the amount of soy sauce used. Pad See Eew means 'fried in soy sauce' after all.

You can use dried flat rice noodles for this recipe but traditionally it is made with homemade or shop-bought fresh rice noodles. If using fresh noodles, it is crucial that you prepare these correctly or the results could be disastrous. Be sure to take some time to completely separate the noodles before adding them to the wok. If your noodles are sticking together, place them in the microwave for about 30 seconds. It is easier to separate the noodles warm than when they are cold.

PREP TIME 10 MINS
COOK TIME 15 MINS

- 400g rapeseed (canola) oil
- 5 garlic cloves, peeled and roughly chopped
- 500g (1.1lb) chicken stock
- 100g (3.5oz) chicken breast, thigh or breast, cut into 2cm (3/4in) pieces
- 500g (1.1lb) chicken breast, cut into 2cm (3/4in) pieces
- 400g (1.1lb) fresh rice noodles (see page 10) or 1kg (2.2lb) dried wide rice noodles, soaked (see below) and cut as per recipe
- 1 large egg
- 200ml (7.1oz) fish sauce (see page 10), to garnish
- Noodle oil (see page 10), to use
- 1 tsp ground white pepper

- FOR THE SAUCE**
- 150g (5.3oz) soy sauce*
- 150g (5.3oz) fish sauce*
- 150g (5.3oz) white distilled vinegar (optional)
- 150g (5.3oz) sugar*
- 150g (5.3oz) palm sugar*
- 150g (5.3oz) palm sugar or white castor sugar

Combine all of the sauce ingredients along with 2 tablespoons of water and set aside.

Heat the oil in a large non-stick wok or frying pan over a medium-high heat. Add the chopped garlic – no need to wait until the oil is hot – and fry for about 2–3 minutes until fragrant and lightly browned. Add the chicken and fry for a couple of minutes until it is about 80% cooked through. Then add the chopped broccoli and stir to combine.

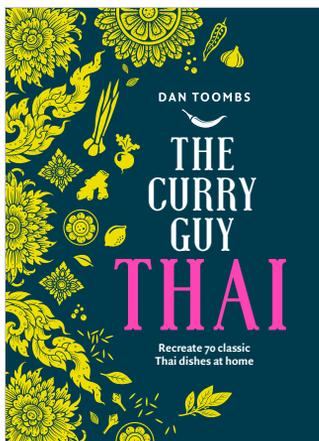
Reduce the heat to low and add half of the noodles along with half of the sauce. Move the noodles around delicately to mix with the sauce. Don't stir them vigorously or they may fall apart. Add the remaining noodles and sauce and again move them around in the pan or toss them if you can. Sometimes I use my hands for this. The noodles will clump together a little. This is fine – you just want to avoid them falling apart too much. If they do, it's a consistency rather than a taste issue.

Lightly move the contents of your pan to one side of the wok/pan and crack open the egg in the other side. Turn the heat back up to medium-high and scramble them. Then carefully fold the noodles, chicken and egg over the egg. Give the wok/pan a couple of tosses and allow the underside of the noodles to char lightly in the pan. Using a spatula, or tossing or using your hands, try to turn the noodles over to char the other side. You will know your pad see eew is ready when the sauce is quite dry and some of the noodles have a smoky crisp. They're over, all gas give!

Serve in plates topped with roasted chilli flakes and pickled chilies and sprinkled with a little white pepper.

NOTE
*Gluten-free brands are available for soy and onion sauces.

100 80



The Curry Guy Thai

Recreate 70 Classic Thai Dishes at Home
Dan Toombs

April 2021 | HC | CKB101000
\$19.99 | 9781787136144
160pp | 6.9 x 8.9" | 2lb 2oz
Full color photography throughout

ISBN 978-1-78713-614-4



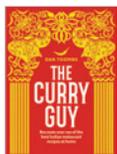
Make your favorite Thai food at home with recipes and advice from The Curry Guy, aka Dan Toombs.

The Curry Guy aka Dan Toombs is back, and this time he is taking on all the Thai classics. Thai cuisine is known for its light dishes that are packed with diverse flavors and textures. Can there be anyone who didn't fall head-over-heels in love with a green curry the first time they tasted one? Or who doesn't go crazy for the sweet/sour/savoury of a good pad Thai?

Dan's spent many years researching Thai dishes as well as the Indian curries for which he is so well known. All over the world people want to be able to make delicious and simple Thai meals like the ones they enjoy in restaurants and takeout, and *The Curry Guy Thai* offers 70 brand-new recipes for all your favorites.

Dan Toombs (aka The Curry Guy) has perfected the art of the curry. After over 20 years of travelling the world, sampling dishes, learning secrets from chefs and refining those recipes at home, Dan has created recipes that taste just like a takeout but in less time and for less money. This is his sixth book.

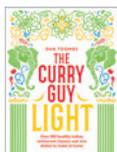
- The original *Curry Guy* book has sold over 100,000 copies worldwide
- Thai food is popular the world over, with its signature bold flavors and balance of hot, sour, sweet, and umami
- Thai ingredients are now readily available in grocery stores, with people wanting to cook their own, fresh options instead of ordering a takeout meal



Also available
The Curry Guy
9781787131439
\$19.99



Also available
The Curry Guy
Veggie
9781787132580
\$19.99



Also available
The Curry Guy
Light
9781787134614
\$19.99



Whole baked squash agrodolce, radicchio and mozzarella platter

A sweet and sour platter of colourful and flavourful ingredients, this is something that will be particularly enjoyable in late winter / early spring, as you start the mental move from overcooking stews and baked salads and fresh assemblies. It's a nice lunch on its own, with bread to mop juices, perhaps some prosciutto nearby too. Alternatively, it fits among a series of other starters, or alongside a roast chicken or slow-cooked lamb.

Baking the squash whole has a number of benefits. One is that the result has the intensity of those that you get when roasting squash, without the oiliness. Heat this helps the squash to cook up rather neat the agrodolce dressing and makes for a more texturally pleasing platter. The second is that there's no worry about losing your fingers because your knife is too blunt to chop a raw squash. Which I know is a fair a few ha-ha.

Serves 4-6

- 1 butternut squash (c.1kg)
- 100g red wine vinegar
- 50g water
- 1 clove garlic, finely sliced
- 2 tablespoons golden caster sugar
- 1 red onion, halved and thinly sliced
- 100 small radishes, leaves separated and out into point sized pieces
- Handful of mint leaves, finely chopped (optional)
- 250g buffalo mozzarella
- 8 tablespoons light olive oil (to cook)
- Extra virgin olive oil to dress
- Fresh sea salt

Heat the oven to 180C fan. Once warm, wash the squash, cut it on a small tray and into the oven. Let it bake, uncut, for 100 minutes until the skin is blistered and sweating, and flesh beginning to sink.

Meanwhile make the agrodolce dressing by gently frying the onions in the light olive oil until they're soft and sticky but not at all brown. Add a pinch of salt at the start as that'll help speed things along. Over a low-medium heat this will take around 30 minutes.

When they're looking sweet and sticky, drop the garlic in and cook for one minute more, then add the vinegar, water and sugar. Bring this to a boil and cook for 5 minutes, by then the dressing should look and feel glossy, almost sticky. Remove from the heat, add the salt and let it leave to cool.

When the squash is cooked, remove the tray from the oven and roll the squash out on a serving platter. Add 2 teaspoons of water into the hot tray and stir into the caramelised sugar juices to loosen them. Tip these into the dressing.

Use the tip of a sharp knife to cut the squash in half lengthways. Scoop the seeds out (and discard them), and slice each half into chunks, perhaps by making one long cut down the middle, then 5 or 6 across. Take care not to 'mash' the squash as you do this (it'll be soft, but not a pulp), and firm-up as it cooks). Push the chunks apart a little, season generously with salt and pepper, then spoon over the dressing — at first this makes, juices and garlic, then the liquids, reserving a tablespoon to dress the radishes. Leave to mingle, ideally for 3-4 hours, though you could tack in sooner if you wish.

When you're ready to eat, measure a couple of tablespoons of extra virgin oil in a mixing bowl, along with the reserved agrodolce dressing and a good pinch of flaky salt and black pepper. Beat with a fork, then toss the radishes and chopped mint in it. Add those leaves to the pumpkin platter, along with generous heavings of mozzarella.

TASTY & SOUR

9

Honeyed Basque cheesecake

The bronzed burnt Basque-style cheesecake has become something of a thing in recent years. Indeed, I wondered if it was too cliché and of the moment to include a version of it here. And yet this is the only kind of baked cheesecake I enjoy. It's also so easy* to make: 'toss the ingredients put them in the oven and burn!'

So here is 'my' version — which has less sugar than most as it is instead sweetened by honey; the melted, mounded flavour supporting, maybe even accentuating the cream cheese, rather than dominating. It's delicious with poached or roasted seasonal fruit like rhubarb, pears and summer berries, but also excellent on its own.

* You could make this by hand and elbow grease, but the recipe assumes you're using a stand mixer.

Serves 6-8

- 500g full fat soft cheese
- 100g golden caster sugar
- 30g runny honey (1 very full tablespoon)
- 4 large eggs
- 250ml double cream
- Pinch flaky sea salt
- 30g plain flour, sifted (3 tablespoons)
- Butter for greasing tin

You will need a 20cm (8 inches) loose-bottomed or spring-release cake tin and a stand mixer with paddle attachment to make this.

Butter the base and sides of the tin, then line with an excess of baking paper, so there's about 6cm of paper clear above the edges of the tin. The paper doesn't need to be fit perfectly; in fact a rippin' fluffin' is to be expected. Cut and measure up the ingredients out before starting.

Heat the oven to 180C Fan / gas mark 4, and set a rack a touch higher than the middle, so that the tin and its high-sided paper will fit.

Load the mixing bowl of a stand mixer with the soft cheese and sugar, and use the paddle attachment at medium speed to beat and cream those two ingredients together until the sugar is fully incorporated. It'll take about 2 minutes; stop halfway through to scrape the cheese back down the sides of the bowl.

Keep the mixer at a medium pace and beat the eggs into the mix one by one, adding the next only once the previous egg is fully incorporated. Again, stop half way through to scrape down the sides. (You use a knife or the edge of your kitchen surface rather than the sides of the bowl to crack each egg, otherwise you're likely to get egg shell in the mix).

Pause, scrape the sides again, then turn the mixer back on to a medium speed and add the cream, honey and a pinch of salt. Allow the machine to keep beating the mix for one minute more, then give it a spin (but don't turn off) and add the flour 1 tablespoon at a time. Turn the mixer up again for a final 60 seconds, then pour the custardy batter into the lined tin. (This should have taken around 6-7 minutes of beating if you had everything to hand).

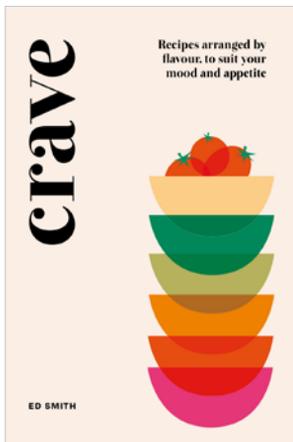
Put the lined cake tin on a baking sheet and place that towards the top of the oven for a total of 45 minutes. Absolutely avoid temptation to check in on it for at least 30 minutes. And only do it then if, as with mine, your oven swerves on one side (use the other to rotate the baking sheet shortly after the half hour mark, so the bronzed top can be evened out over the final 10-15 minutes).

After 45 minutes remove the cheesecake from the oven — there'll still be a scobbin' in the middle 4cm or so, but that will set as it cools. Allow to completely cool (and sink) before serving at room temperature or below. (This keeps well covered in a cool place / fridge for up to 24 hours, maybe more).



CHEESY & CREAMY

10



Crave

A Sourcebook of Recipes Arranged
by Flavor
Ed Smith

May 2021 | HC | CKB127000
\$35.00 | 9781787135796
256pp | 6.6 x 9.7" | 2lb 4oz
Full color photography throughout

ISBN 978-1-78713-579-6



Recipes to suit your mood, from award-winning food writer Ed Smith.

Ever noticed how your appetite can change according to whether you want crunch or velvet softness, sharp citrus or warming spice? Often it's dictated by weather, mood or even what's happening in the world.

In *Crave* Ed Smith helps his readers home in on the flavors they fancy by organizing his recipes within six cleverly conceived flavor profiles: fresh and fragrant; chili and heat; tart and sour; curried and spiced; rich and savory; and (best of all) cheesy and creamy.

From parsley, mint and lemon gnudi with peas, perfect for late summer days, to chorizo and blue cheese traybake, heavenly at any time of year (or time of day), this is a fresh take on seasonal cooking, delivering recipes you'll want to make every day of the week.

Ed Smith is the author of the acclaimed *On the Side* (2017), the best-selling *The Borough Market Cookbook* (2018), and the award-winning food blog www.RocketandSquash.com. A former City lawyer-turned-cook and food writer, Ed's work has appeared in all major food magazines, supplements and websites, including *The Sunday Times*, *Guardian*, *Telegraph*, *FT Weekend Magazine* and *Food52.com*.

- From the acclaimed author of *On the Side* and *The Borough Market Cookbook*, with over 50,000 Instagram followers
- Includes a 'directory of cravings' so readers can find a food for every mood





Herb

A Cook's Companion, From Plot To Plate Mark Diacono

April 2021 | HC | CKB040000
\$35.00 | 9781787136359
272pp | 7.1 x 10.6" | 3lb 4oz
Full color photography throughout

ISBN 978-1-78713-635-9



Follow-up to the acclaimed *Sour*, the essential book on growing and cooking with herbs.

Herb is a plot-to-plate exploration of herbs that majors on the kitchen, with just enough of the simple art of growing to allow the reader to welcome a wealth of home-grown flavors into their kitchen.

Mark Diacono shares the techniques at the heart of sourcing, preparing and using herbs well, enabling you to make delicious food that is as rewarding in the process as it is in the end result. The recipes build on bringing your herbs alive - whether that's a quickly swizzed parsley pesto, or in wrapping a crumbly Lancashire cheese in lovage to infuse it with bitter earthiness - and on preserving your herbs by making oils, vinegars and syrups. With a guide to sowing, planting and propagating herbs, there are also full plant descriptions and their main culinary affinities.

Mark is author of the award-winning *A Year at Otter Farm* and *A Taste of the Unexpected*. Mark was involved with *River Cottage*, appearing in the TV series, teaching at the HQ and writing *River Cottage* handbooks.

- Mark Diacono's previous book *Sour* was nominated for a James Beard Award in the US for Single Subject Food Book.
- Growing herbs has seen a surge in popularity in 2020 with people spending more time at home.
- Mark is recognized as an authority in both food and gardening with appearances on television and in the press.



Also available
Sour
9781787132269
\$35.00



ROOT
STEM
LEAF
FLOWER

SERVES 4

ROAST SQUASH AND PLUMS IN GARLIC, GINGER AND CHILLI

Nothing says autumn like woodland, as its leaves take on a thousand shades of gold, chestnut and tawny. Except, maybe... a tray of roasted squash, blistered and sweet from the oven. These colourful wedges are roasted with dark red plums, which cut the floury flesh with their sharp fruitfulness. Chilli, ginger and garlic are warming additions and a scattering of pumpkin seeds adds a delectable crunch.

- 2-3 SMALL MEDIUM SQUASH (SUCH AS KABOCHA, BLUE HOKKAI, SWEET DUMPLING, ACORN OR BUTTERNUT), WASHED, DETAILED AND CUT INTO WEDGES
- 2 Tbsp EXTRA-VIRGIN OLIVE OIL
- 1 MEDIUM-TOF RED CHILLI, DETAILED AND THINLY SLICED
- 4 GARLIC CLOVES, THINLY SLICED
- 2 Tbsp TAMARI SAUCE
- 2 Tbsp RUNNY HONEY
- 1 THUMB-SIZED PIECE OF ROOT GINGER, GRATED
- 2 Tbsp PUMPKIN SEEDS
- 8 PLUMS (SUCH AS BLUE TIF OR VICTORIA), LEFT WHOLE
- SEA SALT AND FRESHLY GROUND BLACK PEPPER

Heat the oven to 200°C/392°F (gas mark 6).

Place the squash wedges in a large roasting tin and drizzle over the olive oil. Season well with salt and pepper and place in the oven for 30-35 minutes, turning once, until the wedges are almost tender enough to eat.

Meanwhile, combine the chilli, garlic, tamari, honey, ginger and pumpkin seeds in a bowl.

When the squash is ready, remove the tray from the oven and add the plums. Spoon the tamari and ginger mixture over the plums and squash, give everything a shake and return to the oven for 10-15 minutes, or until the plums are just beginning to break down and the squash is completely cooked through.

Allow to cool for 5 minutes before serving. Brown rice makes an excellent accompaniment.

PART 2 AUTUMN SQUASH | PUMPKIN

147

SERVES 4-6

BLACKCURRANT RIPPLE GOAT'S MILK SORBET

Blackcurrants are the tannin blood of July; wild and sour things, broken by the brittle of sugar and heat. The blackcurrant is a complex yet reassuring fruit and perfect with the youth-like flavour of milk. Fresh goat's milk, which I'm using here, makes a wonderful sorbet. I like to add a little goat's yoghurt too, because I like the zing. Honey alone sweetens the sorbet itself and I add thyme because it feels so right. The blackcurrant gets rippled through the churned sorbet, just before it goes into the freezer, which creates this amazing contrast of flavours.

- 500ML (17FL OZ) GOAT'S MILK
- 100G (3.5OZ) RUNNY HONEY
- 2 THYME SPRIGS
- SMALL PINCH OF FINE SEA SALT
- 250ML (9FL OZ) GOAT'S MILK YOGHURT

- FOR THE GINGERPORE
- 300G (10OZ) BLACKCURRANTS
- 50G (1.7OZ) UNSWEETENED CASTER SUGAR

First, make the compote. Place the blackcurrants in a pan with the sugar and 1 tablespoon of water. Cook for 5-10 minutes over a low heat. You're looking for a very lightly cooked compote with a little sharpness. Allow the compote to cool, then transfer to the fridge to chill.

Make the sorbet base. Pour the goat's milk into a clean pan and add the honey, thyme sprigs and salt. Warm the milk until the honey has dissolved, then remove from the heat, transfer to a bowl and allow to cool. Remove the thyme sprigs and stir in the yoghurt.

Churn the sorbet base in an ice-cream machine until soft-set, then transfer to a tub and stir through the chilled compote. Place the tub in the freezer, until needed. (You may need to churn the sorbet in two batches, using half the compote each time.)

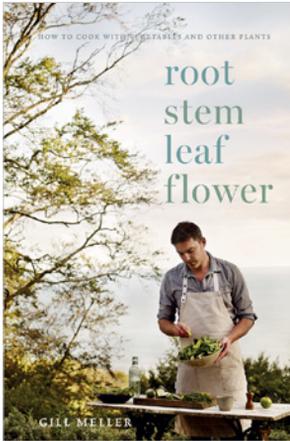
Remove the sorbet from the freezer at least 25 minutes before you intend to serve it. Scoop the sorbet out with a hot scoop or spoon and serve in bowls or cones.



ROOT
STEM
LEAF
FLOWER

120

PART 2 SUMMER RECURRENANTS | BLACKCURRANTS



Root, Stem, Leaf, Flower

How To Cook With Vegetables And
Other Plants

Gill Meller

March 2021 | HC | CKB086000

\$40.00 | 9781787134331

320pp | 7.1 x 10.6" | 2lb 9oz

Full color photography throughout

ISBN 978-1-78713-433-1



Seasonal vegetarian cooking with 120 evocative recipes and photographs.

Root, Stem, Leaf, Flower is about making the most of the land's bounty in your everyday cooking. Making plants and vegetables the focus of your meals can improve your cooking exponentially – they provide a feast of flavors, colors and textures.

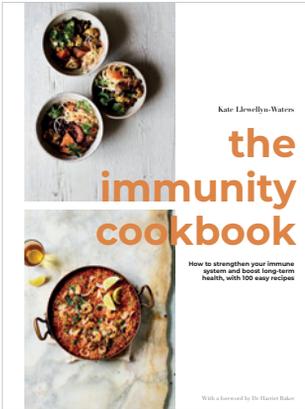
With roots, we think of the crunch of carrots and beets. From springtime stems like beloved asparagus, through leaves of every hue (kale, radicchio, chard), when the blossoms become the fruits of autumn – apples, pears, plums – the food year is marked by growth, ripening and harvest. With 120 original recipes and photographs, and Gill's ideas for using the very best fresh ingredients, this is a thoughtful, inspiring collection of recipes that you'll want to come back to again and again.

Gill Meller is a chef, award-winning food writer, food stylist and cookery teacher. Gill works closely with the UK's famed River Cottage and writes for food publications all over the world. Gill's first book, *Gather* (2016), won the Fortnum & Mason Award for Best Debut Food Book.

- Gill has sold over 25,000 books in the UK and has over 50,000 followers on Instagram; he has a lot of support in the food world internationally
- Gill was head chef at the UK's famous River Cottage (Hugh Fearnley-Whittingstall) and won the Fortnum & Mason First Cookbook Award for *Gather*
- All 120 recipes feature a beautiful photograph

FOOD & DRINK





The Immunity Cookbook

How to Strengthen Your Immune System and Boost Long-Term Health, with 100 Easy Recipes
Kate Llewellyn-Waters

Jan 2021 | HC | CKB039000
\$29.99 | 9781787136793
224pp | 7.4 x 9.8m" | 2lb 3oz
Full color photography throughout

I S B N 978-1-78713-679-3



‘This book will provide the knowledge to make healthier choices and achieve both improved gut health and a stronger, balanced immunity.’
- **Dr Harriet Baker**

Recipes and tips for promoting a strong immune system through a healthier gut.

If we feel run down and we want to support our immune system, most of us tend to pop some vitamins. But an incredible 70% of our immune system is in the gut, so **gut health is crucial in our defence against illness.**

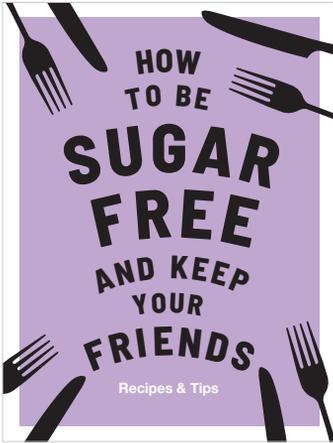
Nutritionist and immunity expert Kate explains in simple terms how our immune system and gut work, how we can help improve our immunity every day, what autoimmune conditions and allergies are, and which are the key non-food contributors to gut health and immunity, such as sunlight, sleep, mental health and exercise.

The main part of the book offers 100 everyday recipes, all using accessible ingredients and offering helpful switches or additions to suit you and your family’s needs, as well as practical meal plans to make life even easier.

Kate Llewellyn-Waters is an award-winning MSc. qualified nutritionist with over twenty years’ experience in the health and nutrition industry. Kate is registered with The Nutrition Society and is an associate of the Royal Society of Medicine in the UK. Along with leading personal trainer, Jamie Sawyer, Kate is the co-host of the nutrition and health podcast, Fit as F**k.

- Includes a foreword by a physician
- Immunity is not just topical for 2020, but a subject that is going to remain a priority around the world for a long time after Covid-19





How to be Sugar-Free and Keep Your Friends

Megan Davies

Feb 2021 | HC | CKB025000
\$19.99 | 9781787136267
160pp | 6.3 x 8.3" | 1lb 2oz
Full color photography throughout

ISBN 978-1-78713-626-7



Enjoy being sugar-free with over 50 incredible recipes, as well as tips and tricks for living happily without refined sugar.

You're being healthy, eating in a more considered manner and, most importantly, you've never felt better. So why is it still so tricky to navigate life as a sugar-free diner? From going out for dinner, to staying in with friends, it can be a challenge to cook, eat and socialize in a world of refined sugar eaters. *How to be Sugar-Free and Keep Your Friends* helps you to go about your life without compromises, excuses or apologies. Instead, you'll be armed with over 50 fresh, exciting and globally-inspired recipes, free from any refined sugar, and discover a whole new world of natural sweeteners. Happily cook for yourself, your friends and your family (without hearing any complaints!), and dip into tips, tricks and hacks to learn how to be a better, more easygoing sugar-avoider. Your options will open up, you'll enjoy a delicious new menu of food, and your friends... well, they'll never have a bad word to say again!

Megan Davies is a London-based food stylist, recipe writer, tester, developer and food illustrator. Her work has featured in *Olive Magazine*, *BBC Good Food Magazine*, and clients include Pret a Manger, Wagamamas, HelloFresh, Linda McCartney Foods, to name a few. She runs a small, intimate supper club called Home Bird in London, UK.

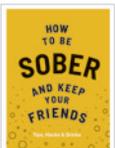
- Includes a section on natural sweeteners
- With tips and tricks on snacks, what to take to other people's homes and shopping lists



Also available
How to be Vegan and Keep Your Friends
9781787132740
\$19.99



Also available
How to be Gluten-Free and Keep Your Friends
9781787132917
\$19.99



Also available
How to be Sober and Keep Your Friends
9781787134225
\$19.99





Foolproof One-Pot

60 Simple and Satisfying Recipes

Alan Rosenthal

Feb 2021 | HC | CKB101000

\$19.99 | 9781787135949

144pp | 6.3 x 8.3" | 1lb 4oz

Full color photography throughout

ISBN 978-1-78713-594-9



Everyday recipes with an emphasis on simplicity and no-fuss.

One-pot cooking cuts down on washing up, requires minimal kitchen space and tends not to be overly complicated. What's not to love about that?

In the first book of the Foolproof series, *Foolproof One-Pot* celebrates throwing ingredients into a single dish and letting the oven do the work, while offering amazing new ways to elevate classics, as well as revealing new sure-to-be favorites.

From weekend slow cooks to easy-going pot bakes, this mouth-watering collection of 60 useful, vibrant recipes are all cooked with minimal fuss and maximum flavor!

Alan Rosenthal is a recipe writer, cookery teacher and supperclub host. He has also launched a food brand in supermarkets and worked for Brindisa and Providores as well as heading up the food team at the recipe box company, Gousto. He is the author of *Stewed! 80 Irresistible Stew and One-Pot Wonders* (2010) and has been teaching one-pot cooking courses at London's Leith's School of Food and Wine since 2010.

- Everyday recipes with an emphasis on simplicity and no-fuss.
- One pot cooking is having a moment: recipes offer interesting flavor combos but also help practically with the time pressures of modern life.
- All recipes will be photographed.





Foolproof BBQ

Create A Sizzle With The Perfect Barbecue,
With 60 Recipes

Genevieve Taylor

May 2021 | HC | CKB005000

\$19.99 | 9781787136717

144pp | 6.3 x 8.3" | 1lb 4oz

Full color photography throughout

ISBN 978-1-78713-671-7



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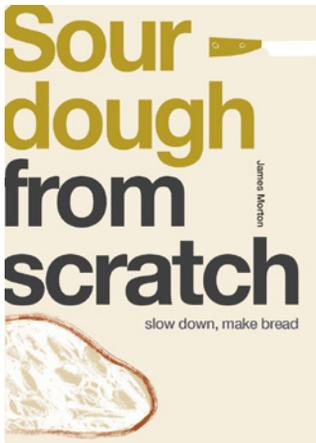
The handy guide to barbecuing at home – everything you need to know, with fail-safe recipes and advice.

Everyone loves to fire up the barbecue on a sunny day – but how often do you end up with blackened steak, raw chicken, or collapsing veggie kebabs? Never fear – Genevieve Taylor, BBQ and live-fire expert and cook, is here to solve all your barbecue problems with 60 foolproof recipes to make your summer party a sizzling success!

With clear, simple instructions on how to set up your barbecue for fail-safe cooking, what fuel to use, and how to prepare your food, *Foolproof BBQ* makes outdoor cooking a breeze. Genevieve offers up 60 recipes for meat, poultry, fish, vegetables and even sweet puds. With a photo for every recipe, and step-by-step explanations, even a barbecue novice can make a feast to remember.

Genevieve Taylor is a food stylist and author of six books including *The Ultimate Wood-Fired Oven Cookbook* (2018) and *Charred* (2019). She demonstrates live-fire cookery at food festivals all over the UK, and is based in Bristol, UK.

- Barbecue books are seeing a surge in popularity in 2020 as people spend more time at home and in their back yards and gardens
- *Foolproof BBQ* uses supermarket ingredients so only familiar, readily available cuts of meat and fish
- Same style and format as the Posh series (over 150,000 copies sold), with clear, appealing themes, easy instructions and colorful photos



From Scratch: Sourdough

Slow Down, Make Bread
James Morton

April 2021 | FB | CKB009000
\$16.99 | 9781787136953
176pp | 5.3 x 7.3" | 1lb 1oz
Full color photography throughout

ISBN 978-1-78713-695-3



The no-nonsense guide to making and baking perfect sourdough bread at home.

Previously published as *Super Sourdough*, this new edition includes updated recipes and everything you need to know to make your own sourdough from scratch.

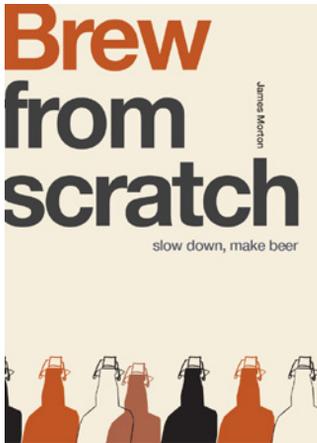
James talks the home cook through everything from starters, flours and hydration, to kneading, shaping, rising, slashing and baking, explaining how to achieve the perfect crust and crumb. With accessible recipes and clear step-by-step instructions, troubleshooting tips and explanations of what works and why, *From Scratch: Sourdough* is the accessible handbook that bakers everywhere have been waiting for.

James Morton is the author of five books including *Brilliant Bread*, which won the Guild of Food Writers Cookbook of the Year award in 2014, *How Baking Works* (2015), *Brew* (2016) and *Shetland: Cooking on the Edge of the World* (2018). In 2012 he reached the final of TV's *The Great British Baking Show*. He works as a doctor in Glasgow and owns a brewery in the city.

- James Morton's previous bread book, *Brilliant Bread*, has sold over 30,000 copies and won the Guild of Food Writers Cookbook of the Year.
- Clear, accessible instructions demystifying sourdough, from recognisable, popular baker (due to James's *Great British Baking Show* profile) as well as a respected food writer.



Also available
Super Sourdough
9781787134652
\$29.99



From Scratch: Brew

Slow Down, Make Beer
James Morton

April 2021 | FB | CKB005000
\$16.99 | 9781787136977
176pp | 5.3 x 7.3" | 1lb 1oz
Full color photography throughout

ISBN 978-1-78713-697-7



The no-nonsense guide to making your favorite beer at home.

Previously published as *Brew*, this updated edition includes new recipes and top tips on everything you need to know to make your own beer from scratch.

Making good beer at home is easy, and oh so cheap. *From Scratch: Brew* takes the novice beer-enthusiast by the hand and talks you through every last step of the process.

With beautiful step-by-step photographs and comprehensive sections on how and what you need to get started, bottling and storing, a glossary of key ingredient types, troubleshooting tips and proven beer recipes that result in complex flavors, every taste and skill level is catered for.

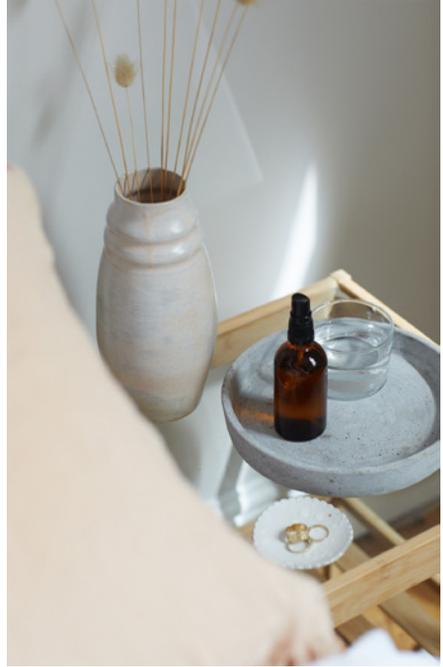
- Small batch, craft beer is BIG.
- The most comprehensive, accessible, easy-to-follow guide to home brewing from the bestselling author of *Brilliant Bread*, *How Baking Works* and *Super Sourdough*.
- Nothing offputtingly technical, no out-dated processes, just easy and cheap beer making with step-by-step photography.
- Learn about the different types of beer from around the world and flavors that can be achieved through simple tweaks and personalisation.
- *Brew* book has sold over 30,000 copies worldwide.

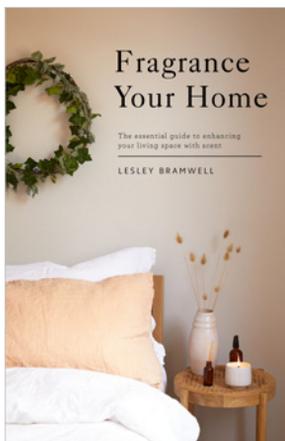


Also available
Brew
9781849497275
\$24.99



Home & Lifestyle





draft cover

Fragrance Your Home

The Essential Guide To Enhancing Your Living Space With Scent

Lesley Bramwell

April 2021 | HC | HEA029000

\$22.99 | 9781787136229

176pp | 6 x 9.2" | 1lb 2oz

Full color photography throughout

ISBN 978-1-78713-622-9



Botanical projects and everyday rituals to enhance your living space and wellbeing.

Fragrance is as vital a part of your home as color and texture. It can add depth to an otherwise stark room, warmth to a cold space, create a mood for a particular occasion – it can welcome, comfort and entice as much as any other aspect of interior design.

Moving from room to room, *Fragrance Your Home* offers a practical look at the various, all-natural ways you can create transformative and evocative scents inspired by nature. Using seasonal combinations of 7 core essential oils, you'll discover how to make your own candles, diffusers, dried herb combinations, incense, florals and more, to restore, energize and uplift.

Lesley Bramwell started out as an Environmental Scientist and after experimenting for many years with botanicals and essential oils, launched her own company Essence + Alchemy in 2015. Lesley designs, handcrafts and packages each Essence + Alchemy product from a small garden laboratory in Sheffield, UK.

- A collection of 100% natural and synthetic-free, botanical-inspired projects using just 7 core essential oils
- As consumers spend more time at home, sales of home fragrance products have increased massively in 2020
- Author Lesley will be designing a kit including the 7 core essential oils that can be purchased from her online store: Essence + Alchemy





Green Home

The Joy Of Living With Plants

Anders Røyneberg

April 2021 | HC | GAR010000

\$24.99 | 9781787136182

160pp | 6.8 x 9.7" | 2lb 3oz

Full color photography throughout

ISBN 978-1-78713-618-2



Bring the outside inside, with the hit book from 'plantfluencer' @arcticgardener.

Green Home explains how to 'green up' your life with an array of houseplants.

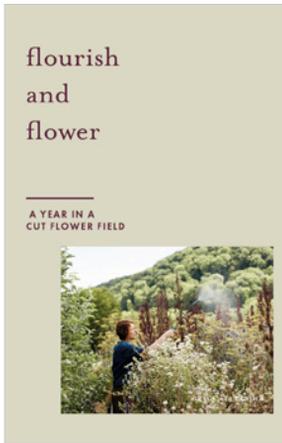
Living with plants can enliven and enrich your surroundings, promoting feelings of relaxation and wellbeing. But where to start with curating that vital indoor collection?

Green Home features all the green plants Anders Røyneberg has collected in his own apartment of 50 square meters – over 100 plants – and how this inspires him towards greener living. With a guide to houseplant types, hints and tips on how to get your green friends to thrive and how to integrate them into your home décor scheme, it's a plant book with added personality.

Anders Røyneberg has gained over 60,000 followers on Instagram since starting @arcticgardener in 2017. He has received a lot of international attention since then and has been featured on NRK, TV2, Dagbladet, VG and Vanity Fair. He works as a therapist, writer and lecturer from his leafy home in Norway.

- Author is a popular 'plantfluencer' with over 60,000 followers on Instagram
- Original book was a bestseller in Norway
- Draws on themes of improving wellbeing through plants and nature, also using house plants for interior décor





draft cover

Flourish and Flower

A Year In A Cut Flower Field

Grace Alexander

May 2021 | HC | CRA010000

\$29.99 | 9781787135840

208pp | 6 x 9.2" | 2lb 3oz

Full color photography throughout

ISBN 978-1-78713-584-0



9 78 1787 135840



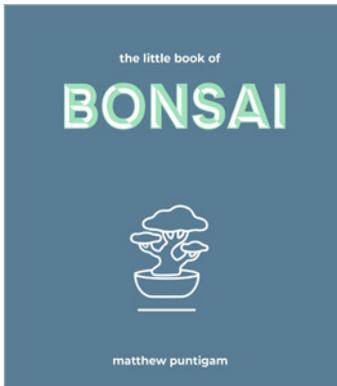
A practical, modern guide to growing cut flowers.

You don't need a flower field in the countryside to grow cut flowers, or reconnect with nature. A simple patch of earth is plenty. In *Flourish & Flower*, you'll follow the annual cycle of growing cut flowers, from sowing in spring to seed-collecting in autumn. Simple projects show you how to plant and nurture various flowers, as well as demonstrate the importance of texture, color and shape when arranging them. Together with these practical projects, tips and hints, flower field gardener and clinical psychologist Grace Alexander guides you in the art of meaningful, engaged and intentional gardening – through mindful growing, you can transform your wellbeing and find a greater connection to nature and yourself.

Grace Alexander of Grace Alexander Flowers, grew up gardening. Incapable of doing anything just for the fun of it, she accidentally became the owner of a quarter of an acre and set up her own floristry business. She now sells elegantly packaged seeds. Grace won the Florist Scholarship in 2017 and this is her first book.

- A practical book to show you how to grow your own cut flowers and create floral displays
- Be inspired by Grace's relaxed and natural approach to gardening
- Research has shown that spending time outside is good for our minds and bodies





The Little Book of Bonsai

Matthew Puntigam

April 2021 | HC | GAR013000
\$14.99 | 9781787136472
160pp | 6.3 x 7.1" | 0lb 9oz
Full color photography throughout

ISBN 978-1-78713-647-2



Learn the art of growing little, big trees.

The Little Book of Bonsai celebrates the secret world of growing and owning bonsai. Bonsai have become a covetable collectable, among the new generation of plant enthusiasts. Reaching a popularity that rivals succulents, bonsai are putting down roots as long-lived and easy-care house plants. They aren't just fun to grow, bonsai care is a Japanese art in itself. Covering 60 of the most popular species and their favorite companions, the fine art of pruning and common problems you might experience; learn the secrets to success and grow your own collection. *The Little Book of Bonsai* is a colorful, fun and gifty package, making it the perfect companion for anyone looking to embark on the latest house plant craze.

Matthew Puntigam's interest in gardens took him to Japan, where he studied bonsai. He is the founder of Dandy Farmer, a bonsai studio and shop based in Brooklyn which sells bonsai, offers plant-sitting services, and runs workshops to introduce the art of bonsai to the community.

- A modern gardening guide to growing bonsai featuring a directory of 60 bonsai trees and their friends
- For a mere \$19 you can buy your very own grow-a-bonsai kit from retailers such as Urban Outfitters and Amazon



Also available
The Little Book of
Cacti and Other
Succulents
9781849499149
\$14.99



Also available
The Little Book of
House Plants and
Other Greenery
9781787131712
\$14.99



Also available
Little Book,
Big Plants
9781787135062
\$14.99

Saving, swapping & using up seeds

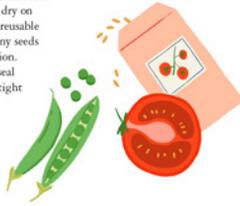
SAVING

One of the cheapest and greenest ways to propagate your garden is to save seeds and use them the following year. Peas and beans, (bell) peppers and tomatoes are all easy to save seed from and they will produce a good plant the next year.

» *Peas and beans:* Leave pods to dry on the plant or harvest the plant and hang upside down to dry indoors. Pop the peas or bean seeds out by hand and leave to dry on a piece of paper towel or reusable bamboo cloth. Remove any seeds with holes or discolouration. Transfer to an envelope, seal and label. Place in an airtight container.

» *Peppers:* Let the fruits fully ripen on the plant before picking. Cut in half and remove the seeds. Place the seeds on a piece of paper towel or reusable bamboo cloth and leave to dry. Once completely dry, transfer to an envelope, seal and label. Place in an airtight container.

» *Tomatoes:* Leave fruits to ripen on the vine. Pick, then cut in half and scoop out the seeds. Place in



76 / SEEDS

a sieve and run under cold water to remove the sticky gel. Spread seeds on a piece of paper towel or reusable bamboo cloth and leave to dry. Once dry, transfer the seeds to an envelope, seal and label. Place in an airtight container.

» *Flowers:* Seeds from annuals such as calendula, cosmos, larkspur, nasturtiums, poppies and sunflowers can also be collected and saved to use the following year. Once flowers fade and turn brown, harvest the seed heads or pods that are left behind. Do this on a sunny, dry day as wet conditions can cause seeds to rot. Remove the head or pod with a pair of secateurs (pruning shears) and place in a brown-paper envelope or bag. Label each envelope or bag. After a few days, gently shake each seed head or pod, catching the falling seed in the envelope or bag. Store in a cool, dark place.

SWAPPING

Look online for seed swapping events near you. Most are run by local organic vegetable growing organizations and usually held in early spring. If you do not have any

seeds to swap, you can still attend the event to purchase seeds, chat to other gardeners and pick up a few hints and tips, too. Alternatively, search for online community seed exchange projects which allow growers to swap seeds by mail.

USING UP OUT-OF-DATE SEEDS

If you have flower and vegetable seeds leftover from the previous year or past their use-by date, do not throw them away as they may still be viable. Try this test to see if they will germinate. Place a few seeds between two pieces of damp paper towel. Fold the paper over and place in a sandwich/freezer bag. Place the bag somewhere warm – the top of the refrigerator or a sunny windowsill is ideal. Re-moisten the paper daily using a spray bottle if it becomes dry. After 8-10 days, open the paper to see if the seeds have germinated. If they have, they are ready to be planted.

SEEDS / 77

Composting

Food waste sent to landfill can take a long time to rot and as it does so, it releases methane, a gas more damaging to the environment than carbon dioxide. The transportation of waste requires vast quantities of fuel and energy, from trucks taking waste to landfill or from sending items overseas for other countries to recycle. We can drastically reduce what we send by setting up a composting system at home.

Composting outdoors is easy (see page 000). However, if you don't have a garden, there are several ways you can compost indoors. A DIY worm farm takes minutes to make (see page 000) or you can buy freestanding worm farms which are perfect for small spaces, indoors and out. Bokashi bins are also a brilliant way of composting food scraps indoors (see page 000). A food recycler machine heats up food scraps until dehydrated and sterile, then grinds them into tiny

pieces which can be directly added to soil just four hours later.

If you don't want to compost indoors, look to your local community instead. Check with your local authority to see if they offer a kerbside collection for food waste. Ask your local school, allotment, community garden or urban farm if they can accept donations of food scraps for composting. Look online for websites and apps which locate local businesses who will take your food waste for free and turn it into compost. It's also useful to join a local zero waste group on social media as these are a great resource for lots of community projects.

There are many great organizations offering kerbside collection for homes, offices and restaurants. You will have to pay for this service, but it's usually inexpensive and they are often run by social enterprises.



48 / COMPOSTING



draft cover

Grow Green

Tips and Advice for Gardening with Intention
Jen Chillingsworth

March 2021 | HC | GAR000000
\$12.99 | 9781787135727
176pp | 4.7 x 6.1" | 0lb 7oz
Full color illustrations throughout

ISBN 978-1-78713-572-7



Advice, tips and recipes for gardening organically.

Approaching organic gardening can feel overwhelming. *Grow Green* is a practical guide and tackles a topic close to Jen Chillingsworth's heart – growing sustainably. Packed with easy tips and advice, this little book reveals how to adjust your outdoor space and create a wildlife haven, while reducing your impact on the environment as you grow your own cut flowers, fruit and veg. From making your own fertilizer using leftovers, planting in pots, reducing energy consumption and conserving water, to dealing with pests and diseases, Jen removes the stress and simply shows you how to garden green. Whether you are a first-time gardener or have seasoned green fingers – get the most out of your space by gardening with intention.

Jen Chillingsworth is a freelance writer and photographer. She previously worked in arts management before choosing to re-train as a market gardener. She writes regularly about slow and simple living, eating seasonally and green issues on her blog Little Birdie. She has published *Live Green* (2019) and *Clean Green* (2020).

- A book for gardeners with any level of experience regardless of the size of your space.
- A fun and easy approach to gardening in a beautifully illustrated package.
- Sustainability is on trend as people search for ways to live green



Also available
Live Green
9781787133198
\$12.99



Also available
Clean Green
9781787135024
\$12.99

WHAT WILDLIFE WANTS

We think of the garden as a space that should be ordered with lawn, flowerbed, parking area and so on. It's time to change your way of thinking and start from the wildlife point of view. Un-garden your garden piece by piece. For example, fenced gardens are often desolate, clinical spaces that no one wants to bother with. Yet you can easily turn a barren car parking space into a mini habitat in its own right, while retaining its functionality.

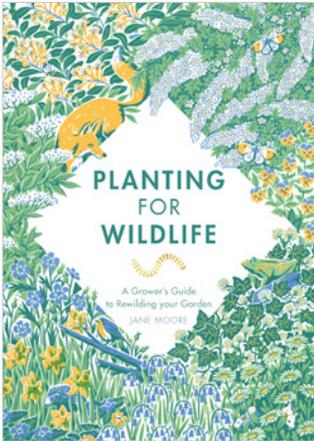
Look at the lawn – do you need a neat suburban patch of mown grass for football or can you have a meadow instead? Perhaps with simple mown paths through it or even a mown clearing in the middle for ball games. Step away from the Wimbledon approach and you can encourage wildlife into even mown lawns by leaving the grass longer, not using chemicals and encouraging clover and other plants to establish. Making a meadow is easier than you think. Tips on introducing greater diversity and a wider variety of grasses.



THE EDIBLE GARDEN

Move away from the classic vegetable garden of neat rows and weed-free paths. Instead plant herbs and annual flowers in with your vegetables to act as beautiful ground cover and bring in the pollinating insects and the predators. Dot beautiful vegetables such as black kale, chard and pumpkins in among your flower borders. Companion planting to create harmony and that all-important pest/predator balance.

draft layouts



Planting for Wildlife

The Grower's Guide To Rewilding
Your Garden

Jane Moore

May 2021 | HC | GAR000000

\$16.99 | 9781787136755

144pp | 5.3 x 7.3" | 0lb 8oz

Full color illustrations throughout

ISBN 978-1-78713-675-5



Nature wildlife in your garden with clever planting tips.

If you get the habitat and planting right, then even the tiniest of urban gardens can host a variety of creatures from birds and bees to foxes. Covering everything from going organic, making a pond and how to turn your green space into a wildlife haven – this book is for gardeners who want to apply a more holistic approach to gardening and create their own urban sanctuary. Through a collection of simple projects that can be easily adapted for a variety of gardens and planting guides, *Planting for Wildlife* will help you to re-connect with the natural world on your doorstep.

Gardening and writing about gardening have been **Jane Moore's** whole career. She has wide-ranging practical experience, an astonishingly broad plant knowledge and an unswerving enthusiasm for gardens, horticulture and its impact on everyday life.

- The perfect book for gardeners at all levels wanting to expand their knowledge and encourage more wildlife into their garden
- *Planting for Honeybees* has sold 38,000 copies worldwide
- A stylish, practical guide for any green-fingered gardener in your life



Also available
Planting for
Honeybees
9781787131460
\$16.99



Also available
Planting for
Butterflies
9781787135352
\$16.99

KROEGE BLOEIJERS IN DE ZON

GOLDEN DAISY

**GOLD SCREEN,
DAISY &
MARIGOLD**

THE SPECIES IN THIS BOX WILL BE THE FIRST OF YOUR SOWN FLOWERS TO FLOWER. THEY LOVE THE SUN AND CERTAINLY IN EARLY SPRING THEY WILL NEED EVERY RAY OF SUNSHINE FOR GOOD GROWTH AND ULTIMATELY STURDY PLANTS WITH MANY BUDS.

1

PLACE - SUN

Features: early bloomers, your first seedlings that will bloom!
Sowing: all varieties can be sown outdoors from mid-April
Flowering time: May - October

2

REQUIRED

- A BOX, TUB OR POT that is at least 40 centimeters deep
- A BAG OF POTTING SOIL
- A BAG OF HYDRO PELLETS
- GOLD SCREEN SEEDS (*Bupleurum rotundifolium* 'Griffith')
- MARGIGOLD SEEDS (*Calendula*)
- MARGUERITE SEEDS (*Leucanthemum vulgare*)

3

DE PLUKTUM



LET'S PLANT...

1. Sprinkle a layer of approximately 5 cm of hydro granules at the bottom of your box. 2. Fill the rest of the box up to 20 cm below the rim with potting soil. 3. Sow the gold screen in the back of your box, as these will be the highest. 4. Keep a distance of 15 centimeters from the gold screen and sow the daisy seeds. 5. Keep a distance of 15 centimeters and sow the marigolds in front. 6. Cover the seeds with a thin layer of soil and press it gently. 7. Water with a brittle head so that the seeds stay in place.

Don't forget!

Controleer elke dag je kistje om te kijken of de aarde nog een beetje vochtig is. Als de zaden niet ontkiemen, hebben ze genoeg vocht nodig.

5

DE PLUKTUM

4

CARE

For all flowers it applies that they will make more buds if you cut the faded flowers away. They are strong species, but especially in the beginning, if they just germinate, they need enough moisture. At this stage, check your box every day to see if the soil is still a bit damp.

5

SOWING

Je kunt de Kantbloemen vanaf februari binnen voozaaien. De Margriet en de Calendula kun je vanaf half april buiten zaaien.

- GOLD SCREEN (*Bupleurum rotundifolium* 'Griffith')

Gold screen germinates within three weeks after sowing. Is some night frost predicted after sowing? Then cover your seedlings with some inverted flowerpot or plastic to protect them against the worst cold. Furthermore, an easy plant with special flowers that are surrounded by sturdy, blue-green eucalyptus-like leaves. The flowers are very suitable for use in bouquets and as a dried flower.

- MARGUERITE (*Leucanthemum vulgare*)

The daisy can be sown at 2 times in the year, between mid-April and mid-May for flower-

ing in the same year and in September and October for flowering in early spring. The flowers will bloom around 12 weeks after you sow them. The daisy does not require much care but cannot withstand dehydration.

- MARGIGOLD (*Calendula*)

You sow the marigold in the open ground from mid-April. An easy strain that will germinate within a few weeks. To extend the flowering period you can sow the marigold again in May and/or June. Those seeds will also blossom this same year! Marigolds sow themselves easily and can survive even mild winters. In the vase they stay beautiful for only a few days, but because they bloom so richly you can refresh them often.

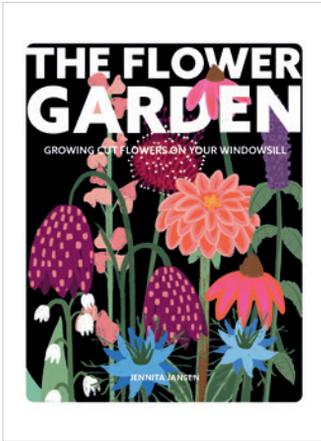
TIP

YOU CAN ALSO SOW THE SEEDS OF THESE SPECIES MIXED TOGETHER AND ONLY ONCE IN YOUR BOX. MAKE SURE THAT YOU THINK OUT SOME SEEDLINGS AS SOON AS THEY EMERGE, THE PLANTS NEED SOME SPACE TO GROW. MAINTAIN A MINIMUM DISTANCE OF 15 CENTIMETERS BETWEEN THE SEEDLINGS.



6

DE PLUKTUM



draft cover

The Flower Garden

Growing Cut Flowers On Your Windowsill
Jennita Jansen

April 2021 | HC | GAR004010
\$19.99 | 9781787136908
128pp | 5.9 x 7.1" | 1lb 1oz
Full color photography throughout

ISBN 978-1-78713-690-8



A beginner-friendly guide to creating your own cut flower garden.

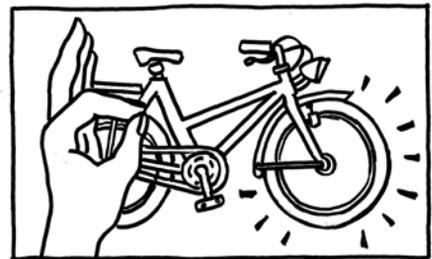
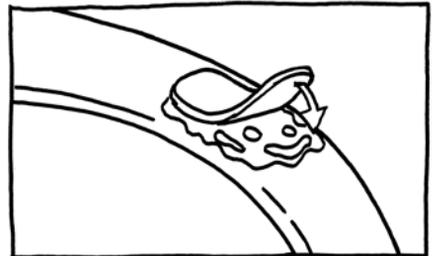
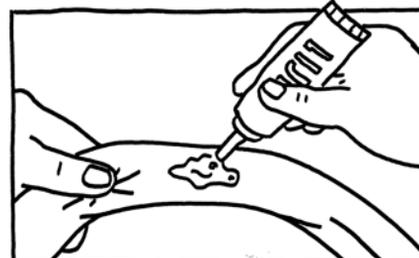
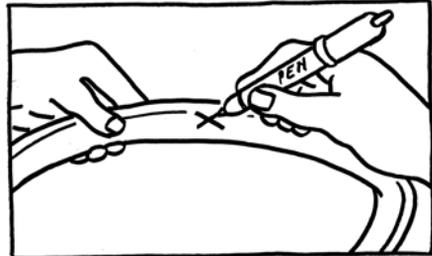
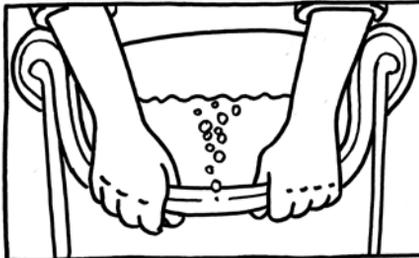
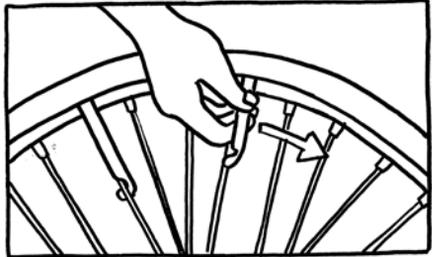
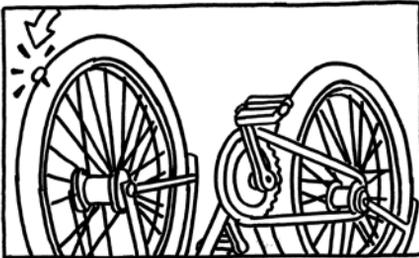
Discover how to grow without a garden and create an abundant flower meadow from your windowsill.

The Flower Garden is a beautifully illustrated guide to show you how to start growing stunning blooms even in the smallest of spaces. Covering all the basics from growing from seed and maximizing your space, to understanding your light and drying flowers, this book is a guide for anyone who wants to grow without a garden. Packed with 'recipes' for the best flowers to grow throughout the year – you will soon have a balcony or roof terrace covered in enviable blooms to admire, pick or share.

This neat, easy-to-use format is aimed at gardening beginners, looking to grow their own flower garden.

Jennita Jansen is the founder of Plukatelier (the picking workshop). Plukatelier was born out of her love for flowers and the desire to fill her life with blooms in all shapes and forms. Jennita's fondness for flowers grew from her passion for gardening.

- An approachable, no-nonsense guide to growing your own cut flower garden
- Practical tips accompanied by charming illustrations that take you through all the gardening essentials
- Learn how to maximize your space whether it is a windowsill, balcony or back yard





The Bike Repair Book

The Handy Guide To Bicycle Maintenance
Gerard Janssen

March 2021 | HC | CRA032000

\$14.99 | 9781787136885

112pp | 7.3 x 4.9" | 1lb 1oz

Black and white illustrations throughout

ISBN 978-1-78713-688-5



The one-stop guide to simple bicycle repairs and quick fixes.

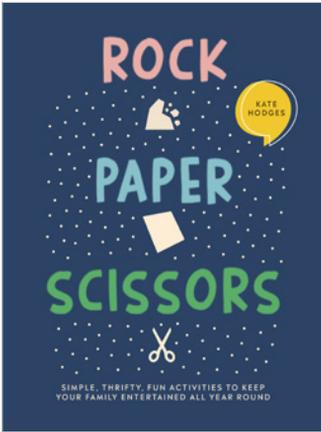
Cycling is more popular than ever before: it's healthy, cheap and better for the environment. People are dusting off their bicycles both for convenience and exercise, or investing in new models. But what do you do if things go wrong with your bike? Most bike problems don't require a visit to a specialist – you can fix it yourself with the right set of a spanners and a little know-how.

The Bike Repair Book is your one-stop shop for fixing all bike-related issues, from punctured tyres, brake and gear problems, to broken chains. Illustrated with clear graphics and step-by-step instructions, you'll save money and time by repairing your bicycle yourself.

Gerard Janssen is a writer and DJ based in Utrecht, Netherlands.

- The National Association of City Transport Officials (NACTO) reported an 'explosion in cycling' in many American cities in 2020
- Cycling has soared in popularity worldwide as people seek alternatives to public transport
- Sales of bike tools and maintenance products are on the rise





draft cover

Rock, Paper, Scissors

Simple, Thrifty, Fun Activities to Keep Your Family Entertained All Year Round

Kate Hodges

June 2021 | FB | RA043000

\$19.99 | 9781787137189

176pp | 6.3 x 8.3" | 1lb 8oz

Full color photography throughout

Packed with ideas for families to enjoy, involving – you guessed it – rocks, paper and scissors.

Rock, Paper, Scissors is a collection of creative, fun, sense-stimulating things you can do with very simple materials: stones, paper and scissors.

From land art to science experiments, with a pinch of geology, these easy-but-inspiring and thrifty activities will keep your family occupied all year round.

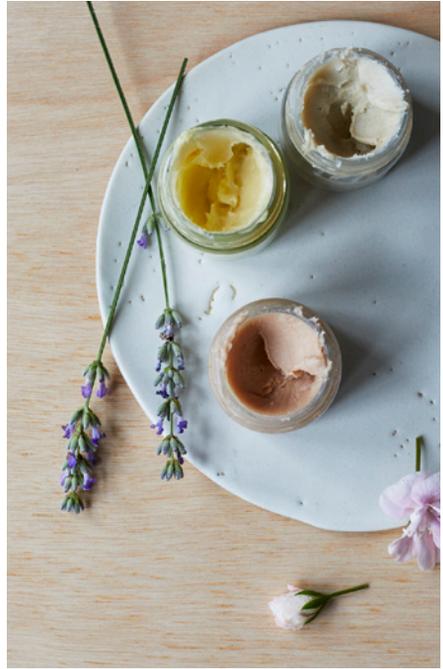
Rock, Paper, Scissors is packed with activities to do indoors and outdoors, in the city, at the beach, in the countryside – wherever you might be. Perfect for parents who are keen to turn walks and day trips into adventures, this activity book will have universal appeal for families who want to reduce their screen time and encourage kids to have imaginative fun both indoors and out.

As a mother to nine-year-old twins, **Kate** is passionate about screen-free fun for families. She has over 25 years' experience in print journalism and is the author of three books on London, as well as *Warriors*, *Witches*, *Women*. Kate has written for publications including *Smash Hits*, *Guardian*, *Kerrang!* and *NME* and lives in East Sussex.

- Featuring easy instructions and step-by-step photographs for more complex activities
- Including 60 indoor and outdoor activities, suitable for children of all ages



Wellness & Inspirational





draft cover

Botanical Soaps

Recipes To Make Your Own Natural Soaps, Shampoo Bars And Other Clean Beauty Products

Marta Tarallo

April 2021 | FB | CRA064000

\$22.99 | 9781787136687

176pp | 7.5 x 9.4" | 1lb 2oz

Full color photography throughout

ISBN 978-1-78713-668-7



9 781787 136687

A modern guide to natural beauty through simple, organic recipes.

We all have a beauty regime that plays a big part in our daily routines. Discover how to simplify yours with *Botanical Soaps*, as this book shows you how to create your own skincare products using all natural ingredients. Demystify your skin type and learn how to combat bathroom plastic, minimize your routine by making your own soaps, shampoo bars and other beauty products including, a lip butter, oil cleanser, face mask and a natural deodorant.

Botanical Soaps is a beautiful and inspiring lifestyle guide that will encourage you to green up your beauty regime with all natural, organic projects that are kinder to both the planet and your skin.

Marta Tarallo is a soap maker and the creative mind behind Bottega Zero Waste. Marta's mission is to empower people with the tools to transition to a zero-waste lifestyle, with a specific focus on beauty. Through Bottega Zero Waste, she opened an e-shop from which she sells her own soaps and zero waste skincare accessories.

- A modern guide to clean beauty using all natural ingredients
- Clean beauty is on the rise as people seek out more eco-friendly ways to revitalize the way they live
- Making your own clean beauty products is cheaper than buying them

187

Varma

(sound)



Trousers and jumpsuit

What makes these classic high-waisted trousers unique is their undulating pocket openings and broad waistband, which you can wear either traditionally or with a tie fastener

With a D-ring, The jumpsuit features the same trouser part but without the waistband and waist darts, giving the finished piece a more relaxed fit. The jumpsuit can be made with either a tie

belt or a buckled belt at the waist, and if you wish, you can also add either belt to the trousers' waistband. The bodice of the jumpsuit has spacious neck- and armholes and can be

fastened with either buttons or snap fastenings. You can make any variant with either long or short legs, and add undulating back pockets and large patch pockets at the front.



181

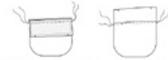
187



181

With chest pocket

1) Sew the pocket facing to the inner pocket bag, from the seam allowances together, press towards the pocket bag and understitch.



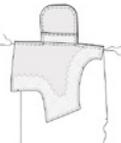
2) Finish the curved edges of the inner and outer pocket bags. Matching the notches, sew the inner pocket bag to the pocket opening of the upper front piece. Finish the chest seam edge of the upper front piece. Press the pocket bag away from the front piece.



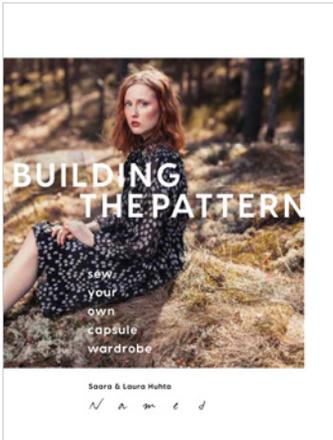
3) Sew the outer pocket bag to the pocket opening of the lower front piece following the same steps. Carefully finish the raw chest seam edge, leaving the wavy pocket opening unfinished. Clip into the seam allowance at the curve points of the pocket opening, and press the pocket bag to the wrong side and press carefully.



4) Fold the outer pocket bag back to the right side. Pin the chest seam and the pocket bag together, carefully aligning them at the ends of the pocket opening. Sew the chest seam and the pocket bag in one continuous seam at the ends of the pocket opening, make sure the seam is right beside the pocket slating and not over it.



draft layouts



draft cover

Building the Pattern

Sew Your Own Capsule Wardrobe

Saara Huhta and Laura Huhta

March 2021 | PB | CRA035000

\$37.50 | 9781787135499

192pp | 7.9 x 10" | 2lb 2oz

Full color photography throughout, with instructional illustrations (6 full-size pattern sheets)

ISBN 978-1-78713-549-9



9 781787 135499

Stylish Scandinavian dressmaking projects for contemporary makers.

The fashionable Finnish sewing duo are back to show you how to create a coherent capsule wardrobe – complete with a collection of 20 garments that are easy to make, wear and combine.

Packed with stunning photography and clear illustrations, Laura and Saara offer up an enticing selection of tops, dresses, and trousers for the modern seamstress. Using the five essential building blocks, customize and adapt the designs in this book to create a variety of flattering garments for every occasion that suit your style and fit your figure.

Includes six full-size pattern sheets in a range of US womenswear sizes 2 to 18, with concise information on measuring yourself and technical sewing tips to sew for your shape.

Named Clothing is a Finnish indie pattern label founded by sisters and designers **Saara** and **Laura Huhta**. They launch two eagerly anticipated collections a year, with the aim of bringing a new perspective to making your own clothes in reaction to the fast fashion industry.

- Includes 6 full-size pattern sheets in US women's sizes 2–18
- Ultra-stylish projects for tops, dresses, skirts and trousers
- With full step-by-step instructions and illustrations, plus trouble-shooting tips on how to achieve the perfect fit



Also available
Breaking the
Pattern
9781787131835
\$35.00



7 With right sides together, insert the sleeves into the bodice. Pin in place, matching the notches and matching the side seam of the bodice with the sleeve underarm seam. Sew, then overlock the seam allowance together at a foot's width. Press the seams towards the bodice.



8 Gather the bodice
Run two lines of gathering stitches across the bottom of the centre front bodice, between the bust seams. Use the biggest stitch on your machine (don't backstitch) and stitch one line on top of the pattern line and one line a foot's width into the seam allowance. Draw all the gathered section to measure 10 cm (4 in.). Run two lines of gathering stitches across the top of the centre front skirt, between the side front skirt seams, and draw it up to 10 cm (4 in.) as well.



9 On the enclosed panel, work four lines of smocking 5 cm (2 in.) apart (See Special Technique on page 19), as marked on the pattern. The panel should end up being 10 cm (4 in.) wide.



10 With right sides together, pin the bottom edge of the enclosed panel to the top edge of the centre front skirt. (The skirt panel was gathered to fit the smocked panel in step 9.) Sew and overlock the seam allowance together at a foot's width. Press the enclosed panel up and the seam allowances down towards the hem. Your centre front skirt is now one unit.

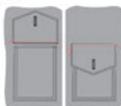
SUMMER DRESS 95

THE SEWING STARTS HERE

- 1 Prepare the pieces**
Following the manufacturer's instructions, apply interfacing to one collar piece; this will become the under collar. Apply a 2-cm (¾-in.) wide strip of interfacing along the top edges of the pockets, 1 cm (¾ in.) away from the raw top edge and a 3-cm (1½ in.) wide strip of interfacing down each side of the seams from opening in the bodice and the trousers (right on the centre front edge).
- 2 Prepare the pockets**
Along the top edge of the pockets, press 1 cm (¾ in.) to the wrong side, then press under the interfaced 2 cm (¾ in.) to create a finishing top edge. Topstitch in place. Press 5 cm (2 in.) to the wrong side all around the sides and bottom edge. Referring to the pattern for the placement, pin the pockets to the front bodice pieces and topstitch in place close to the edge. You can topstitch a second line a foot's width inside the first to create a double stitch line for extra strength.
- 3** Pin two pocket flap pieces right sides together, then sew along the short sides and the V-shape. Turn the seam allowance and clip into the corners. Turn right side out and use a bamboo pointer to neaten corners. Press well. Overlock the remaining open edges together. You can topstitch along the edges of the pocket flap for a neat effect. Make a second buttonhole close to the point of the V-shape. Repeat with the remaining pocket flap pieces.



- 4** Place the pocket flap, upside down above the pocket, with the interfaced edge about 1 cm (¾ in.) away from the pocket's top edge. Sew along the overlapped edge with a regular seam allowance. Then press the flap down into its correct position and topstitch 5 mm (¼ in.) away from the top edge to hold the flap down. Mark where the buttonhole fits the pocket and attach a button.



- 5 Assemble the back bodice and yoke**
Laying all the wrong ends of the bodice back, bod and/or two pieces open in the back, sew (See Special Technique, page 124). Machine lack within the seam allowance to hold them in place.



- 6** Run two lines of gathering stitches across the top of the back bodice, in between the notches. Use the biggest stitch on your machine (don't backstitch) and stitch one line on top of the pattern line and one line a foot's width into the seam allowance.



124 JUMPSUIT

JUMPSUIT 125



draft cover

Great British Sewing Bee: Sustainable Style

27 Garments to Sew For a Considered Closet
Caroline Akselson and Alexandra Bruce

May 2021 | HC | CRA035000
\$35.00 | 9781787136748
224pp | 7.9 x 10" | 3lb 8oz
Full color photography throughout

ISBN 978-1-78713-674-8



Sew yourself sustainable as you work through the 27 projects.

Sustainable Style accompanies sewers at all levels on their creative journey to reduce, reuse and recycle – ultimately creating their own considered closet. Starting with the essentials, sewers will learn how to maintain and care for their sewing machine and the key to pattern matching. With a guide that demystifies the fitting process, plus an expert's sewing guide on making alterations, you'll be able to choose from 27 projects, for both women and men, that will ease you into the world of sustainable sewing. Interspersed with tips, from advice on keeping an eco-friendly sewing space to making repairs, this book is an indispensable reference to a more considered approach to sewing.

Alexandra Bruce and **Caroline Akselson** run an independent sewing company. Coming from a background in costume design, they have a wealth of combined knowledge on garment construction and have independently worked for a number of high-profile clients.

- Downloadable pattern sheets for all the projects in A4 or A0, in women's sizes 2 to 18, and men sizes 34 to 44
- Reduce, reuse and recycle – first sewing book on the market to truly tackle eco-sewing



Sacral Chakra

The Seed of Creation
Creativity / Vitality / Sexuality

Overview

Persona: With flow we go
Sanskrit name: Svadhisthana
Meaning: Dwelling place of the self
Colour: Orange
Season: Winter
Sense: Taste
Element: Water
Energy: Feminine
Psychological function: Desire
Resulting in: Sexuality
Identity: Emotional identity
Qualities: Vitality, pleasure, joy, flexibility, playfulness, enthusiasm, passion, curiosity, vitality
Quest: A joy of life that lasts

Quest: Finding out what one really wants and what one's sources of strength are



Blocking fears: Fear of failure, social resistance, pressure, rejection, authorities, the danger of possessing "too much power"

Rights: To act

Challenge: Shame

Location: Around the navel in the area of the solar plexus and up to the breastbone

Associated symbol: A ten-petal, bright yellow lotus flower



Planets: Sun and Mars

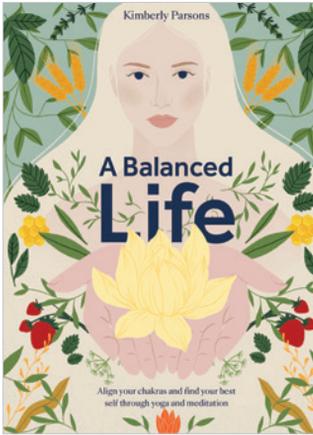
Body parts: Adrenal glands, stomach, pancreas, liver and skin



The Balanced Solar Plexus

A balanced solar plexus is characterised by the ability to integrate ambition, desire and other forces that drive our willpower into a congruent, purposeful self, with resolute direction, able to make conscious decisions and define clear, achievable goals. This allows you to have a healthy confidence as a person, know your strengths and weaknesses and have a realistic understanding of your capabilities and power.

A person with a balanced solar plexus likes to feel challenged and can easily set a goal and follow it through with determination. Even when faced with external pressures, obstacles and difficulties, they are not easily swayed and able to stay focussed until the task is accomplished, as they do not fear failure but accept it as an inevitable part of the game of life. A person with a healthy solar plexus is unlikely to get distracted by emotions and is stable, reliable, calm, concentrated and considerate, even in stressful situations.



A Balanced Life

Align Your Chakras And Find Your Best Self Through Yoga And Meditation

Kimberly Parsons

April 2021 | HC | HEA025000

\$17.99 | 9781787135529

144pp | 5.3 x 7.3" | 1lb 1oz

Full color illustrations throughout

ISBN 978-1-78713-552-9



A pocket guide to leading a calmer, more balanced life.

Each of our seven chakras is associated with elements such as foods, essential oils, crystals, affirmations, personas, colors, mandala symbols, senses, seasons, parts of the body and yoga poses. Therefore aligning your chakras is a delicate balancing act. Guiding you down the path to better energy and harmony is Kimberly Parsons. She will teach you to use 'balance superpowers' and gradually understand the role of chakras. In this beautifully illustrated book, there are theories on the mind, body and spirit for the intellectual; mandala art for visionaries; meditations for the spiritual; and practical tips for motivated achievers. If you've lost your way, dip into this book and discover how to find physical and emotional harmony – and a balanced life.

Kimberly Parsons is a speaker, mother, professionally qualified naturopath, chef and entrepreneur. As The Yoga Chef, her mission is to teach people how to listen to their body's daily signs and symptoms in order to find long-lasting, vibrant health and happiness. She is the author of *The Yoga Kitchen* and *The Yoga Kitchen Plan*.

- Hashtags like #yoga and #balance are found in their millions on Instagram, as people with frantic lives strive to learn about self-care and personal fulfillment
- Includes daily actions to keep your chakras – and life – in balance
- Kimberly Parsons's previous 2 titles have sold over 23,000 copies in the US



Also available

The Yoga Kitchen

9781849498999

\$24.99



Also available

The Yoga

Kitchen Plan

9781787133211

\$24.99



Fuck It, I'm Coloring

A Coloring Book for Adults

Becky Glass

Oct 2020 | PB | GAM019000

\$12.99 | 9781787136816

96pp | 7.8 x 9.7" | 11b 2oz

Black and white illustrations throughout

ISBN 978-1-78713-681-6



Swear and color yourself calm.

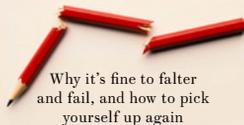
Coloring in is one of the best ways to soothe anxiety and eliminate stress. This therapeutic adult coloring book features 45 beautiful hand-drawn illustrations. *Fuck It, I'm Coloring* reveals swear words as you color. Enjoy the cathartic power of coloring in all of the things you want to say out loud.

Becky Glass is a London-based illustrator and designer with, to be quite frank, a filthy mouth. Her work is motivated by connecting others with their own power and self-belief, usually centring on themes of gender equality. As well as *Fuck It I'm Coloring*, you can also find her work in *Colour My Bollocks* (Orion), the feminist history *Roaring Girls* (HarperCollins), and inconsequential-but-cute Etsy shop Bymyglasseye.

- A beautifully illustrated coloring in book for adults, helping you to switch-off and let your frustrations out
- No art-skills required, just a few coloring pencils, this is the perfect excuse to escape the everyday and unlock your creativity
- Featuring 45 beautifully hand-drawn illustrations that conceal the swear words you want to say

GILES PALEY-PHILLIPS & JIM DALY

Blank



Why it's fine to falter
and fail, and how to pick
yourself up again

Blank

Why It's Fine To Falter And Fail,
And How To Pick Yourself Up Again
Giles Paley-Phillips and Jim Daly

March 2021 | HC | SEL031000

\$24.99 | 9781787136168

256pp | 4.7 x 8.5" | 1lb 3oz

Text only

ISBN 978-1-78713-616-8



9 781787 136168



Insights into difficult blank moments and how we can learn from them.

Blank moments can affect anyone at any time. They are part of the human condition and yet they can throw us off course and make us feel helpless. Giles Paley-Phillips and Jim Daly host an informal, insightful podcast in which they chat to well-known people from comedy, acting, writing, broadcasting, politics and sports about how they get through those times when things aren't going to plan. Themes include public failure, social anxieties, fear, imposter syndrome and grief. This, their first book, looks at the common experiences and lessons they've encountered while talking to their guests. Far from being setbacks, blank moments can be the impetus for clarity and creativity. Jump in – you never know what you might find.

Giles Paley-Phillips is an award-winning author of children's books, co-host on Blank podcast, ambassador for Action Aid, and member of a band. **Jim Daly** is a comedian and presenter, and writes for sketch shows. They launched the Blank podcast in November 2018 and have hosted a stellar line-up of guests from sport, politics, comedy, movies and media.

- Giles Paley-Phillips has 294K Twitter followers
- Podcast guests include David Harbour, Louis Theroux, Jon Ronson, Rufus Sewell, John Bradley and Reginald D Hunter



SPOTTER'S GUIDE

Willow

Scientific name Salix alba

Family Salicaceae

Where it grows Native to Europe and western and central Asia, the White Willow favours wet ground and can be found growing by rivers, streams and lakes.

Appearance This tree gets its name from the white underside of its slender leaves. This pale pallor comes from a felty covering of white hairs. The largest species of Willow, mature trees can grow up to 25m (82ft) in height. Twigs are pliable and slim, extending from a grey-brown trunk. The sloping crown appears to lean, giving this tree it's striking appearance.

Fact and folklore A symbol of endurance, mostly because the tree can bend into extraordinary shapes, but still flourish, the Willow is revered by many cultures. The Native Americans tied willow branches to their boats and homes, believing the tree would protect them from storms. In Europe a similar practice was used to prevent bad luck from entering the home. The Chinese also placed the branches in doorways, to keep evil at bay.

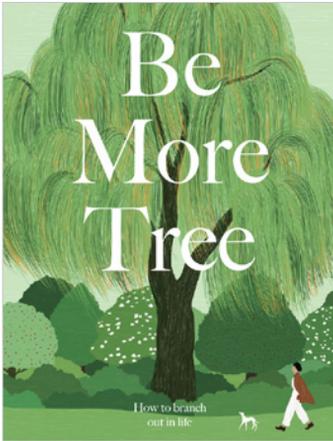
45

BE MORE TREE

Next time you're feeling like you've lost your mojo or you're just in need of a pick-me-up, go for a walk in the woods. Instead of focusing on what's bothering you, turn your attention to your surroundings. Take everything in and take your time. Get in flow with nature, and you'll get in flow with life!



draft layouts



Be More Tree

How To Branch Out In Life

Alison Davies

April 2021 | HC | GAR024000

\$12.99 | 9781787136243

144pp | 4.7 x 6.1" | 0lb 6oz

Full color illustrations throughout

ISBN 978-1-78713-624-3



Discover how to find your root in life, by being more tree.

Trees are the gentle giants of the forest, they have fascinated us for millennia – there is much we can learn from their wise, woody ways to live a healthier and happier life. *Be More Tree* is a celebration of our long-standing friends and reveals how we all could benefit from branching out. From learning to share the spaces we inhabit and changing with the seasons, to sticking together and leaving a lasting legacy – Alison Davies delves deep to reveal the stories and secrets of thinking like a tree. This is the next title in the successful *Be More* series and is packed with beautiful illustrations, advice, folklore, exercises and a handy spotter's guide, this is the ultimate guide to harnessing the wisdom of trees.

Alison is the author of over 30 books, she runs storytelling workshops at universities. Alison writes for a wide selection of magazines including *Soul & Spirit*, *Fate and Fortune*, and *Spirit and Destiny*. With *Quadrille*, she has previously published *Be More Cat* (2017), *Be More Dog* (2019) and *Be More Bee* (2020).

- Packed full of tips and exercises and a handy spotter's guide – this book will show you how to get the most out of life as you embrace the ways of a tree
- A self-help book for living a much calmer and happier life



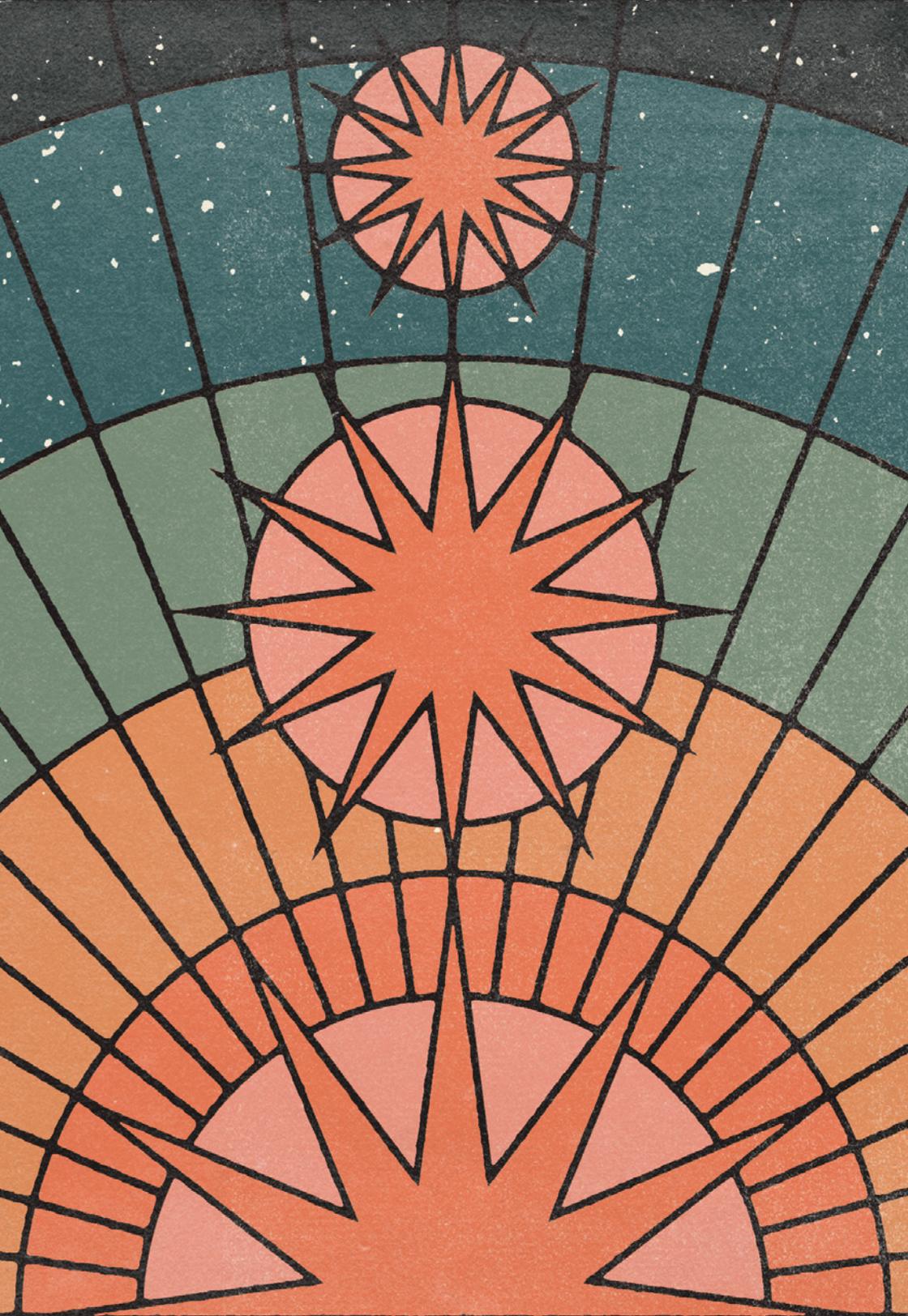
Also available
Be More Unicorn
9781787131224
\$12.99



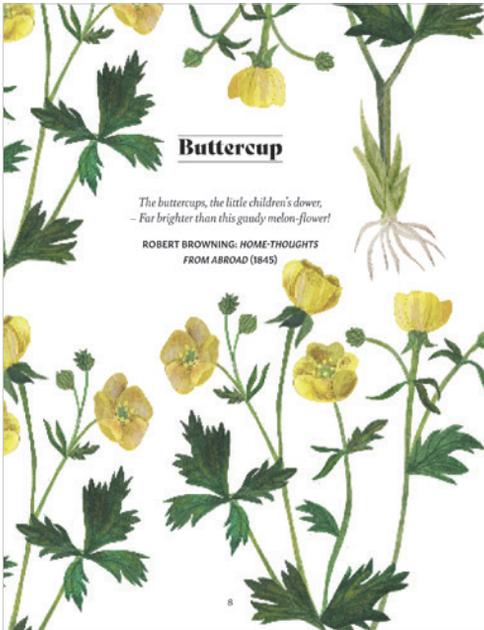
Also available
Be More Cat
9781849499521
\$12.99



Also available
Be More Dog
9781787134546
\$12.99



Gift



Buttercup

*The buttercups, the little children's dower,
— Far brighter than this gaudy melon-flower!*

ROBERT BROWNING: *HOME-THOUGHTS
FROM ABROAD* (1845)

The English name 'buttercup' probably originates from the idea that these blousy, golden flowers, falsely believed to be grazed by cows, gave milk its creamy colour. Germans traditionally also call them *butterblume*, the Dutch *boterbloem* and the Swedes *småblommor*. In Ireland, buttercups were a key flower in May Day celebrations – by spreading the yellow blooms in and around the house, it was thought witches and bad fairies would be prevented from stealing the milk or butter. Children today still play the time-honoured game of holding a buttercup underneath a playmate's chin to see if they like butter.

The Latin name for buttercup, *ranunculus*, means 'little frog', from their propensity to grow near water, but regional versions of buttercup are a delight, from 'bafflers' to 'butterflowers', 'king's knob' to 'polt'. Shakespeare called them 'cuckoo-buds' while in English rural slang they were often referred to as 'crazies', both of which refer to an ancient folk belief that buttercups caused insanity. Joseph Wright's *The English Dialect Dictionary* (1898) notes: 'It would appear that this meadow plant is considered an "insane herb" by country people for I heard lately... that the smell of the flowers was considered to produce madness.'

Buttercups are actually toxic to both humans and livestock if eaten. Applied topically, buttercups can also cause blistering, a fact that wasn't lost on early physicians, who relished any opportunity to 'draw out' illness through the skin. Nicholas Colpeper, writing in the mid 1600s, enthused: 'This fiery and hot-spirited herb of Mars is no way fit to be given inwardly, but an ointment of the leaves or flowers will draw a blister, and may be so fitly applied to the nape of the neck to draw back rheum from the eyes.' An 1837 copy of *The Lancet* even claims that the buttercup is so good at creating skin sores that 'it has been used by beggars to excite the compassionate assistance of the benevolent, and even the medical man has sometimes been deceived.'

Some varieties of buttercup are more toxic than others. The *Ranunculus thora* was said to have been used by alpine hunters to envenom their arrows. In Sardinia the *Ranunculus scardus* or 'hairy buttercup' may have given rise to the phrase 'sardonic grin' – in pre-Roman times, historical sources suggest that Sardinians executed criminals and elderly people who couldn't take care of themselves; before being beaten to death or pushed off a high rock, the victims would be 'helped along' with an intoxicating buttercup drink that had the unusual side-effect of making their facial muscles contract, forcing them to smile.

Foxglove

*'Mongst boughs pavilion'd, where the deer's swift leap
Startles the wild bee from the fox-glove bell.'*

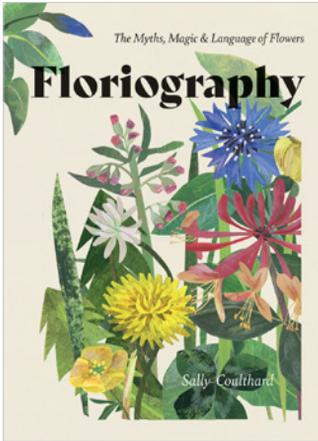
JOHN KEATS: 'O SOLITUDE' (1884)

Foxgloves can be deadly, and yet, for centuries, they were one of the most important flowers in folk medicine. A compound found in foxgloves, digoxin, is now known to manage certain heart problems but as early as the 13th century, physicians were blindly prescribing foxglove preparations for everything from tumours to violent headaches, oedemas to stomach cancer. In John Gerard's *Herball* (1597), he suggests 'fox-glove boiled in wine or water, and drunken, doth cut and consume the thick toughness of grosse and slimie flegme and raughtie humours'.

In reality, the difference between a therapeutic dose and a lethal dose is so slim that most folk 'cures' must have killed as many patients as they saved. One of the most famous patients was Van Gogh, whose epilepsy was treated with digitalis, a drug made from foxglove leaves, during a hospital stay. Foxgloves have no effect on fits and wouldn't have helped poor Vincent, but some art historians believe it may have influenced his artistic output; one of the lesser known side-effects of digitalis is a change in colour perception. Van Gogh's 'Yellow Period' may have been the result of digitalis poisoning – it's also interesting that two portraits he painted of his doctor, Paul Gachez, show him holding a foxglove.

The name 'foxglove' is even older than its medicinal uses. Anglo-Saxon records show the flower described as 'foxes glove' (fox's glove) and may link to an old folk tale about mischievous fairies giving foxes flowers to dampen the sounds of their paws so they can sneak up on their prey. Other etymologists think the word may derive from 'little folks' or 'fairies'.





Floriography

The Myths, Magic & Language Of Flowers
Sally Coulthard

March 2021 | HC | NAT013000
\$19.99 | 9781787135314
144pp | 5.3 x 7.3" | 11b 1oz
Full color illustrations throughout

ISBN 978-1-78713-531-4



A modern illustrated guide that explores the meaning of flowers.

Flowers can talk. Red roses say 'I love you' and white lilies offer condolence. For thousands of years, humans have used flowers as a language and in her new book, Sally Coulthard, takes a fascinating look at floriography and shows how we still use this secret language across the world. She delves into the meanings of flowers and where they came from, whether it's ancient mythology or hedgerow folklore. Covering 50 well-loved flowers and plants, from peonies to sweetpeas, ivy to irises, *Floriography* is a beautifully illustrated guide that will take the reader on an intriguing journey through the history and literature of flowers, showing how we still rely on the meaning of flowers today.

Best-selling author **Sally Coulthard** has written extensively about nature, craft and outdoor living. She lives and runs a smallholding in rural Yorkshire, UK. She has previously published two books with Quadrille including, *Crafted* and *Superstitions*.

- Discover the secret to buying the right flowers and let someone know how you really feel
- A beautiful modern guide to the meaning of 50 flowers from around the world



Also available
Superstition
9781787133631
\$19.99



Also available
Crafted
9781787132566
\$29.99

Snow, ice and all things frozen

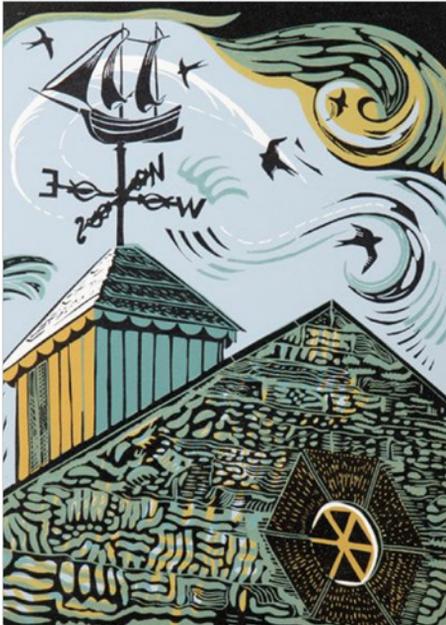
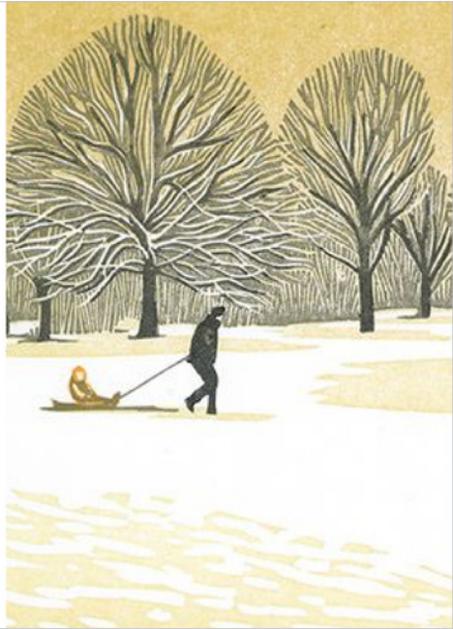
"Climate is what we expect,
weather is what we get."

Mark Twain

What could be more beautiful or ethereal than a landscape cloaked in snow? The glistening vista conjures an air of mystery and tricks the eye into seeing a myriad of shapes and patterns. As the temperature drops, so too does the veil between this world and the next and there is a feeling that anything could happen. No wonder; then, that the Ancients around the world believed in the supernatural power of snow. The transient nature of this gift from the heavens left them in awe, and — while they came up with stories to explain its existence and why it fell — there was still a sense of the unknown to this phenomenon.

As alluring as the winter wonderland can be, it is also brutal and unforgiving. A place where shadows and footprints are swallowed forever in a timeless and chilling dance. There is danger in those hidden depths, for who knows what lies beneath or how the original landscape has been transformed. From deadly snowstorms to lashing blizzards that claw at the skin like rabid dogs, winter weather comes with many challenges. What started as a captivating snow spectacle changes in a heartbeat. The twinkling showstopper becomes the spectral playground

92 Snow, ice and all things frozen



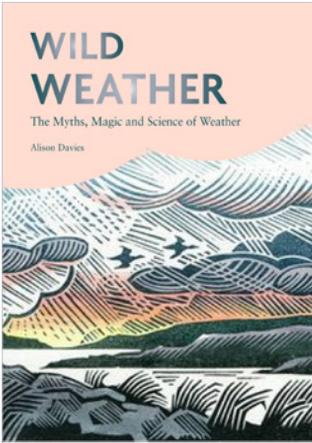
We are shaped by the weather: From the first tentative rays of sunshine that herald a new day, to the bracing winds that propel us forwards. The rain wraps soggy fingers around our shoulders in a cleansing embrace, and sometimes shocks us with its urgency, while thunder whips at our heels and lightning takes our breath away. Snow falls, bringing with it a blanket of calm, and we are enchanted by each pretty flake — but should the snow increase its fervour, then we are struck dumb. Our awe quickly turns to ice, and we are chilled to the bone.

Sometimes the heavens greet us with a gift: a colourful rainbow that sets hearts alight with hope. Sometimes they challenge us with events beyond our control: tumbling tornadoes that tear through the landscape; savage snowdrifts; never-ending floods; droughts that bleed the earth to a husk. The elements craft our fate and we stand helpless, at the mercy of the weather's demeanour, hoping for the best, preparing for the worst.

Each meteorological marvel has its place and brings blessings that we can enjoy and work with. Like the entities and beings that control the elements in folk tales and mythology, each weather condition has a magic, which is unlocked in the pages of this book. Travel through the ages and discover what the Ancients saw and how they interpreted the winds and the rain, the glorious light of the sun and the unforgiving chill of winter. Learn too, how such phenomena exist, what wonders lie behind the making of these things and read about real life wild weather events that have changed the world. As you unravel the secrets of the skies you will see that we are all connected through the power of Mother Nature, and you will recognize the role she plays in sculpting life today. More importantly, you will understand how the intricate dance of the climate moulds the future of our planet.

Introduction 18

draft layouts



draft cover

Wild Weather

The Myths, Magic And Science Of Weather
Alison Davies

Sept 2021 | HC | NAT036000
\$19.99 | 9781787136250
144pp | 5.3 x 7.3" | 11b 1oz
Full color illustrations throughout

ISBN 978-1-78713-625-0



An illustrated guide to understanding the wonders of weather.

We are obsessed with weather, whether it is compulsively checking our weather apps, watching the weather news, or just making small talk about what is happening on the other side of the window. Alison delves deep into history to unveil the extraordinary weather events that have left their mark. Beautifully illustrated, this book will examine what is actually happening up there and why, from understanding different cloud formations to the myths and folklore associated with the varying weather patterns – *Wild Weather* is the perfect gift for weather enthusiasts everywhere.

Alison is the author of over 30 books, she runs storytelling workshops at universities. Alison writes for a wide selection of magazines including *Soul & Spirit*, *Fate and Fortune*, and *Spirit and Destiny*. Alison has previously published *Dreams* (2019) and *Written in the Stars* (2018) with Quadrille.

- A beautiful gift book which explores the world's most spectacular weather events
- Perfect for the weather curious, who want to delve deep into the folklore behind different weather patterns



Your cosmic power zone

58

3rd house

Rational mind · Facts · Learning · Relationships based on proximity · Local environment

This is a communications zone. Your rational mind, logical facts and sheer breadth of information exchange light you up. You are a data collector with a sense of pride about what you know. You shine through learning or formal education.

4th house

Your home · Chosen family · Family roots · Sense of belonging · Real estate · Emotional underpinnings

A sense of where you come from, of tribe and a supportive family will amp your cosmic power. Your ability to make a beautiful home is imperative, a place where you can express yourself creatively. Sensitive, quiet and modest, you shine in anything associated with home.

5th house

Romance · Creative self-expression · Fun · Pastimes · Lifestyle · Children · Inner child · Speculation · Fame

You identify with your creative output and enjoy experiencing other artistic endeavours. This arena is associated with the symbolism of the Sun, so the more you find your note and sing it, the more you'll be rewarded with recognition and build your cosmic life force.

6th house

Health · Mind/body connection · Daily routine · Daily work environment · Service · Pets · Skill · Mentoring

This zone is associated with holistic health of your mind, body and spirit; stick to a routine that supports your health and well-being and your light will always be lit. Natural health care and knowledge of the body and its systems are often key interests for sixth house Suns. You shine in your work and skill development.

59

Your cosmic power zone



Cancer

Caring · Nurturing · Protective · Shrewd · Sentimental · Empathetic · Clan-oriented · Nourishing · Loyal · Private · Protective · Tenacious · Sensitive · Organized · Cautious · Non-judgemental

DATES - 21 June-22 July

SYMBOL - Crab

RULING PLANET - Moon

BODY PARTS - Breasts and stomach

PERSONALITY - Yin, introverted

COLOURS - Opalescent white, jade/sea green

MYTHOLOGICAL ARCHETYPES - Selene, the triple goddess, Hestia

SEASON - Beginning of summer

SEASONAL CELEBRATION - Summer solstice

SHINES BY - Protecting and nurturing

MISSION STATEMENT - 'I feel (all the feelings)'

Unofficial mission statement: 'I care'

ARCHETYPES FOR A MULTI-HYPHEN LIFE - Matriarch · Nurturer · Mother · Clan leader · Registered nurse · Social worker · Child carer · Teacher · Restaurateur · Caterer · Occupational therapist · Craniosacral therapist · Antiquarian · Baker · Dive instructor · Spa owner · Estate agent · Midwife · Canny business owner

The 12 signs: Cancer

96





Cosmic Power

Ignite Your Light – A Simple Guide To Sun Signs For The Modern Mystic

Vanessa Montgomery

Feb 2021 | HC | OCC009000

\$17.99 | 9781787135758

192pp | 5.3 x 7.3" | 1lb 1oz

Full color illustrations throughout

ISBN 978-1-78713-575-8



9 781787 135758



Glow your own way and radiate light with this simple guide to cosmic confidence.

Have you ever met anyone who didn't know their sign? Even the 'I don't believe in it' sceptics will be able to tell you their sign, by which, of course, we mean your star or zodiac sign or, as astrological experts call it, your Sun sign. From the mundane to the mystic, this practical and revealing guide is designed to help you understand your sun sign and release your shine. *Cosmic Power* reloads the wisdom of the classic astrological signs, explaining why it's important to radiate confidence, the drawbacks to dimming your light and throwing shade, and simple techniques to max out your wattage.

Vanessa Montgomery is a professional astrologer based in Australia. She specializes in psychological astrology and works with clients to cast light on, help heal and transform relationships, finance, career, self-belief and, most importantly, mental and physical health. Her personal motto is: free your mind, own your power, change your world. Her first book *Star Power* was published in 2018; this is her second book.

- A contemporary update on a classic subject that's very on-trend
- Taps into the new wave of positive feminism
- *Star Power* has sold over 16,500 copies

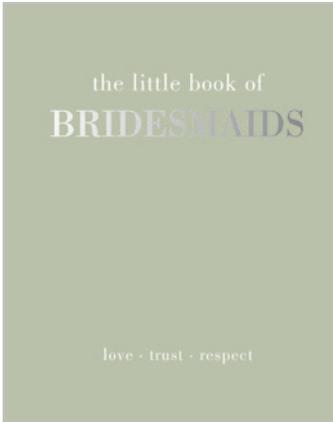


Also available

Star Power

9781787132245

\$17.99



The Little Book of Bridesmaids

Love | Trust | Respect

Joanna Gray

March 2021 | HC | FAM030000

\$9.99 | 9781787136076

192pp | 4.1 x 5" | 0lb 4oz

Text only

ISBN 978-1-78713-607-6

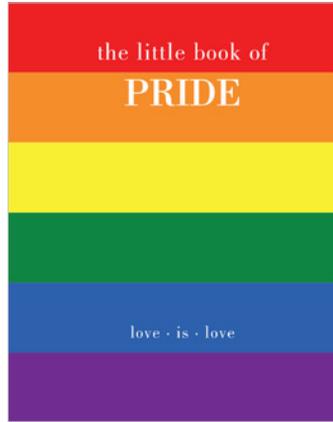


A thoughtful and fun selection of quotes, tips and exercises to inspire and celebrate what it means to be a bridesmaid.

When celebrating your big day, it's important to be surrounded by those who you love most. Asking someone to be your bridesmaid is asking them to be your right-hand throughout the planning and details and it is the ultimate way to share the joy of your special day.

From fun activities and games to simple little touches, *The Little Book of Bridesmaids* is a thoughtful keepsake that is the perfect gift for your bridesmaid proposal.

- Publishes in time for the busiest wedding season



The Little Book of Pride

Love Is Love

Joanna Gray

April 2021 | HC | FAM029000

\$9.99 | 9781787136069

192pp | 4.1 x 5" | 0lb 9oz

Text only

ISBN 978-1-78713-606-9



A joyful selection of quotes, tips and exercises to inspire love and pride.

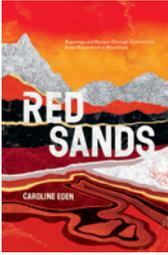
The Little Book of Pride is a vibrant and joyful celebration of love and liberation. Through a collection of inspiring tips, and exercises and positive quotes from pioneering LGBTQ+ heroes, learn about the movement and power of pride.

- Publishes in time for Pride month around the world
- Pride events usually attract several hundred thousand to more than a million celebrants annually, in cities such as London, Paris, Amsterdam, Chicago, Mexico City, New York, San Francisco and São Paulo

Backlist

BACKLIST

INTERNATIONAL COOKERY



Red Sands

CAROLINE EDEN

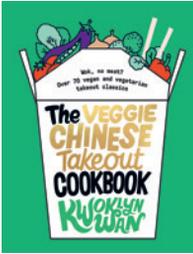
9781787134829 | \$37.00
CKB093000 | HC | 320pp
6.6 x 9.7in | 2lb 6oz



Black Sea

CAROLINE EDEN

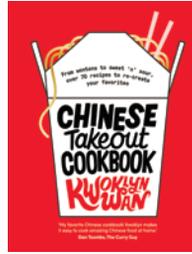
9781787131316 | \$35.00
CKB092000 | HC | 288pp
6.6 x 9.7in | 2lb 3oz



The Veggie Chinese Takeout Cookbook

KWOKLYN WAN

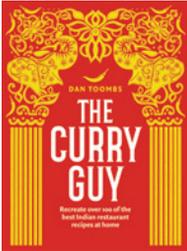
9781787135741 | \$22.99
CKB017000 | HC | 160pp
6.9 x 8.9in | 1lb 8oz



The Chinese Takeout Cookbook

KWOKLYN WAN

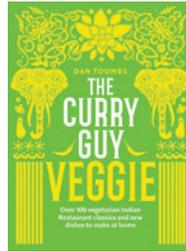
9781787134195 | \$22.99
CKB017000 | HC | 160pp
6.9 x 8.9in | 1lb 8oz



Curry Guy

DAN TOOMBS

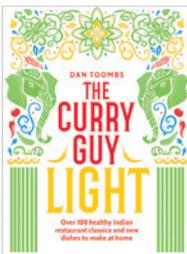
9781787131439 | \$19.99
CKB044000 | HC | 160pp
6.8 x 8.9in | 1lb 7oz



Curry Guy Veggie

DAN TOOMBS

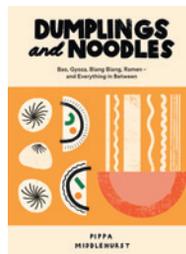
9781787132580 | \$19.99
CKB090000 | HC | 160pp
6.8 x 8.9in | 1lb 7oz



The Curry Guy Light

DAN TOOMBS

9781787134614 | \$19.99
CKB044000 | HC | 160pp
6.8 x 8.9in | 1lb 7oz

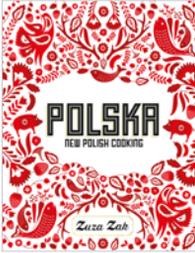


Dumplings and Noodles

PIPPA MIDDLEHURST

9781787135376 | \$24.99
CKB090000 | HC | 192pp
7.4 x 9.8in | 1lb 10oz

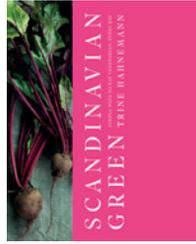
BACKLIST



Polska

ZUZA ZAB

9781849497268 | \$35.00
CKB065000 | HC | 256pp
7.5 x 8.9in | 2lb 6oz



Scandinavian Green

TRINE HAHNEMANN

9781787135406 | \$37.00
CKB074000 | HC | 304pp
7.7 x 9.4in | 2lb 11oz



Open Sandwiches

TRINE HAHNEMANN

9781787131255 | \$19.99
CKB121000 | HC | 176pp
6.3 x 8.3in | 1lb 4oz



Copenhagen Food

TRINE HAHNEMANN

9781787131279 | \$35.00
CKB074000 | HC | 288pp
7.7 x 9.4in | 2lb 10oz



Scandinavian Comfort Food

TRINE HAHNEMANN

9781849498593 | \$35.00
CKB074000 | HC | 288pp
7.6 x 9.3in | 2lb 9oz



Scandi Bites

TRINE HAHNEMANN

9781787134072 | \$19.99
CKB074000 | HC | 144pp
6.3 x 7.1in | 0lb 15oz



Just a French Guy Cooking

ALEXIS GABRIEL AÏNOUZ

9781787132238 | \$19.99
CKB034000 | HC | 176pp
7 x 9in | 1lb 8oz

HEALTHY EATING



Plants-Only Kitchen

GAZ OAKLEY

9781787134980 | \$27.50
CKB125000 | HC | 224
7.4 x 9.8in | 2lb 1oz

BACKLIST



Vegan 100

GAZ OAKLEY

9781787131248 | \$24.99
CKB125000 | HC | 224
7.4 x 9.8in | 2lb 2oz



Vegan Christmas

GAZ OAKLEY

9781787132672 | \$19.99
CKB125000 | HC | 176
7.4 x 9.8in | 1lb 8oz



Easy Vegan Bible

KATY BESKOW

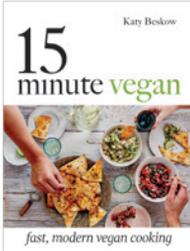
9781787135666 | \$31.00
CKB125000 | HC | 320
7.4 x 9.8in | 2lb 6oz



Five Ingredient Vegan

KATY BESKOW

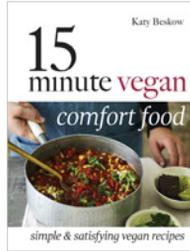
9781787135284 | \$29.99
CKB125000 | HC | 224
7.4 x 9.8in | 2lb 4oz



15 Minute Vegan

KATY BESKOW

9781849499637 | \$22.99
CKB086000 | HC | 160
6.9 x 8.9in | 1lb 7oz



15 Minute Vegan Comfort Food

KATY BESKOW

9781787131064 | \$22.99
CKB101000 | HC | 160
6.9 x 8.9in | 1lb 6oz



15 Minute Vegan: On a Budget

KATY BESKOW

9781787132559 | \$22.99
CKB125000 | HC | 160
6.9 x 8.9in | 1lb 6oz

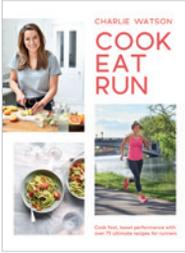


Vegan Cakes

SARAH HARDY

9781787135192 | \$23.99
CKB125000 | HC | 160
6.9 x 8.9in | 1lb 6oz

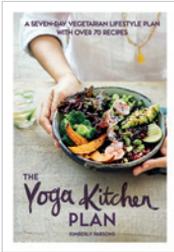
BACKLIST



Cook, Eat, Run
CHARLIE WATSON
9781787134294 | \$22.99
CKB000000 | PB | 176
7.4 x 9.8in | 1lb 8oz



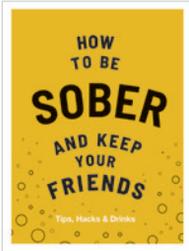
Yoga Kitchen
KIMBERLY PARSONS
9781849498999 | \$24.99
CKB039000 | HC | 192
6.8 x 9.7in | 1lb 11oz



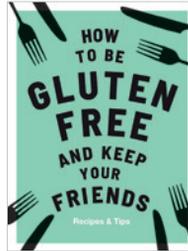
Yoga Kitchen Plan
KIMBERLY PARSONS
9781787133211 | \$24.99
HEA025000 | HC | 192
6.8 x 9.7in | 1lb 11oz



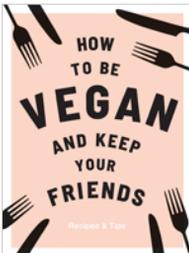
Infused Waters
GEORGINA DAVIES
9781787134201 | \$14.99
CKB008000 | HC | 128
6.3 x 8.3in | 1lb 0oz



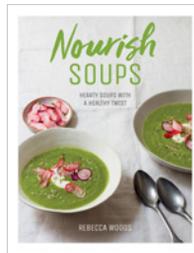
How to Be Sober
FLIE EVERETT
9781787134225 | \$19.99
CKB008000 | HC | 160
6.3 x 8.3in | 1lb 3oz



How to be Gluten-Free
ANNA BARNETT
9781787132917 | \$19.99
CKB110000 | HC | 160
6.3 x 8.3in | 1lb 3oz



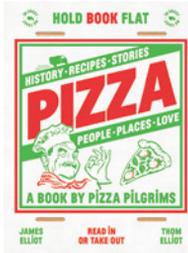
How to be Vegan
ANNIE NICHOLS
9781787132740 | \$19.99
CKB125000 | HC | 160
6.3 x 8.3in | 1lb 3oz



Nourish Soups
REBECCA WOODS
9781787132689 | \$22.99
CKB079000 | HC | 144
6.9 x 8.9in | 1lb 4oz

BACKLIST

FOOD & DRINK



Pizza

THOM ELLIOT &
JAMES ELLIOT

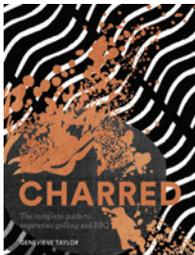
9781787135154 | \$29.99
CKB064000 | HC | 272pp
7.4 x 9.8" | 2lb 4oz



Ultimate Wood-Fired Oven Cookbook

GENEVIEVE TAYLOR

9781787131774 | \$19.99
CKB060000 | HC | 192pp
6.9 x 8.9" | 1lb 10oz



Charred

GENEVIEVE TAYLOR

9781787134270 | \$22.99
CKB005000 | HC | 160pp
6.9 x 8.9" | 1lb 7oz



Wings and Things

BEN FORD & DAVID
TUROFSKY

9781787135000 | \$19.99
CKB101000 | HC | 192pp
6.9 x 8.9" | 1lb 9oz



Big Salads

KAT MEAD

9781787132108 | \$24.99
CKB073000 | FB | 176pp
7.9 x 10" | 1lb 10oz



Home Cookery Year

CLAIRE THOMSON

9781787134874 | \$45.00
CKB077000 | HC | 416pp
6.8 x 9.7" | 3lb 1oz



Art of the Pantry

CLAIRE THOMSON

9781787130470 | \$29.99
CKB113000 | HC | 320pp
6.8 x 9.7" | 2lb 4oz



New Kitchen Basics

CLAIRE THOMSON

9781787132542 | \$35.00
CKB000000 | HC | 288pp
6.8 x 9.7" | 2lb 0oz

BACKLIST



The Wicked Baker

HELENA GARCIA

9781787136007 | \$19.99
CKB101000 | HC | 128pp
6.3 x 8.3" | 1lb



Christmas with Kim-Joy

KIM-JOY

9781787135826 | \$22.99
CKB004000 | HC | 128pp
7.4 x 9.8" | 1lb 6oz



Baking with Kim-Joy

KIM-JOY

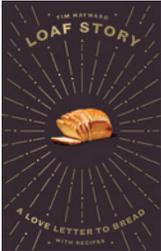
9781787134584 | \$24.99
CKB014000 | HC | 176pp
7.4 x 9.8" | 1lb 11oz



Super Sourdough

JAMES MORTON

9781787134652 | \$29.99
CKB009000 | HC | 256pp
7.4 x 9.8" | 2lb 6oz



Loaf Story

TIM HAYWARD

9781787134775 | \$24.99
CKB009000 | HC | 256
6 x 9.2" | 1lb 10oz



Sheet Pan Magic

SUE QUINN

9781787130487 | \$19.99
CKB070000 | HC | 160pp
7 x 9" | 1lb 7oz



Dinner's in the Bag

LOUISE KENNEY

9781787134850 | \$22.99
CKB070000 | HC | 144pp
6.9 x 8.9" | 1lb 4oz



Leaf

CATHERINE PHIPPS

9781787132405 | \$35.00
CKB105000 | HC | 288pp
6.8 x 9.7" | 2lb 6oz

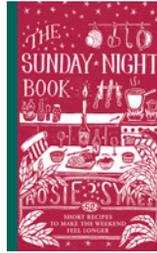
BACKLIST



Sour

MARK DIACONO

9781787132269 | \$35.00
CKB000000 | HC | 288pp
7.1 x 8.3" | 2lb 11oz



The Sunday Night Book

ROSIE SYKES

9781849499651 | \$19.99
CKB070000 | HC | 152pp
5.4 x 8.5" | 0lb 13oz



The Medicinal Chef: The Nutrition Bible

DALE PINNOCK

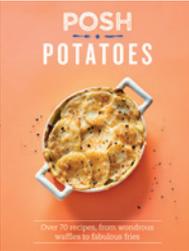
9781787132511 | \$25.99
HEA010000 | PB | 256pp
6 x 9.2" | 1lb 7oz



Posh Pasta

PHILLIPPA SPENCE

9781787133468 | \$19.99
CKB061000 | HC | 176pp
6.5 x 8.5" | 1lb 6oz



Posh Potatoes

REBECCA WOODS

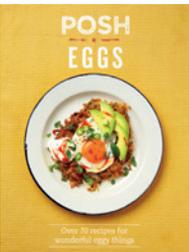
9781787133570 | \$19.99
CKB085000 | HC | 176pp
6.5 x 8.5" | 1lb 6oz



Posh Tarts

PHILLIPPA SPENCE

9781787133815 | \$19.99
CKB063000 | HC | 192pp
6.5 x 8.5" | 1lb 7oz



Posh Eggs

LUCY O'REILLY

9781849497886 | \$19.99
CKB012000 | HC | 176pp
6.5 x 8.5" | 1lb 6oz

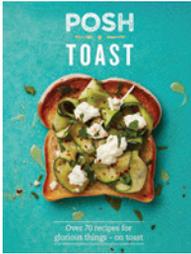


Posh Pancakes

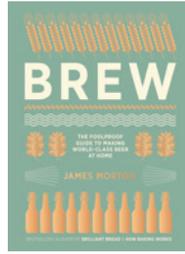
SUE QUINN

9781849498036 | \$19.99
CKB113000 | HC | 176pp
6.5 x 8.5" | 1lb 6oz

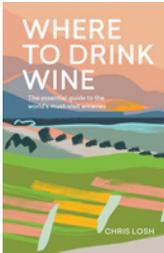
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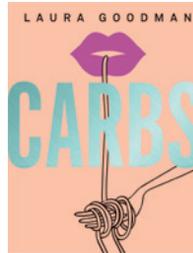
Posh Toast
EMILY KYDD
9781849497008 | \$19.99
CKB000000 | HC | 192pp
6.5 x 8.5" | 1lb 6oz



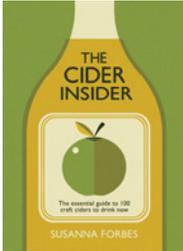
Brew
JAMES MORTON
9781849497275 | \$24.99
CKB007000 | HC | 256pp
7.5 x 9.8" | 2lb 6oz



Where to Drink Wine
CHRIS LOSH
9781787132252 | \$29.99
CKB126000 | HC | 288pp
6 x 9.2" | 2lb 0oz



Carbs
LAURA GOODMAN
9781787132573 | \$22.99
CKB009000 | HC | 192pp
6.9 x 8.9" | 1lb 9oz



Cider Insider
SUSANNA FORBES
9781787130036 | \$19.99
CKB088000 | HC | 224pp
5.3 x 7.3" | 1lb 2oz

CRAFT, LIFESTYLE & HOME



KIY: Knit it Yourself
EMMA WRIGHT
9781787134768 | \$22.99
CRA015000 | PB | 160
7.9 x 10" | 1lb 6oz



Visible Mending
AROUNNA KHOUNNORAJ
9781787136106 | \$22.99
CRA001000 | PB | 160
7.9 x 10" | 1lb 6oz



Punch Needle
AROUNNA KHOUNNORAJ
9781787132788 | \$19.99
CRA033000 | PB | 160
7.9 x 10" | 1lb 6oz

BACKLIST



Weaving
MARY MADDOCKS
9781787135291 | \$22.99
CRA040000 | PB | 160
7.9 x 10" | 1lb 6oz



Breaking the Pattern
LAURA & SAARA HUHTA
9781787131835 | \$35.00
CRA009000 | FB | 192
7.9 x 10" | 2lb 3oz



Macramé
FANNY ZEDENIUS
9781849499408 | \$17.99
CRA055000 | PB | 144
7.9 x 10" | 1lb 4oz



Macramé 2
FANNY ZEDENIUS
9781787134102 | \$19.99
CRA055000 | PB | 176
7.9 x 10" | 1lb 8oz



Tilly and the Buttons: Make it Simple
TILLY WALNES
9781787134676 | \$35.00
CRA035000 | FB | 208
7.9 x 10" | 2lb 7oz



Tilly and the Buttons: Stretch!
TILLY WALNES
9781787131170 | \$29.99
CRA035000 | FB | 192
7.9 x 10" | 2lb 2oz



Bags
ANNA ALICIA
9781787133761 | \$19.99
CRA035000 | PB | 144
7.9 x 10" | 1lb 4oz

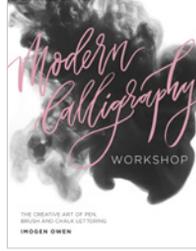


Baskets
TABARA N'DIAYE
9781787132702 | \$19.99
CRA002000 | PB | 144
7.9 x 10" | 1lb 4oz

BACKLIST



Wreaths
TERRI CHANDLER &
KATIE SMYTH
9781787131200 | \$22.99
CRA010000 | PB | 144
7.9 x 10" | 1lb 4oz



**Modern
Calligraphy
Workshop**
IMOGEN OWEN
9781849499071 | \$19.99
CRA025000 | PB | 144
7.9 x 10" | 1lb 4oz



Botanical Inks
BABS BEHAN
9781787131569 | \$22.99
CRA007000 | PB | 192
7.9 x 10" | 1lb 10oz



Crafted
SALLY COULTHARD
9781787132566 | \$29.99
CRA032000 | HC | 224
6 x 9.2" | 1lb 11oz



**Bold British
Design**
EMILIO PIMENTEL-
REID & SARAH
HOGAN
9781787135116 | \$47.00
ARC007000 | HC | 304
8 x 10" | 2lb 11oz



**Planting for
Butterflies**
JANE MOORE
9781787135352 | \$16.99
NAT005000 | HC | 144
6.5 x 8.3" | 1lb 4oz



**Planting for
Honeybees**
SARAH WYNDHAM
LEWIS
9781787131460 | \$16.99
NAT013000 | HC | 144
6.5 x 8.3" | 1lb 4oz



**Little Book of
House Plants**
EMMA SIBLEY
9781787131712 | \$14.99
GAR010000 | HC | 144
6.5 x 7" | 0lb 14oz

BACKLIST



Little Book of Cacti and Other Succulents

EMMA SIBLEY

ISBN | \$00.00
9781849499149 | \$14.99
GAR010000 | HC | 144
6.5 x 7" | 0lb 14oz



Little Book, Big Plants

EMMA SIBLEY

9781787135062 | \$14.99
GAR010000 | HC | 144
6.5 x 7" | 0lb 14oz



Root, Nurture, Grow

CARO LANGTON &
ROSE RAY & RO CO

9781787132184 | \$24.99
GAR010000 | HC | 208
6 x 9.2" | 1lb 8oz



Little Guide to Birds

TOM FROST &
ALISON DAVIES

9781787131644 | \$12.99
NAT043000 | HC | 96
5.5 x 5.5" | 0lb 8oz



Vogue on Coco Chanel

BRONWYN
COSGRAVE

9781849491112 | \$19.99
ART000000 | HC | 160
6.5 x 8.3" | 1lb 6oz



Vogue on Dolce & Gabbana

LUKE LEITCH &
BEN EVANS

9781849499729 | \$19.99
ART000000 | HC | 161
6.5 x 8.3" | 1lb 5oz



Vogue on Giorgio Armani

KATHY PHILLIPS

9781849494687 | \$19.99
DES013000 | HC | 160
6.5 x 8.3" | 1lb 6oz



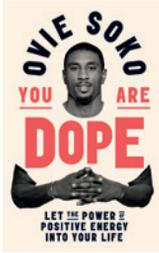
Vogue on Vivienne Westwood

LINDA WATSON

9781849493109 | \$19.99
ART000000 | HC | 160
6.5 x 8.3" | 1lb 6oz

BACKLIST

WELLBEING & INSPIRATIONAL



You Are Dope
OVIE SOKO
9781787136038 | \$19.99
SEL016000 | HC | 160
5.4 x 8.5" | 1lb 01oz



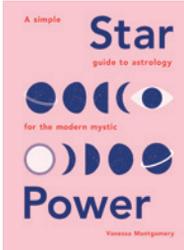
Be the Fittest
TYRONE BRENNAND
9781787135581 | \$23.99
HEA007000 | PB | 224
7.4 x 9.8" | 1lb 13oz



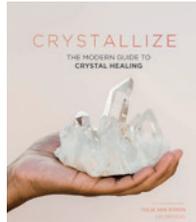
Change Your Life in an Hour
LAURA ARCHER
9781787135505 | \$13.99
SEL016000 | HC | 144
4.7 x 6.1" | 0lb 8oz



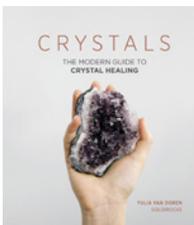
The Mystical Year
ALISON DAVIES
9781787136083 | \$19.99
SOC011000 | HC | 144
5.7 x 7.3" | 0lb 13oz



Star Power
VANESSA MONTGOMERY
9781787132245 | \$17.99
OCC002000 | HC | 192
5.1 x 7.3" | 1lb 0oz



Crystallize
YULIA VAN DOREN
9781787134522 | \$14.99
OCC004000 | HC | 144
6.3 x 7.1" | 0lb 15oz



Crystals
YULIA VAN DOREN
9781787130357 | \$14.99
OCC004000 | HC | 144
6.3 x 7.1" | 0lb 14oz



What a Time to Be Alone
CHIDERA EGGERUE
9781787132115 | \$16.99
FAM021000 | HC | 192
5.4 x 8.5" | 1lb 3oz

BACKLIST



How To Get Over A Boy

CHIDERA EGGERUE

9781787134805 | \$17.99
FAM051000 | HC | 192
5.4 x 8.5" | 1lb 3oz



Be More Bee

ALISON DAVIES

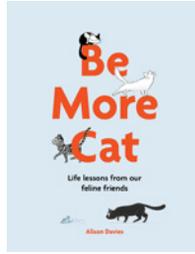
ISBN | \$00.00
9781787134843 | \$12.99
SEL016000 | HC | 144
4.7 x 6.1" | 0lb 8oz



Be More Dog

ALISON DAVIES

9781787134546 | \$12.99
PET004000 | HC | 144
4.7 x 6.1" | 0lb 8oz



Be More Cat

ALISON DAVIES

9781849499521 | \$12.99
HUM009000 | HC | 144
4.7 x 6.1" | 0lb 9oz



Be More Sloth

ALISON DAVIES

9781787132276 | \$12.99
OCC019000 | HC | 144
4.7 x 6.1" | 0lb 9oz



Be More Unicorn

JOANNA GRAY

9781787131224 | \$12.99
SEL016000 | HC | 144
4.7 x 6.1" | 0lb 9oz



Be More Witch

ALISON DAVIES

9781787133389 | \$12.99
OCC026000 | HC | 160
4.7 x 6.1" | 0lb 9oz

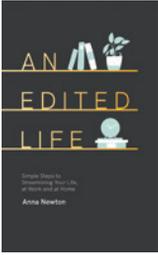


More Than a Muse

KATIE MCCABE

9781787134119 | \$23.99
ART016000 | HC | 264
5.4 x 8.5" | 0lb 13oz

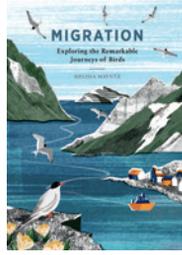
BACKLIST



An Edited Life

ANNA NEWTON

9781787132429 | \$22.99
SEL031000 | HC | 256
5.4 x 8.5" | 1lb 2oz



Migration

MELISSA MAYNTZ

9781787135048 | \$19.99
NAT043000 | HC | 144
5.1 x 7.3" | 0lb 13oz



Brutally Honest

MELANIE BROWN &
LOUISE GANNON

9781787133525 | \$26.99
BIO005000 | HC | 296
6.1 x 9.2" | 1lb 6oz



Clean Green

JEN
CHILLINGSWORTH

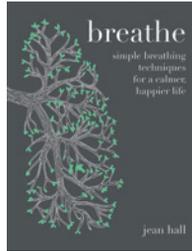
9781787135024 | \$12.99
HOM019000 | HC | 160
4.7 x 6.1" | 0lb 10oz



Live Green

JEN
CHILLINGSWORTH

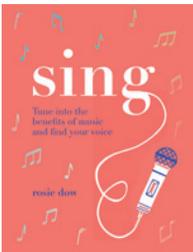
9781787133198 | \$12.99
SEL039000 | HC | 160
4.7 x 6.1" | 0lb 10oz



Breathe

JEAN HALL

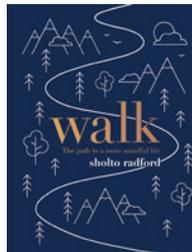
9781849497749 | \$12.99
SEL016000 | HC | 128
5 x 6.5" | 0lb 10oz



Sing

ROSIE DOW

9781787134157 | \$12.99
MUS042000 | HC | 144
5 x 6.5" | 0lb 9oz



Walk

SHOLTO RADFORD

9781787130999 | \$12.99
SPO050000 | HC | 144
5 x 6.5" | 0lb 10oz

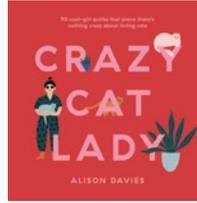
BACKLIST



Sleep

LISA VARADI

9781787132764 | \$12.99
HEA043000 | HC | 144
5 x 6.5" | 0lb 8oz



Crazy Cat Lady

ALISON DAVIES

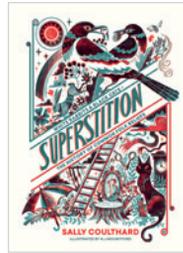
9781787135550 | \$11.99
PET003000 | HC | 112
5 x 5" | 0lb 10oz



Cows on Ice and Owls in the Bog

KATARINA
MONTN MERY

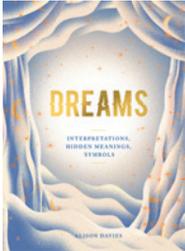
9781787134720 | \$14.99
HUM019000 | HC | 112
5.3 x 7.3" | 0lb 10oz



Superstition

SALLY COULTHARD

9781787133631 | \$19.99
SOC011000 | HC | 144
5.3 x 7.3" | 0lb 13oz



Dreams

ALISON DAVIES

9781787133396 | \$16.99
OCC006000 | HC | 160
5.3 x 7.3" | 0lb 14oz



Written in the Stars

ALISON DAVIES

9781787131767 | \$16.99
SCI004000 | HC | 208
5.3 x 7.3" | 1lb 1oz



Titania's Fortune Cards

TITANIA HARDIE

9781787132696 | \$19.99
OCC008000 | KI | 96
4.4 x 6.5" | 0lb 11oz



Wisdom of Nature

DIXIE WILLS

9781787132221 | \$19.99
NAT000000 | HC | 160
5.3 x 7.3" | 0lb 14oz

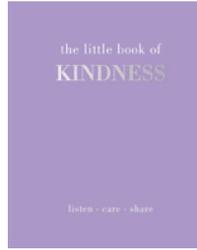
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Fartology

STEFAN GATES

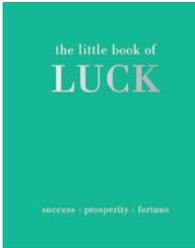
9781849499682 | \$14.99
HUM000000 | HC | 144
5.1 7.3" | 0lb 13oz



The Little Book of Kindness

JOANNA GRAY

9781787136052 | \$9.99
SEL031000 | HC | 192
4.1 x 5" | 0lb 6oz



The Little Book of Luck

ALISON DAVIES

9781787133792 | \$9.99
SOC011000 | HC | 192
4.1 x 5" | 0lb 6oz



The Little Love Book

JOANNA GRAY

9781787136113 | \$9.99
FAM029000 | HC | 192
4.1 x 5" | 0lb 6oz



The Little Book of Christmas

JOANNA GRAY

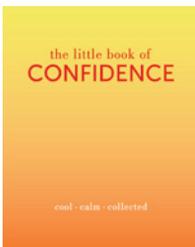
9781787134799 | \$9.99
REL034020 | HC | 192
4.1 x 5" | 0lb 6oz



The Little Book of Self-Care

JOANNA GRAY

9781787135178 | \$9.99
SEL016000 | HC | 192
4.1 x 5" | 0lb 6oz



The Little Book of Confidence

TIDDY ROWAN

9781849495158 | \$9.99
SEL023000 | HC | 192
4.1 x 5" | 0lb 6oz

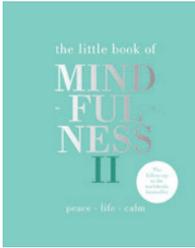


The Little Book of Mindfulness

TIDDY ROWAN

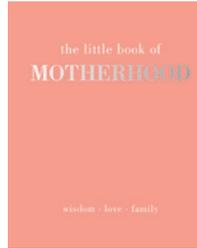
9781849494205 | \$9.99
SEL000000 | HC | 192
4.1 x 5" | 0lb 6oz

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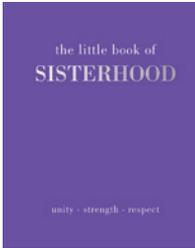
The Little Book of Mindfulness II ALISON DAVIES

9781787133808 | \$9.99
OCC010000 | HC | 192
4.1 x 5" | 0lb 7oz



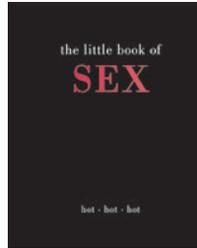
The Little Book of Motherhood ALISON DAVIES

9781787133778 | \$9.99
FAM032000 | HC | 192
4.1 x 5" | 0lb 6oz



The Little Book of Sisterhood JOANNA GRAY

9781787135185 | \$9.99
FAM021000 | HC | 192
4.1 x 5" | 0lb 6oz



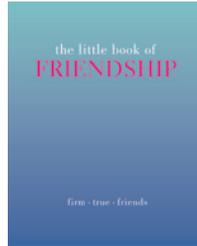
The Little Book of Sex JOANNA GRAY

9781787134096 | \$9.99
HUM015000 | HC | 192
4.1 x 5" | 0lb 6oz



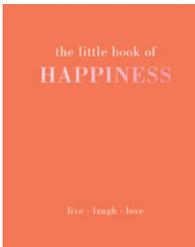
The Little Book of Us ALISON DAVIES

9781787133785 | \$9.99
FAM030000 | HC | 192
4.1 x 5" | 0lb 6oz



The Little Book of Friendship TIDDY ROWAN

9781849495356 | \$9.99
FAM021000 | HC | 192
4.1 x 5" | 0lb 6oz



The Little Book of Happiness ALISON DAVIES

9781787131125 | \$9.99
SEL016000 | HC | 192
4.1 x 5" | 0lb 6oz

STATIONERY



Boobs! CAROLYN SUZUKI

9781787136021 | \$16.99
SEL000000 | FB | 144
6.3 x 8.3" | 0lb 14oz

BACKLIST



A Baby's Memory Journal

JOANNA GRAY

9781787135734 | \$19.99
NON000000 | HC | 128
6.9 x 8.9" | 1lb 2oz



A Father's Memory Journal

JOANNA GRAY

9781787134966 | \$19.99
NON000000 | HC | 128
6.9 x 8.9" | 1lb 2oz



A Grandfather's Memory Journal

JOANNA GRAY

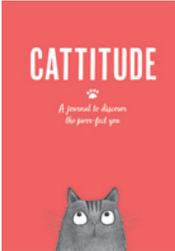
9781787134973 | \$19.99
NON000000 | HC | 128
6.9 x 8.9" | 1lb 2oz



What a Time to Journal

CHIDERA EGGERUE

9781787135710 | \$16.99
NON000000 | HC | 160
5.4 x 8.5" | 0lb 12oz



Cattitude

ALISON DAVIES

9781787134478 | \$12.99
NAT001000 | HC | 144
5.9 x 8.5" | 1lb 0oz



I Like Birds: Flying Puffins HB Notebook

I LIKE BIRDS

9781787134706 | \$16.99
NON000000 | HC | 128
5.8 x 8.3" | 0lb 14oz



I Like Birds: A Puffin of Postcards

I LIKE BIRDS

9781787133709 | \$14.99
NAT043000 | HC | 20
4.1 x 8.5" | 0lb 4oz



I Like Birds: River Estuary & Shore Notebooks

I LIKE BIRDS

9781787133716 | \$14.99
NAT043000 | Box Set of PB
96pp | 4.1 x 5.8" | 0lb 11oz

BACKLIST



Girl Power

STICKER POWER

9781787134461 | \$14.99
GAM021000 | HC | 128
5.3 x 7.3" | 0lb 12oz



Cosmic Power

STICKER POWER

9781787134454 | \$14.99
GAM021000 | HC | 128
5.3 x 7.3" | 0lb 12oz

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