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Hardie Grant

QUADRILLE





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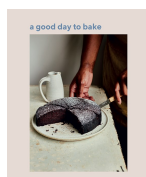
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Food & Drink



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A Good Day to Bake
9781787138018
\$32.00 | Hardcover

I'll Bring Dessert

Simple, Sweet Recipes for Every Occasion

Benjamina Ebuehi

April 2024 | Hardcover | CKB024000
\$35.00 | 9781837830398
192 Pages | 7½ x 9¾ in
Full color photography throughout

***I'll Bring Dessert* showcases 70 sweet recipes to cater for any occasion.**

Being the designated 'dessert person' is often met with panic, but Benji is here to show you that not only is it fun, but it's simple to create desserts with wow-factor all year round, no matter the day, season or occasion. From recipes made in one dish or desserts that are easy to transport, to simple recipes to please a crowd, this is the only dessert book you will EVER need.

Chapters cover **Something Fruity, Something Chocolatey, Something Creamy, Something Nutty** and **Something on the Side** and each includes a mix of hot and cold desserts, vegan and gluten free recipes (or simple swaps), and recipes that can be made in advance or on the day. From Cherry slab pie and Smoked salt and halva cookies to a Gingerbread mascarpone roulade and Hot honey peach shortcakes, there are recipes for when you want to really push the boat out and others that suit a more relaxed gathering.

Benjamina Ebuehi writes recipes, styles and creates content for media, such as *BBC Good Food*, *Waitrose Weekend* and *Guardian Feast* as well as brands such as Sainsbury's, McVities, Lindt, Lyles Golden Syrup, Anthropologie, Baileys, and Schwartz spices.

- 70 sweet recipes for simple desserts and bakes that are big on flavor.
- The focal point of the recipes is flavour, through seasonal ingredients and beautiful spicing.
- Benjamina's creative recipes have been praised by the likes of Nigella Lawson and Rachel Khoo.



thyme-roasted grapes with whipped ricotta

Roasted grapes might sound a little strange. Especially for a dessert, but trust me, it works. This leans more on the savoury side and is perfect for those who are more likely to choose the cheeseboard over the chocolate cake. I serve these with thinly sliced toasted ciabatta with a drizzle of olive oil and some crunchy demerara (turbinado), because more bread at the end of the meal should definitely be a thing.

Serves 6

500g (1lb 2oz) red grapes, ideally a mix of colours
5-6 sprigs fresh thyme
1½ Tbsp honey
1 Tbsp olive oil, plus extra to serve

For the whipped ricotta

250g (9oz/generous 1 cup) ricotta
150g (5¼oz/ scant cup) Greek yogurt
grated zest of 1 lemon
½ tsp vanilla bean paste
1 Tbsp honey

To serve (optional)

toasted ciabatta or crusty bread
demerara (turbinado) sugar

Preheat the oven to 210°C (190°C fan/410°F/gas mark 6).

Add the grapes and thyme to a baking dish. Drizzle the honey and olive oil on top and toss to coat, or just get in with your fingers.

Roast for 15-20 minutes until the grapes start to blister and become softened and syrupy. Set them aside to cool.

Add all the ingredients for the whipped ricotta to a food processor and blitz until smooth and creamy.

Add the grapes and all the juices to a shallow dish and the ricotta to another. Serve with toasted ciabatta or crusty bread, drizzled with olive oil and sprinkled with demerara. Or for something sweeter, serve with tulle (page 00).

MAKE AHEAD

You can whip the ricotta up to 2 days before and store in a sealed container in the fridge. Grapes are best made on the day you plan to serve.



[View on Edelweiss](#)



Rice Table
9781787138964
\$37.50 | Hardcover

Pocha

Simple Korean Food from the Streets of Seoul

Su Scott

June 2024 | Hardcover | CKB123000
\$37.50 | 9781837831166
240 Pages | 7½ x 9¾ in
Full color photography throughout

The first ever cookbook on Korean pocha culture

In *Pocha*, Su Scott is going home to the streets where she grew up and the food that shaped her. Featuring 80 delicious, playful recipes and vibrant location photography, this book takes you on a journey through Seoul and its food markets.

This is unfussy, easy, comforting food from a country that has perfected late night eating and drinking culture. From corn dogs and fried chicken to kimchi pancakes and perilla oil noodles for slurping, *Pocha* invites you to bring the beating heart of Korea's food scene into your kitchen.

Su Scott is a Korean-born food writer living in London. In October 2019 she won the Best Reader's Recipe category at the prestigious *Observer* Food Monthly Awards with her recipe for *kimchi jjigae*. Since winning the award, she's pursued a freelance career as a food writer and recipe developer. In January 2021, she was featured in *Waitrose Food magazine* as a rising star of the food world. Her debut book, *Rice Table*, was published in 2023.

- *Rice Table* was well-received and was featured in Jamie Oliver's Cookbook Club.
- Korean food's popularity is rising globally, with food exports rising by 10% annually.
- London is buzzing with the opening of numerous Korean food outlets.

Mozzarella Corn Dog

Cheese Hotdog

I think those, like me, who were born in the 80s will have fond memories of this after-school snack – sausage on a stick – as it was often sold in local stationery shops – called munbangu – where you could buy cheap, low-quality sweets amongst the books, pencils, toys and everything in between. Most of these spots near schools offered a few random bits and pieces of freshly made snacks in the afternoon, and that often included these Korean hotdogs.

The old-school hotdog used to be double-dipped in batter and fried twice to yield a good volume, which forms two visible layers inside that are unique to this original style of Korean hotdog. The supple pink sausage in the middle was rather small, but the deep-fried doughnut-like batter was delightfully crispy and soft all at once, carrying the salty flavours of ham perfectly. Nowadays, it is usually dipped in batter only once. Dust it with sugar while hot and enjoy with vinegary ketchup to channel the retro vibe! It's a delicious little treat.

MAKES 8 LARGE CORNDOGS

4 frankfurters, about 7.5cm (3in) long, cut in half
8 cubes of low-moisture mozzarella, about 1.5x2cm (¾x1in)
8 sturdy wooden skewers
60g (2oz) heaped 1 cup) panko breadcrumbs
plain (all-purpose) flour, for dusting
vegetable oil, for frying

For the batter

240ml (8fl oz) warm water
75g (2½oz) ½ cup) golden-caster (superfine) sugar
1 tsp fine sea salt
300g (10½oz) 2½ cups) strong white bread flour
1 tsp fast active yeast (quick yeast)
1 egg, lightly whisked

To finish

2 tbsp golden-caster (superfine) sugar
tomato ketchup (kashu), to taste
American mustard, to taste (optional)

LOW-MOISTURE MOZZARELLA
This is a hard mozzarella block for melting, often labelled as for pizza.

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Chuncheon-Style Spicy Stir-Fried Chicken

Chuncheon Dakgalbi

SERVES 4

600g (1lb 5oz) boneless chicken thighs (or leg meat), cut into bite-sized chunks
2 tbsp vegetable oil
200g (7oz) white cabbage
1 sweet potato
200g (7oz) cylinder-shaped rice cakes (fresh or frozen)
4 spring onions (scallions)
15 perilla leaves
1 mild green chili
sea salt flakes, to taste

For the marinade

1 onion, roughly chopped
¼ apple (sweet variety such as Fuji or Gala), roughly chopped
5 garlic cloves, crushed
2 tsp grated root ginger
2 tbsp miso
4 tbsp soy sauce
2 tbsp gochujang (Korean red pepper flakes)
2 tsp light soft brown sugar
1 tsp gochujang (Korean red pepper paste)
2 tsp toasted sesame oil
1 tsp mild curry powder
¼ tsp freshly cracked black pepper

PERILLA LEAVES

Perilla leaves can be found in Korean supermarkets. If you can't get hold of them, just leave them out or if you have perilla oil handy, a few drops at the end of cooking can add similar aroma to the dish.

I often think the star of this dish is actually the cabbage, and the rice that is fried in the sauce towards the end brings a satisfying finish to the meal. The gentle vegetal taste of cabbage works brilliantly, comfortably carrying the bold, spicy seasoning leached with curry powder, which is unique to the Chuncheon-style of dakgalbi. The perfectly scorched, starchy grains are bound by the remnants of salty umami sweetness. It is hard not to dig straight in with the spoon to scrap off the crispy bits before anyone else gets there. It's an easy, sociable one-pan dish, typically cooked at the table.

Remove the skin from the chicken, if preferred, and slice into bite-sized chunks – about 3cm (1¼in) square. Transfer to a large mixing bowl.

Pulse the onion, apple, garlic, ginger and miso in a food processor until smooth, then pour over the chicken. Add the rest of the ingredients for the marinade to the bowl and massage well – ideally by hand – to evenly coat the meat. Cover and refrigerate while you get on with the rest of prep, or leave to marinate overnight, if you wish.

Meanwhile, prepare the vegetables: roughly chop or tear the cabbage into large bite-sized pieces. Peel the sweet potato, if you prefer, then slice into rounds about 5mm (¼in) thick. Soak the rice cake in cold water, if using frozen, then drain and set aside. Slice the spring onions into 5cm (2in) long batons. Trim the top of perilla leaves, then cut them into quarters. Thinly slice the chili.

Remove the marinated chicken from the refrigerator.

Heat the vegetable oil in a heavy-based frying pan (skillet) over a medium heat and add the chicken and spread evenly across the pan. Notice the sizzling sound. Layer the top with the cabbage, sweet potato and rice cakes. Cook without disturbing for 2 minutes to lightly colour the bottom side of the chicken, then flip and toss everything together. The pan may appear quite dry to start with but don't worry. As the vegetables start to cook, they will release enough water to bring everything together. Stir continuously and energetically to prevent the mixture from burning or browning too quickly. Continue to cook in this way for 8–10 minutes until the chicken has almost cooked through and cabbages have collapsed. Stir in the spring onions and perilla leaves and continue stir-frying for about 5 minutes until the chicken and rice cakes are cooked through. Scatter with the chili before removing from the heat. Check for seasoning and adjust it with a pinch of salt. Serve immediately in a family style for everyone to help themselves.

FRIED RICE

A common practice is often to fry some rice in the sauce towards the end of the dish when you have eaten almost all the meat but there is still enough sauce left to fill a rice bowl. To enjoy this wonderful rice for dessert culture of Korean food, add one serving of rice to the pan, along with some sesame oil, roughly chopped soft salad leaves and a big handful of gam jjan (crumbled toasted seasoned seaweed). Stir-fry over a medium heat and flatten to spread thinly in the middle of the pan. Let it cook for a couple of minutes to gently scorch the bottom, then serve straight away.

12 Pocha



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Second Helpings

Delicious Dishes to Transform Your Leftovers



"This will change 'fridge forages' forever. Fabulous recipes."
Diana Henry

Sue Quinn

Second Helpings

Transform Leftovers Into Delicious Dishes

Sue Quinn

February 2024 | Hardcover | CKB113000

\$26.99 | 9781837831418

192 Pages | 7½ x 9¼ in

Full color photography throughout

"This will change 'fridge forages' forever. Fabulous recipes."

– Diana Henry

"I love your book so much. It is beyond useful. Total triumph." – India Knight

Second Helpings offers 100 delicious, innovative ways to use up leftovers, to help you waste – and spend – less.

The book is packed with ingenious ways to use up bits and bobs in the fridge, half-empty packets in the larder, past-their-best fruit and veg as well leftovers from previous meals. Sue Quinn shows that when we truly celebrate leftovers, they can be a springboard for exciting dishes that taste just as good – if not better – than the meal from which they hailed.

This inspirational cookbook includes **100 recipes and ideas that showcase the most commonly wasted foods, such as bread, milk, cheese, potatoes, bananas, apples, salad leaves, leftover takeaways and previous meals.** *Second Helpings* is the go-to cookbook for cooking up a feast, saving money and supporting the planet.

Sue Quinn is an award-winning food writer, cookbook author and journalist, with articles and recipes appearing in the *Telegraph*, *Sunday Times*, *Guardian* and more. She has won the Fortnum & Mason's Online Food Writer Award and the Guild of Food Writer's award, and was shortlisted for the Guild of Food Writer's 2023 Food Writer's Award.

- Delicious budget-friendly recipes, using leftovers.
- Perfect for home cooks that want to reduce waste.
- Straightforward with easily available ingredients.

[View on Edelweiss](#)



9 781837 831418

Soup



LEFTOVERS

Cooked and uncooked vegetables, cooked meat, odds and ends of cheese and cheese rinds, stale bread, ends of jars of chilli paste, ends of tubs of cream, crème fraîche or soured cream

Soup is the perfect vehicle for oddments of uncooked and cooked veg and/or meat. Decide whether you fancy a brothy soup similar to minestrone or ribollita, or a thicker, puréed soup. Then, make your own adventure, as they say, according to what you've got.

This is just a guide: double up the quantities suggested here if you have lots of ingredients to use up. It freezes well.

Base recipe

Serves 4
Preparation: up to 40 minutes, depending on the veg

For the base
A handful of chopped bacon, pancetta or guanciale (optional)
3 Tbsp olive oil
1 onion or leek (white part), finely chopped
1 celery stick, finely chopped
1 fat garlic clove, finely chopped
½ Tbsp chopped fresh rosemary or thyme

Add the bacon (if using) to a large pan set over medium heat and fry until starting to crisp at the edges. Reduce the heat to medium-low, add the oil and fry the onion or leek and celery with a pinch of salt until very soft and translucent, about 10–15 minutes. Add the garlic and herbs and cook for a couple of minutes more.

Now pick from either a *brothy* or *puréed soup* overleaf.

Soup

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Griddled pear and bitter leaf salad with almonds and elderflower dressing

Leftovers: unripe or hard pears

Serves 2 generously as a starter
Preparation: 15 minutes

1 Tbsp olive oil
20g (scant ½ cup) blanched almonds
80g (2½oz) red or white chicory leaves, separated
4 Brussels sprouts, outer green leaves separated, inner core finely sliced
3 radishes, finely sliced
1 large or 2 small firm or underripe pears
Lemon juice, for sprinkling
15g (½oz) Parmesan or pecorino, shaved, or 3 slices of prosciutto
Fine sea salt and freshly ground black pepper

For the dressing
3 Tbsp elderflower cordial (or 1 tsp of apricot jam or figural honey)
3 Tbsp cider vinegar
80ml (⅓ cup plus 2 Tbsp) vegetable oil
Fine sea salt and freshly ground black pepper

Pears can be gems of the fruit bowl if you catch them at the right moment, but often they stubbornly refuse to ripen and taste disappointing. The solution is to fry them to tenderness, as I've done in this beautiful salad. Their sweetness marries beautifully with the bitter leaves, salty cheese or ham, and almonds. The perfumed dressing unites the flavours of this simple and pretty salad.

Put the dressing ingredients in a lidded jar, seal and shake to combine. Set aside.

Warm the olive oil in a frying pan (skillet) over a medium heat and fry the almonds until golden. Scoop out and set aside. Take the pan off the heat but don't wash it yet.

Place the chicory, sprouts, radishes and half the almonds in a large bowl.

Peel, core and quarter the pear(s) or, if large, halve each quarter. Transfer to a bowl as you go and squeeze over a little lemon juice to prevent browning. Season with salt.

Reheat the remaining oil in the pan and fry the pears until lightly golden on all sides. Take the pan off the heat.

Toss the bitter leaves with 3–4 tablespoons of the dressing – enough to coat everything well. Place on a serving platter or individual plates, scatter over the remaining almonds and drizzle with more dressing (you might not need it all). Top with the cheese or prosciutto and serve immediately.

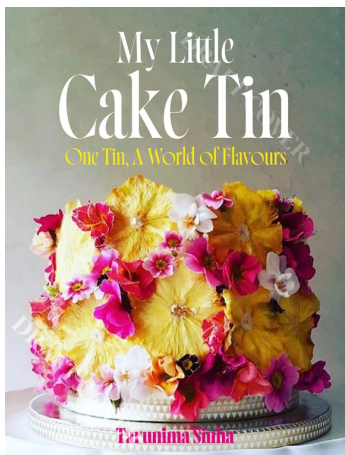
Try ...
Using a generous spoonful of strong soft cheese like taleggio, gorgonzola or dolcelatte instead of Parmesan or pecorino.

No pears? Halve and destone apricots, peaches or plums and fry in the same way.

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Light Meals





[View on Edelweiss](#)



My Little Cake Tin

One Tin, A World of Flavors

Tarunima Sinha

May 2024 | Hardcover | CKB004000
\$32.50 | 9781837830824
224 Pages | 7½ x 9¾ in
Full color photography throughout

Every baker owns a round cake tin – but did you know how hard-working it could be?

Tarunima Sinha's glorious floral cake creations are the stuff of Instagram dreams. And yet her baking journey started only when she came to the UK from northeast India in 2001, repurposing an 8-inch/20cm chapatti tin from her childhood as a cake tin.

In *My Little Cake Tin*, Tarunima shares expert guidance and breathtaking recipes from her baking journey – so you, too, can create beautiful bakes, all in one tin. You'll learn the building blocks of baking, from sponge methods to cake construction to adorning your bakes with edible flowers. Containing reinvented classics, seasonal everyday cakes, dessert-inspired bakes, beautiful buttercream cakes and even a free-from chapter, you'll find a cake for every occasion.

Tarunima Sinha (@mylittlecaketin) is a completely self-taught baker who now runs her own cake business in the UK. She has written recipes for various UK publications, and her cakes have won numerous awards.

- Tarunima has an amazing personal story of leaving her village in India to move to the UK, with no previous baking knowledge and having only eaten cake twice before!
- Her fans include Asma Khan and Ravneet Gill.
- Tarunima created the desserts for Asma Khan's Calcutta Canteen in London and was number 1 in OFM's Top 50 favourites in the world of food in 2020.

Lemon and elderflower cake

Long before it became a Royal Wedding cake, this was one of my most requested summer cakes. I make sure I make it for my family every summer too. It has all the freshness of lemon and fragrance and subtle flavour from the elderflower.

- 1 Butter and flour a 20cm (8in) round cake tin and line the base with a disc of baking paper.
 - 2 Preheat the oven to 160°C fan/180°C/350°F/Gas mark 4.
 - 3 Sift the flour, baking powder, icing (confectioner's) sugar and salt into a large bowl.
 - 4 Put the butter in a small pan over a low heat and melt until just liquid. Remove from the heat and let it cool slightly. Stir in the sunflower oil, lemon zest, elderflower cordial, soured cream and vanilla. Add in the eggs to this mixture and mix it well with a fork.
 - 5 Pour the wet ingredients into the dry ingredients and mix to a smooth batter using a large wooden spoon or spatula.
 - 6 Pour the batter into the prepared tin. Bake for about 35-40 minutes, or until the surface is springy to touch and a skewer comes out clean.
 - 7 Cool the cake for 10 minutes in the tin, then turn out onto a wire rack.
 - 8 Once cooled, slice horizontally into 3 discs.
 - 9 To make the buttercream, whisk the Swiss meringue buttercream with the lemon curd and the reduced elderflower and lemon cordial, until it is well combined. Set aside half to coat and decorate the cake later: the other half is for the cake filling.
- Assembly of the cake**
- 1 Wash then dry a 20cm (8in) round cake tin with sides 13cm (5in) deep (or use a springform cake tin). Line it with two layers of cling film (plastic wrap), allowing a ¾in (2cm) overhang.
 - 2 Place one of the cake discs in the base of the tin. Add 5 tablespoons of the lemon and elderflower buttercream and level using the back of a spoon. Add 2-3 tablespoons of lemon curd, spreading it over the buttercream but leaving a 2.5cm (1 in) gap around the rim of the tin.
- For the lemon and elderflower buttercream**
- 300g plain (all-purpose) flour
 - ½ tsp baking powder
 - 300g (2½ cups) sifted icing (confectioner's) sugar
 - ½ tsp fine sea salt
 - 200g (¾ cup plus 2 Tbsp) butter
 - 75ml (⅓ cup) sunflower oil
 - Zest of 3 lemons and juice of 1 lemon
 - 75ml (⅓ cup) elderflower cordial (simmer over a gentle heat to reduce to 50ml (⅓ cup plus 2 tsp))
 - 100ml (⅓ cup plus 3 Tbsp) soured cream
 - 1 Tbsp vanilla bean paste
 - 4 eggs
- For the filling**
- 200g (⅔ cup) Lemon Curd

84 — Buttercream cakes



Marmalade cake

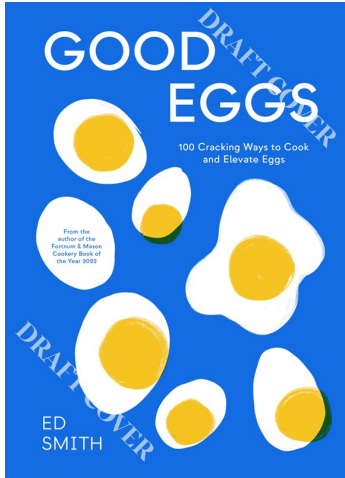
If it is Paddington Bear who loves marmalade the most, then my Papa comes a close second. He should not be eating it but he has a tiny teaspoonful after most meals, as he is not allowed to spread marmalade on his toast. I take a few jars with me when I visit their home. I made this cake really for him so he can eat a tiny bit and make the cake last longer. In addition, because my mum does not eat eggs, this recipe is egg free.

The cake matures well and can be enjoyed days after it is made. It is good on the breakfast table too when you have friends or family staying over and you want to bake ahead.

- 1 Butter and flour a 20cm (8in) round cake tin. Line the base and sides with baking paper. Preheat the oven to 170°C fan/190°C/375°F/Gas mark 5.
 - 2 Put the mixed dried fruit and the orange juice in a small pan over a medium heat. Gently warm through for 5 minutes then set aside for the fruit to cool and absorb all the juice.
 - 3 Put the oil, butter, vanilla and 3 tablespoons of the marmalade in a small jug. Stir to mix.
 - 4 Sift the flour, baking powder, bicarbonate of soda (baking soda), salt and spice into a large mixing bowl. Add the sugar and orange zest and mix well. Next add the butter and rub the flour and butter well using your hands until the mixture resembles coarse sand.
 - 5 Add in the soaked fruit and any remaining juice.
 - 6 Slowly pour in the oil and butter/milk mix and give it a good stir to form a batter. Do not overmix – just until well combined.
 - 7 Pour the batter into the prepared tin. Dot the 4 tsp of marmalade on top of the cake and gently swirl using the back of a spoon or a skewer. Sprinkle with demerara sugar. Bake for 40 minutes or until a skewer comes out clean.
 - 8 Cool the cake for 10 minutes in the tin then turn out onto a wire rack and leave to cool completely.
 - 9 Brush the warm glaze over the top and sides of the cake and leave to set. If I feel like it, I sometimes decorate with some candied orange slices and edible flower petals but that's entirely optional.
 - 10 This keeps well for 3 days in an airtight container.
- For the glaze**
- 3 Tbsp Seville orange marmalade thinned with 2 Tbsp hot water
- To decorate (optional)**
- Edible flowers
 - Candied orange slices
- For the filling**
- 150g (⅓ cup) mixed dried fruit (chopped apricots, cranberries, candied mixed peel)
 - Zest and juice of 2 oranges
 - 50ml (generous ⅓ cup) sunflower oil
 - 150ml (⅓ cup) butter/milk
 - ½ tsp vanilla extract
 - 3 Tbsp Seville orange marmalade, plus 4 Tbsp
 - 250g (⅓ cup plus 2 Tbsp) plain (all-purpose) flour
 - 3 tsp baking powder
 - ½ tsp bicarbonate of soda (baking soda)
 - ½ tsp salt
 - 2 tsp mixed spice
 - 120g (⅓ cup minus 1 Tbsp) soft dark brown sugar
 - 120g (generous ½ cup) butter, plus extra for greasing the tin
 - 2 Tbsp demerara (raw brown) sugar



Cherry cakes included — 85



[View on Edelweiss](#)



Crave
9781787135796
\$35.00 | Hardcover

Good Eggs

Over 100 Cracking Ways to Cook and Elevate Eggs

Ed Smith

March 2024 | Hardcover | CKB010000
\$32.00 | 9781837831388
224 Pages | 6¾ x 9¾ in
Full color photography throughout

Good Eggs is a compendium and celebration of eggs.

Over 100 recipes and ideas will inspire a multitude of all-day plates that make eggs the star of the show. Whether you're partial to boiled, fried, poached, baked or scrambled, in this book you'll find all the eggspiration you need for delicious flavor combinations and techniques. There will be classics, reinventions of old favorites and surprising twists that will take your egg game to the next level. From Fried eggs on rice with gochugaru and tahini sauce to Soft boiled with celery salt and tabasco tomato dippers, this is a fun and inventive cookbook for egg-lovers everywhere.

Ed Smith is a multi-award-winning author, most recently winning the Fortnum & Mason Food Book of the Year 2022 for *Crave*. In 2023 he was shortlisted as Best Cookery Writer at the Fortnum and Mason Food Awards. A former City lawyer turned cook and food writer, Ed's words and recipes have appeared in *The Sunday Times*, *The FT Weekend Magazine*, *Delicious*, *Olive*, *food52*, *eater.com* and more. He also runs the award-winning food blog www.RocketandSquash.com.

- From the acclaimed author of *On The Side*, *The Borough Market Cookbook* and *Crave*.
- Stunning graphic cover and gorgeous food photography will make this an instant classic.
- He will be partnering with Clarence Court in time for publication.

A FRIED EGG SANDWICH, WITH RED AND BROWN SAUCE

FOR 2

The bread should be soft and white. Whether you butter it is up to you, as is whether that sandwich holds one or two eggs. Also the way the eggs are fried (which fat, how crisp etc, although 'over easy' - do work well here).
The colour and quantity of sauce? Try liberal squirts of BOTH: brown underneath, red on top. When the two mingle with runny yolk, it is delicious alchemy.

4 pieces of soft white thick sliced bread
Butter at room temperature (optional)
Tomato ketchup and brown sauce
1-2 eggs per person
Neutral oil for frying
Salt and pepper

*For 'over easy', ensure the frying pan will comfortably fit the number of eggs you are cooking, and is either well-seasoned carbon steel or cast iron, or has a reliably non-stick coating. Set this over a medium-high heat. Use about one tablespoon of neutral oil per two eggs. Once the underside of the first egg is firm and set, but its top remains uncooked, slide a thin, flat spatula or fish slice underneath one egg and confidently flip it over without lifting it too high (or at all) from the surface of the pan. Do the same with any other eggs, and let them all cook for around 20 seconds, yolk side down, before sliding that thin slice underneath each egg in one quick movement, transferring it directly to the prepared bread.

Prepare the bread before cooking the eggs: spread with soft butter if you wish, then add sauce to both top and bottom pieces (do try brown sauce on the bottom, red on top...).

Fry the egg(s) as you prefer*, seasoning with salt and pepper while still in the pan. Once cooked, transfer straight to the prepared bread.

ALSO CONSIDER

- Obviously, bacon or sausages are welcome in an egg sandwich. There is little to be gained by overcomplicating beyond these additions.
- Swapping the sliced white for a soft white roll/bap/harm/bun

FRIED EGGS UNDER CHILLI OIL

There's nuance and variety across chilli oils and, personally, whether any egg ends up doused in something tingling and citrusy, fruity and hot, crunchy, nutty, sweet, garlicky, and/or with a hint of dried shrimp... depends partly on mood, and partly on what is to hand. On which note, try loads, find your favourite. Regularly using chilli oil as a condiment for eggs provides some justification for having at least five different jars on the go at all times.

—

Fry your egg(s) as you prefer.

Be sure to stir and dredge the jar so that you spoon over a good balance of both oil and 'bits'. Quantity depends on the heat of the oil and the eater's tolerance/addition.

ALSO CONSIDER

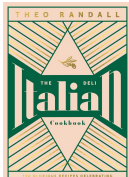
- Other chilli oil-based chilli sauces include: XO sauce; Chilli Crisp; Chiu Chow chilli oil; North-West African harissa.
- If you're out of infused oils, a quick substitute would be to put 1 tsp of put biber flakes (or another chilli flake) in a heat proof container, heat 2 tbsp of neutral oil and pour over the flakes, then stir in 1/2 tsp each of sweet paprika and caster sugar
- Vary the carb: toast, bouncy bread such as focaccia, flatbreads such as paratha, roti, chapati, rice, roti, hash browns... all are in play
- See also 'under hot sauce' page x



[View on Edelweiss](#)



The Italian Pantry
9781787138421
\$40.00 | Hardcover



The Italian Deli Cookbook
9781787135963
\$35.00 | Hardcover

Verdura

10 Vegetables, 100 Italian Recipes

Theo Randall

June 2024 | Hardcover | CKB047000
\$40.00 | 9781787139923
256 Pages | 6½ x 9¾ in
Full color photography throughout

Cook and eat the Italian way, with 100 fresh, wholesome and delicious vegetarian recipes.

World-renowned chef Theo Randall shares his 10 favorite vegetables and reveals his favourite ways to cook with them through 100 fabulous recipes covering Eggplants, Zucchini, Asparagus, Artichokes, Mushrooms, Broccoli, Tomatoes, Beans, Squash and Potatoes. From simple pasta dishes to more extravagant dinners for when you have people over, you'll delight in Theo's take on the very best of Italian home cooking.

Packed with flavor and stunning photography, this is an essential cookbook and a modern take on the best of Italian ingredients and vegetarian home cooking.

Theo Randall started working at the River Café in 1989. He left in 2006 to launch his first restaurant, Theo Randall at the Intercontinental, which now has a location in Hong Kong. Theo has appeared on *Masterchef* and numerous UK TV shows. He also works with high-profile brands including Natoora, Coco Di Mama and Ask Italian. He has written four previous cookbooks, *Pasta*, *My Simple Italian*, *The Italian Deli Cookbook* and *Italian Pantry*.

- Taps into the popularity of store cupboard cooking using readily available ingredients.
- Theo Randall is an internationally renowned chef with restaurants in London, UK and Hong Kong.
- Theo appears regularly on television including BBC TV's *Saturday Kitchen*.

Aubergines slow-cooked with red peppers, tomatoes, garlic and basil with chopped burrata and ciabatta

Serves 4
4 medium aubergines (eggplants)
5 tbsp extra-virgin olive oil, plus extra for drizzling
1 medium onion, sliced
1 garlic clove, sliced, plus an extra clove, peeled, for rubbing
4 red (bell) peppers, deseeded and cut into roughly 2cm (¾in) pieces
600ml (20fl oz) tomato passata
8 basil leaves, torn
1 ciabatta loaf
1 x 150g (5¼oz) burrata
sea salt and freshly ground black pepper

There is something really comforting about the combination of slow-cooked aubergines, peppers and tomatoes. I love the meatiness of an aubergine, and adding chopped burrata makes the flavours and textures of the slow-cooked vegetables really stand out. Ciabatta is a favourite bread of mine and toasting it for a few minutes makes it the perfect accompaniment to this dish. This is one of those recipes you can make all year round.

Preheat the oven to 180°C/160°C fan/350°F/Gas 4.

Slice the aubergines widthways into discs 2cm (¾in) thick, then cut each disc in half, so you have half-moons. Place in a large bowl with a sprinkling of salt and 3 tablespoons of olive oil. Mix thoroughly so the aubergine pieces are coated in olive oil, then place the slices carefully on a baking sheet lined with baking paper, in a single layer that fills the tray.

Cook in the oven for 15 minutes, then take the tray out and turn the aubergine slices over. Put back in the oven for a further 10 minutes, then check they are cooked by using a sharp knife cut into the outside edge of an aubergine slice; if the knife goes through easily and there is no resistance, then it is cooked. Remove from the oven, but keep the oven on.

Add the remaining 2 tablespoons of olive oil to a hot large, heavy-based saucepan, then add the onion and sliced garlic and cook for 10 minutes over a low heat. Add the peppers to the onions with a generous pinch of salt. Place a light-fitting lid on the pan so the peppers start to steam and become softer, then after 10 minutes of cooking add the passata and cook over a low heat for a further 10 minutes until the passata has reduced by half. Add the torn basil and roasted aubergines, mix well and leave to cook very gently for a further 5 minutes so the aubergines combine with the peppers, tomatoes and basil. Add salt and black pepper to taste, remove from the heat and set aside.

Cut the ciabatta in half lengthways and place in the hot oven for 5 minutes. Remove and rub both ciabatta halves with a little garlic and add a drizzle of olive oil. Cut in to 3cm (1¼in) pieces. Drain the burrata of any excess liquid and chop finely.

Place the cooked aubergines, peppers and tomatoes in a nice serving dish and spoon over the chopped burrata. Serve with the roasted ciabatta in the middle of the table for everyone to help themselves.



20 aubergine / eggplant / asparagus / artichoke / mushrooms / broccoli / tomatoes / beans / squash / potatoes



Paccheri with asparagus, porcini, thyme, butter and parmesan

Serve 4 as a starter
25g (1oz) dried porcini
400ml (14fl oz) boiling water
100g (3½oz) butter
1 tsp thyme leaves
1 garlic clove, finely sliced
300g (10½oz) asparagus spears, tough ends removed, sliced at an angle
300g (10½oz) dried paccheri pasta
150g (5¼oz) parmesan, grated
sea salt and freshly ground black pepper

Paccheri pasta is officially my favourite dried pasta. Well, it is while I am writing this... the texture is amazing — when cooked, the round tubes become like a sponge and collect the sauce, almost like a vacuum, so every paccheri tube has the pleasurable surprise of a saucy inside. I love the combination of porcini mushroom and asparagus but if you are really lucky and have managed to get hold of some fresh morels, then this is the recipe to use them in.

Add the dried porcini to a medium bowl, pour over the boiling water to cover and leave to soak for 15 minutes. Take out the porcini and place on a chopping board. Using a small, sharp knife, scrape off any visible grit (this will be on the base of the mushroom). Give the cleaned porcini a wash, pat dry, then chop finely. Strain the soaking liquid through a fine piece of kitchen paper, or better still a paper coffee filter, and keep to one side.

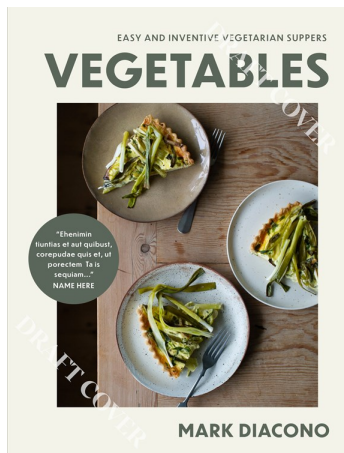
Add the butter, thyme and garlic to a hot, large non-stick frying pan, cook for 1 minute then add the chopped porcini and the reserved soaking liquid. Turn down the heat to low and cook until the liquid has reduced by half.

Add the asparagus to a large pan of boiling salted water and cook for 3 minutes. Remove from the pan with a slotted spoon, leaving the water in the pan, and add to the porcini mixture. Leave to one side while you cook the paccheri.

Cook the paccheri, in the boiling water you cooked the asparagus in, for 2 minutes less than the packet suggests. Remove the paccheri from the water with a slotted spoon and transfer to the asparagus and porcini pan. Add a ladleful of the pasta cooking water, place the pan over a high heat and reduce the liquid for about 3 minutes.

Add half the parmesan and stir the pasta so the parmesan mixes with the sauce, adding another ladleful of pasta water if there is not enough liquid. Wiggle the pan so all the sauce is coating the pasta. Check the seasoning and serve in warm bowls with some ground black pepper and the remaining grated parmesan on top.

aubergine / eggplant / asparagus / artichoke / mushrooms / broccoli / tomatoes / beans / squash / potatoes



Vegetables

Easy and Inventive Vegetarian Suppers

Mark Diacono

July 2024 | Hardcover | CKB085000
 \$35.00 | 9781837830541
 224 Pages | 7½ x 9¾ in
 Full color photography

80 inventive and delicious vegetarian recipes that celebrate the seasons

From Asparagus and tarragon tart and Radicchio and chestnut risotto to Baked eggplants with rosemary cream and Griddled chicory with spelt and blackberries, this book puts our most-loved veg centre-stage.

Packed with balanced, nutritious recipes for generous lunches and dinners, these crowd-pleasing dishes will leave everyone sated, and with 'seasonal swaps', you'll never run out of mouth-watering variations to bring to the table. Whether you have a few sad carrots at the bottom of the fridge, are in need of veg-box inspiration, or are a keen gardener with a glut of produce, *Vegetables* will be a kitchen staple for years to come.

Mark Diacono has written a number of award-winning books, including *A Year at Otter Farm* and *A Taste of the Unexpected* (which both won Food Book of the Year for André Simon and the Guild of Food Writers, respectively). Mark has a successful Substack, The Imperfect Umbrella, and he also writes regularly for a range of publications including *The Telegraph*, *Delicious* and *Country Life*. His features have appeared in *The Observer*, *National Geographic*, and more.

- An expert food writer, Mark offers up a wealth of knowledge and skill in one beautiful package.
- *Sour* was nominated for a James Beard Award for Single Subject Food Book, and the Fortnum & Mason Awards Cookbook of the Year.
- Mark has appeared on the *River Cottage* TV series and *Gardeners' World*.



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Spice
 9781787136434
 \$35.00 | Hardcover



Herb
 9781787136359
 \$35.00 | Hardcover



Cookies & Crumbs

Chunky, Chewy, Gooley Cookies for Every Mood

Kaja Hengstenberg

April 2024 | Hardcover | CKB021000
\$23.99 | 9781837831449
160 Pages | 6¾ x 8¾ in
Full color photography throughout

Some like 'em gooley and chewy, others chunky and crunchy, but everybody loves cookies.

Whether it's classics like Milk Choc Chip, Peanut Butter and Chunky Double Choc or new favorites like melt-in-the-middle S'mores, Coffee and Cardamom or Banana and Walnut there are endless delicious flavor combinations for baking cookies at home.

Cookies & Crumbs is a fun-filled, fresh-out-of-the-oven celebration of everyone's favorite sweet treat, packed with simple, unbeatable recipes you'll make on repeat.

Kaja Hengstenberg is the owner of Krümel, a small cookie shop in Stockholm. She has previously worked as a recipe developer, ran supper clubs and over the years has contributed to numerous publications.

- Includes free-from recipes: with chapters for vegan and gluten-free recipes.
- No-waste: includes recipes for leftover cookies dough.
- Timing: cookies have broken the internet multiple times in the last few years (Alison Roman's, Molly Baz's and Ravneet Gill's included).
- There's a sustained trend for cookies and the hype on TikTok is real, especially in the US and for younger audiences.

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Every Last Bite

Save Money, Time and Waste with 70 Recipes that Make the Most of Mealtimes

Rosie Sykes

February 2024 | Hardcover | CKB113000
\$26.99 | 9781837831227
176 Pages | 6¾ x 8¾ in
Full color photography throughout

More and more of us want to shop well, spend less and cook and eat sustainably.

Every Last Bite offers recipes, tips and practical advice for preparing fantastic food on a budget, with very little waste, and using minimal energy and resources.

Chef Rosie Sykes knows how to get the most flavor and value out of ingredients. She'll show you how to plan, prepare and cook dishes with maximum taste but minimum cost. From quick and practical filler-uppers like Anchovy Butter Toast with a Fried Egg, to speedy store cupboard meals such as Catalan-Style Beans with Chorizo and Fregola with Peas and Bacon, no one goes hungry. And for a little something sweet, try Quince Queen of Puddings or Rhubarb and Ginger Crumb Pudding.

Rosie Sykes is a chef and food writer who has cooked in the kitchens of some of Britain's most celebrated chefs. Her critically acclaimed gastropub, The Sutton Arms in Smithfields, London, established her as one of the most exciting cooks working in the UK. She currently works as development chef for restaurants as far apart as Cambridge, Bristol and Abergavenny, south Wales. Rosie is the author of *The Kitchen Revolution* (2008) and *The Sunday Night Book* (2017).

- Rosie Sykes has cooked with some of the leading names in British food including Joyce Molyneux, Shaun Hill, Margot Henderson and Alastair Little.
- She wrote the *Guardian's* Kitchen Doctor column.
- Rosie works with Cambridge Sustainable Food and the Square Food Foundation in Bristol.

GREEN EGGS

For 4

700ml (3 cups) vegetable or chicken stock (homemade or from a stock cube or bouillon powder)
few sprigs of mint, leaves picked from the stalks and finely chopped, stalks reserved
200g (7oz) greens, finely shredded
4 spring onion (scallions), trimmed as little as possible and finely sliced using all the green
100g (3½oz) French beans, trimmed and chopped into 2cm (¾in) pieces
300g (10oz) (2½ cups) frozen peas
80g (2½oz) orzo or pasta (I love the little tiny stars)
80ml (⅓ cup) crème fraîche
1 garlic clove, finely grated or crushed
4 eggs
sea salt and freshly ground black pepper

P Mint is very easy to grow and it's worth having a pot of it on your windowsill or outside if you have some space. It does ramp if you plant it in a bed so growing it in a pot is better. The stalks have so much flavor so I always save them and throw them in when boiling potatoes or peas or to infuse a stock for soup, lamb stew or a summery risotto. Lift them out before serving: they aren't great to eat and they will have given up their flavor to whatever you are making. You can also use the stalks to make a lovely fresh mint tea. Mint sprigs can be dried in a cooling oven then crumbled into a clean jar to be used in the months when the mint plant is having a break from flourishing.

26 Quick as a wink and not too filling

This dish of eggs, peas, beans and greens is simple and delicious. The vegetables are simmered in stock flavoured with mint stalks, then eggs are added and gently poached before being covered in crème fraîche, then put under the grill (broiler) until golden. If you don't fancy pasta in this soupy stew, peel and finely dice some potatoes and start them off in the broth for a good 7 minutes before you add any of the other vegetables. You can, of course, substitute any of the vegetables, such as spinach instead of greens or broccoli and broad (fava) beans instead of green beans, but I would certainly retain the peas – they are the star for me.

Pour the stock into a medium casserole dish (Dutch oven) that can fit under the grill (broiler). (If using stock cubes, crumble one cube into 700ml (3 cups) of boiling water, then pour.) Throw in the mint stalks, a grind of pepper and a good pinch of salt and let the stock simmer and the mint stalks infuse for at least 5 minutes. Lift out the mint stalks and add the greens and spring onions. Let these simmer for 3 minutes, then add the beans, peas and orzo. Bring back to a simmer and cook for 5–7 minutes until soft.

While the vegetables are cooking, put the crème fraîche into a small bowl, season to taste with salt and pepper, then add the garlic and chopped mint leaves and mix together to combine.

Preheat the grill to high or preheat the oven to the very highest it can go.

One at a time, break the eggs into a small cup and gently slide into the pan, in different corners. Cover the pan with a lid and simmer for 3 minutes so that the egg whites become opaque. At this stage when the poached eggs are just set, blob the crème fraîche mixture over the top. Place the pan under the grill or in the oven and leave the cream to melt and brown for 3 minutes or so.

Serve in warmed bowls with an egg in each one.



FREGOLA WITH BACON AND PEAS

For 2

150g (5¼oz) fregola
100g (generous ¼ cup) frozen peas
1½ tbsp light olive oil or Parmesan oil (see page xxi) (fina by another name)
60g (2½oz) smoked streaky bacon rashers (lard)
1 banana shallot, finely sliced
100ml (scant ½ cup) white wine or cider (optional, top up stock if not using)
400ml (1½ cups) chicken or vegetable stock (homemade or from a stock cube or bouillon powder)
3 sprigs of mint, leaves picked and stalks reserved
30g (2 tbsp) butter
60g (generous ¼ cup) grated Parmesan
sea salt and freshly ground black pepper

B Buying herbs can be costly and this is why I sometimes make them optional in recipes. If you have a windowsill or outdoor space, think about growing a few things: buy thyme and rosemary are quite indestructible and look pretty too. Softer herbs are a bit trickier but you can buy the supermarket living herbs in a pot. The idea of these pots is to provide you with a luscious abundance of herbs that you eventually discard, but with a bit of work you can end up with a lot more than it promises. One pot is basically a flowerbed's worth of a herb in its juvenile state in a tiny pot. Wait the pot well, turn out the little plants onto some newspaper or something and very gently tease apart the individual plants, then pot up each little plant into a large pot or bed if you have a garden. Feed it and look after it and you should be rewarded with plenty. There is a lot of advice about herb husbandry online so have a dive into that for helpful hints.

Fregola is a Sardinian bobbly pasta that I really like, partly due to my deep love of sago and tapioca. Cooking it with peas makes for a pleasingly spherical supper. This is a sort of soupy dish, a bit like risotto. If you can't get hold of fregola I have also done it successfully with other pasta like stellate (tiny stars to go in soup) or orzo.

Bring a large saucepan of salted water to the boil and cook the fregola for about half its cooking time, about 8 minutes, adding the peas for the last 4 minutes. Drain and rinse under cold running water.

Heat the oil in a medium heavy-based saucepan over a medium heat. If your bacon has the rind still on, remove and reserve. Using scissors, snip the bacon into 2cm (¾in) pieces directly into the hot oil – adding any reserved rind for extra flavor – then let it sizzle and release its fat. Once the bacon is cooked and a bit crispy, lift out with a slotted spoon and set aside; discard the rinds or give them to the birds.

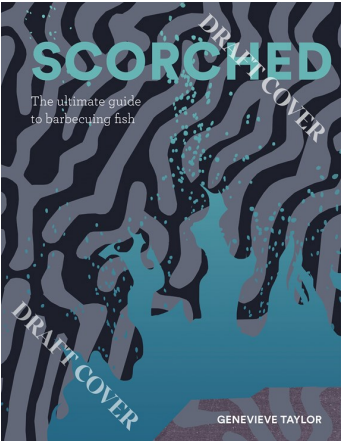
Add the shallot to the residual fat in the pan and cook over a low heat for 5 minutes, or until soft, stirring so it doesn't catch too much color. Stir in the fregola and peas, then pour in the wine. Once the wine has evaporated, add the stock. Bring to the boil, then turn the heat down a little and simmer for a further 6 minutes, or until the fregola is just cooked.

While the fregola is cooking, finely chop the mint. Don't do it before as it tends to discolor.

Return the bacon to the pan, then add the butter and all but 1 tbsp of the Parmesan and the mint. Stir over a low heat for a couple of minutes, then put the lid on and remove from the heat. Leave to stand for another minute before spooning into bowls. Scatter over the remaining Parmesan and mint, then inhale – this is super delicious!

148 From the cupboard and friends





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Charred
9781787134270
\$22.99 | Hardcover



Seared
9781787137455
\$29.99 | Hardcover

Scorched

The Ultimate Guide to Barbecuing Fish

Genevieve Taylor

April 2024 | Hardcover | CKB005000
\$50.00 | 9781837830350
272 Pages | 6¾ x 8¾ in
Full color photography throughout

Scorched is a one-stop shop for recipes and practical advice for barbecuing fish.

Live-fire expert Genevieve Taylor covers everything you'll ever need to know about buying and cooking all kinds of fish, from whole fish, fillets, shellfish, stuffed & wrapped, to burgers, fritters and skewers, fish in a pan and smoked fish.

Genevieve provides essential information about setting up your barbecue, sourcing your fuel and lighting your fire, with troubleshooting tips throughout. Full of succulent, colorful recipes, *Scorched* is the most useful, practical and comprehensive guide to grilling fish on the market.

Live-fire and BBQ expert **Genevieve Taylor** is the author of thirteen books, including *The Ultimate Wood-Fired Oven Cookbook* (2018) and *Foolproof BBQ* (2021). She runs the Bristol Fire School and demonstrates live-fire cookery at food festivals all over the UK. She has presented Radio 4's *The Food Programme* and regularly contributes to the UK press on all things barbecue.

- Genevieve's previous barbecue books have sold over 40,000 copies combined.
- Full of recipes, techniques, practical information and troubleshooting.
- Barbecue sales have surged as people spend more time entertaining and socializing outdoors.



48 WHOLE FISH

Smoked fish pie with samphire and herbs

Fish pie is one of my ultimate comfort foods, it's such a cheering treat at any time of year and definitely not just relegated to winter in our house. I've given instructions here for baking in a conventional fan oven, but yes, I do like to make this on my barbecue too! To turn a barbecue into an 'oven' you need a high heat but an indirect one so head back to page xxx for heat and fire chat. If you have any little trimmings in the freezer saved from slicing your cured trout (pages xxx and xxx), this is an excellent time to use them.

Set a saucepan on the hob over a low heat, add the butter and allow to melt. Tip in the onion and cook very gently for a good 20-30 minutes until really soft and translucent but not coloured. Meanwhile, peel the potatoes and chop into large chunks. Add to a pan of lightly salted cold water and bring to the boil, then simmer for about 10 minutes until tender. Drain well, then mash until smooth. Beat with the butter and milk, seasoning with pepper but no extra salt. Set aside.

While the potatoes are cooking, set a deep frying pan on the hob over a medium heat and pour in the milk. Cut the fish, if necessary, to fit the pan in a single layer, then add it to the pan, skin-side down. Sprinkle over the mace and season really generously with black pepper but no salt as the fish will be salty enough. Cover with a lid or piece of foil and bring to the boil, then reduce the heat to a simmer and cook for 5 minutes. Turn off the heat and leave to rest for 10 minutes before lifting the fish onto a plate using a fish slice and set aside until cool enough to handle. Use your fingers to flake into large chunks, discarding the skin and any bones that you find. Reserve the milk for the sauce.

Preheat the oven to 180°C fan (350°C/300°F/gas 4). You could always bake the fish pie in a barbecue if you wanted to get outside - see page xxx for how to turn your barbecue into an oven; it's really very simple once you know how.

Once the onion is soft, stir through the flour, cooking it over a gentle heat for a minute or so until it is combined. Pour in the warm milk, whisking constantly until the sauce is smooth and glossy. Turn up the heat a little and bring to the boil, then cook for a good 5 minutes to cook the flour, stirring frequently. Add the samphire and herbs and stir together, then turn off the heat and gently fold through the fish flakes. Pour into a deep ovenproof dish.

168 SMOKED: HOT AND COLD

Turbot with a sherry vinaigrette baste

A whole turbot is a truly special thing. Not even vaguely wallet-friendly, it is widely regarded as one of the best fish you can possibly eat so something to relish as a once-in-a-while treat for a celebration. Here it is treated in the Basque style, with a simple olive oil and sherry vinegar baste made famous by the restaurant El Celler de la Cana. Cheekily perhaps, I add a little hint of fennel seed as it feels like such a good flavour to pair with fish.

It goes without saying that you can take a different, less extravagant flaffish and treat it in exactly the same way with equally delicious results. I would eat this with nothing more than new potatoes smothered in butter and a generous fresh green salad.

Rest the turbot on a rack hung over a tray. Slide into the fridge, uncovered, and leave to dry for a good few hours - 12 or even 24 hours wouldn't hurt.

When you are ready to cook, fire up the barbecue good and hot allowing the coals to burn fully. Arrange the embers for direct cooking, so work out how your fish cage sits on the grill bars and use tongs or a fire rake to get the coals underneath. It's much easier to do this before you start cooking the fish and only then realising your fuel and cage-and-fish arrangement is not aligned. Shut the barbecue lid, leaving the cage over the fire to heat up. While the fire is heating up, set a small pan on the hob over a medium heat and add the fennel seeds. Toast for a minute or so until they smell fragrant, then tip into a pestle and mortar and grind. Transfer to a small bowl and whisk in the olive oil, sherry vinegar and caster sugar. Season with plenty of black pepper and take to the barbecue with a silicone brush.

Remove the fish from the fridge and break a little olive oil over both sides, sprinkle with the salt and take to the barbecue. Open the lid and open the fish cage. Rest the fish, dark-side down first, and cook for a couple of minutes directly over the hot coals. Turn, baste the top with a little of the vinaigrette and cook for another couple of minutes. Keep turning and basting until the fish reaches 55°C (131°F) when probed in the thickest part; it should take less than 15 minutes in total. Remove the fish cage to a tray, take inside and cover loosely with foil. Leave to rest for about 10 minutes until the temperature is 60°C (140°F).

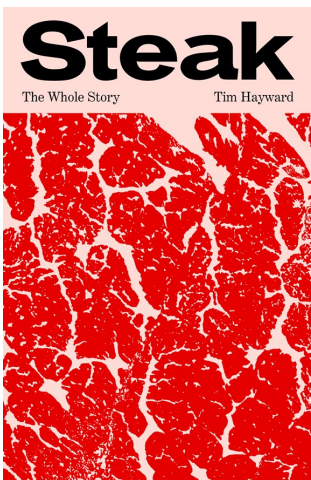
Use a fish slice to release the fish from the cage and slide onto a warm serving plate. Drizzle with a little more extra virgin olive oil just before serving.

Serves 4
1.4kg (3lb 2oz) turbot
1 heaped tbsp fennel seeds, toasted and coarsely ground
8 tbsp extra virgin olive oil, plus a little for brushing and drizzling
6 tbsp sherry vinegar
a pinch of caster (superfine) sugar
2 tbsp flaked sea salt
freshly ground black pepper

WHOLE FISH 49



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Steak

The Whole Story

Tim Hayward

May 2024 | Hardcover | CKB054000
\$45.00 | 9781837831005
352 Pages | 6¾ x 9¾ in
Full color photography throughout

Steak is the essential guide for carnivores everywhere.

How does a single dish maintain such allure and cachet? For countless celebrations it's a special-occasion "treat"; and it's the true test of a home cook. As a dish, steak is truly international and globally loved.

Tim Hayward is obsessed with steak, from the finest haute cuisine to the cheapest, most flavorful cuts of meat. *Steak* is a deep-dive into the world of chefs, farmers, butchers and diners – whether it's the idle cook at home wanting to perfect their skills, or the greatest restaurants around the globe. Arranged by the 'ABC' of steak – Animal, Butchery, Cooking – this is the essential handbook for anyone with a greedy interest in good beef. And with helpful recipes and tips for the best results, you will never again overcook a steak or wonder which cut to buy. **Tim Hayward** is an award-winning food journalist and broadcaster. He is regular panelist on BBC Radio 4's *The Kitchen Cabinet*, frequently presents *The Food Programme*. Tim won Fortnum and Mason Food Writer of the Year 2022 and Guild of Food Writers awards for Food Writing and Restaurant Reviews. He is co-owner of Fitzbillies Bakery in Cambridge, UK.

- Tim Hayward is an award-winning journalist who has a regular food and restaurant column in the *Financial Times*.
- This will be the first serious non-cookery book on steak.
- The UK's renowned steak brand and restaurant chain, Hawksmoor, will be endorsing the book.

CHEAPER CUTS

Rump

COW MAP REF: ET

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Steaks should be like children, in that you probably shouldn't have favourites, but I have to confess a quiet bias for the ribeye, it's the footmost of the back steaks, where the musculature is still made complicated by the shoulder. Depending on the beast and the position of the cut, you'll see three or four distinct muscles with some pronounced lines of fat in between. In the middle sits the 'eye' of fat which lubricates as the steak cooks.

The ribeye can come as a boneless steak or attached to a neat little curve of rib, which is useful. It imparts flavour and helps hold the whole steak together in the pan or on the grill. If the piece is cut particularly thick and contains one or two rib pieces, it's called a 'cote de boeuf', the classic date steak.

The bone can be left long and scraped clean to give a Tomahawk steak, good for grilling in the garden but useless to fit in a pan.

The rib-eye is also the cut the Basques call the 'tulet' when it's taken from a well-aged, grass-fed animal, preferably the local rubeo galega. Arguably the finest steak in the world

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THE CUTS

STEAK

37

Bistecca Fiorentina

A bistecca Fiorentina is steak so good it needs almost no intervention. Under the right circumstances you can just cook it and sprinkle it with salt. That, though, would require a wood fired oven, a grill, and a small trattoria in Florence that's been in the family for three generations. It also, for complete authenticity, requires the best Porterhouse from a fully grown Ciannina ox, measured, as they do in Florence, 'three or four fingers thick'. Not easy to replicate.

Some recipes suggest making a 'brush' out of fresh herbs and painting on olive oil during cooking which though decorative, is a total waste of time. Almost no flavours will transfer. Here, I suggest that you use some of the fresh herbs to marinate and to properly flavour the oil in advance. This gives you a better chance of imparting a little extra sprezzatura to your meat.

The Fiorentina is ideal for cooking in a big BBQ or grill, as long as the temperature is controllable – you need to be able to drop it fast and accurately – and the top can be closed. If you do this, sear the steak on the bars first, then finish it, standing, in a skillet or pan. A small amount of oak or other aromatic smoke would not be inappropriate.

1 Large extra thick Porterhouse steak

1 Bunch of rosemary

1 Bunch Fresh sage

4 Cloves Garlic

150 g Olive oil

To taste Sea Salt

To taste Black pepper

1. On the night before cooking place the steak on a rack, on a baking tray in the fridge. Season well with salt and pepper and pack some of the fresh herbs around the meat. Meanwhile roughly chop the garlic and a couple of handfuls of the fresh herbs and add to the oil. Warm the oil on the stove for around 30 mins but don't allow it to boil or simmer. You're infusing the flavours rather than cooking them out. Strain the oil into a container for tomorrow.

2. Heat a cast iron skillet, in the oven to the highest heat you can manage. Brush all the herbs and marinade ingredients off the steak and pat it dry if necessary with kitchen paper. Put the hot skillet onto the stove and sear the steak hard on both sides.

3. Stand the steak up on the bone, brush the outside with your infused oil, using your 'herb brush' and 'ling a couple of pinches of salt at the sides, so some sticks to the oil. If you have a wireless probe thermometer, insert it now. Place the standing steak into the hot oven.

4. Allow the oven to come back up to full heat then, without opening the door, turn it down to 150C.

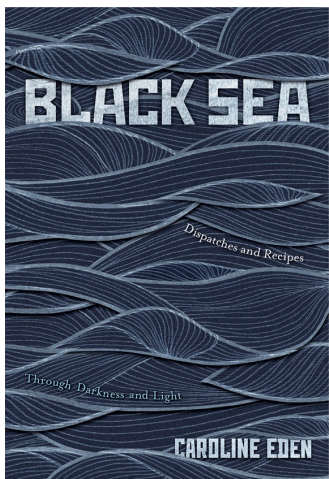
5. After around ten minutes open the door and baste the steak, using more of the infused oil plus anything you can mop up from the skillet. Check the core temperature.

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BUTCHERY

STEAK

37



Black Sea

Dispatches and Recipes – Through Darkness and Light

Caroline Eden

February 2024 | Hardcover | CKB092000
\$40.00 | 9781837831340
312 Pages | 6½ x 9¾ in
Full color photography throughout

'The next best thing to actually travelling with Caroline Eden – a warm, erudite and greedy guide – is to read her. This is my kind of book.' – Diana Henry

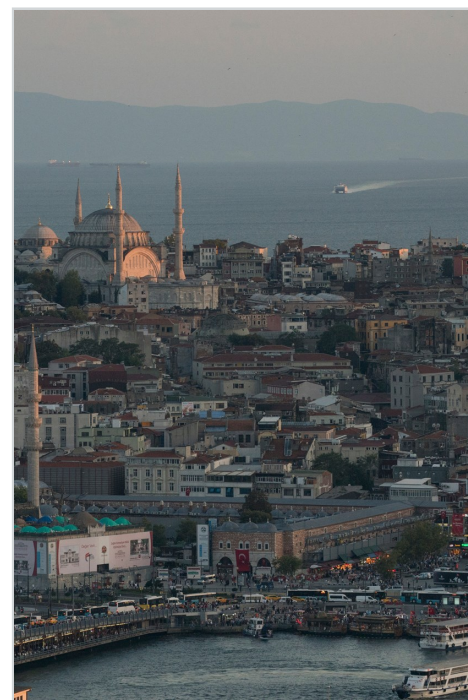
In this updated edition of the multi-award-winning *Black Sea*, Caroline reflects on the events of the full-scale Russian invasion of Ukraine and the subsequent impact of the war on the people of the wider region. How Odesa, defiant against shelling and blackouts, has gained UNESCO protection while in Istanbul, over lunch with a Bosphorus ship-spotter, she finds out about the role of the Black Sea in the war and how Russians are smuggling stolen grain from Ukraine.

Meticulously researched and documenting unprecedented meetings with remarkable individuals, *Black Sea* is like no other piece of travel writing. Packed with rich photography and sumptuous food, this biography of a region, its people and its recipes truly breaks new ground.

Caroline Eden is an author, journalist and book critic regularly contributing to *The Guardian*, *Financial Times* and *The Times Literary Supplement*. She has written two award-winning books, *Black Sea* and *Red Sands*. Caroline lives in Edinburgh, UK.

- The 2018 edition of *Black Sea* won the Art of Eating Prize 2020, the Guild of Food Writers' Best Food Book Award 2019, the Edward Stanford Travel Food and Drink Book Award 2019, the John Avery Award at the André Simon Food and Drink Book Awards 2018, and was shortlisted for the James Beard International Cookery Award.
- Updated to reflect on the Russia–Ukraine conflict.

[View on Edelweiss](#)



DIFFICULT WATERS – A BLACK SEA UPDATE

On 27 March 2022, the melodically named Allegro express train left St Petersburg and three and a half hours later pulled into Helsinki Central Station. It was, for the foreseeable future, to be the last rail link between Russia and the EU.

Borders were closing and darkness was returning to Europe as the world's largest country, Russia, chose to launch a full-scale invasion, an all-out war, against its sovereign and peaceful neighbour, Ukraine, on 24 February 2022.

With the wheels of war in motion, the world's attention turned once again to the Black Sea.

Often a pivot of the geopolitical world, the strategic importance of the Black Sea cannot be denied. Now, above the waves are Russian and Nato aircraft while below, chains of mines bob, and submarines carry out surveillance operations.

~

When the war began, I was in Bishkek, Kyrgyzstan. Initially, just three brave protesters stood in front of the Russian embassy. It was made clear, early on, that the public was not encouraged to voice their opinions about the war because Russia remains Kyrgyzstan's key economic and security partner, and many Kyrgyz families rely on remittance workers sending home money from jobs in Moscow and Siberia. I flew home, not knowing what might happen as the rouble collapsed and Central Asians grew wary, and poorer, while propagandistic Russian state television was broadcast into homes. I gave the keys to my rented apartment to a British journalist friend and his Russian wife who had fled Moscow at speed, as did many thousands of others, in fear of borders shutting further and military conscription. Uncertainty was rife.

Russia begins its bombardment of Ukraine and a horrifying volley of news follows: the bombing of Mariupol's drama theatre kills hundreds of sheltering civilians, Moscow engages in nuclear terrorism seizing control of the Zaporizhzhia Nuclear Power Plant. War crimes and massacres are committed in Bucha, northwest of Kyiv, and horrific images emerge from the cities of Iripin and Hostomel. Russia and Ukraine accuse each other of laying naval mines in

9

LUNCH WITH YÖRÜK İŞİK, BOSPHORUS SHIP-SPOTTER EXTRAORDINAIRE

Fog has closed the Bosphorus to larger ships and as I descend the polished wooden steps of Divan Brasserie, to a small dock, I rub the vaporous chill off my arms.

Squeezing in past lunchtime diners, I join Yörük İşik, who, dressed in a khaki jacket and scarf, has arrived first and is sitting at a round table nearest the waves. It feels a bit like stepping onto the deck of a boat and is therefore just the sort of place that a ship-spotter might suggest – which is exactly what happened when he agreed to meet me in Istanbul on this cool Tuesday in February 2023, a few days after the one-year anniversary of Russia's diabolical full-scale invasion of Ukraine.

Tables are already busy and the leisurely atmosphere is classic waterside Bebek, a wealthy neighbourhood of luxury yachts and esplanade joggers that was once home to small skiffs and fish farms with huts on stilts.

As we look over the menu our conversation begins to genuinely crackle along despite the fact that we'd not met before. This is because as well as the Black Sea we have another shared topic of interest: food. And not only that but an enthusiastic love for it ('You can see I have little restraint,' he later confides, hands on belly, sitting back in his chair). As a man much in demand, I suspect our mutual adoration of all things culinary helped me to secure this lunch.

Our conversation begins with Twitter where he updates his tens of thousands of followers, in English, with photographs and information on ships of interest that pass through the Bosphorus. Almost certainly, on any given day, he is someone who many journalists, diplomats and intelligence agencies would jump at the chance to talk to. Anyone can sit on the banks of the Bosphorus and watch for boats (there are even marine tracking apps nowadays) but it takes knowledge and experience to know exactly what you are looking at, and when it is coming.

There is a lot I want to ask. Interest in the strait that cuts through Istanbul – a key passage that Russia's maritime fleets use to access the Mediterranean and ports beyond the Black Sea – has mushroomed during this intense time of war in Europe, espionage and international intrigue.

Before we order, noticing the empty espresso cup on the table, I leap in and ask if he has had a late night. It was somewhat extreme, he tells me, adding that he was up past 4 a.m. because there was not one ship, but two, that he was eager to view.

'If there is an opportunity to observe, I'm up. I won't miss the chance. Agricultural commodities, military ships, it's all happening here. And, sometimes, there are crazy periods where it is all happening at once. Last night, there was a ship belonging to the Syrian government carrying stolen grain from occupied Sevastopol and then also a more positive one, a vessel chartered by the World Food Programme.'

He calculates that his busiest time was exactly one year ago, when Russia tried to bring in as many ships as possible, fearing Turkey could close the way as the invasion of Ukraine intensified. For the Bosphorus, that meant Russian landing ships and submarines.

He explains how it works out on the water. Ships are lined up ready to enter the Bosphorus 'like planes coming into an airport'. They transit only one way, with traffic running one direction towards the Black Sea or the Mediterranean, taking it in turns. There is a global opinion, he tells me, that in general, things might be lax in Turkey, but in his opinion the Turkish straits – that is the Dardanelles and Bosphorus – are extremely well managed, helped by seasoned maritime pilots, good technology and an impressive radar system.

As this information comes forth, quickly and in a guardedly but outspoken way, he goes on to point out how his primary interest is in stolen agricultural commodities from the occupied territories of Ukraine, and the systemic and sophisticated seaborne smuggling operation that Russia is running.

'Food is never not political,' I somewhat needlessly add, and from here we talk about the Black Sea Grain Initiative. Agreed under the UN, and with Turkish mediation, this has brought millions of tonnes of grains and cooking oil to global markets, especially developing countries, from Ukrainian ports including Odesa, easing pressure on food prices. Vessels are accompanied from Ukrainian ports, helping them to avoid mines, and are then steered through a humanitarian corridor through the Black Sea and onwards.

On the topic of stolen grain, İşik makes some grim but fascinating points.

Russia may have performed poorly on the battlefields but in contrast its agricultural smuggling operation has, regrettably, been well planned and executed. The right ships for the right ports. Selected by size for different depths,



Seriously Good Toast

Over 70 Recipes for the Best Ever Toast

Emily Kydd

February 2024 | Hardcover | CKB070000
 \$20.99 | 9781837831616
 176 Pages | 6¼ x 8¼ in
 Full color photography throughout

Everyone loves toast. It's effortless, easy on the pocket and, most importantly, tasty.

Seriously Good Toast features every toast recipe you could ever need with recipes for breakfast, lunch, snacks and dinner. Start your day with Eggs Royale, sit down for a quick bite with Mozzarella and Kale Pesto or treat yourself to Tuna Tartare. With over 70 super-simple recipes, plus a guide to bread basics and toasting, this is the ultimate cookbook for everyone who loves toast.

It's toast. And it's seriously good.

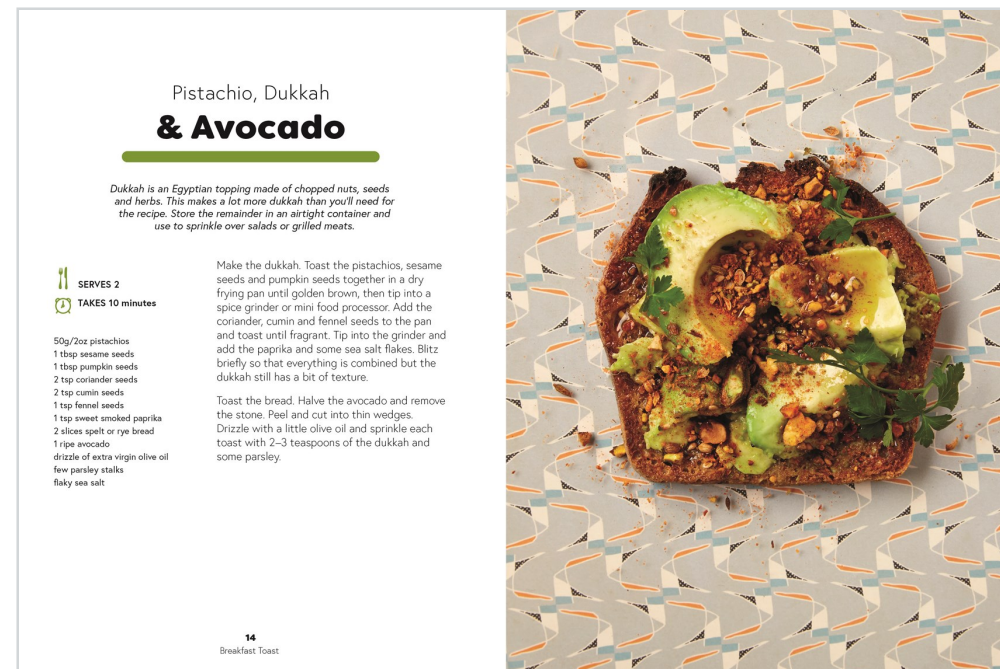
Emily Kydd trained at Leiths School of Food and Wine, where she was awarded the *BBC Good Food Magazine* placement and is now a very talented, highly in-demand recipe developer, food writer and food stylist. She works for *Guardian Feast* on a regular basis and has published *Posh Toast* and *Posh Rice* with Quadrille.

- The ultimate fast food that everyone can make.
- Simple food that everyone can make.
- Timing: toast is the ideal food for a cost of living crisis.

[View on Edelweiss](#)



Seriously Good Pancakes
 9781787139749
 \$20.99 | Hardcover





Craft



[View on Edelweiss](#)



Tilly and the Buttons: Stretch!
9781787131170
\$29.99 | Flexibound



Tilly and the Buttons: Make It Simple
9781787134676
\$35.00 | Flexibound

Mini Makes

Sewing Projects Your Kids Will Love To Wear

Tilly Walnes

April 2024 | Flexibound | CRA035000
\$29.99 | 9781837831265
192 Pages | 7¾ x 9¾ in
Full color photography throughout

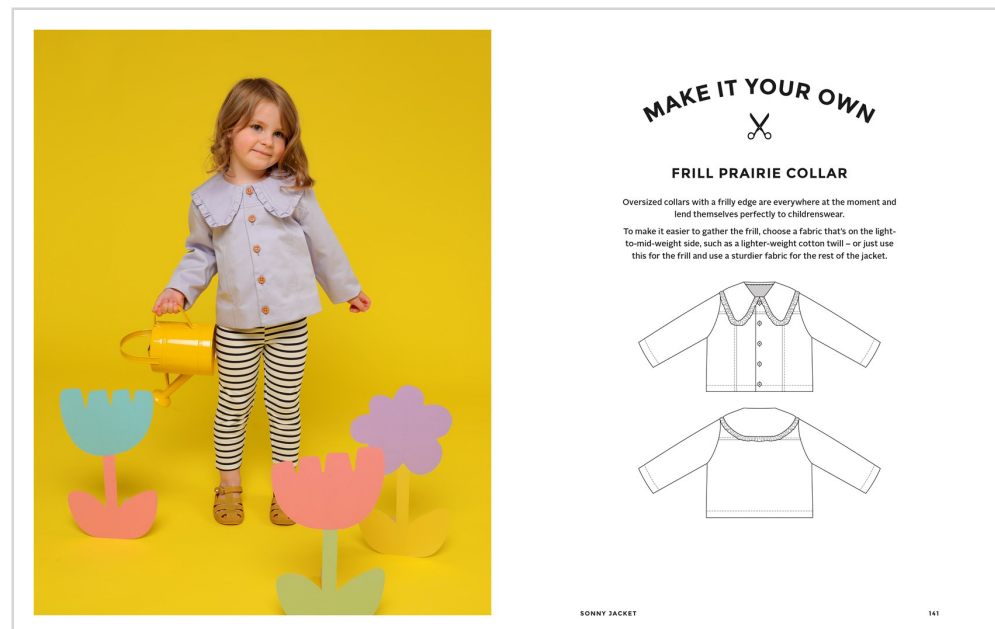
Aimed at parents, parents-to-be and friends or family looking to make gifts, this book is the go-to resource for sewing for babies and children, written by mom of two Tilly Walnes.

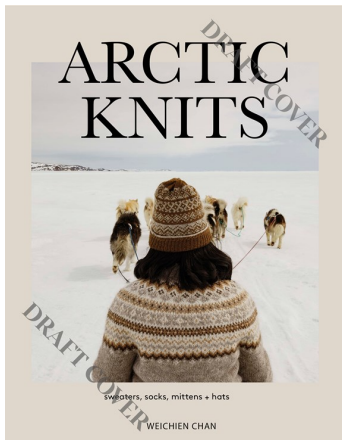
Filling a gap in the market, it will include six stylish, cute and wearable projects plus variations that are quick to make and practical to wear. The majority of the projects will be unisex, since there are currently few patterns for boys on the mainstream market for boys, from ages newborn to 12 years. Many of them will be mini versions of popular adult styles from the Tilly and the Buttons range or previous books. Designed to grow with the child, the patterns include clever details such as turn-up cuffs, buttonhole elastic and drawstrings.

The book will include full scale patterns in the back, also available as PDF downloads with layered sizes to save printing ink. The instructions will be presented in Tilly and the Buttons' user-friendly style, with helpful tips and gorgeous step-by-step photos.

Tilly Walnes is the founder of the award-winning sewing pattern company Tilly and the Buttons, known for its gorgeous designs, crystal-clear instructions and encouraging approach to dressmaking. Two of her books have won 'Best Book' at the British Sewing Awards. When she's not running her business, she's running after her energetic toddler and plotting her next make.

- A stylish collection of unisex patterns that will take your child from newborn to 12 years old.
- Fills a gap in the dressmaking market.
- Tilly's books have sold over 80,000 copies worldwide.





[View on Edelweiss](#)



Arctic Knits

Sweaters, Socks, Mittens and More

Weichien Chan

February 2024 | Paperback - with flaps | CRA015000
\$23.99 | 9781787139985
160 Pages | 7¾ x 9¾ in
Full color photography

Arctic Knits is a modern guide to knitted life in the far north.

Weichien Chan lives in the northern most city in Canada, Iqaluit. It is known for its ice-capped mountains and tundra valleys and cold winters.

Combining Weichien's love for the outdoors and knitting, this book presents patterns for cosy sweaters, hats and more that will keep you warm and dry, no matter how far north you travel.

Simple, clean shapes ensure that pattern and color are at the forefront, creating modern yet timeless designs. Each project follows a pattern with a mitten, hat and scarf variation for a whole winter collection of accessories.

All the patterns are gender neutral and size inclusive with expert tips on finishing, as well as advice on color and selecting sustainable yarns, through inspirational photography, *Arctic Knits* offers a window on life in the Arctic archipelago.

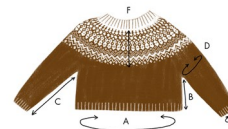
Weichien Chan lives in the Canadian Arctic city of Iqaluit. She is a size inclusive knitwear designer who specializes in colorwork knitting.

- 15 size-inclusive, unisex designs: 6 jumpers, 3 socks, 3 mittens, 3 hats.
- Suitable for intermediate knitters. Projects will range in difficulty.
- Retailers such as John Lewis and LoveCrafts reported a spike in demand for needles and yarn by nearly 90%.

64 THE PROJECTS

FJORD JUMPER

Fjord is a design that captures the colours of the granite mountains while it glistens in the snow and sun. While cruising down the arctic fjords, you can catch a glimpse of the vast mountain range and its impressive peaks.



NOTES

This jumper pattern in unisex, has a boxy fit, and comes in ten adult sizes. There are two options for body length options – cropped and regular. Because the jumper is knitted top-down, you can easily customize the length by stopping before or continuing after the recommended body length measurements. There are also two sleeve length options – bracelet length and full length – so you can customize the jumper to fit you best. As each body is unique, please remember that the pattern serves as a guide. Feel free to modify any lengths or to fit your own body and arms. The colourwork chart is read from right to left, bottom to top. The intended ease is about 5cm/2in to 10 cm/4in. Remember to swatch to check gauge and size up or down with needles as needed.

CONSTRUCTION

This jumper is knitted top-down and in the round. You begin at the neck, which is followed by a seamless colourwork round yoke that expands in width with regular increases. There is optional short-row shaping to raise the back of the neck and also to create more room about the chest area,

to suit your preferences. Once the yoke is complete, sleeve separation forms the distinction between armholes and body. When you have knitted the body you return to the reserved stitches you separated for the sleeves. The tapered sleeves are knitted top-down and in the round as well.

SIZES

1 [2, 3, 4] 5, 6 [7, 8, 9] 10

HOW TO PICK A SIZE

For a comfortable fit, this jumper should be worn with a positive ease of 5cm/2in to 10 cm/4in. Measure the widest section of your chest with a measuring tape. For example, your chest measurement is 100cm/39½in. If you prefer less positive ease, you should pick size 4 for a positive ease of 5cm/2in. If you prefer more positive ease, you should pick size 5 for a positive ease of 15cm/6in.

MEASUREMENTS

A: CHEST CIRCUMFERENCE

cm: 76 [80, 95, 105] 115, 125 [135, 145, 155] 165
in: 30 [33¼, 37½, 41¼] 45¼, 49¼ [53¼, 57, 61] 65

THE PROJ



122 THE PROJECTS

SNOWDUST HAT

Have you ever seen snowflakes sparkle and dance in the frigid winter sun? Snowdust is inspired by the arctic weather phenomenon of diamond dust. It is as though glitter is falling from the sky.



NOTES

The colourwork chart is read from bottom to top and right to left. Please swatch to ensure you have the right gauge before beginning. Stranded colourwork might affect your usual gauge so please adjust needle size as needed.

CONSTRUCTION

This hat is knitted from bottom-up and in the round. It features a colourwork motif throughout. The crown is created by regularly spaced decreases.

SIZES

1 [2] 3

THE PROJ





Paper Flowers

15 Projects To Make Your Own

**Sara Finne Frandsen and
Sine Finne Frandsen**

May 2024 | Hardcover | CRA025000

\$32.50 | 9781837831692

208 Pages | 7¾ x 9¾ in

Full color photography and illustrations throughout

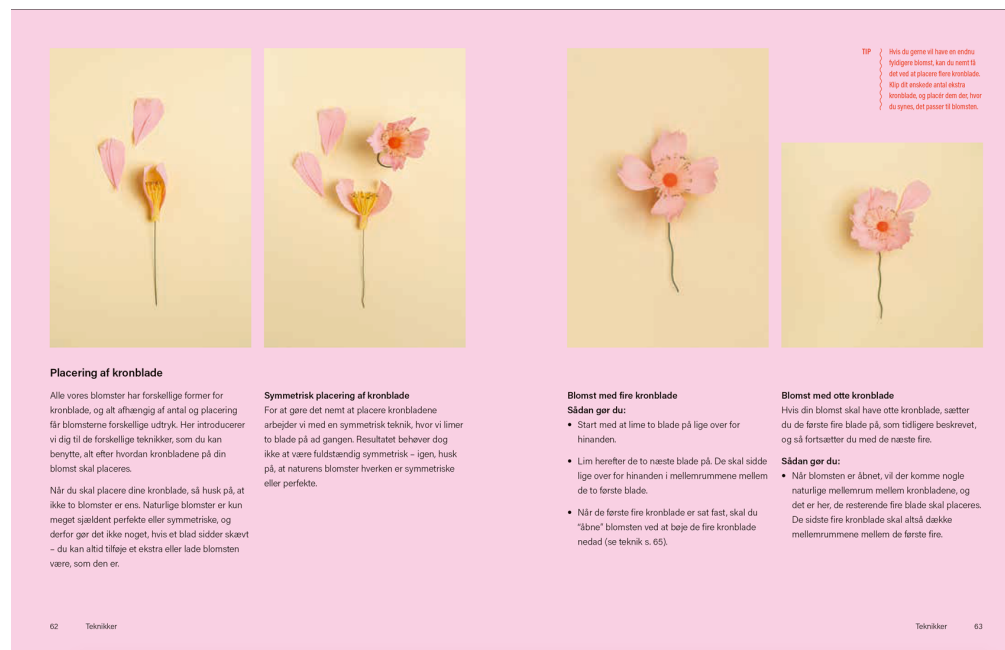
Learn to make your own beautiful paper flowers from crepe paper and get creative ideas for inventive color combinations and how to style your flowers.

Almeja Space is known for their beautiful and unique paper flowers, which elevate floral decorations and styling to a higher level. This beautifully illustrated book includes 15 flower projects of varying degrees of difficulty, ranging from a simple poppy to an impressive parrot flower. Learn how to make, adapt and develop your flowers, so that they perfectly suit your space.

Featuring chapters on materials and techniques, how to create color palettes and ideas for how to use your flowers creatively in your home for events or in bouquets, *Paper Flowers* covers everything you need to get crafting.

Sine and Sara Finne Frandsen are two sisters behind the creative and colorful studio Almeja Space. They develop the most beautiful paper flowers, hold workshops and style flowers in collaboration with famous brands such as Jo Malone and Samsøe & Samsøe.

- [Pinterest](#) has predicted that paper crafts are making a comeback in 2023.
- Paper flowers are designed to last, making them a sustainable alternative for cut flowers.





Visible Mending

Repair, Renew, Reuse The Clothes You Love

Arounna Khounnoraj

February 2024 | Hardcover | CRA008000
\$23.99 | 9781837830732
144 Pages | 6¼ x 8¼ in
Full color photography and illustrations throughout

In the movement against throw-away culture and fast fashion, learn how to pick up a needle and rediscover the forgotten techniques and the joy of mending.

Covering 12 core techniques, 10 key stitches and 3 projects, explore why we should mend and how to mend a variety of different fabrics using this book.

Demystifying the mending techniques through a directory of stitches and clear step-by-steps, from repairing to reusing and renewing the clothes you love – stitch over tears, dye stains and celebrate a more sustainable life. *By Hand: Visible Mending* is for those who want to be less wasteful, more sustainable and add a personal touch to their garments.

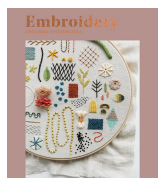
Arounna Khounnoraj is a Canadian artist and maker based in Toronto. In 2002 she started Bookhou, a multi-disciplinary studio with her husband John Booth. Together they explore a variety of printing and embroidery techniques through making utilitarian objects such as bags, home goods and textiles. She has previously published *Punch Needle* (2019), *Embroidery* (2022) and *Winter Celebrations* (2023) with Quadrille.

- *By Hand* is a new 'how-to' series that celebrates traditional craft techniques.
- "Visible mending" has been taken up by those who want to protest fast fashion and disposable culture.
- High street clothing retailers have started offering sewing tips as the mending movement grows momentum.

[View on Edelweiss](#)



Winter Celebrations
9781837830664
\$29.99 | Hardcover



Embroidery
9781787138315
\$22.99 | Paperback - with flaps

indigo-dyed quilt

project reuse

When making a quilt or a throw you'll need a fair amount of fabric, so reusing old sheets is the obvious choice. And because they are quite often on the light side and faded, they are also the perfect choice for a dyeing project. I chose indigo dye for this piece because I wanted to have a monochromatic colour scheme where I could just have fun playing with lights and darks, and indigo is the one type of dyeing that can easily result in a wide array of tones from a single vat. For this quilt I also wanted to use patchwork – and when I do patchwork I tend to work intuitively, which results in compositions that are less rigid and more organic. So I set up an overall repeating structure that kept everything organized. I dyed four tones of blue, which gave me plenty of material to make any number of patchwork combinations. It works really nicely with the pattern and is a great way to quickly use up those piles of discarded fabric.

tools and materials
2 large buckets, at least 20 litre (5 US gallon)
size, one with a lid
Rubber kitchen gloves
Pre-reduced indigo dye kit
Stirring stick
Tarpaulin
Drying rack
Remnant fabric, about two bed sheets each divided into two pieces
Ruler
Fabric scissors
Sewing machine and thread
Iron
Approx. 140 x 155cm (55 x 61in) of cotton wadding (batting)
Safety pins
Sewing needle
Blue quilting thread



120 indigo-dyed quilt

1. Following the instructions on your kit, fill one of the buckets with 3–5 litres (approx. 1–2 US gallons) of room temperature water, more if you have a lot of fabric. Wearing gloves to keep your hands clean, mix in the indigo dye followed by the thoria dioxide and lastly the sodium carbonate (these will be part of the indigo dye kit) – you can mix this first with a little hot water to help it dissolve. Stir the vat gently with a stick to keep air out of the mixture. The vat should be ready in an hour or so after it 'flowers', which is when a foam-like shape has formed in the centre of your vat. You can also leave it overnight before use but remember to keep it sealed with a lid and stored in a warm place.
2. Place your vat on the tarpaulin next to a second bucket filled with clean water, with the drying rack nearby – this should also be on the tarp because there will be a fair bit of dripping. Working with one piece at a time, soak your fabric with clean water and squeeze out the excess. Wearing gloves, dip the fabric into the vat until it is fully submerged and completely saturated – this will only take a few minutes, or so – then pull it right out, gently squeezing excess dye back into the vat. It will appear green before turning blue as it reacts with oxygen.
3. After it fully turns blue, rinse it in the water bucket, again squeezing out the excess, before hanging it on the drying rack.
4. Deeper colours are achieved not by a longer duration in the vat, but by dipping the fabric multiple times. So dipping your fabric once as described will give you a light colour, especially after it has been rinsed and dried, while repeating the process will give you a darker colour. As you pull your fabric from the vat between dips, allow the fabric to interact with oxygen for a moment to fully turn blue before dipping once more. There is no need to rinse the fabric in clean water until you are completely finished the dipping process.
5. The quilt is made of strips of patchwork, 10cm (4in) wide separated by strips of solid colour 15cm (6in) wide, including a 1cm (½in) seam allowance. The patchwork is made only of squares and rectangles, so to give it a more dynamic look I used an overall structure based on the diagonal that starts with a small rectangle in the lower left corner and grows consecutively to the upper right corner. The larger structure creates the pattern, but the patchwork strips allow you to randomly sew pieces of fabric together, small or large, to create playful focal points.
6. Since I dyed four tones of blue, I chose the second to lightest for the main 'background' colour on the 15cm (6in) strips, which left me a light and two darks for the patchwork. Start by cutting a 15 x 25cm (6 x 10in) background blue rectangle for the lower left corner.



122 indigo-dyed quilt

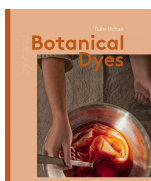
indigo-dyed quilt 123



Weaving Mary Maddocks

April 2024 | Hardcover | CRA040000
\$23.99 | 9781837831715
144 Pages | 6¼ x 8¾ in
Full color photography and illustrations throughout

[View on Edelweiss](#)



Botanical Dyes
9781837830305
\$23.99 | Hardcover

A modern guide to mastering the art of weaving.

In this beautiful new guide to weaving techniques, Mary Maddocks brings this ancient art to the modern day. Packed with step-by-step tutorials and stunning lifestyle photography, this book starts with the basics; learn how to set up your loom, the essential stitches and discover how to create unique pattern and shapes. *Weaving* will help you explore your creativity further as you develop your own designs and includes a couple of projects to get you started.

By its nature, weaving is a gentle and slow craft. It forces you to take time away from the daily grind and reconnect with your natural surroundings. Using organic materials and taking inspiration from the natural world, this book will encourage you to bring the outside into your home.

Mary Maddocks is a textile artist based in South Gloucestershire. Having grown up in Wales she is hugely inspired by the Welsh countryside, and this fed naturally into her weaving, which is heavily influenced by natural textures, colors and patterns.

- An easy and accessible craft to master. A basic loom can be bought for as little as \$15.
- #weaving has over 3 million tags on Instagram.
- Step-by-step instructions show you how to get started and teach you the basic stitches.



weaving as meditation and self-care

One of the joys of weaving as I see it is that, when my hands are busy engaged in the act of weaving, what has that for minutes so long as all at once, somehow my mind finds a gentle equilibrium too. It's as if the constant stream of consciousness that we're all aware of and my head most of the time flows into the yarn and my hands as a space in my mind, leaving me feeling calmer and more peaceful as a result. I am by no means a 'real' person, and I don't generally have much success with other types of meditation, but I have noticed that when I weave, large periods of time pass during which I am free of worries and negative thoughts and I'm not obsessively planning or pre-occupied with other things. When I imagine myself weaving or look forward to a period of weaving I have a blocked out in my day, fill me with a sense of calm and comfort, in a way that nothing else does.

I think this effect is something to do with the repetitive nature of weaving. Repetition, the endless back and forth, which creates a rhythmic rhythm that calms and soothes (in a way similar to the effect a car engine has on a baby), and something to do with the fact that, once you know you're born aware of the technique with the techniques, weaving involves just the right balance of concentration and relaxation to enable you to switch off most but not all of your consciousness. Mind my breathing above and falls into line with the movement of my hands and I feel a connection between myself and the weaving that I am working on.

Sometimes, of course, I simply take pleasure in the fact that I have half an hour to myself and a new project to get started on. It's a nice gesture or a piece of music that I love, light a scented candle and just escape reality briefly. No really, we had to be better?

botanical dyes 13

- WEAVING TOOLS
Each weaver needs a slightly different set of tools to create their weaving. These are the tools I use regularly and which you will need to create the projects in this book.
1. Warp thread: Strong mono-filament cotton, linen or silk. The thread forms the backbone of every weaving and needs to be strong and durable. Cotton or linen is my preference and I like to use 10/2 or 12/2 for most projects. The thread is sold in large spools and you will need to buy a lot of it. It's worth experimenting with this.
 2. Tapestry needle: A blunt, long, thin needle that you use to pass the yarn in and out of the warp threads. It's also used to create intricate patterns and shapes and is necessary for weaving small items. I use a 7 cm (2 7/8 in) steel needle, but a plastic or wooden needle will do too.
 3. Comb: This is used to beat down each row of weft to close the gap between each row of weft. Using a comb will ensure that your weft is tight, flat and consistent. I use a wooden comb, but a plastic one or even a fork will do the job too.
 4. Scissors: A pair of small, sharp scissors is an essential part of the weaver's kit.
 5. Dowel: This is the object that you're using your weft on once you remove it from the loom. I use a wooden dowel to do so or a piece of different wood, but you can use anything you like as long as it is rigid and strong.
 6. Jammer bar: A long bar that goes across the loom and holds the threads in place while you weave. It's used to hold the threads in place while you weave. It's used to hold the threads in place while you weave. It's used to hold the threads in place while you weave.
 7. Small frame loom: A small frame loom that is used to weave small items. It's used to hold the threads in place while you weave. It's used to hold the threads in place while you weave.
 8. Large frame loom: A large frame loom that is used to weave large items. It's used to hold the threads in place while you weave. It's used to hold the threads in place while you weave.
 9. Shuttle: A long, flat tool with grooves at either end into which you can wind a large amount of yarn to weave with. To load a shuttle with yarn, you use a pithe yarn and the shuttle. In some ways, having a shuttle is like having a car. You can't pass the shuttle through the warp threads and forth, leaving them behind you as you go.
 10. Shed stick: A long tool that helps speed up the weaving process by opening up the space between the threads in the warp threads. It's used to hold the threads in place while you weave. It's used to hold the threads in place while you weave.
 11. Heddle: A tool that attaches to the frame loom and enables the threads to open a shed between the warp threads in each direction so that the needle or shuttle can be passed through in both directions. Some looms come with heddles that are specially designed for speeding up the weaving process on larger looms.

22 botanical dyes





Home & Lifestyle



The Modern Handmade House

Affordable, Elevated, Temporary Decor
for Renters

Katherine Ormerod

May 2024 | Hardcover | CRA063000
\$34.00 | 9781837831128
224 Pages | 7½ x 9¾ in
Full color photography and illustrations throughout

More of us are renting than ever before – but that doesn’t mean we can’t make our homes into spaces that reflect our unique sense of style and bring joy to our everyday lives.

In *The Modern Handmade House*, Katherine Ormerod has curated a range of projects for every room in a rented house or flat, guiding you through techniques and invaluable insights that will help create spaces tailored to your taste. Katherine provides reassuring guidance on how to approach alterations with your landlord – and, if you are new to DIY, she offers projects for a range of skillsets, from entry-level to the more experienced, sharing her own experiences along the way.

From scalloped shelving to making your own table linen or French bistro curtains, embrace the potential of your rental space with *The Modern Handmade House* – an indispensable companion on your journey towards transforming your home into a haven of tasteful sophistication.

Katherine Ormerod’s background is in fashion, working as an editor at publications including *Sunday Times Style*, *Grazia*, *Glamour*, amongst many others. Her rental homes have been featured in *The Telegraph*, *House & Garden*, *Grazia*, *Soho Home* and *Liberty London*. She’s also a freelance journalist and content creator.

- 34% of Americans live in rented housing. The typical American renter now spends 30% of their income on housing.
- Beloved journalist, influencer and writer Katherine Ormerod has a passionate 71k Instagram following, and has collaborated with brands including John Lewis, Baukjen and William Morris

[View on Edelweiss](#)





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Home Matters

Creating a Home for the Life You Have Penny Wincer

July 2024 | Hardcover | HOM003000
\$29.99 | 9781837830916
240 Pages | 6¼ x 9¼ in
Full color photography throughout

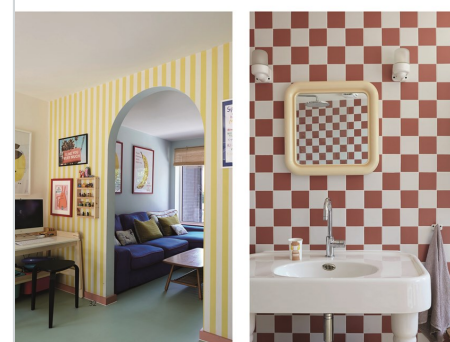
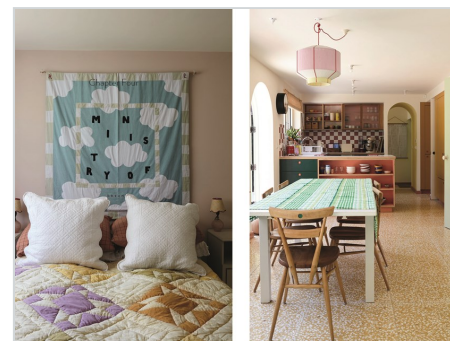
As an interiors photographer, Penny Wincer found that walking through a stranger's home was one of most joyful aspects of her work. And in *Home Matters* Penny does exactly that, taking us through the homes of a variety of artists, designers and writers, inspiring us to reflect on how we want our own homes to feel.

Home Matters looks at an eclectic range of homes, as well as hearing from experts who can help to guide us through the choices we make. Through beautiful photographs, interviews and Penny's own reflections on the homes that she has lived in over the years, it brings together multiple perspectives, all centred on how we create homes to meet our needs. *Home Matters* shows what is possible when we look within ourselves to turn a house into a home, and when we let go of the idea of the perfect home – one that can never be achieved – we can embrace the home that works for our lives as they are.

Penny Wincer is a writer, photographer and writing coach. Her first book, *Tender: The Imperfect Art of Caring* was published in 2020. She has written for *The Telegraph*, *BBC Radio 4*, *Red Magazine*, the *iPaper* and co-hosts the podcast *Not Too Busy To Write*. She has shot for magazines and brands such as *Country Living*, *Living Etc*, *House Beautiful*, *Guardian Weekend* and many more. Penny lives in South London, UK, with her two children.

- Includes conversations with a fascinating range of interviewees, from Emily Henson to Kemi Lawson and Huma Qureshi.
- Incorporates Penny's beautiful photography from the homes she visits.

Chapter Four: Colour at home



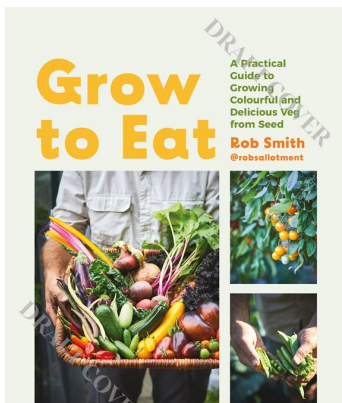
Colour at home

'Trends are something that are outside of ourselves,' she explains to me. If we are following trends, we are looking outside of ourselves to feel worthy and a sense of belonging. But that kind of external validation will never, ever, ever satisfy us,' Karen emphasises. 'To feel satisfied we will constantly need to be looking outwards, constantly pivoting and changing. This isn't healthy and can lead to a lot of emotional distress.'

Instead we can look inwards and pay attention to how we feel and respond to colours and other stimuli, like pattern and texture. This, like so many habits may take practice, especially for people who are used to ignoring their own responses. Pause and notice how something makes you feel. Karen says you may hear yourself making qualifying statements such as 'I really like that colour but and we should pay attention to the but in that sentence. But it's too girly? Too fancy? Too plain? Are those your thoughts or the thoughts of the culture around you that you have absorbed?'

To illustrate her point, Karen tells me the story of an interaction she witnessed about 10 years ago. She was at Portobello Market in Notting Hill when she saw a small girl excitedly rifling through a rack of colourful dresses. Eventually she pulled one off the rack and said 'Mummy, I want this one!' and immediately her mother responded by saying, 'No, you don't like that colour.' Karen says her heart sank watching in real time as this young girl learned to doubt her own reactions. Over the course of a lifetime, we can absorb so many moments like these that take us away from trusting our own instincts and instead learn to copy the tastes of our social circles.

Trends can come about for so many reasons, including responses to large cultural events and are often cyclical. At the time of writing maximalism is big in interiors right now with bold blocks of colours. Karen explains she is certain this is a response to lockdown where we were all under stimulated. I remember about the time 20 years ago when every single location house I shot in was white. Karen laughs,



[View on Edelweiss](#)



Grow to Eat

Growing Colourful And Tasty Vegetables From Seed

Rob Smith

March 2024 | Hardcover | GAR025000
\$32.50 | 9781837831289
208 Pages | 7½ x 9½ in
Full color photography throughout

Make the best use of the space you have and grow produce you won't find in the supermarket with *Grow to Eat*.

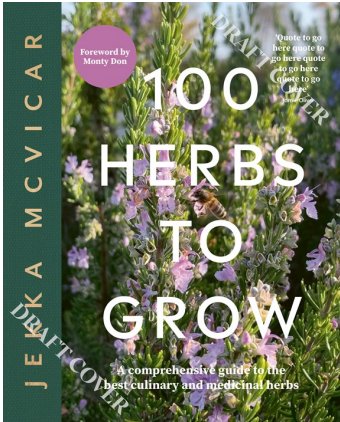
Aimed at gardeners who aren't sure what to grow or the varieties available, this practical guide covers all the basics from growing from seed and creating raised beds to dealing with pests and diseases, harvesting and storing as well as the exact seed names for superior quality.

Rob doesn't want you to grow what everyone else is growing; you should grow what you and your family want to eat, but do it so that you use the space you have wisely – if you love potatoes, but only have a small garden, why use the space for regular ones? Instead grow potatoes you can't buy that are delicious, including blue-and red-centred ones. There is so much variation when it comes to growing your own veg and it is far more rewarding to grow for flavor.

Rob Smith (@robsallotment) has been a gardener since he was a child, helping his grandfather in the garden. He won BBC2 UK's *The Big Allotment Challenge* and since then has become a much-loved gardening journalist, writing for UK publications and working with numerous much-loved UK brands.

- Aimed at gardeners who want to grow veg for taste, and includes the exact seed names for each variety.
- Rob has 100k engaged followers on Instagram.
- A practical guide for people who want to know how to grow food in a small garden or allotment.





[View on Edelweiss](#)



100 Herbs To Grow

A Comprehensive Guide To The Best Culinary And Medicinal Herbs

Jekka McVicar

March 2024 | Hardcover | GAR009000
\$45.00 | 9781837830442
288 Pages | 7¾ x 9¾ in
Full color photography throughout

100 Herbs To Grow is a comprehensive gardening guide, including herbs that are easy to grow, taste delicious and have medicinal properties.

Jekka details how to grow in the garden, in containers and from seed as well as guiding you through propagation, division, cuttings, harvesting and yearly maintenance. And because she grows over 500 different herbs, she knows which species and varieties are the best of each herb (including ones that she has personally cultivated and bear her name!). In the forty years she has been growing, she has witnessed the change of climate and pests and diseases that effect herbs so she has created an up-to-date and authoritative herb handbook.

Jekka also offers historical knowledge and anecdotes as well as culinary and medicinal uses so you can reap the rewards of your successfully grown herbs.

Jekka McVicar is an organic grower of herbs and horticultural author, designer, consultant, judge and moderator. She is the Royal Horticultural Society (RHS) Vice President and Ambassador for Health & Wellbeing, has the Victoria Medal of Honour and has won 62 RHS gold medals. She was awarded the Garden Media Guild Lifetime Achievement Award.

- Jamie Oliver calls her ‘The Queen of Herbs’ and she is undoubtedly the UK authority on herb growing, with her first book selling over a million copies worldwide.
- There are now 72 million gardening households in the US.
- More and more people are keen to grow their own plants and herbs for stress relief, sustenance or medicinal purposes.

Common names: Coriander, Chinese Parsley, Yuen Sai, Pak Chee, Fragrant Green, Dhania (seed), Dhania Patra, Dhania Sata (leaves)

Coriandrum sativum

I vividly remember when coriander came to fame in the 1980s in the UK. The Herb Farm was wholesale at that time and Della Smith's cookery television series was inspiring people to cook with coriander – we couldn't grow enough. Everyone thinks of coriander as a hot weather plant but it is not. In summer it always runs to seed. It hates high temperatures, especially if the soil dries out.



Coriandrum sativum, Coriander, leaf

Species

Coriandrum sativum, Coriander
Hardy, HS (USA 9), annual. Height: up to 60cm (24in), spread 25cm (10in). White flowers in summer followed by round seeds. The first and lower leaves are broad and scalloped with strong scent and flavour, the upper leaves are finely cut with a pungent flavour.

Here are some varieties worth looking out for:
Cruiser: compact habit, good for cutting and re-growing, slow to bolt in dry or hot weather.

Santa: good leaf production, slow to bolt, great flavour.

Tapit: this is the best one for growing in containers.

Leafy leisure: very vigorous, good for leaf production.

Propagation

Sow seeds in early spring under protection into prepared seed or module trays using three parts seed compost mixed with one part standard peat. Put into a propagator at 18°C (64°F). Germination takes 5-10 days. Alternatively, sow seeds in late spring into prepared open ground when the air temperature of night remains above 7°C (45°F). Germination takes 2-3 weeks. Thin seedlings to 5cm (2in) apart for a leaf crop or 25cm (10in) apart for a seed crop.

Sow in succession until late spring to give a constant supply of leaf. Stop for the summer months then start again at the beginning of autumn for a winter crop. Plants will survive until the temperature goes below -5°C (23°F). If you regularly suffer from cold winters, cover the crop with a cloche and this will give you at least some crop to harvest until winter sets in.

Pests and diseases

Greenfly can be a pest. If the infestation is light, use a hand spray filled with water to wash them off. If it is out of control, use horticultural soft soap following the manufacturer's instructions. Pick off slugs by hand in the early evening.

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Family: Apiaceae

How and where to grow

When first started growing, coriander liked being grown in a well-drained, light soil. Now I recommend a soil that has been fed with compost or manure before sowing. For an early spring/summer crop, coriander needs to be grown in partial shade, in a soil that does not dry out in summer, but does not become waterlogged in heavy rain. If you are growing plants for a seed crop, stake the stems because as the seeds ripen they can become too heavy for the stem. Once the seeds have been collected (see Harvesting and Storing below), pull the plant up and give the soil a good mulch of compost. If you are doing an early autumn sowing, it is best to choose a sunny site, so that you get maximum light.

Growing in containers

Coriander can be grown in containers inside with vigilance, and outside on a windowsill or patio. Use a soil-based compost that does not dry out too quickly. Water in the morning, so that it does not go to bed with a 'soggy bottom'. Feed weekly with a liquid seaweed fertiliser. Keep picking the leaves, leaving the very new ones so that you get another crop. When growing in containers it is a good idea to have three on the go and just sow the second on first harvest, the third on final harvest, for a constant supply of leaves. In summer try and give plants some protection from the midday sun.

Yearly maintenance

Spring: sow seeds.

Summer: harvest leaves, flowers and seeds.

Autumn: dig up old plants. Sow a winter crop.

Winter: cover outside crops with a tunnel cloche to extend the season.

Harvesting and storing

Leaves: pick young leaves any time. Cut them when about 10cm (4in) in height and bright green in colour. Alternatively dig the whole plant, including the root (which you can also use in cooking), when the leaves reach 10cm (4in). They do not preserve well so keep in the fridge and use the same day or within a few days.

Flower: pick flowers when the whole umbel is open.

Seeds: watch the seeds carefully as they ripen suddenly and will fall without warning. Cut the flower stems just as the

seeds starts to smell pleasant. Cover bunches with a paper bag. Tie the top of the bag and hang upside down in a dry, warm, dry place. Leave for roughly 10 days. The seeds should come away from the husk quite easily. Store in an airtight container.

Culinary uses

This is one herb you either like or dislike. The leaves and ripe seeds have two distinct flavours. The seeds are warm/ aromatic, the leaves have an earthy pungency.

Leaf: the leaf has a pungent oily flavour with a hint of earthiness. Add lower leaves to curries, stews, salads, soups and use as a garnish. Delicious in salads, vegetable and poultry dishes. A bunch of coriander leaves with a vinaigrette dressing is particularly good with hard-boiled eggs.

Flower: the flowers have a warm aromatic and slightly scented flavour that is great in salads, with rice dishes and with fresh tomatoes.

Seed: the seeds keep their flavour, which is warm and aromatic with a hint of orange, well. Use them ground in tomato chutney, ratatouille and curries, also in apple pie, cakes, biscuits and marmalade. Add whole seeds to soups sauces and vegetable dishes.

Medicinal uses

The main medicinal use is to treat the loss of appetite and dyspeptic complaints. It is good for the digestive system, reducing flatulence and it stimulates the appetite, aiding the secretion of gastric juices.



Coriandrum sativum, Coriander, leaf

Common names: Echinacea, Purple Coneflower

Echinacea purpurea

This marvellous American herb proves that folk medicine should be more highly regarded. The Native American Indians have known for years that it increases resistance to infection. Only in the past decade has modern research confirmed its properties and now it is held in high regard and is in much demand. Because of this *Echinacea angustifolia*, *Echinacea pallida* and *Echinacea purpurea*, which all have similar medicinal properties, are becoming increasingly rare in the wild due to over-collection, so only commercially grown herbs should be used.

History

The generic name *Echinacea* comes from the Greek echinos, meaning 'hedgehog', which refers to the central golden cone that becomes more pointed and prickly as the flower matures. It wasn't known in Europe until 1895.

Species

Echinacea purpurea, Purple Echinacea, Purple Coneflower
Hardy, HS (USA 7b), herbaceous perennial. Height up to 12m (39ft) when in flower, spread 45cm (18in). Lovely large daisy-like purple/pink flowers with a central golden brown spiky cone, which become more pointed as the plant matures. Oval, deep veined leaves. This is the easiest echinacea to grow and the one grown commercially.

Echinacea pallida, Echinacea, Coneflower
Hardy, HS (USA 7b), herbaceous perennial. Height up to 80cm (26in) when in flower and spread 45cm (18in). The flower is single with long narrow green narrow drooping petals, with a spiky central cone in summer to early autumn. Oval, narrow, dark green, veined leaves. This species is not as strong medicinally as *Echinacea purpurea*, nevertheless it is a very graceful plant often seen in herbaceous borders.

Echinacea angustifolia, Narrow-leaved Echinacea, Black Sampson
Hardy, HS (USA 7b), herbaceous perennial. Height up to 60cm (24in) when in flower and spread 30cm (12in). The flower is single with long purple, or, rarely, white petals, with a spiky central cone in summer to early autumn. Mid-green linear leaves. This herb has been become endangered in the wild from over collection.

Propagation

Seeds: sow seeds in early spring into prepared seed trays or modules using a standard seed compost. Place under cover until the next 20 days. Plant out into prepared site, when large enough to handle, 30cm (12in) apart.

Established plants can be divided in winter while dormant, or root cuttings can be taken in winter or early spring. When well rooted they can be replanted in a prepared site in the garden.

Division: in winter divide established plants while they are still dormant. You can either replant into a prepared site or pot up and place in a cold frame or cold greenhouse until spring.

Root cuttings: unless you require masses of plants, division is far more reliable. If you do want to do root cuttings take them in late autumn. Dig up an established plant, choose some vigorous pencil-thick roots cut each root into 5-6cm (2-3in) lengths, root in either a small pot or modules filled with three parts seed compost mixed with one part peat. In the following spring, once rooted, pot up, grow on and plant out in the next spring.

Pests and diseases

In general echinacea is not prone to pest and disease. In spring young plants can be attacked by slugs and snails, so it is worth doing a couple of night patrols with a torch to remove any which you may find in the crown of the plant. In a damp, warm late summer it can suffer from powdery mildew. If this happens cut back any affected parts, but do not compost (see page 100 for more information).

How and where to grow

Echinacea grows wild on the fertile plains of North America, so to keep it thriving in the garden plant in a fertile loose soil which is free draining and in plenty of sun. It will adapt to most soils with the exception of excessive wet conditions and cold wet clay soils which can cause the roots to rot. *Echinacea purpurea* is not as sensitive to wet soils as the other two species. Deadhead the flowers as they fade to encourage more to form. But in the autumn leave the seed heads for the birds. It is lovely to watch chams of finches chattering with delight as they feast on the seeds. Lightly mulch established plants with well-rotted manure in the spring.

Growing in containers

Echinacea adapts happily to being grown in containers. Use three parts loam-based potting compost mixed with one part horticultural grit. Divide pot-bound plants in the autumn. Alternatively, pot up one size of pot. Place the container in full sun for the growing season. Feed regularly with a liquid fertiliser following the manufacturer's instructions. In winter if you live in a damp, wet cold climate, lift the container off the ground place on bricks under the eaves of the house, or by a wall to give a bit of shelter.

Yearly maintenance

Spring: sow seeds, feed established plants lightly with well-rotted manure.

Summer: cut back stems as the blooms fade to encourage further flower production.

Autumn: divide established plants, take root cuttings.

Winter: no need for protection from the cold, only from excessive wet.

Harvesting and storing

Leaves: harvest the leaves during flowering before the cone is fully formed and the petals have started to fall back.

Seeds: when the petals have died back pick the seed heads, dry well.

Roots: dig up the roots and rhizomes of four-year-old plants in autumn for cutting material and/or for drying and making fresh tinctures.

Family: Asteraceae

Culinary uses

None

Medicinal uses

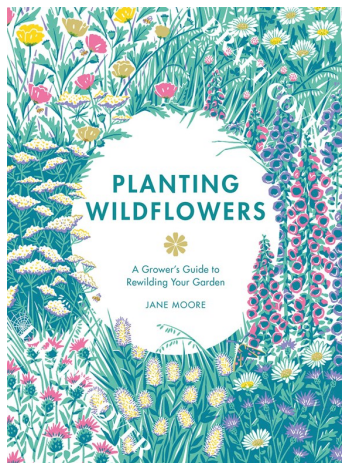
Echinacea is a blood purifier and digestive stimulant for those regaining their health. It has the ability to raise the body's resistance to infection by stimulating the immune system. It is very effective in preventing colds and flu or reducing their severity. A decoction – the juice extracted from the flowers, can be used externally to treat minor wounds, burns and boils and also as a gargle for throat infections.

WARNING | If you are allergic to plants in the Asteraceae family, for example, chrysanthemums, marigolds or daisies then you could be allergic to echinacea. People who are suffering from progressive systemic auto-immune disorders should not take this herb without full consultation.



Echinacea purpurea, Echinacea, Purple Cone Flower

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Planting Wildflowers

A Grower's Guide

Jane Moore

March 2024 | Hardcover | GAR004080
 \$19.99 | 9781837830602
 144 Pages | 5¼ x 7¼ in
 Full color illustrations throughout

***Planting Wildflowers* is a practical, illustrated guide for people wanting to encourage more pollinators to their outdoor space.**

Planting Wildflowers is aimed at the keen amateur gardener and those hoping to take their knowledge and experience to the next level. Packed with interesting facts, environmental and habitat information as well as easy to achieve planting ideas, this book is a celebration of native blooms to help rewild your outdoor space. Discover how to choose species and varieties that suit your growing conditions, no matter the size of your space.

Planting Wildflowers is part of a series of books aimed at encouraging wildlife into your garden. Other titles in the series are: *Planting for Garden Birds*, *Planting for Butterflies*, *Planting for Wildlife*, *Planting for Honeybees*.

In a horticultural career spanning 30 years, **Jane Moore** has been head gardener at a Benedictine Abbey, a writer for gardening magazines and newspapers, a researcher on BBC gardening programmes and a presenter on BBC TV's *Gardeners' World*. She has wide-ranging practical experience, broad plant knowledge and an unswerving enthusiasm for gardens and horticulture.

- A brand-new title for this beautifully illustrated, gifty, gardening series.
- This book is for anyone who has a green space and wants to garden more sustainably.
- #wildflowers and #wildflowersofinstagram are also very popular on Instagram with 6.3 million and 183k tags respectively.

[View on Edelweiss](#)



Planting for Honeybees
 9781787131460
 \$18.99 | Hardcover



Planting for Butterflies
 9781787135352
 \$19.99 | Hardcover



WHAT CAN YOU EXPECT TO SEE?

Lawns, even regularly mown ones, provide a home for all sorts of wildlife. You might see anything from insects to frogs, newts, hedgehogs and even foxes on your lawn. Starting from the base layer, where soil meets grass, you'll find ants, woodlice, spiders and beetles. Dig a little deeper and there are earthworms, insect larvae such as wireworms and leatherjackets, and all sorts of tiny creatures living in the soil. Short grass is a magnet for insect-eating birds such as Starlings, Blackbirds, Robins and Song Thrushes, while longer grass offers shelter and egg-laying opportunities to insects, attracting birds and other wildlife that prey on them. Let your lawn flowers bloom, and the Clover will bring in bees, while the seeds from the Grasses, Plantains and Dandelions will attract hungry birds and mice.

Less welcome are the holes that foxes, badgers and moles dig in the lawn when searching for food, but I think the joy of seeing a fox fitting through your garden makes any damage worthwhile.

THE LIFE OF YOUR LAWN
 54



SOW IN POTS

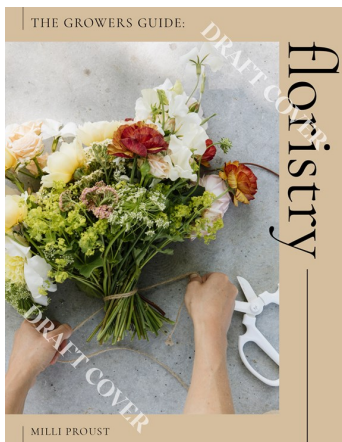
This is an excellent way to grow species that need a bit more nurturing or that are longer-term propositions, such as Foxgloves, which take two years to flower. Growing in pots allows you to keep a close eye on watering and to decide where to plant your flowers at a later date, by which time they will also be bigger, stronger plants.

SOW IN PLUG TRAYS

Plug trays are a marvellous halfway house system for growing many wildflowers, offering some of the nurturing you get with pot sowing combined with speedy planting. Sowing in plug trays is economical on seed, but you need to plant out as soon as the plant roots start filling the plug, as they will quickly die if stressed. Alternatively, pot them on into larger pots. I love growing masses of Cowslips and Primroses in this way.

WHAT CAN I GROW IN MY GARDEN?
 30

WHAT CAN I GROW IN MY GARDEN?
 11



Floristry

14 Seasonal Projects to Enjoy in Your Home

Milli Proust

March 2024 | Paperback - with flaps | GAR004000
\$18.00 | 9781837831739
128 Pages | 5¼ x 7¼ in
Full color photography throughout

A modern and practical guide to floristry, this is a project-based book featuring 10 seasonal, sustainable flower arranging projects.

Including beautiful photography that demystifies the floristry process in Milli Proust's unique style, learn how to play with color and texture and style flowers with confidence. The projects will take you through the seasons as they inspire you to bring more nature into your life.

***The Grower's Guide* is a brand new gardening series for those who seek an approachable and accessible insight into the wonderful world of flower growing and floral arranging.**

Milli Proust is inspired by the way plants grow in the wild, and she loves working with what she grows, creating romantic and playful designs for weddings, events, brands and personal clients. All of her crops are all grown in rhythm with nature, and are completely chemical-free in a passionate effort to protect our surrounding wildlife. Milli's first book, *From Seed to Bloom* was published by Quadrille in 2022.

- A practical floristry guide that will show you how to style flowers with confidence.
- Practical advice from an expert.
- Focussing on gardening techniques and full of useful, accessible information, *The Grower's Guide* series will teach you how to enjoy the beauty of nature indoors.

[View on Edelweiss](#)



From Seed to Bloom
9781787137349
\$29.99 | Hardcover

a summer's eve

Snapdragons are one of the highlights of summer.

A generous bloomer that I don't think I could be without. Snapdragons smell lovely, sweet and fruity and gathering armfuls from a handful of plants, to be rewarded with second and third flushes make them one of my top cut flowers. I love nothing more than the curve of a snapdragon head that has bent ever so slightly in the wind and learning with longing towards the sun – these are the snapdragons that offer the most lovely, gentle gestures to work with. Being such a pointed flower, I find snapdragons pair nicely with softer contrasts in fluffs and umbels.



90 seasonal floristry : summer

seasonal floristry : summer 91

FLOWER FEATURE: larkspur

VASE LIFE: 4-8 DAYS

The visual allure of Larkspur with its tall slender stems reaching heights that surpass 2 meters, with delicate clusters of petals in vibrant colours, make it one of my favourite crops to use in design work. Larkspur has long been associated with symbolic meanings that only serve to bolster its loveliness. In the language of flowers Larkspur is often regarded as a symbol of strong love, levity. Its scientific name, *Delphinium consolida*, is derived from the Latin word *Delphinus*, meaning dolphin, due to the shape of its nectar-filled spur resembling the nose of a dolphin conjuring images of playfulness and freedom, lightheartedness and joy.

HOW TO CHOOSE THE BEST STEMS

The optimum harvest time is when a third of the florets are open. The florets open one by one from the bottom to the top, so choose stems which still have most of the top florets closed. For longest vase life, choose the freshest blooms by checking if the petals are still holding all the way down the stem.

FAVOURITE VARIETIES

Larkspur 'Misty Lascender'
An almost unbelievable colour. A beautiful, soft, smudgy grey-toned purple. Looks beautiful paired coffee tones, or silvery foliage and darker blooms. For a soft romantic palette pair with blushes and creamy whites.

Larkspur 'Smokey Eyes'

The palest, cool blue. This is the most special Larkspur and the one we get asked for the most in summer by florists. It works perfectly for that often asked for 'something blue' in wedding work. Pair it with whites, apricots and blush for a contemporary soft palette.

Larkspur 'White'

A clean white against green. A perfectly romantic bloom, pair with lots of green foliage and plenty more white flowers for a gorgeous, fresh opulence.

Larkspur consolida regalis 'White Cloud'

Less of a spire, more of a cloud. This is a Larkspur with a difference and can add some delicate, lace-like sparkle to a design.

WORKING WITH LARKSPUR

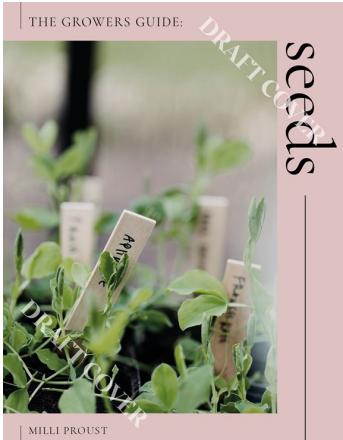
Its tall height and elegant, delicate blooms make Larkspur an excellent choice for creating vertical interest in floral design work, moreover, a stem will hold for a good week in the vase. Being a plant that prefers to grow in cooler temperatures, the stems are surprisingly robust and can stand up to summer heat. The petals will begin to shatter quicker and avoid designs in direct sunshine, as the very tips are prone to wilt.



Anti-clockwise from top left: Larkspur mix of blue, pink and white, Larkspur misty Lascender

88 seasonal floristry : summer

seasonal floristry : summer 89



[View on Edelweiss](#)



Seeds

Grow Your Own Cut Flowers from Scratch

Milli Proust

March 2024 | Paperback - with flaps | GAR004000
\$18.00 | 9781837831807
128 Pages | 5¼ x 7¼ in
Full color photography throughout

A modern and practical guide to growing your own cut flowers, *The Grower's Guide* will gently guide you through all the essential steps.

Including beautiful photography that demystifies the growing process in Milli Proust's unique style, discover how to plant with confidence and fill your life with flowers. Including floral features and seasonal highlights as well as how to tackle the common problems all gardener's, this book will show you how to grow cut flowers in a sustainable way.

***The Grower's Guide* is a brand new gardening series for those who seek an approachable and accessible insight into the wonderful world of flower growing and floral arranging.**

Milli Proust is inspired by the way plants grow in the wild, and she loves working with what she grows, creating romantic and playful designs for weddings, events, brands and personal clients. All of her crops are all grown in rhythm with nature, and are completely chemical-free in a passionate effort to protect our surrounding wildlife. Milli's first book, *From Seed to Bloom* was published by Quadrille in 2022.

- A practical grower's guide that will show you how to sow your own seeds to grow cut flowers.
- Practical advice from an expert.
- A beginner's guide that explains sowing, germination, sprouting and re-potting so they feel as easy as buying a bunch of flowers.

soil essentials

Creating a flourishing cut-flower garden with abundant blooms begins with the soil. To achieve this, it is important to pay attention to the type and structure of your soil, as well as its PH level and the climate in your area.

Understanding the workings of soil and its impact on plant growth can make the journey of sowing seeds and troubleshooting much easier. Therefore, I encourage you to read up a little about soil before beginning your gardening endeavours. Basically, don't skip this first bit- it's important!

soil layers

Soil is made up of layers, also known as 'horizons'. There's the ground surface, the topsoil, the subsoil and the bedrock.

Most plants will grow in the topsoil only, but it's worth exploring how deep the topsoil on your site is and what lies beneath it.

For example, if your subsoil below the topsoil has been compacted in the past from machinery or a particularly wet climate, it will affect the overall drainage of your growing plot and will likely flood during heavy rainfall, even if you're blessed with lovely, free-draining topsoil.

topsoil

The more organic matter in your topsoil, the darker it will look. Topsoil varies depending on the soil type (see page).

- It contains most of the ground nutrients and fertility
- Most plants will grow here
- It will usually be 10-15cm deep
- Most soil microorganisms, insects, and worms usually inhabit topsoil

subsoil

Usually lighter in colour than topsoil and generally has a mixture of silt, sand and clay in it.

- Supports the topsoil
- Contains fewer microbes than topsoil
- Absorbs and holds onto some of the water and nutrients that trickle down from above
- Provides minerals for plants to access
- Anchors taller trees and deep-rooted plants
- Deeper plant roots can access the stored water

bedrock

Bedrock can extend kilometres deep into the Earth. In the event of an earthquake, a piece of bedrock can be pushed to the surface, where it is then exposed to the elements like wind and rain. This process allows it to be broken down, restarting the soil-making process once again.



soil types

Get to know your soil. Certain plants will thrive in different soil conditions and fail in others. It's far easier to work with your soil type in your plant choices than to battle against it; your garden will be healthier and happier for it and growing will be much less hard work.

Take a handful of your topsoil, add a little water and roll it in your hands until the size of a golf-ball. Observe it. Squeeze it between your fingers and see how well it holds together. Rub some between your fingertips to get a sense of the particle size.

chalk

Chalk soil has big particles and is often stony, free-draining and alkaline. The topsoil depth will vary before hitting solid chalk. Shallow chalk soil is prone to drought and low in nutrients. Deep chalk can hold moisture better and therefore can be home to a larger variety of plants. If growing on chalk, choose plants that will thrive in an alkaline environment.

sand

A sandy soil has gritty, solid particles, with no pockets to hold on to moisture, so it is very free-draining. It accepts water well but finds it hard to hold on to. It warms and dries quickly, and finds it hard to retain nutrients but has plenty of aeration and oxygen.

silt

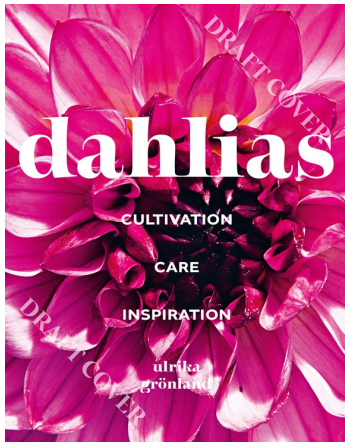
Silt soil is very fertile, but true silt soil is very rare. Usually found near a river, it has a slippery, soapy texture. The fine particles can become easily compacted. Because they can be carried by water, they can easily be washed away.

loam

Loam is soil with a good, balance of sand, clay and silt (usually mainly sand and silt, with a smaller amount of clay). Loam soil is crumbly, free-draining, and water- and nutrient-retentive, making it perfect for growing a vast variety of plants. Loam will hold its shape when squeezed but will crumble when squeezed hard.

clay

Clay is sticky and smooth, and rolls into a firm ball that won't be broken apart easily. Clay is made up of tiny particles, making it drain a lot more slowly. It stays cold for longer, holding back growth in early spring, but it holds on to moisture and nutrients very well but may have not-so-good drainage and less oxygen for the plants.



Dahlias

Inspiration, Cultivation and Care for 222 Varieties

Ulrika Grönlund

April 2024 | Hardcover | GAR004000
\$24.99 | 9781837830954
192 Pages | 6¾ x 9¾ in
Full color photography throughout

Learn everything you need to know to grow dahlias successfully.

Featuring a directory of 222 popular varieties, *Dahlias* celebrates the many different forms of this beautiful bloom and showcases how to fill your garden with color, texture and wildlife.

This book covers all you need to know on successfully planting, growing, flowering and eventually storing your tubers for the next year. Discover the history and botany of dahlias and get inspiration for beautiful color combinations and companion plants.

An ultimate source of knowledge and inspiration for both new and experienced growers, *Dahlias* is a celebration of this incredible flower!

Ulrika Grönlund works as a writer and photographer in garden and interior design, she also draws gardens and works as an interior stylist. Ulrika is herself a passionate dahlia grower and has a dahlia farm in Skåne, Sweden. *Dahlias* is her fifth gardening book.

- A directory of 222 varieties of dahlia.
- Expert tips and guidance on growing a successful cut flower garden.
- There are over 2 million hashtags for #dahlia on Instagram.

[View on Edelweiss](#)



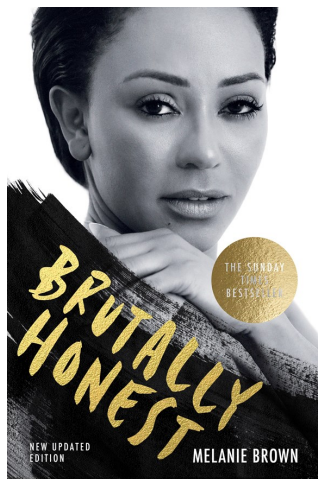
Succeeding with your dahlias

Dahlias are relatively undemanding, and don't need that much attention in order to thrive and deliver flowers month after month. The better the conditions you give them the easier it will be to achieve really beautiful, opulent plants. As dahlia growers tend to buy more and more varieties every year, lifting them and storing them over the winter can become quite a challenge, but comparing that work with the months of pleasure it provides, most people find the effort worthwhile. If you don't want to spend time digging the tubers up and storing them over the winter you can simply buy new ones every year.





Wellbeing & Inspirational



Brutally Honest

A Sunday Times Bestseller

Melanie Brown and Louise Gannon

March 2024 | Paperback | BIO005000
\$14.99 | 9781837831562
296 Pages | 7¾ x 5¼ in
Text black with photographic plate section

Mel B a.k.a Scary Spice has been a global icon since her twenties. But behind the glittering façade of fame, the struggles of this working class, mixed race girl from Leeds are laid bare in this brand new, updated edition of her best-selling memoir, *Brutally Honest*.

With deep personal insight, remarkable frankness, the book tells how Mel went from Girl Power to girl powerless during her ten year emotionally abusive marriage. Tracing a path through the key moments in her life, she reflects on her childhood, rise to fame and her chilling downward spiral before she finally broke free. In *Brutally Honest*, Mel tells the unfiltered story of piecing herself back together, dealing with trauma and new heartbreak whilst becoming a champion for survivors of abuse, performing once more with the Spice Girls and receiving her MBE from Prince William.

Melanie Brown's career began with the pop phenomenon, Spice Girls. Since 2018 she has been Patron of Woman's Aid, speaking in Westminster, Number 10 and at party conferences on behalf of survivors. In 2022, she was awarded an MBE for services to vulnerable women. She lives with her family in Leeds.

Award winning journalist and author, **Louise Gannon**, worked in Fleet Street for 25 years. She first met Melanie as a wannabe pop star in 1995. She lives in London.

- The exclusive story, newly updated and expanded, with never-before-told stories.
- Author publicity campaign and set to coincide with International Women's Day.
- The Spice Girls will be back in 2024.

[View on Edelweiss](#)



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After years of clinging onto my soul and pretending everything was okay, in London I went into freefall. Coming back to the country I'd been born in made me see how messed up my life had become, how far away I was from everything I loved. I was so low that two weeks into filming 'The X Factor' I'd started using cocaine to get me through the run of the show, to get me through living with Stephen, which felt like neurotic claustrophobia, and – for deeper, darker reasons – to get me through the emotional gridlock of being so geographically close to my family in Leeds and my Spice 'sisters' in London. On so many, many levels I felt myself sinking.

I'm not proud of taking cocaine, but I can't pretend it didn't help me to have a line of that white powder when I got up in the morning. Sitting in my car a few minutes before I'd faced Stephen, I'd snorted a line. And he knew it. There are reasons people choose to self-medicate; usually it's because they aren't ready to face up to the reality they are living in. It can blur the voices around you, it can keep you in your own world, or it can keep you moving.

I want to talk about this connection between substance abuse and women who feel abused (buckle up, there's a lot more to come) because since finally walking away from Stephen I've discovered how commonplace this link is but how it's something we don't talk about. It's more shame we have brought on ourselves and our families, and we don't address it. We don't ask why. We carry on suffering with the problem itself and the guilt. We break one cycle but don't realize

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BRUTALLY HONEST

hard-to-please fashion critics were raving about the way I looked – sleek, sophisticated and immaculately tailored (a great glam team can perform miracles). Invitations to prestigious parties poured in. Requests for interviews kept on coming. Social media whirled and – for the first time in a decade – everything, absolutely everything – was 100 per cent positive.

Even – Shock! Horror! – *The Guardian* liked me: 'Mel B: *The Surprise Star of X Factor*'. I was so stunned when I saw that headline above the interview I'd done that I asked my PR, Simon Jones, to get more copies. I got into Fountain Studios – on a small trading estate close to Wembley where 'The X Factor' was then filmed – ran into the other judges' dressing rooms and left a magazine on each of their tables. I know it's childish, but then that's me. I love to show off. And for a few hours I got to be proud of myself. An intelligent, witty man called Simon Hattenstone from a paper I'd only ever seen sticking out of a teacher's briefcase (my dad read *The Sun*) had met me and liked me. He didn't think I was annoying. He didn't think I was too much. He didn't think I was stupid. He thought I was 'funny', 'fanciable' and 'warm'. I wanted Simon, Cheryl and Louis to read his words.

Simon Cowell, my boss on 'The X Factor', would tell me after a show, 'Melanie, you are having a real moment. You've got to own it.' I remember sitting with Joe Stone, a writer for *Grazia* magazine, and him telling me how perfect my life seemed. I was nodding and thinking, I am in hell. Right at that moment I knew I was coming to a breaking point. Two days before, I'd taken my girls to a Sunday-morning film premiere and had had to leave after a few minutes. I took the girls home and then asked Simon Jones to come with me to a hotel next to our apartment in Kensington. He remembers me ordering tea and then hysterically bursting into tears. 'You have to help me, I'm desperate!' I cried. Simon is one of the most respected and experienced PRs in London. He is used to dealing with anything.

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NUMB

that we are still in its shadow. I don't even know myself if I would feel inclined to be so open had not so much of my private life been splashed all over the papers (and online) since my horrible mud-slinging court case against my ex-husband. Everything happens for a reason. I chose not to walk out but to speak out and tell it like it is.

And this is how it is. It's not clean, it's not pretty, but it's real. I've recently discovered through looking at information available from groups like the brilliant Women's Aid that women in any sort of abusive relationship are fifteen times more likely to abuse alcohol and nine times more likely to abuse drugs than women in stable relationships. That makes perfect sense to me. But then it would because I've been there. And I admit it.

Think about it. How do you deal with feeling ugly, unwanted and humiliated 24/7? How do you deal with feeling you are not loved and pretending to the world you are living the perfect happy-ever-after fantasy? I had found techniques to stop my mind from constantly spinning. I would just block – block thoughts, block emotions, block fears. And, as much as I could, I would block Stephen.

Once I was at work, on 'The X Factor', I felt safe. Stephen couldn't touch me and I could ignore his constant calls ('I've been filming', 'I couldn't get to the phone'). I could start to feel good about myself because I knew what I was doing. I didn't need anything and I didn't take anything. In Los Angeles when things got tough, I'd go through periods of drinking to blot out my emotions, and there were times – the blackest times – when I would turn to drugs. But in the country where I was born, I had to have something strong to help me cope. That 'something strong' was cocaine.

The great irony is that, if you'd seen me back then, you would have thought my life could not have been better. I was enjoying a triumphant transformation from former Spice Girl to the 'most popular judge' (according to the tabloid press) on 'The X Factor'. I loved being on the show, I loved the group of 'boys' I was mentoring, and even the

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NUMB

'What's going on Melanie?' he asked. I couldn't say the words. I knew he couldn't stand Stephen, and that he'd been witness to his rants and aggressive behaviour. But I couldn't let my shameful secret out. Melanie the mess. He sat with me as I wavered between sobs, smiles and silent shakes of my head, trying to make me feel better.

And then, two days later, just minutes before I was due to sit down with Joe – with a pair of Victoria's Secret angel wings fixed to my back for a happy, heavenly cover shoot – I was sitting upstairs in the make-up room hysterical, unable to breathe as the sobs wracked my body. A team of makeup artists and fashion assistants looked like they wanted the floor to swallow them up. I guess they probably assumed I was an absolute diva who hated the clothes and the makeup. I didn't care about any of it. It was my life I hated. It was my life that was coming apart at the seams.

'You need to tell me what is happening, Melanie.' Simon was by my side, asking everyone else to leave the room.

'I have to get away from Stephen. I want a divorce!' I sobbed. He nodded calmly. 'But he's got all these videos of me. Really bad videos. He could ruin me.' Simon was the first person I'd ever said these words to and I couldn't look him in the eye. He was calm, he was kind. 'I'm going to pull this shoot,' he said. 'We'll work this out.'

I shook my head. 'No,' I said. 'You can't. I have to do it.' I needed to pull myself together. I couldn't believe I'd actually said those words out loud. I had to stop falling apart and put everything right again.

And so there I was, half an hour later, with Joe from *Grazia* telling me how everything was wonderful, and how he was a long-term fan of the Spice Girls. My head was spinning. I barely registered what he was saying. I was opening my mouth and saying words to stop his questions as fast as I could. God knows what he thought of me; in fact I could see he thought I was being difficult. He even said something to that effect as he ploughed on in the face of my unhelpful answers. 'Sorry, I've had a row with my husband,' I said abruptly.

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[View on Edelweiss](#)



The Mystical Year
9781787136083
\$19.99 | Hardcover



The Self-Care Year
9781787137653
\$19.99 | Hardcover

The Wildlife Year

How To Reconnect With Nature in Every Season

Sally Coulthard

June 2024 | Hardcover | NAT037000
\$24.99 | 9781837831548
160 Pages | 5½ x 8½ in
Full color illustrations throughout

The Wildlife Year will encourage you to reconnect with nature through each season and show you how to live a wilder life.

The Wildlife Year explores the differences between the seasons and how we can engage, observe, and enjoy the wildlife around us – whether you live in a city or in the countryside.

Through a series of tips and exercises to encourage you to get outside with a focus on understanding what really happens throughout the year; why they matter, and what effects they have on the plants and animals who experience the birth, growth, maturity, and senescence of the year is a beautiful cycle that is essential to life and every season is magical in its own way.

Best-selling author **Sally Coulthard** has written extensively about nature, craft and outdoor living. She writes a column for *Country Living* magazine and runs a smallholding in rural Yorkshire. She has previously published three books with Quadrille including, *Crafted: A Compendium of Crafts Old, New & Forgotten*, *Superstitions: A Book of Common Folk Beliefs* and *Floriography: The Myths, Magic & Language of Flowers*.

- The seasons can be a balm to a frantic paced lifestyle. Noticing as an anchor to build an embodied relationship with nature.
- Encompasses key trends: mindfulness, physical and mental wellbeing, all linked to seasonal slow living.
- A beautifully illustrated gift for nature-lovers and enthusiasts alike with practical tips.





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How to Have Extraordinary Relationships

(With Absolutely Everybody)

Lucy Cavendish

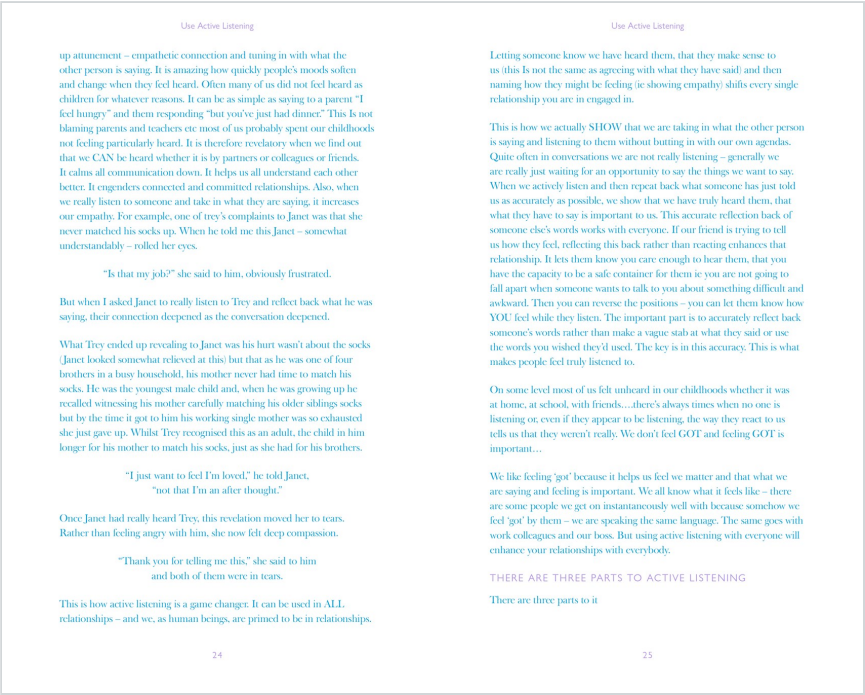
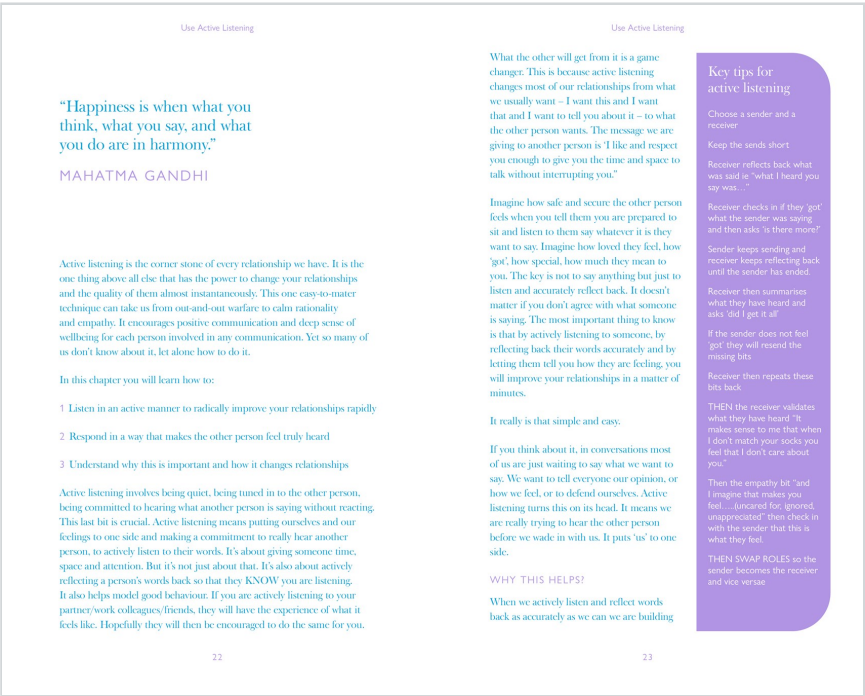
April 2024 | Hardcover | FAM021000
\$22.99 | 9781837831135
256 Pages | 5¼ x 8½ in
Text-only

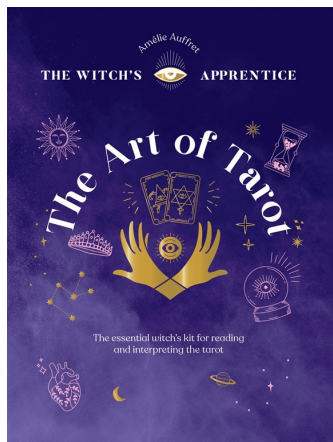
This book is for anybody who wants to develop amazing relationships with the most important people in their lives.

As a counselor and therapist, Lucy Cavendish's practice has been inundated with clients desperate for help. Yet small fixes are right there at our fingertips and can make a huge difference to our happiness and wellbeing. Using case studies, carefully selected statistics and her own professional experience, Lucy presents examples and clear, actionable advice that readers can use to deal with a range of challenges that they may be facing, whether large or small.

Relationships expert **Lucy Cavendish** is a counselor, therapist and coach with a Level 4 diploma in Advanced Integrative counseling. She is a certified CITO counselor, a True You Awakening graduate and is trained in Imago couples therapy. Lucy is also a journalist, author and broadcaster. She has written extensively for the *Guardian*, as well as the *Telegraph*, *The Times* and *Daily Mail*.

- For fans of Esther Perel, *Couples Therapy*, Julia Samuel and Philippa Perry.
- Lucy Cavendish offers unique insights as a journalist and qualified therapist.
- Each chapter includes a multiple choice quiz, for establishing your own behaviours, and concludes with 3 practical takeaways.





The Art of Tarot

Readings & Interpretations

Amélie Auffret

February 2024 | Hardcover | OCC024000
 \$14.99 | 9781837831319
 192 Pages | 4¾ x 6¼ in
 Full color photography and illustrations throughout

***The Art of Tarot* is an illustrated guide to the symbolic, and practical, aspects of the tarot.**

A fantastic divination tool and a great way of learning about yourself, the tarot acts as a guide, teaching you how to increase your confidence and understand your personality.

Author Amélie Auffret shares her expertise, teaching you how to draw the cards, interpret your reading and use your deck on a daily basis. The author also explains the meaning of the 22 Major Arcana and the Minor Arcana, the art of sacred numerology and the significance of the colors in the deck.

With *The Art of Tarot*, you will have all the keys you need to rediscover balance and wellbeing, thanks to the long-held wisdom of the tarot.

Amélie Auffret is a tarot reader and specializes in the esoteric arts. She supports people who want to use the tarot for guidance in their personal, professional or spiritual lives. She uses her Instagram account, @amelietarologue, to share relevant advice on how to understand and interpret each reading and create a more harmonious future.

- Sales of tarot decks have doubled in the last 5 years.
- Perfect gift or self-purchase, for readers who would like to educate themselves on tarot.

[View on Edelweiss](#)



Little Magic Rituals
 9781787139305
 \$14.99 | Hardcover



Crystals and Energies
 9781787139299
 \$14.99 | Hardcover

Discovering the cards of the tarot

Pentacles: money

Pentacles represent the position we occupy in society and everything related to money and our material life, such as professional career and professional values. It's the suit of hardworking people and business leaders who know where they've come from and where they're going. They work diligently and have earned what they own, feeling closely connected to the Earth and their origins.

This suit is linked to material things, productive careers and hard-earned money; Pentacles are builders of projects and diligent workers proud of their social success. They're attached to their roots and to family; they may lack imagination but are loyal, strong, happy, good-natured and like sharing with their loved ones.



Interpreting the major cards of the tarot

13. THE CARD WITH NO NAME: RENEWAL

This card is also known as Death. The Card with No Name depicts a skeleton and is a wonderful card of renewal. It suggests movement or transition from one state to another, the attainment of our goals and fulfillment of our ambitions. It represents rapid progress and beneficial rebirth.

In the Tarot of Marseilles, the Card with No Name holds a scythe in its hands; it arrives to cut the link to something in the past holding us back so we can move forward. It comes to break up an old pattern, an old relationship or a bad experience, allowing us to leave unhelpful things behind. Advancing with determination towards a new beginning, it confidently makes decisions to put the situation right. Looking straight ahead towards its goal, it never turns around, moving forward without misgivings. It's capable of great resilience and can make changes if the direction previously taken turns out to be wrong.

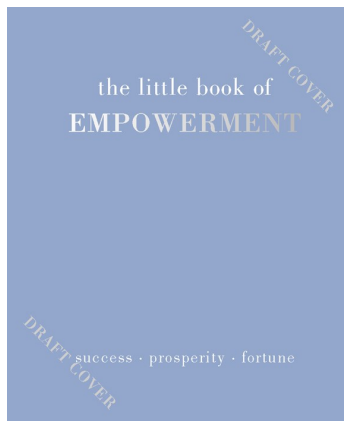


In the Tarot of Marseilles, Death is shown walking on hands and heads, crushing everything in its path without regret to reach its goal. It leaves its past behind to create a new identity and move forward. Representing action and reparation, it allows us to push beyond our limits in relation to the question. The Card with No Name sows and reaps the fruits of its labours and its determination to forge ahead. Resolute and ambitious, it knows how to achieve its goals.

In its shadow form, this card represents stagnation or a sense of being trapped in the past, suggesting we may miss an opportunity or a chance to change. Conversely, it can mean welcoming change too quickly and taking excessive risks because we fail to use our experience to get to where we want to be. The querent will therefore be stuck in the past, unable to detach themselves from it or prevented in some way from getting on with life. In its desire to go too fast, the Card with No Name fails to cut off the right things, hesitates too much or not enough, and its indecision results in missed opportunities. Destructive towards itself and those around it, Death can wound with words, is mean-spirited and envies the success of others.

Example

If we draw this card when asking a question about someone we want to forget, the outcome will be positive."



The Little Book of Empowerment

Joanna Gray

April 2024 | Hardcover | SEL023000
\$12.99 | 9781837830534
192 Pages | 4¼ x 5 in
Text-only

Become the best version of yourself with *The Little Book of Empowerment*.

With motivational quotations, fun tasks and thoughtful exercises, *The Little Book of Empowerment* will show you how to take charge, gain confidence and learn to take up space in the world.

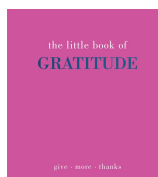
The *Little Book of* series has sold 1 million copies worldwide, with titles like *The Little Book of Mindfulness*, *The Little Book of Gratitude* and *The Little Book of Love*.

"A good leader inspires people to have confidence in the leader. A great leader inspires people to have confidence in themselves." – Eleanor Roosevelt

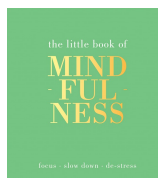
Joanna Gray is a writer, journalist and interviewer. She runs festival events and educational programs for Wimbledon BookFest in the UK and co-ordinates the Jane Gardam Short Story Award. She is the author of many books in Quadrille's *Little Book of* series, including *The Little Book of Self-Care* and *The Little Book of Kindness*.

- The *Little Book of* series has sold more than 1 million copies worldwide.

[View on Edelweiss](#)



The Little Book of Gratitude
9781787137363
\$11.99 | Hardcover



The Little Book of Mindfulness
9781849494205
\$11.99 | Hardcover

Definition of Self Love

1. An event, action, or object that clearly shows or embodies something abstract or theoretical
2. The action or fact of showing something
3. Making everything you want to think and feel a reality...via your thoughts actions and beliefs and emotions and to allow and trust the universe will bring all you desire and wish

Manifestation: otherwise known as...

Agency
Asking the universe
Being purposeful
Curating your own future
Daring to dream
Fantasising
Forward planning
Harnessing energy
Imagining
Intent

4

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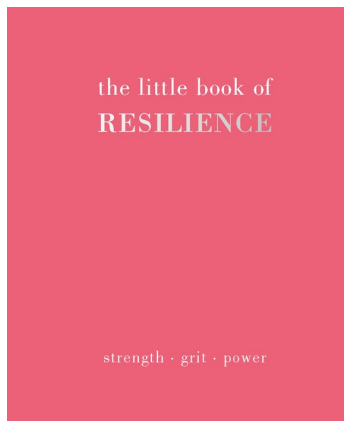
Manifestation has been practised from the moment humans gazed up at the heavens, closed their eyes and wished upon a star. The Chandogya Upanishad, one of the oldest Vedic sacred writings, shows how manifestation is a concept at least 8,000 years old.

"From it the universe comes forth, in it the universe merges and in it the universe breathes. Therefore a man should meditate on Brahman [the supreme existence] with a calm mind. Now, verily, a man consists of will. As he wills in this world, so does he become when he has departed hence. Let him with this knowledge in mind form his wit."

CHANDOGYA UPANISHAD

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The Little Book of Resilience

Joanna Gray

March 2024 | Hardcover | SEL027000
\$12.99 | 9781837830527
192 Pages | 4¼ x 5 in
Text-only

Find your inner strength with *The Little Book of Resilience*.

With inspirational quotations, practical tasks and thoughtful exercises, *The Little Book of Resilience* teaches you how to cope with everything life throws at you, and come back stronger.

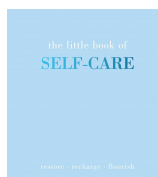
The *Little Book of* series has sold 1 million copies worldwide, with titles like *The Little Book of Mindfulness*, *The Little Book of Gratitude* and *The Little Book of Love*.

"Develop success from failures. Discouragement and failure are two of the surest stepping stones to success." – Dale Carnegie

Joanna Gray is a writer, journalist and interviewer. She runs festival events and educational programs for Wimbledon BookFest in the UK and co-ordinates the Jane Gardam Short Story Award. She is the author of many books in Quadrille's *Little Book of* series, including *The Little Book of Self-Care* and *The Little Book of Kindness*.

- The *Little Book of* series has sold 1 million copies worldwide.
- Contains practical tips and inspirational quotes.
- Resilience is a popular topic after covid.

[View on Edelweiss](#)



The Little Book of Self-Care
9781787135178
\$11.99 | Hardcover



The Little Book of Happiness
9781787131125
\$12.99 | Hardcover

Fancy a new apartment?

Simples. Write down: "A new apartment. A new apartment. A new apartment", close your eyes and cross your fingers. Hey presto! You've manifested your new apartment into being and shall collect the keys on Monday.

The art of Manifestation however, is not magic. Spells are not required. If only life (and mortgage applications)

were that simple. Manifestation is instead the art of turning an intention into a reality.

So, you would like a new apartment. Hold that thought, write it down, turn it over in your mind, let it swell within you, see it in black and white, reread it, share your words with others. The art of Manifestation begins here, settles into the intention and articulates the desire.

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"In this state of absorbed contemplation, there is no longer any question of holding an object in view; the vision is such that seeing and seen are one; object and act of vision become identical"

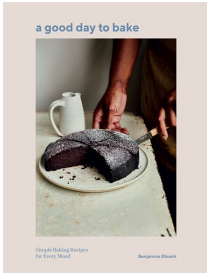
PLOTINUS, NEO-PLATONIC PHILOSOPHER

Much like the 'basket' in our online shopping account, manifestation requires us to imagine the object of our desire in our mind's eye, as if it is already ours. It sits, waiting, in our mind's online basket for us to check out. Visualise your mind's basket containing the perfect necklace for your sister's significant birthday for example. While the online purchase takes one click, the transfer of the object from our mind's basket to checkout requires input from ourselves, others and the cosmos. Picturing the ideal necklace as already yours will help you recognise it in a shop's window when you least expect it.

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Food & Drink



A Good Day to Bake
Benjamina Ebuehi
\$32.00 | Hardcover
9781787138018



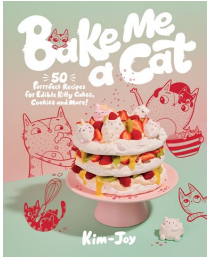
Absolut. Cocktails
Absolut Vodka
\$29.99 | Hardcover
9781837831586



Advent
Anja Dunk
\$35.00 | Hardcover
9781787137264



Bake It. Slice It. Eat It.
The Exploding Bakery
\$22.99 | Hardcover
9781787138667



Bake Me a Cat
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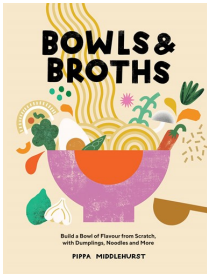
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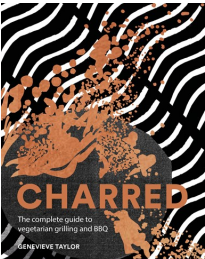
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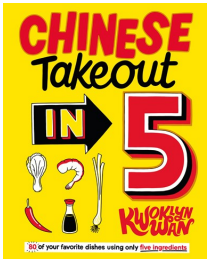
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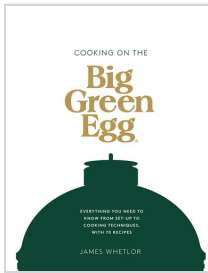
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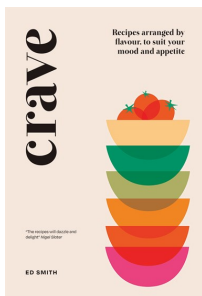


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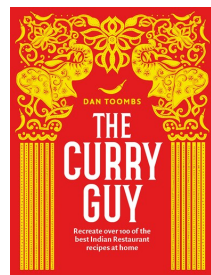


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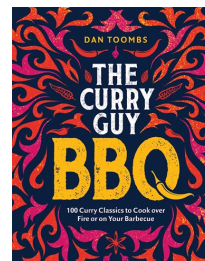




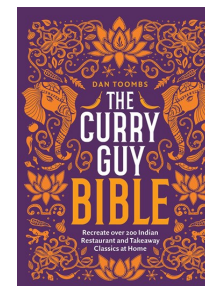
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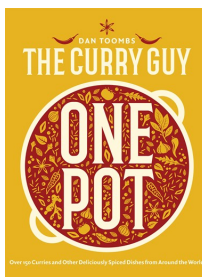
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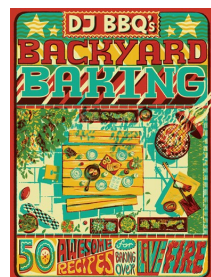
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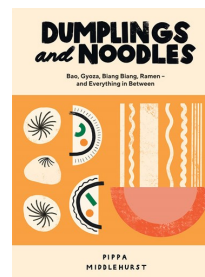
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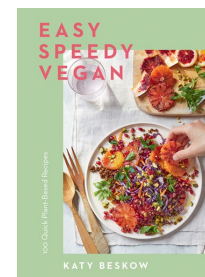
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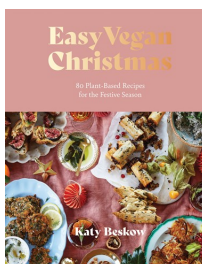
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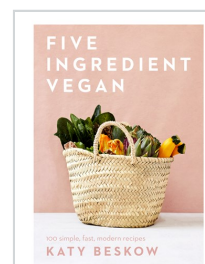
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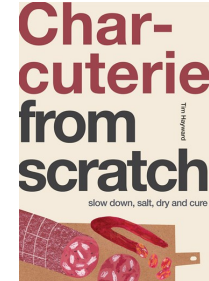
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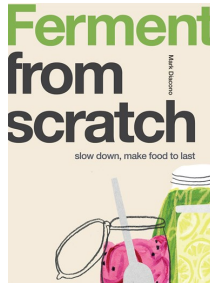
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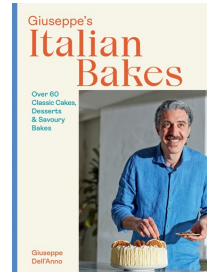
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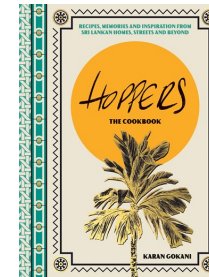
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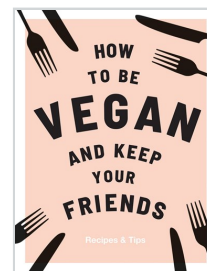
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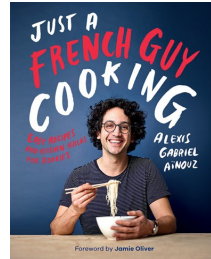


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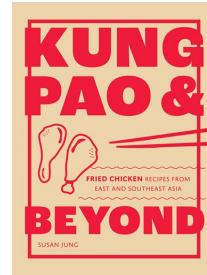




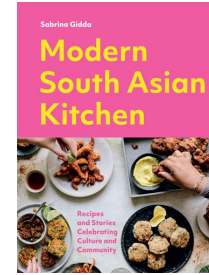
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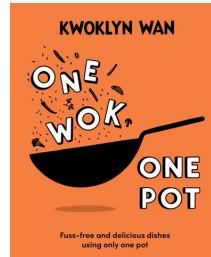
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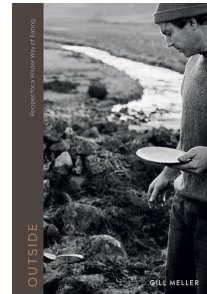
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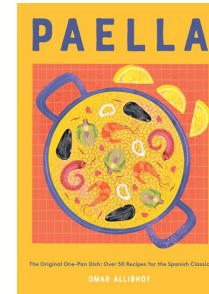
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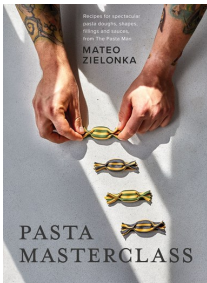
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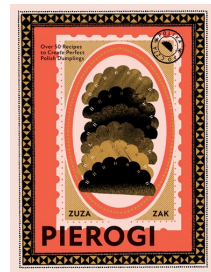
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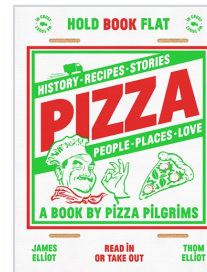
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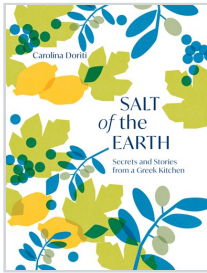


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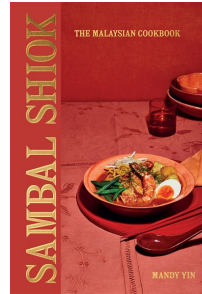


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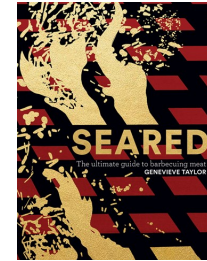
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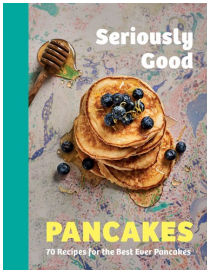
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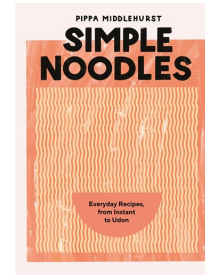
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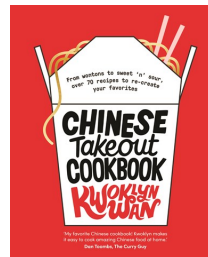
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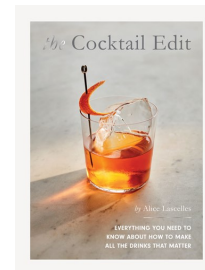
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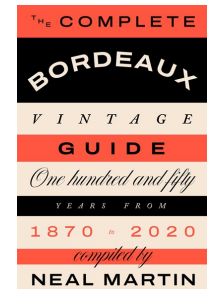
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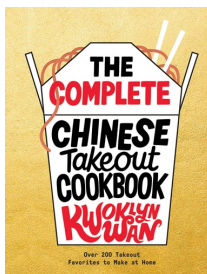


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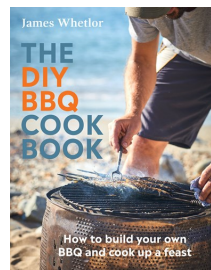


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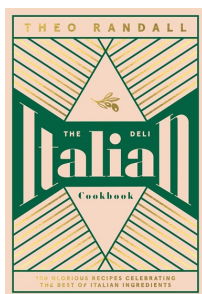
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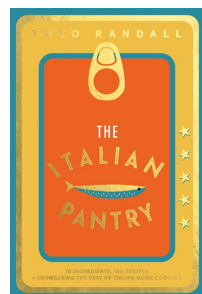
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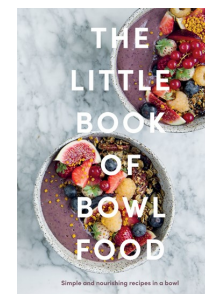
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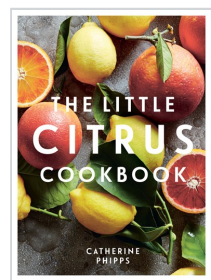
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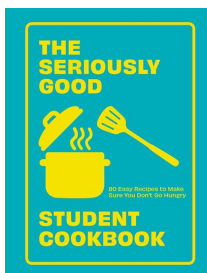
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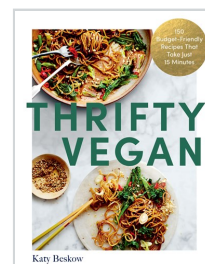
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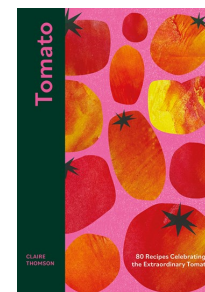
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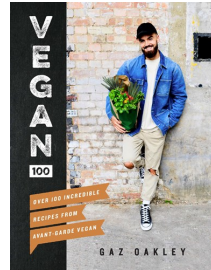


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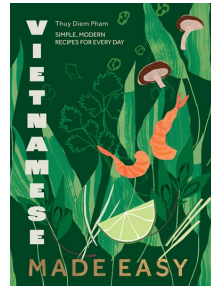
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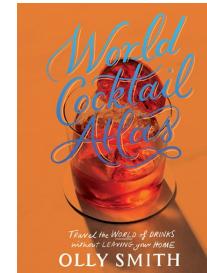
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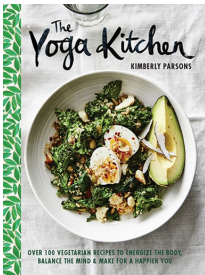
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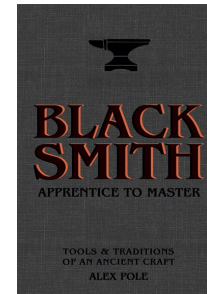
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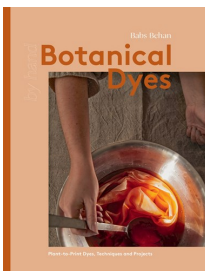
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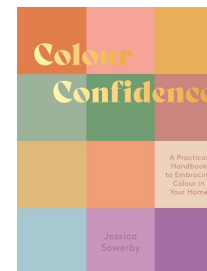
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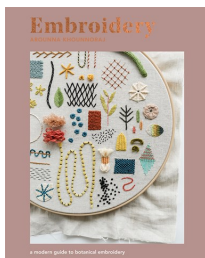


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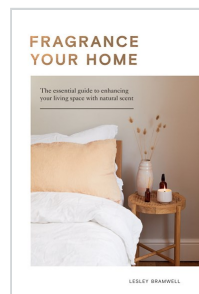


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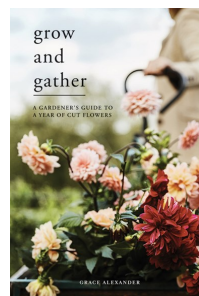
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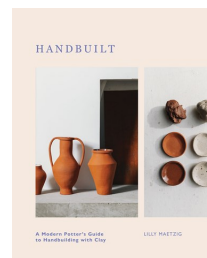
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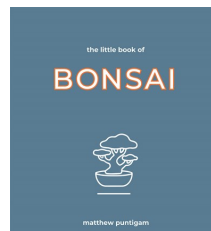
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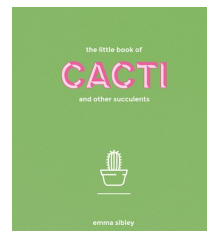
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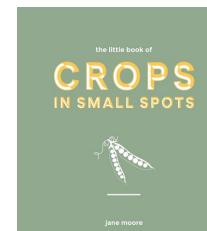
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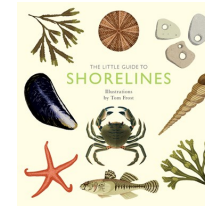
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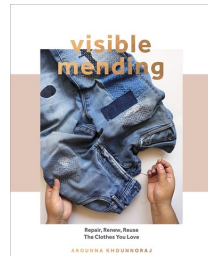
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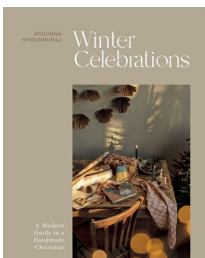
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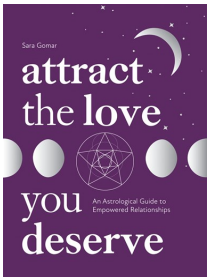
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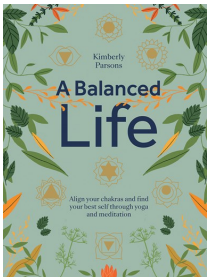
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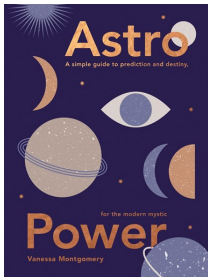
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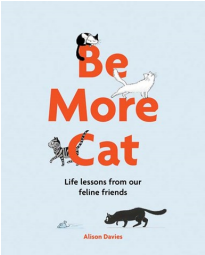
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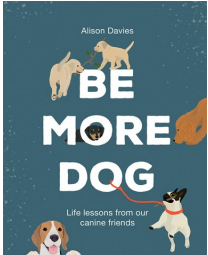
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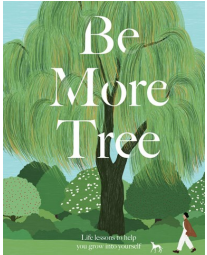
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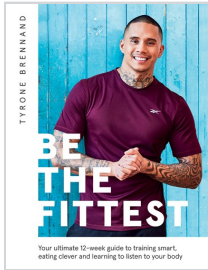
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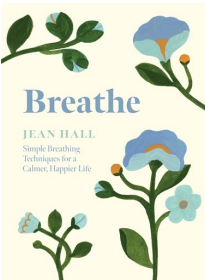
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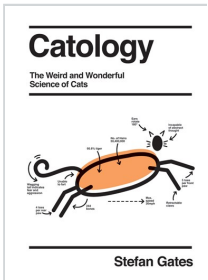
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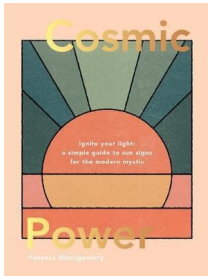
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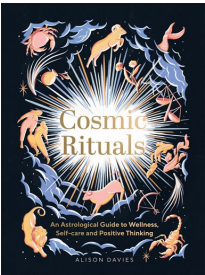
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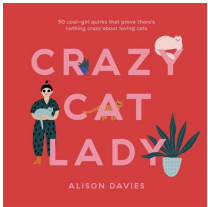
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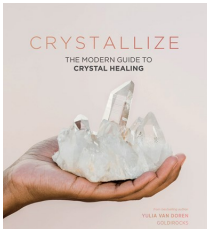
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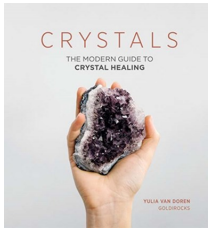
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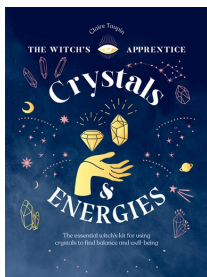


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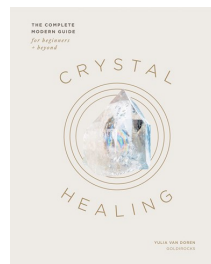


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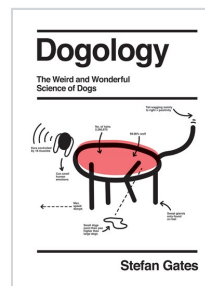




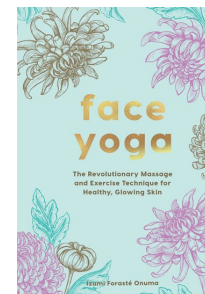
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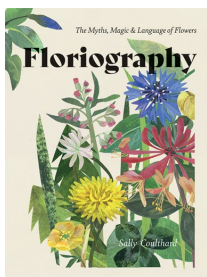
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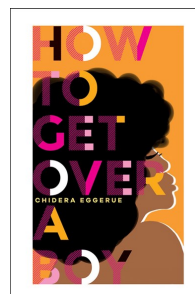
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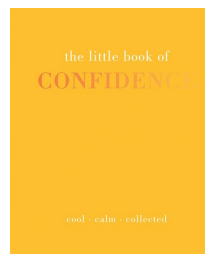
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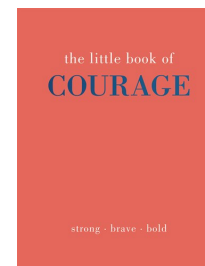
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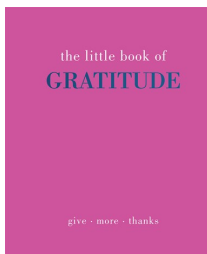
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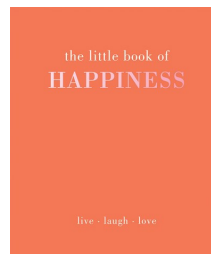
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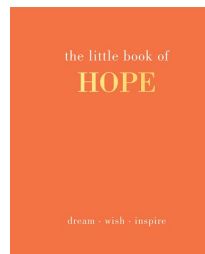
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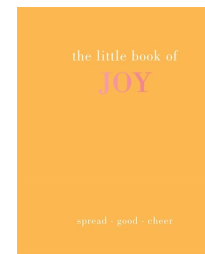
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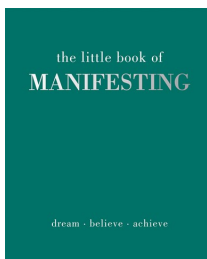
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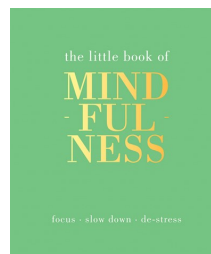
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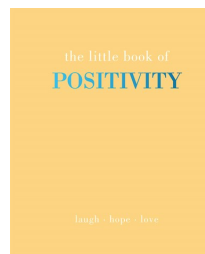
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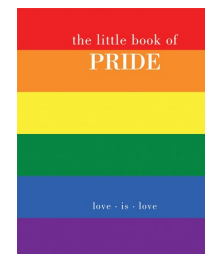
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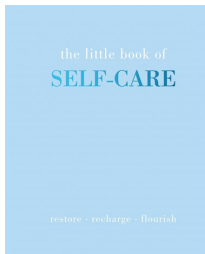


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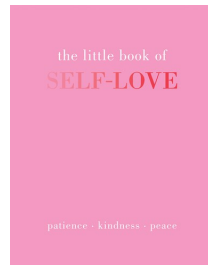


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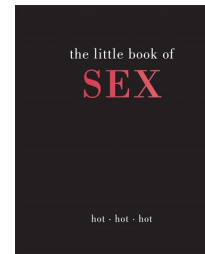




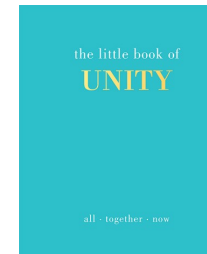
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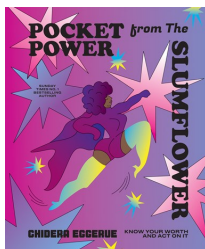
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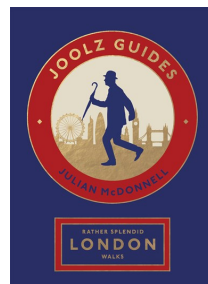
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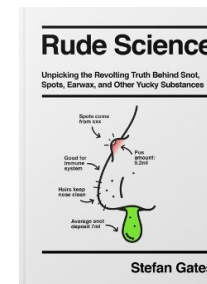
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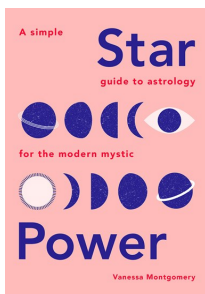
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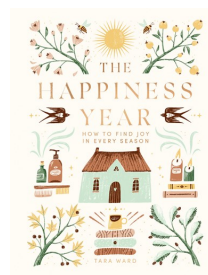
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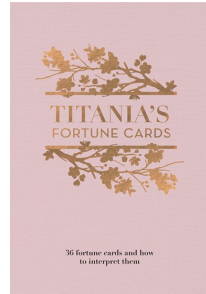


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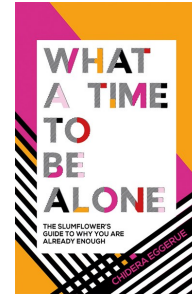




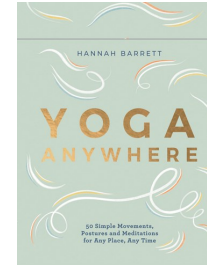
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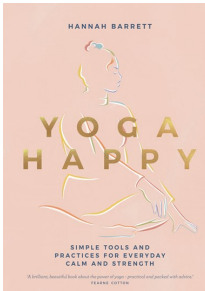
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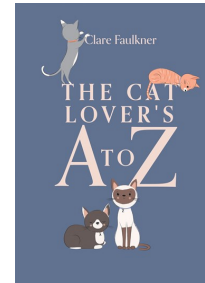
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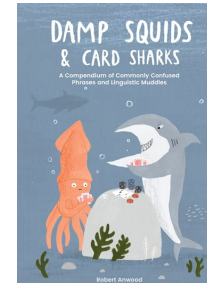
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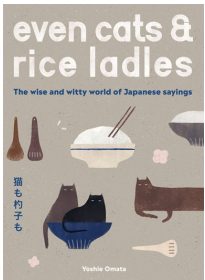
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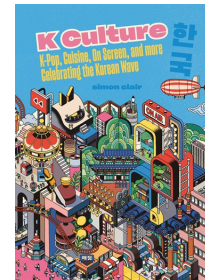
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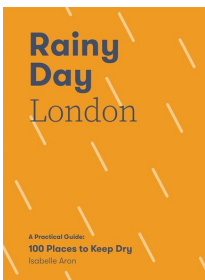
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