



FALL 2023

CATALOGUE

PLUMLEAF  PRESS





Our Story

After more than 40 years in educational publishing, Maggie Goh sold Rubicon Publishing Inc., one of the leading Canadian educational publishers, in 2022. Instead of retiring, she switched her focus to Plumleaf Press, an imprint she had started in 2015, to publish “books to linger over” — beautifully designed literary books for readers, young and old, to offer enchantment and inspiration and stir the imagination and reflection, and (perhaps) action. And to give voice to the rich diversity of authors and artists in our world today.

“I came up with the name Plumleaf Press by combining my father’s surname, Lee (李), which means ‘plum,’ and my mother’s surname, Ye (葉), which means ‘leaf.’ In Chinese tradition, the plum, which blossoms even in the deepest winter, is a symbol of fortitude, tenacity, and integrity. A green leaf is a symbol of renewal and hope.”

— Maggie Goh, President and Publisher, Plumleaf Press



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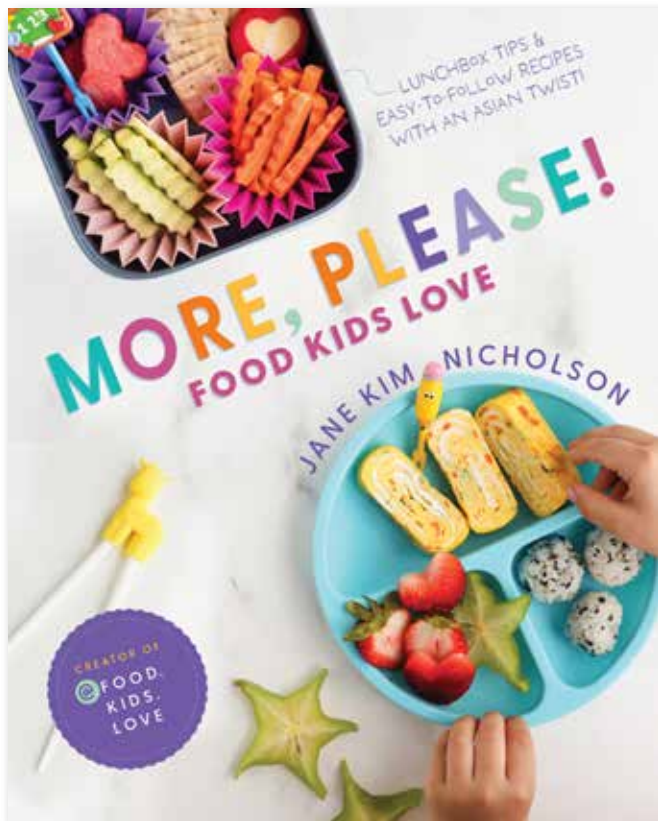
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Plumleaf Press Inc.
100 Bronte Road, Unit 9
Oakville ON L6L 6L5
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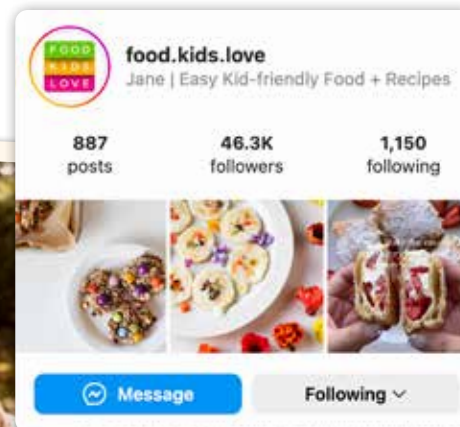
With her “simple is best” approach to feeding kids, Korean Canadian mother of two Jane Kim Nicholson balances taste, nutrition, and fun in this collection of recipes and presentation ideas that will have even the pickiest of eaters saying, “**More, please!**”.

An extension of her wildly successful Instagram page and blog “Food Kids Love,” **More, Please!** offers a non-judgmental, accessible space that provides everyday inspiration for kid-friendly snacks and meals.

Thema: WBA: General cookery and recipes
Keywords: cookbook, cooking for kids, easy recipes, cooking

CKB119000: COOKING / Cooking for Kids,
CKB120000: COOKING / Cooking with Kids

Format: Hardcover, Trade binding
Adult Education
ISBN: 978-1-7782428-6-1
Trim: 10" x 8" | Pages: 180
Price: \$36.99 (CAD)
Pub Date: September 1, 2023
Ship Date: August 22, 2023





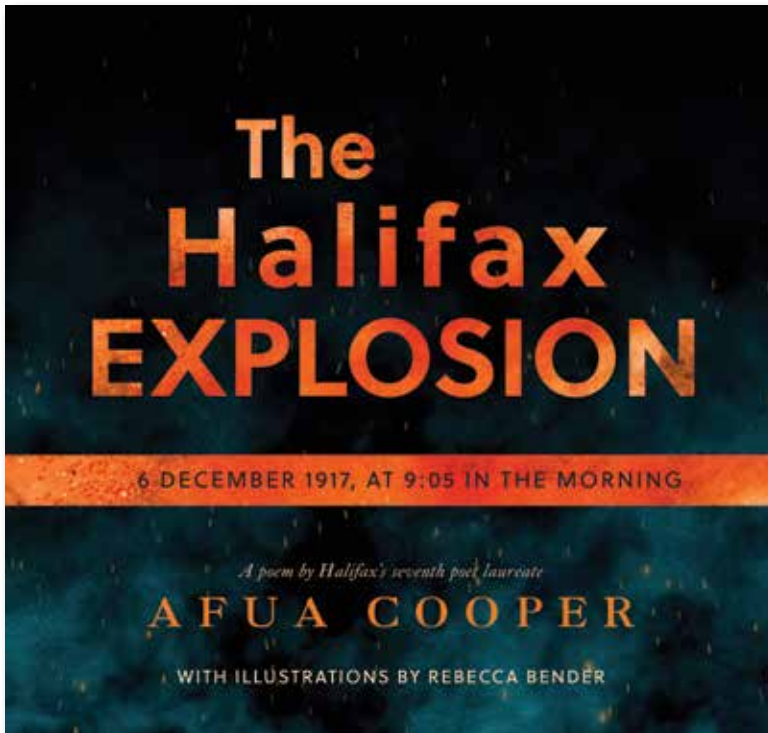
As the daughter of Korean immigrants, **Jane Kim Nicholson** believes in making an impact with food through celebrating and embracing cultural diversity in cuisine. She is the creator, writer, and photographer of the blog and popular Instagram account @Food.Kids.Love, which provides helpful tips and inspiration for simple kid-friendly meals, snacks, and lunches. Jane Kim Nicholson hails from Canada but currently lives in L.A. with her family.

The Halifax Explosion

December 1917, at 9:05 in the Morning

A Poem by
AFUA COOPER

WITH ILLUSTRATIONS BY REBECCA BENDER



The Halifax Explosion is a poem written by Halifax's seventh poet laureate, Dr. Afua Cooper. It reveals dramatically what happened on 6 December 1917 at 9:05 AM when two ships carrying munitions and war supplies collided in the Halifax Harbour. The poem shows the tragic toll the resulting explosion and fire took on the residents of Halifax and the surrounding area, which stretched all the way north to Africville. Dr. Cooper commemorates the Halifax Explosion through verse, and highlights the experiences of the Black Haligonians in this disaster. Her powerful words are magnified in this book with dramatic historical photographs and poignant art.

Thema: Children's / Teenage fiction: General, modern and contemporary fiction|Children's / Teenage fiction: Historical fiction|Children's / Teenage general interest: Places and peoples

JUV030030 JUVENILE FICTION / People & Places / Canada
JUV016160 JUVENILE FICTION / Historical / Canada / General
JUV004040 JUVENILE FICTION / Biographical / Canada
JUV016080 JUVENILE FICTION / Historical / Military & Wars

Format: Hardcover, Picture book

Age (years): 9 - 12

ISBN: 978-1-7782428-0-9

Trim: 9.25" X 8.75" | Pages: 36

Price: \$22.95 (CAD)

Ship Date: August 8, 2023

Pub Date: August 22, 2023

Book Excerpt:

“ Dr. Ligoure worked round the clock,
he and his **assistant**, treating the
sick, the **needy**,
and the **dying**, for **three**
days, hardly resting
or eating or drinking ”



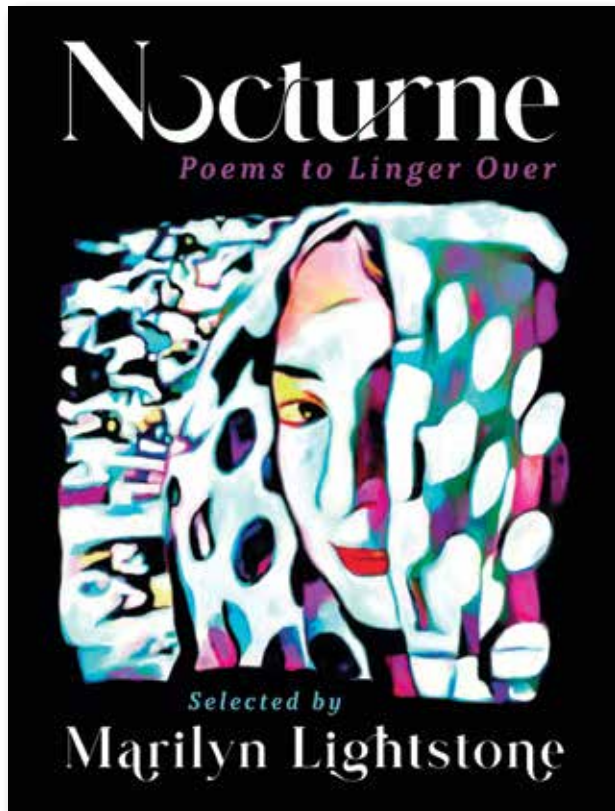


“Poetry is movement,
poetry is politics,
it’s everything.
It fires the imagination
and so that excites me
because in firing the
imagination, then we
produce a new world.”

—Dr. Afua Cooper



Dr. Afua Cooper is a celebrated poet, author, scholar, and historian. Her many books range across such genres as poetry, history, fiction, and children’s literature. She served as the Poet Laureate of the Halifax Regional Municipality for the 2018-2020 term and is the recipient of numerous prizes and awards. A full professor at Dalhousie University, Dr. Cooper is the foremost expert on Black Canadian history. She is the principal investigator for, *A Black People’s History of Canada*, a project that engages in research on Black history and is accompanied by a new Black history curriculum. In 2022, for her work on Black Canadian history, Dr. Cooper was awarded the Royal Society of Canada’s J.B. Tyrell Historical Medal for Outstanding Contributions to Canadian history.



Format: Hardcover, Trade binding
Age (years): Adult
ISBN: 978-1-7388982-0-6
Trim: 8" x 6" x 0.2" | Pages: 112
Price: \$24.95 (CAD)
Pub Date: September 15, 2023
Ship Date: September 1, 2023

THEMA: DCQ: Poetry anthologies (various poets)
Keywords: classic poems, contemporary poems,
renowned poets, lesser-known poets, Marilyn
Lightstone, poetry anthology

POE001000: POETRY / Anthologies (multiple
authors), POE000000: POETRY / General

“And ‘What (you may ask) is a poem
to an actress like yourself?’”

And I would reply, ‘Why a mini drama, of course!’”

Seven nights a week, listeners tune in to *Nocturne* on the New Classical FM, hosted by Marilyn Lightstone — for two hours of poetry selected and read by Ms. Lightstone, interwoven with classical music. Inspired by the many fans who have written to her about the poetry, Ms. Lightstone has gathered some of the poems she read on the radio program into a stunning poetry collection of classic to contemporary poems by renowned and lesser-known poets. **Nocturne: Poems to Linger Over** is a celebration for the poetry lover, and also features beautiful paintings by Ms. Lightstone.

Forward by Charles Pachter: “These poems are food for the soul. In her own inimitable way, Marilyn has chosen poems that reflect her philosophy, and her elegant taste and style.”



SO WE'LL
GO NO MORE
A ROVING



SO WE'LL GO NO MORE A ROVING

George Gordon, Lord Byron

No, we'll go no more a roving,
So late into the night,
Though the heart be still as love,
And the moon be still as light.

For the sweetest women are dead,
And the saddest women are those,
And the heart must pause to breathe,
And love itself have rest.

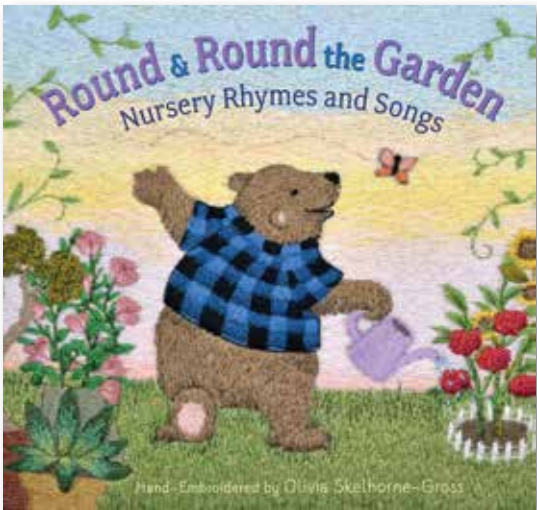
Through the night was made for living,
And the day returns for woe,
Yet we'll go no more a roving,
By the light of the moon.

“Happiness and heartbreak, expressed in a stanza that takes as long to read as sipping a cup of tea or drinking a glass of water.”

— Marilyn Lightstone



Marilyn Lightstone is an iconic and multi-talented Canadian actress and artist — known internationally for her moving performances on television, stage, and screen, and equally impressive for her photography and painting. Named by fans as the best Miss Stacey in the *Anne of Green Gables* miniseries, she has a huge following on her podcast and on the radio seven nights a week on *Nocturne*, on The New Classical FM. She is also the creative producer and host of VisionTV's popular sing-along series Your All-Time Classic Hit Parade. Marilyn lives in Toronto, Ontario.



Format: Hardcover, Picture book
Age (years): 0 - 6
ISBN: 978-1-7782428-3-0
Trim: 9" x 9.5" | Pages: 32
Price: \$24.95 (CAD)
Ship Date: April 1, 2023
Pub Date: May 1, 2023

Thema: YBC: Children's picture books
Keywords: embroidery, craft, nursery rhymes, embroidered, diverse nursery rhymes, songs, children's songs, sing-a-long, hamilton artist, baby songs, read-a-loud, baby gift

JUV055000: JUVENILE FICTION / Nursery Rhymes,
JUV003000: JUVENILE FICTION / Art

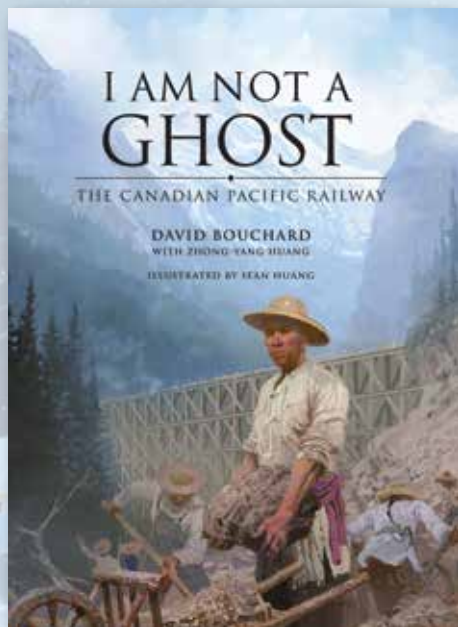
Round & Round the Garden celebrates nursery rhymes and songs that bring families together across cultures, while also displaying the magic of embroidery as an art form. Children and adults alike will delight in this carefully chosen collection of classics and new favourites brought to life with the colour and texture of embroidered images. The repetition of the simple patterned verses in **Round & Round the Garden** will stimulate children's speech and communication skills, and the turning of each page will bring enchantment and joy.

Olivia Skelthorne-Gross is an artist and mother living in Hamilton, Ontario. Since 2015, embroidery has been Olivia's primary artistic medium through which she explores a variety of subject matters, particularly realistic pet portraits and embroidered patterns for clothing. Over the years, Olivia has grown her business through social media, gaining a large and dedicated following of friends and supporters. She has always dreamed of using embroidery to illustrate children's fiction and was inspired by her two-year-old daughter's love for singing and reading to create her first book, **Round & Round the Garden**.



Author Socials Instagram: 111K Followers, TikTok: 860 Followers, YouTube: 29.6 K Followers, Etsy Shop





I Am Not A Ghost tells the story of a Chinese railway worker who comes to Canada to work on the Great Canadian Pacific Railway. He, like all the others, came in search of a better life but would have died if not for the benevolence of Amelia Douglas, wife of the former governor of British Columbia. A fictional but historically accurate story with an important message, **I Am Not A Ghost** describes the racism and hardship that these newcomers to Canada faced and should be required reading for anyone who wants to learn about this troubling period in Canada's history.

Format: Hardcover,
Picture book
Age (years): 7 - 12
ISBN: 9781778242816
Trim: 9" x 9.5" | Pages: 40

Price: \$24.95 (CAD)
Ship Date: April 1, 2023
Pub Date: May 1, 2023

THEMA: YFT: Children's / Teenage fiction: Historical fiction, YNHD:
Children's / Teenage general interest: Discovery and exploration
Keywords: children's picture book, historical fiction, canadian
history, canadian railroad, children's historical fiction

JUV016160: JUVENILE FICTION / Historical / Canada / General
JUV016160: JUVENILE FICTION / Historical / Canada / General

"Canada is still writing
its story as a nation,
and this book is an important
part of that story."

— **Brandt C. Louie,**

Chairman and CEO of the H.Y. Louie Co. Limited
and ninth Chancellor of Simon Fraser University

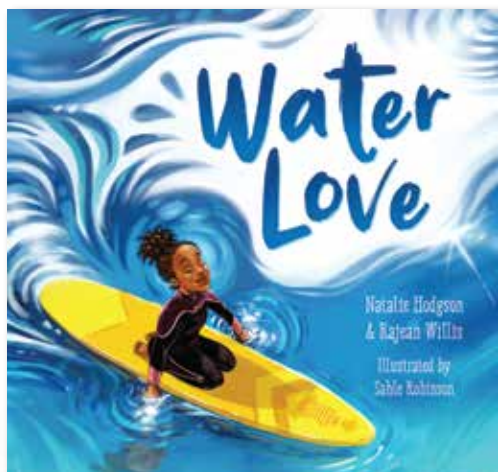
David Bouchard, Order of Canada, is an award-winning author, storyteller, and public speaker, who has written more than 70 books. He has championed the cause of reading and writing, and shares his pride as a member of the Métis community through his stories. David resides in Victoria, BC.

Zhong-Yang Huang, renowned artist from Alberta, with two MFAs (one from the Guangzhou Academy of Fine Arts, and another from the University of Regina) found in his good friend and co-author, David Bouchard, a voice through which to tell his Chinese stories.

In addition to **I Am Not A Ghost**, Zhong-Yang and David have collaborated on the following books, with all art by Zhong-Yang. The Dragon of Heaven, and the "Chinese Legends" series, which consists of *The Great Race*, *The Dragon New Year*, *The Mermaid's Muse*, and *Buddha in the Garden*.

Sean Huang sees art as a means of expression to channel his mood and thoughts into the physical world. He has exhibited widely across Canada and China, and his paintings are found in many private and corporate collections. His first book was *Astonishing Legacy: Shoe-Fantasia*. Sean lives in Regina, Saskatchewan.





Praise for *Water Love*

"The illustrations are breathtaking and submerge us into the story. ... [*Water Love*] leaves readers with powerful messages about the importance of exposure, accessibility, culturally specific opportunities and their impact on bringing communities together." — **Canadian Children's Book News**

"The 'giver of life' characteristic of water is proverbial. Yet for many people of African descent ... the water we swim in carries a darker history of enslavement ... It is in the wake of this generational trauma that we meet Kaya, a 10-year-old girl for whom water simply means love." — **Quill & Quire**

Format: Hardcover, Picture book
Age (years): 0 - 6
ISBN: 978-1-4869366-9-4
Trim: 9" x 9.5" | Pages: 32
Price: \$24.95 (CAD)

Thema: YBC: Children's picture books
Keywords: embroidery, craft, nursery rhymes, embroidered, diverse nursery rhymes, songs, children's songs, sing-a-long, hamilton artist, baby songs, read-a-loud, baby gift

JUV055000: JUVENILE FICTION /
Nursery Rhymes,
JUV003000: JUVENILE FICTION / Art

French edition
available
*Mon amour
de l'eau*
ISBN: 9781738898213



Natalie Hodgson is an Indigenous Black Nova Scotian mother, partner, author, counsellor, educator, and Impact of Race and Culture Assessor. She has a passion for literacy and its value in children's growth and well-being. Hodgson believes that children need to see themselves reflected in the books they read.

Rajean Willis is a proud Indigenous Black Nova Scotian woman from the communities of Truro and East Preston, Nova Scotia. She is a devoted partner, mother, social work clinician, author, scholar, and educator. Willis cares deeply about developing and promoting culturally specific opportunities for Black children and youth and values the need for cultural representation. She currently lives in North Preston, Nova Scotia.

Sahle Robinson is a children's book illustrator and series director, senior storyboard artist, and character concept designer for television animation. Based in Toronto, Robinson, his wife, and his children also contribute to various community art-related projects.





Format: Hardcover,
Picture book
Age (years): 3 - 7
ISBN: 9781486936687

Trim: 8.75" x 8.75"
Pages: 36
Price: \$21.95 (CAD)

Praise for *Twelve in a Race*

"*Twelve in a Race* is a charming retelling of the story behind the 12 animals that form the Chinese zodiac. ... The brisk, breathless pace of Catherine Little's rhymes celebrates each animal's strengths while softening some of the sharper edges. ... Sae Kimura's illustrations are simply joyful. Each animal finishes the race on a full-colour, two-page spread that bursts with energy." — **Quill & Quire**, ★ **Starred Review**



"... Charming and informative and I suspect every child will be looking up their sign "Sae Kimura's Japanese heritage ... contributes to the tradition of the story of *Twelve in a Race*. She instills a traditional majesty [to her characters...]"

— **CanLit for LittleCanadians**



Catherine Little is an educator, consultant, and writer with a love of children's books. She wrote *Twelve in a Race* as a way to introduce her son to another zodiac story in his Chinese heritage. Catherine resides in Toronto, Ontario with her husband and son.

Sae Kimura is an artist and illustrator originally from Odawara, Japan, now working and exhibiting her art in Toronto and elsewhere. Her artwork can be found in many galleries and private collections. Sae resides in Toronto, Ontario.

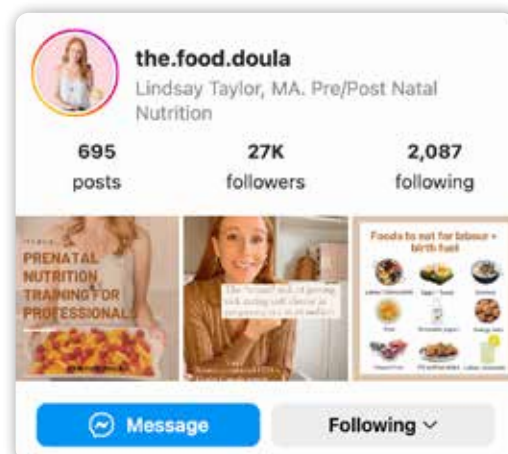




Format: Hardcover
Adult Education
ISBN: 978-1-8949159-8-4
Trim: 8" x 10" | Pages: 232
Price: \$35.00 (CAD)

JUV055000: JUVENILE FICTION /
Nursery Rhymes, JUV003000: JUVENILE
FICTION / Art

Thema: VFXB: Pregnancy, birth & baby
care: advice & issues
Keywords: cookbook, pregnancy,
pre-natal nutrition, doula, maternity,
post-natal nutrition, healthy pregnancy



The Food Doula Cookbook eliminates the guesswork of what to eat during pregnancy, empowering expectant moms to be nourished, energized, and confident — from preconception through the three trimesters to postpartum.

Author **Lindsay Taylor**'s positive attitude of no rules and no guilt, balanced with her focus on nutritious real-food choices, permeates the book. In addition to 90 plus easy-to-follow recipes for delicious, nourishing meals best suited for each trimester and postpartum recovery, Lindsay also offers helpful advice on how to build a prenatal pantry, make the best food choices, and engage in effective meal planning and prepping, leaving the expectant mom time to relax and enjoy her pregnancy.



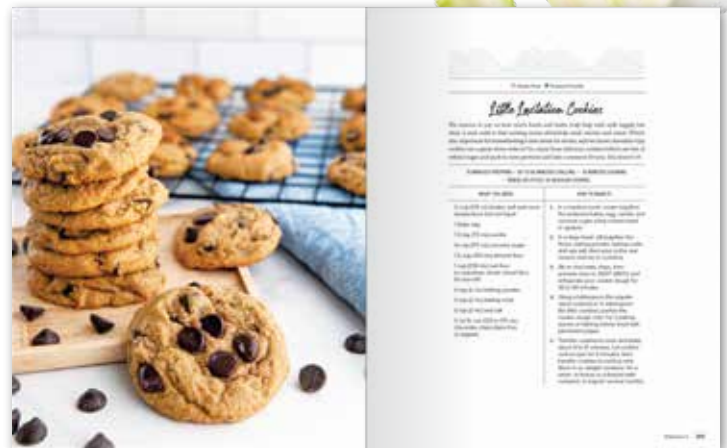
Praise for *The Food Doula Cookbook*

"The Food Doula Cookbook should be required reading (and cooking) for all mothers-to-be. It is, hands down, the best pre-and post-natal culinary nutrition-infused cookbook out there."

— **Meghan Telpner**, *Bestselling author, The UnDiet Cookbook, and Founder of the Academy of Culinary Nutrition*

"I will continue to revisit this cookbook long after my babies are grown."

— **Evanka Osmak**, *SPORTSnet Anchor, And Co-Host, Moms In The Middle Podcast*

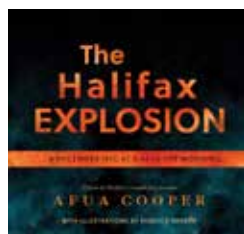


Lindsay Taylor loves food, and promotes real-food nutrition for health and wellness. She believes strongly that eating healthy can be fun, easy, enjoyable, and rewarding for everyone. As a mom, certified culinary nutrition expert, and doula with a background in public health and academic research, Lindsay understands the impact of pregnancy and motherhood on women's lives. She knows the importance of eating wholesome, nourishing food to optimize the well-being of both moms and their babies — hence this book. Lindsay delights in sharing what she knows about how to cope with the ups and downs of pregnancy and new-mom life, and the benefits of real-food choices. She creates easy-to-follow recipes for cooking up nutritious meals, and includes practical tips and tricks to enhance the prepping and cooking experience. For Lindsay, writing **The Food Doula Cookbook** has been a commitment — and a labour of love. Lindsay lives in Mississauga, Ontario with her husband and two daughters.



***A Field Guide to the Heart:*
*Poems of Love, Comfort & Hope Paperback***

Format: Paperback, Trade
Adult
ISBN: 978-1-4869365-6-4
Trim: 8.5" x 6.5" | Pages: 96
Price: \$22.00 (CAD)



***The Halifax Explosion:*
*6 December 1917, at 9:05 in the Morning***

Format: Hardcover, Picture book
Age (years): 9 - 12
ISBN: 978-1-7782428-0-9
Trim: 9.25" X 8.75" | Pages: 36
Price: \$22.95 (CAD)



Lady Susan

Format: Paperback, Trade
Adult
ISBN: 978-1-4869362-1-2
Trim: 7.5" x 5.5" | Pages: 120
Price: \$15.00 (CAD)



***The Food Doula Cookbook:*
*A Guide to a Healthy Pregnancy
and a Nourished New Mom***

Format: Hardcover
Adult Education
ISBN: 978-1-8949159-8-4
Trim: 8" x 10" | Pages: 232
Price: \$35.00 (CAD)



***I am Not a Ghost:*
*The Canadian Pacific Railway***

Format: Hardcover, Picture book
Age (years): 7 - 12
ISBN: 978-1-7782428-1-6
Trim: 9" x 9.5" | Pages: 40
Price: \$24.95 (CAD)



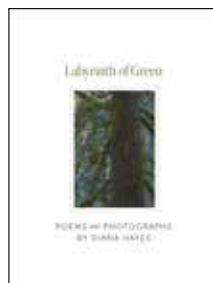
Light in the Forest

Format: Hardcover,
Picture book
Age (years): 1 - 8
ISBN: 978-1-7705899-5-7
Trim: 9" x 10"
Pages: 48
Price: \$24.95 (CAD)



The Grey Woman

Format: Paperback, Trade
Adult
ISBN: 978-1-4869362-2-9
Trim: 7.5" x 5.5" | Pages: 88
Price: \$15.00 (CAD)



Labyrinth of Green

Format: Paperback, Trade
Adult
ISBN: 978-1-4869327-0-2
Trim: 7.5" x 5.5" | Pages: 104
Price: \$22.95 (CAD)



***More, Please!*
*Foods Kids Love***

Format: Hardcover, Trade binding
Adult Education
ISBN: 978-1-7782428-6-1
Trim: 10" x 8" | Pages: 180
Price: \$36.99 (CAD)



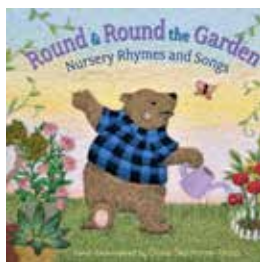
Nocturne: Poems to Linger Over

Format: Hardcover, Trade binding
Adult

ISBN: 978-1-7388982-0-6

Trim: 8" x 6" x 0.2" | Pages: 112

Price: \$24.95 (CAD)



Round & Round the Garden

Format: Hardcover, Picture book

Age (years): 0 - 6

ISBN: 978-1-7782428-3-0

Trim: 9" x 9.5" | Pages: 32

Price: \$24.95 (CAD)



The Tenant of Wildfell Hall

Format: Paperback, Trade
Adult

ISBN: 978-1-4869365-7-1

Trim: 8.5" x 6.5" | Pages: 472

Price: \$20.00 (CAD)



Twelve in a Race

Format: Hardcover,
Picture book

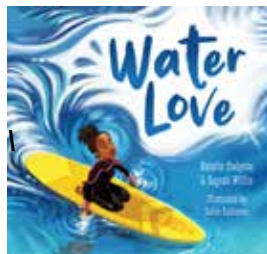
Age (years): 3 - 7

ISBN: 978-1-4869366-8-7

Trim: 8.75" x 8.75"

Pages: 36

Price: \$21.95 (CAD)



Water Love

Format: Hardcover, Picture book

Age (years): 0 - 6

ISBN: 978-1-4869366-9-4

Trim: 9" x 9.5" | Pages: 32

Price: \$24.95 (CAD)



**Water Love (French Edition:
Un amour d'eau)**

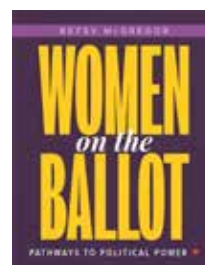
Format: Hardcover, Picture book

Age (years): 0 - 6

ISBN: 978-1-7388982-1-3

Trim: 9" x 9.5" | Pages: 32

Price: \$24.95 (CAD)



Women on the Ballot

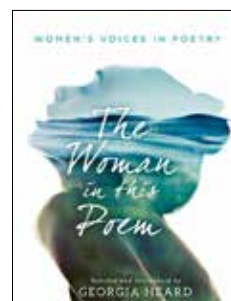
Pathways to Political Power

Format: Paperback, Trade
Adult

ISBN: 978-14869326-9-6

Trim: 9.25" x 7.25" | Pages: 244

Price: \$34.95 (CAD)



The Woman in this Poem:

Women's Voices in Poetry

Format: Paperback, Trade
Adult

ISBN: 978-09211566-0-4

Trim: 9" x 7" | Pages: 144

Price: \$22.95 (CAD)

Plumleaf Vintage Collection



The Tenant of Wildfell Hall

ISBN: 978-1-4869365-7-1

The Grey Woman

ISBN: 978-1-4869362-2-9

Lady Susan

ISBN: 978-1-4869362-1-2

Poetry Collection



The Woman in this Poem:

Women's Voices in Poetry

ISBN: 978-09211566-0-4

A Field Guide to the Heart:

Poems of Love, Comfort & Hope

ISBN: 978-1-4869365-6-4

Labyrinth of Green

ISBN: 978-1-4869327-0-2

Cookbook Collection



The Food Doula Cookbook:

***A Guide to a Healthy Pregnancy
and a Nourished New Mom***

ISBN: 978-1-8949159-8-4

More, Please!

Foods Kids Love

ISBN: 978-1-7782428-6-1

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SALES REPRESENTATIVES

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

Ali Hewitt 604-337-4052 ext. 402 alih@ampersandinc.ca

Dani Farmer 604-337-4053 ext. 403 danif@ampersandinc.ca

Pavan Ranu 604-337-4055 ext. 400 pavanr@ampersandinc.ca

Kim Herter 604-337-4054 ext. 401 kimh@ampersandinc.ca

Dayle Sutherland 604-337-2441 ext. 404 dayles@ampersandinc.ca

2440 Viking Way, Richmond, BC, V6V 1N2

general phone 604-243-5594, toll-free 866-736-5620

fax 604-337-4056, toll-free 866-849-3819

website ampersandinc.ca

Ontario

Saffron Beckwith Ext. 124 saffronb@ampersandinc.ca

Morgen Young Ext. 128 morgeny@ampersandinc.ca

Laureen Cusack Ext. 120 laureenc@ampersandinc.ca

Vanessa Di Gregorio Ext. 122 vanessad@ampersandinc.ca

Sarah Gilligan Ext. 129 sarahg@ampersandinc.ca

Kris Hykel Ext. 127 krish@ampersandinc.ca

Jenny Enriquez Ext. 126 jennye@ampersandinc.ca

Head Office:

Suite 213, 321 Carlaw Avenue, Toronto, ON, M4M 2S1

phone 416-703-0666, toll-free 866-736-5620

fax 416-703-4745, toll-free 866-849-3819

website ampersandinc.ca

Atlantic Provinces/Quebec

Kris Hykel

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

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