

The Politics and Practice of Sustainable Living



Chelsea Green Publishing Rights List

New & Forthcoming

March 2017

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Food & Cookbooks:

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Parachuting Cats into Borneo by Axel Klimek and Alan AtKisson

Selected Backlist

Founded in 1984, Chelsea Green Publishing is recognized as a leading publisher of books on the politics and practice of sustainable living, publishing authors who bring in-depth, practical knowledge to life, and give readers hands-on information related to organic farming and gardening, permaculture, ecology, the environment, simple living, food, sustainable business and economics, green building, and more.



Mastering Diabetes

A Comprehensive, Integrative Approach for Successfully Treating Both Type 1 and 2 Diabetes

By Dr. Mona Morstein

Mastering Diabetes is the bible of diabetes management, an indispensable companion for anyone with a diagnosis of Type 1, Type 2, pre-diabetes, or gestational diabetes—as well as for caregivers and physicians.

Most physicians focus narrowly on certain aspects of the disease—controlling blood glucose levels through conventional treatments—and most diabetes books on the market are similarly narrow in scope, by offering a one-size-fits-all diet.

Dr. Mona Morstein's *Mastering Diabetes* is different; it is the only book to offer a comprehensive integrative approach to diabetes management, combining the best that conventional medicine has to offer with the most cutting-edge and effective whole-body naturopathic treatments. The goal is not to simply palliate symptoms with escalating amounts of medications, but to use other means to manage—or, in some cases of Type 2, reverse—the condition.

Topics include:

- Everything you need to know about insulin
- What physical exams and lab work you need
- The critical importance of a low-carb diet
- Why American Diabetes Association Guidelines are problematic
- The role of exercise, stress management, and the microbiome
- Supplements
- Pediatric diabetes
- And much more

Dr. Mona Morstein has been a naturopathic doctor for twenty-five years and sees patients for acute and chronic conditions at her clinic, Arizona Integrative Medical Solutions. She is an expert on obesity, prediabetes/insulin resistance, all types of diabetes, and gastroenterological conditions. Dr. Morstein is also the founder and executive director of The Low Carb Diabetes Association, dedicated to educating patients, their caregivers, and medical practitioners about using comprehensive integrative medicine to prevent and successfully treat all types of diabetes.

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Rights Held: World

Contents

Introduction

1. Different Types of Diabetes

2. Type 2 Diabetes

3. Physical Exams

4. Lab Work

5. Conventional Treatment of Diabetes

6. The Eight Essential: Medicine (The Insulins)

7. The First Essential: Diet

8. Diabetic Low Carb Diet Options

9. Essentials Two through Six:

Exercise, Sleep, Stress

Management, Healing the

Gut/Microbiome, and

Detoxification

10. The Seventh Essential: Diabetes Supplementation

11. Diabetes and Pregnancy

12. Diabetes Pediatrics

13. Diabetic Challenges

14. Diabetic Complications

15. Diabetic Case Studies and

Concluding Summary

Health

[The Alzheimer's Antidote](#)

Using a Low-Carb, High-Fat Diet to Fight Alzheimer's Disease, Memory Loss, and Cognitive Decline

By Amy Berger, MS, CNS, NTP

Despite decades of research and millions of dollars invested in uncovering the causes and developing treatments for Alzheimer's Disease, progress has been slow.

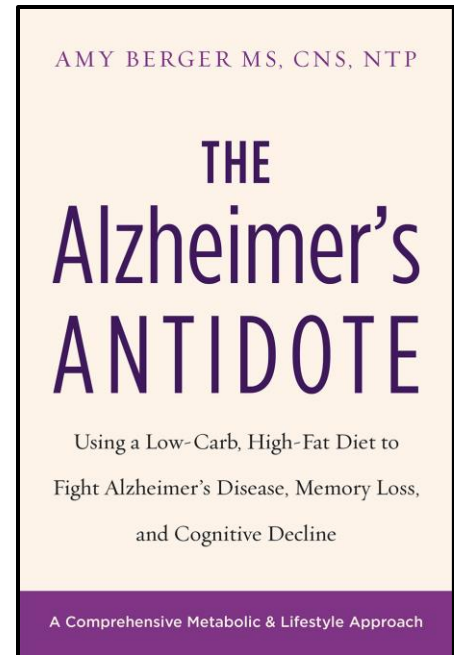
However, there may be ways to prevent, delay, and possibly even reverse the course of this crippling neurodegenerative disease. *In The Alzheimer's Antidote*, Certified Nutrition Specialist Amy Berger presents a multi-pronged nutrition and lifestyle intervention to combat Alzheimer's disease at its roots. Berger's research shows that Alzheimer's results from a fuel shortage in the brain: As neurons become unable to harness energy from glucose, they atrophy and die, leading to classic symptoms like memory loss and behavioral changes.

This is a revolutionary approach—one that has been discussed in the scientific literature for years but has only recently been given credence in clinical settings, thanks to extremely promising studies wherein Alzheimer's patients have experienced complete reversals of the condition.

Medical and scientific journals are full of research showing alternate ways to fuel the starving brain, but no one has been bringing this essential information to the people who need it most—until now.

Amy Berger, MS, CNS, NTP, is a Certified Nutrition Specialist and Nutritional Therapy Practitioner. She is a US Air Force veteran who now specializes in using low-carbohydrate nutrition to help people reclaim their vitality through eating delicious, wholesome foods, and teaching them that achieving vibrant health doesn't require starvation, deprivation, or living at the gym. Her motto is, "Real people need real food!" You can read her blog at www.tuitnutrition.com, where she writes about a wide range of health and nutrition-related topics, such as insulin, metabolism, weight loss, thyroid function, and more.

"Amy Berger brings a fresh, new perspective to the rising problem of Alzheimer's disease. She proposes a natural treatment that has, in my opinion, a far greater chance of clinical success than standard medications. *The Alzheimer's Antidote* is a terrific book."—**Jason Fung, MD, author of *The Obesity Code***



Publication Date: March 2017

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Art Program: B&W photos, charts and graphs

Rights Held: World

"Magnificent ... In these pages are your highly empowering tools that will allow you to gain control over your genetic and cognitive diversity."—**David Perlmutter, MD, author of *Grain Brain*, #1 *New York Times* bestseller**

"*The Alzheimer's Antidote* is a scientifically sound method of nutrition and lifestyle which combats AD at a molecular level. If you or someone you know suffers from AD, I highly recommend this book."—**Robb Wolf, *New York Times* bestselling author of *The Paleo Solution* and *Wired to Eat***

Health

[The Metabolic Approach to Cancer](#)

Integrating Deep Nutrition, the Ketogenic Diet and Non-Toxic Bio-Individualized Therapies

By Nasha Winters, ND, LAc, FABNO and Jess Higgins Kelley, MNT

Foreword by Kelly Turner

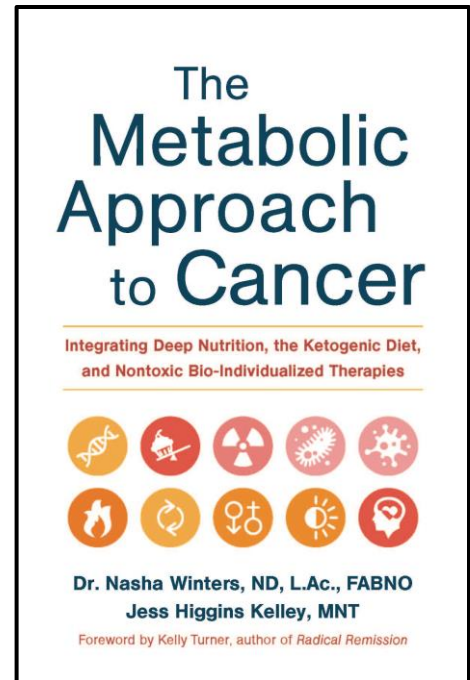
Cancer rates have increased exponentially since the beginning of the twentieth century and it's estimated that there will be 23.6 million new cases of cancer worldwide each year by 2030. Conventional treatment continues to rely on chemotherapy, surgery, and radiation to attack cancer cells. Yet research has repeatedly shown that 95 percent of cancer cases are directly linked to diet and lifestyle.

The Metabolic Approach to Cancer is the first book to offer a comprehensive, metabolic-focused nutrition protocol that *works*. The metabolic theory posits that cancer is fueled by high-carbohydrate diets, not “bad” genetics, and is gaining traction as a result of research showing incredible clinical outcomes.

Winters and Higgins have identified the ten key elements of a person's metabolic “terrain”—including the immune system, inflammation, hormones, toxin exposures, and blood sugar balance—that are crucial to preventing and managing cancer. In this groundbreaking book, they offer corresponding therapies that will empower both patients and physicians to slow cancer's endemic spread.

Dr. Nasha Winters, ND, FABNO, L.Ac, Dipl.OM, is the founder, CEO, and visionary of Optimal Terrain Consulting. She has been working in the health care industry for 25 years and is a nationally board certified naturopathic doctor, licensed acupuncturist, practitioner of oriental medicine, and is a fellow of the American Board of Naturopathic Oncology. Initially motivated by a terminal cancer diagnosis 25 years ago, she now lectures all over the world, trains physicians, and consults with researchers. She lives in Durango, CO.

Jess Higgins Kelley, MNT, is a master nutrition therapist and director of the Oncology Nutrition Program at the Nutrition Therapy Institute in Denver, Colorado. She is the founder and CEO of the worldwide oncology nutrition consulting and education enterprise, Remission Nutrition.



Publication Date: May 2017

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Rights Held: World

“Read this important book to learn how cancer is an environmental, metabolic disease...and what you can do to prevent or even reverse it. You'll never look at sugar the same way again.”—**Dave Asprey**, *New York Times* bestselling author of *The Bulletproof Diet*

Health

[Tripping over the Truth](#)

How The Metabolic Theory of Cancer is Overturning One of Medicine's Most Entrenched Paradigms

By Travis Christofferson, MS

Foreword by Dominic D'Agostino, PhD

Tripping over the Truth follows the story of cancer's proposed metabolic origin from the vaunted halls of the German scientific golden age to modern laboratories around the world.

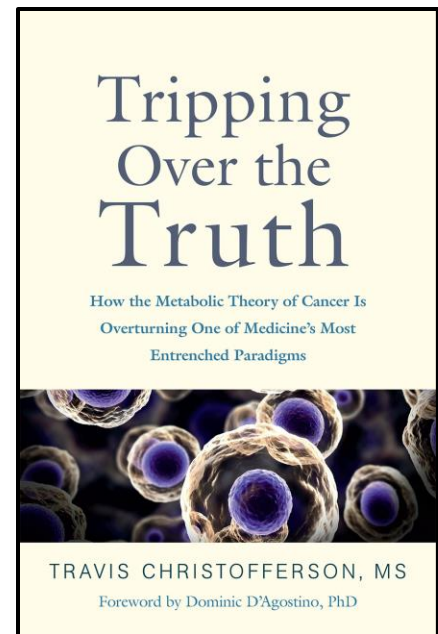
Transporting us on a rich narrative of humanity's struggle to understand the cellular events that conspire to form malignancy, *Tripping over the Truth* reads like a detective novel, full of twists and cover-ups, blind-alleys and striking moments of discovery by men and women with uncommon vision, grit, and fortitude.

Ultimately, Christofferson arrives at a conclusion that challenges everything we thought we knew about the disease, suggesting the reason for the failed war against cancer stems from a flawed paradigm that categorizes cancer as an exclusively genetic disease.

For anyone affected by this terrifying disease and the physicians who struggle to treat it, this book provides a fresh and hopeful perspective. In a sharp departure from the current "targeted" revolution occurring in cancer pharmaceuticals, the metabolic therapies highlighted have one striking feature that sets them apart—the potential to treat all types of cancer because they exploit the one weakness that is common to every cancer cell: dysfunctional metabolism.

Travis Christofferson is a graduate of the Montana State Honors Program in molecular biology with a minor in biochemistry. He received the Nelson Fellowship for "outstanding undergraduate research", and continued graduate research culminating in an MS in Material Engineering and Science from the South Dakota School of Mines and Technology.

"The information presented in *Tripping over the Truth* will have profound consequences for how cancer is managed and prevented. Metabolic therapies will be more effective and less toxic than the current gene- or immune-based therapies and have the potential to significantly improve quality of life and long-term survival for millions of cancer patients worldwide."—**Thomas N. Seyfried, PhD, author of *Cancer as a Metabolic Disease***



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Rights Held: World excluding German and Chinese

"Phenomenal...required reading for anyone who has cancer or knows someone who has cancer...I cannot stress its importance enough. Get yourself a copy, and read it."—**Dr. Joseph Mercola, founder and director, mercola.com**

"A well-written account of a nonstandard but plausible theory of oncology."—**Kirkus Reviews**

With contributions from Thomas Seyfried, Ph.D., author of *Cancer as a Metabolic Disease*; Miriam Kalamian, EdM, MS, CNS, author of *Keto for Cancer*; and Beth Zupec Kania, consultant nutritionist of The Charlie Foundation.

Health

Keto for Cancer

The Ketogenic Diet as a Targeted Nutritional Strategy

By Miriam Kalamian, EdM, MS, CNS

Foreword by Thomas Seyfried, PhD

Although evidence supporting the benefits of ketogenic diet therapies continues to mount, there is little to guide those who wish to adopt this diet as a metabolic therapy for cancer.

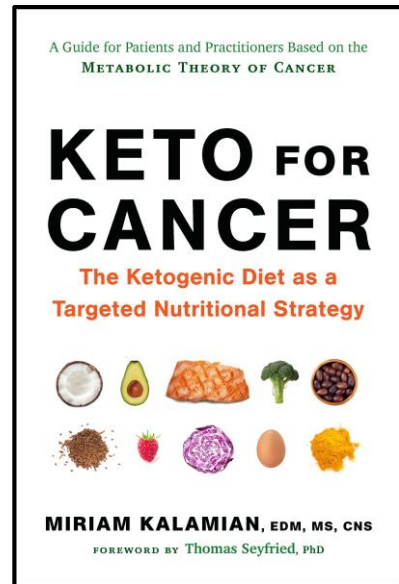
Keto for Cancer is the first book that addresses the nuts and bolts of adopting the diet, from deciding whether ketogenic is the right choice, to developing a personal plan for smoothly navigating the ketogenic lifestyle.

It is invaluable for both beginners and seasoned users of the ketogenic diet as well as for health care professionals who need a toolkit to implement this targeted metabolic therapy.

Kalamian also discusses important issues such as self-advocacy. Readers of *Keto for Cancer* are empowered to “get off the bench and get in the game.” To that end, Kalamian offers tips on how to critically examine cancer care options then incorporate what resonates into a truly personalized treatment plan.

Miriam Kalamian EdM, MS, CNS, is a nutrition professional who founded Dietary Therapies LLC. She is a Keto for Cancer specialist who has worked firsthand with hundreds of people and witnessed the life-affirming effects of Ketogenic therapy.

For more than twenty-five years, **Dr. Thomas Seyfried** has taught and conducted research in neurogenetics, neurochemistry, and cancer at Yale University and Boston College. He has published more than 150 articles and book chapters, including the groundbreaking treatise *Cancer as a Metabolic Disease*. Dr. Seyfried has been a featured speaker at numerous scientific symposia and conferences relating to cancer, including the 2nd Annual Ancestral Health Symposium; The Educational Session Lecture, American Association Cancer Research, and the Institute for Human & Machine Cognition (IHMC).



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Rights Held: World

Foreword by Thomas Seyfried, PhD

Preface

Introduction

1: Cancer: Genetics or Metabolism?

2: “Show Me the Evidence”

3: “Show Me the Science”

4: Are You a Good Candidate for the Ketogenic Diet?

5: Understanding the History of the Ketogenic Diet

6: Diet *Does* Matter!

7: Fasting for Health

8: Let’s Get Started!

9: Creating Your Personal Plan

10: Put Your Plan Into Action

11: Get to Know Your Macros

12: Planning for Success

13: Put Your Plan Into Action

14: Nutritional Supplements

15: Considering Possible Side Effects

16: Evaluating Your “Response to Treatment”

17: Your Anticancer Life

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Glossary

Statin Nation



By Justin Smith

Heart disease is the leading cause of death worldwide, and for decades, health authorities have blamed fat and cholesterol. Consequently, lowering cholesterol has become a hugely lucrative business. Cholesterol-lowering statin drugs are now the most prescribed medication in the world.

Many doctors and researchers, however, have also started to question the role cholesterol plays in heart disease. Many people with heart disease do *not*, in fact, have high cholesterol and even the strongest supporters of the cholesterol hypothesis admit that no ideal level of cholesterol can be identified. Large-scale studies have now shown that statins are not generating the benefits that were predicted, and new research shows that high cholesterol may actually *prevent* heart disease.

A complete re-evaluation of the real causes of heart disease is long overdue, not to mention an inquiry into why the pharmaceutical industry continues to over-prescribe statins—and market them aggressively to consumers—despite this evidence.

In *Statin Nation*, Justin Smith forges an innovative path away from the outdated cholesterol myth to a viable alternative model that addresses the real causes of heart disease. Smith provides detailed examinations of nutritional alternatives that are up to six times more effective than statins and other interventions that have been shown to be up to eleven times more effective, but are currently ignored by health authorities. Smith provides a heart disease prevention plan that anyone can use, providing hope for the future of heart-disease treatment with a purpose.

Justin Smith is the producer, director, and writer of the documentary *Statin Nation I and II*. He formerly was a personal trainer, sports massage therapist, and nutrition coach. *Statin Nation* arose from a general-nutrition book planned by Justin. He originally hoped to only spend one chapter on cholesterol, but rerouted the entire project once the overwhelming evidence disillusioned his notions of heart disease. He is based in the UK.

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Contents

1. Introduction
 2. The Mechanism
 3. Hearts And Minds
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 5. CoQ10 and The Heart's Energy Factory
 6. Magnesium
 7. Vitamin C - The Healing Factor 69
 8. Salt: Sodium - Potassium
 9. Water
 10. Immunity
 11. Environmental Cardiology
 12. Conclusion - What To Do
- References
Appendix - Food Tables

Health

Human Heart, Cosmic Heart

A Doctor's Quest to Understand, Heal, and Prevent Cardiovascular Diseases

By Thomas Cowan, MD

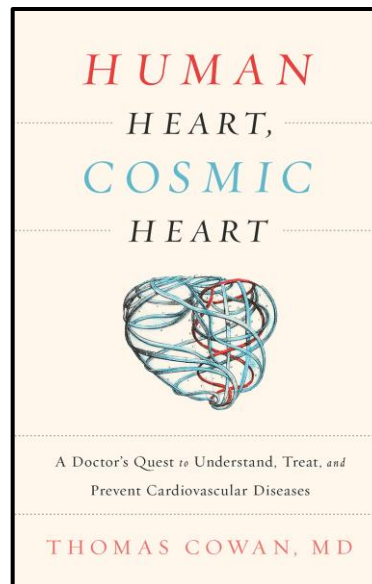
Thomas Cowan was a 20-year-old college grad when he joined the Peace Corps in the mid-1970s for a two-year tour in Swaziland. There, he encountered the groundbreaking ideas of Weston A. Price and Rudolf Steiner. Throughout medical school and as he established his practice, Dr. Cowan remained fascinated by Price and Steiner and, in particular, by Steiner's provocative claim that the heart is not a pump. If Steiner was correct, what then is the heart's true role in the body?

In this deeply personal, rigorous, and riveting account, Dr. Cowan offers up a daring claim: Not only was Steiner correct, but our understanding of heart disease—with its origins in the blood vessels—is completely wrong. And this misunderstanding is the reason heart disease remains the most common cause of death worldwide.

In *Human Heart, Cosmic Heart*, Dr. Cowan offers a revolutionary new way of understanding the body's most central organ and how we can best care for it—and ourselves.

Thomas Cowan, MD, has studied and written about many subjects in medicine including nutrition, homeopathy, anthroposophical medicine, and herbal medicine. He is the principal author of *The Fourfold Path to Healing* and co-author (with Sally Fallon) of *The Nourishing Traditions Book of Baby and Child Care*. Dr. Cowan has served as vice president of the Physicians' Association for Anthroposophic Medicine and is a founding board member of the Weston A. Price Foundation®.

“Part biography, part wisdom, part practical advice, *Human Heart, Cosmic Heart* will change the way you look at the process of healing and the miraculous world of the human body.”—**Sally Fallon Morell, President, The Weston A. Price Foundation**



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Rights Held: World

“This book blew my mind. I will admit . . . I thought I was simply going to be reading an interesting memoir of a good physician. Instead, I discovered the most groundbreaking, unorthodox, outside-the-box treatise on the heart I have ever stumbled upon. If you have a heart and you want to live a long time, you must, must read this book.”—**Ben Greenfield, author of the *New York Times* bestseller, *Beyond Training*; founder and owner, Greenfield Fitness Systems**



Fasting and Feasting

The Life of Visionary Food Writer Patience Gray

By Adam Federman

For more than thirty years, Patience Gray—the author of the celebrated cookbook *Honey From a Weed*—lived in the far south of Italy, also known as Finibus Terrae or Land’s End. She lived without electricity, modern plumbing, or a telephone and was fond of quoting Gertrude Stein to the effect that she wrote only for herself and friends. “She simply wished her accumulated knowledge to be preserved in a permanent, beautiful form for the benefit of her grandchildren,” wrote her publisher, Alan Davidson.

So it is not surprising that when Gray died in 2005 the BBC described her as an “almost forgotten culinary star.” But Gray’s influence, particularly among chefs and other food writers, has been profound. Certainly her prescience—she was writing about ideas that have only recently become part of the cultural mainstream, from eating locally to foraging—was unrivalled.

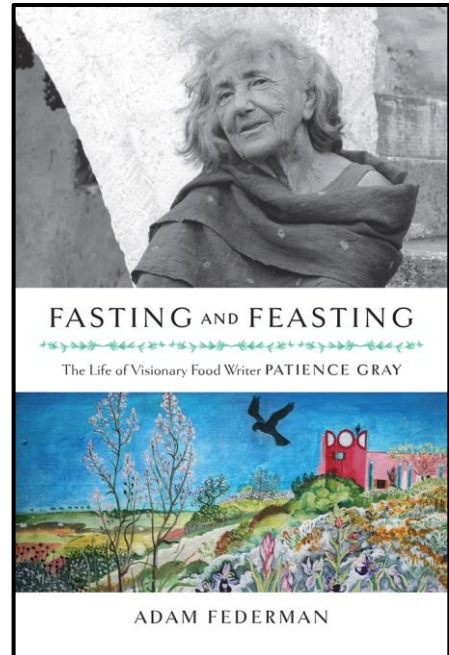
In *Fasting and Feasting*, biographer Adam Federman tells the remarkable—and until now untold—life story of Patience Gray: from her privileged and intellectual upbringing in England, to her trials as a single mother during World War II, to her career working as a designer, editor, translator, and author, and describing her travels and culinary adventures in later years. A fascinating and spirited woman, Patience Gray was very much a part of her times but very clearly ahead of them.

Adam Federman has written for the *Nation* magazine, *Salon*, *Columbia Journalism Review*, *Gastronomica*, *Fire & Knives*, *Petits Propos Culinaires*, *Earth Island Journal*, *Adirondack Life* and other publications. He has been a Russia Fulbright Fellow, a Middlebury Fellow in Environmental Journalism, a Steinbrenner Media Fellow at Carnegie Mellon University, and is the recipient of two International Regional Magazine Association awards in the categories of nature and feature writing. He lives in Vermont.

What people say about Patience Gray and *Honey From a Weed*:

“[There are] food people whom you tend to ‘believe’ rather than simply admire. In this . . . noble lineage is Patience Gray, a wandering Bruce Chatwin of food.”—**Jim Harrison, author**

“Patience was a woman of strong emotions and opinions, her prose muscular and full of character. So, too, was her cookery.”—**Tom Jaine, *The Guardian***



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Rights Held: World

Editor’s Note: Patience Gray was a UK cookbook author who wrote about French cooking and lived part of her life in Italy. Particularly strong rights potential in those countries.

“[She] gives you that nice sense of being present and alongside her, visiting these places like Tuscany and Catalonia, and cooking with her.”—**April Bloomfield, chef, on *Honey From a Weed***

“Remarkably ahead of its time, *Honey From a Weed* is scrupulous in its knowledge of local and seasonal cooking. . . . A book that encourages taking the time to read quietly, passages that inspire and inform equally of a life and foods quite unique, far removed from the urgencies and furies of modern life.”—**Jeremy Lee, *The Guardian***



Wild Beers and Sodas

By Pascal Baudar

Believe it or not, it need not be complicated or expensive to brew your own beers and sodas using local ingredients. Who better demonstrate that than renowned forager, teacher, and author Pascal Baudar? In *Wild Beers and Sodas*, his second book following *The New Wildcrafted Cuisine*, Baudar shares his brewing methods and philosophy so that anyone can liquefy terroir into fizzy brews with ease and enjoyment.

Baudar opens with a large-scale retrospective of plant-brewing, ancient beers, and even shows how to concoct a “true” primitive beer with malted grains, heated stones, and clay-pot brewing. Hot and cold brewing are outlined and readers are given recipes for both methods’ mouth-watering outcomes: mugwort beer, horehound beer, elderflower / pineapple weed cider, Manzanita cider, and spicy peppertree brew are among the many drinks readers can create. Baudar is quick to note these recipes are merely inspiration for readers to think up and execute brews with their own local ingredients.

Wild Beers and Sodas will attract herbalists, foragers, natural-foodies, and chefs with its seductive aromas—the methods espoused by Baudar apply beyond beers and sodas. Readers will find themselves inspired, again, by the abundance all around them.

Pascal Baudar, author of *The New Wildcrafted Cuisine*, is a professional forager, wild food instructor, and a self-styled “culinary alchemist” based in Los Angeles. His locally sourced wild ingredients and unique preserves have made their way into the kitchens of such star chefs as Ludo Lefebvre, Josiah Citrin, Ari Taymor, Michael Voltaggio, and Chris Jacobson. He has served as a wild food consultant for several TV shows including *MasterChef* and *Top Chef Duels*. He has been featured in numerous publications, including *Time* magazine, the *Los Angeles Times*, *L.A. Weekly*, and the *New York Times*. In 2014, he was named one of the 25 most influential tastemakers in L.A. by *Los Angeles Magazine*.



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Rights Held: World

Praise for Baudar’s *The New Wildcrafted Cuisine*

“This gorgeous book will make you salivate and dream.”—**Sandor Ellix Katz**, author of *The Art of Fermentation and Wild Fermentation*

“Pascal’s book contains some of the most unique and innovative ideas that you’ll ever find for using wild flavors.”—**Samuel Thayer**, author of *The Forager’s Harvest and Nature’s Garden*

Food & Cookbooks

Mastering Stocks and Broths

A Comprehensive Culinary Approach Using Traditional Techniques and No-Waste Methods

By Rachael Mamane

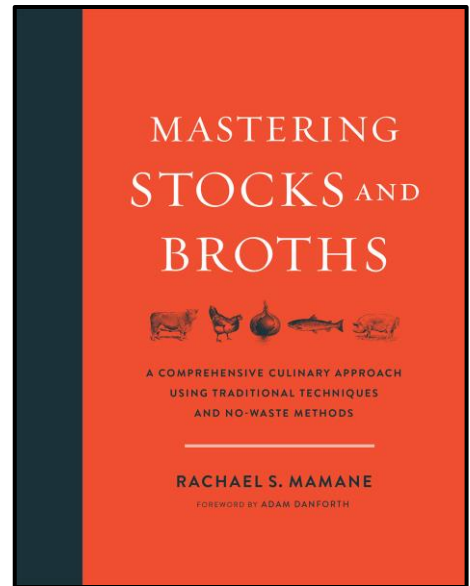
Stocks and broths are the foundation of good cooking, yet information on their use is often relegated to the introductions or appendices of cookbooks. Until now there has not been a comprehensive culinary guide to stocks in the canon, save for snippets here and there.

Hard to believe, since most passionate home cooks and professional chefs know that using stocks and broths—both on their own and as the base for a recipe—can turn a moderately flavorful dish into a masterpiece. *Mastering Stocks and Broths* is the comprehensive guide to culinary stocks and broths that passionate home cooks and innovative chefs have all been waiting for.

Rachael Mamane, a self-taught cook and owner of small-scale broth company Brooklyn Bouillon, is reminiscent of M. F. K. Fisher, Patience Gray, and Julia Child. She takes us on a culinary journey into the science behind fundamental stocks and the truth about well-crafted bone broths, and offers over 100 complex and unique recipes incorporating stocks as foundational ingredients.

Mastering Stocks and Broths includes a historical culinary narrative about stocks in the classic French technique as well as through the lens of other cultures around the world. Readers will learn about the importance of quality sourcing, the practical and health benefits of stocks and broths, and detailed methodology on how to develop, store, and use them in a home kitchen.

Rachael Mamane is the chef and owner of Brooklyn Bouillon (soon to be Butcher's Bouillon), a value-added product company that delivers sustainable and traceable concentrated stocks to consumers across New York State. Her work in reducing consumptive waste streams has been featured by *The New York Times*, *Modern Farmer*, *The Splendid Table*, and *Food Curated*, and her project participation with Feeding the 5000 was supported by the United Nations Environmental Program.



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Rights Held: World

“If one really used this book, one would emerge a truly excellent cook and, I dare say, person. Here is to deep passion and thoroughness. Kudos!”—**Deborah Madison**, author of *Vegetable Literacy* and *In My Kitchen*

“If you have ever tried to imagine the most definitive encyclopedia on stocks, sauces, and broths, here it is. *Mastering Stocks and Broths* is wildly practical and comprehensive. Everyone who aspires to see health germinate from their kitchen needs to follow Mamane’s lead. I can’t imagine a single question unanswered in this marvelous book.”—**Joel Salatin**, Polyface Farm, author of *You Can Farm*

Food & Cookbooks

Wild Fermentation, Revised Edition

The Flavor, Nutrition, and Craft of Live-Culture Foods

By Sandor Ellix Katz

Bread. Cheese. Wine. Beer. Coffee. Chocolate. Most people consume fermented foods and drinks every day. For thousands of years, humans have enjoyed the distinctive flavors and nutrition resulting from the transformative power of microscopic bacteria and fungi.

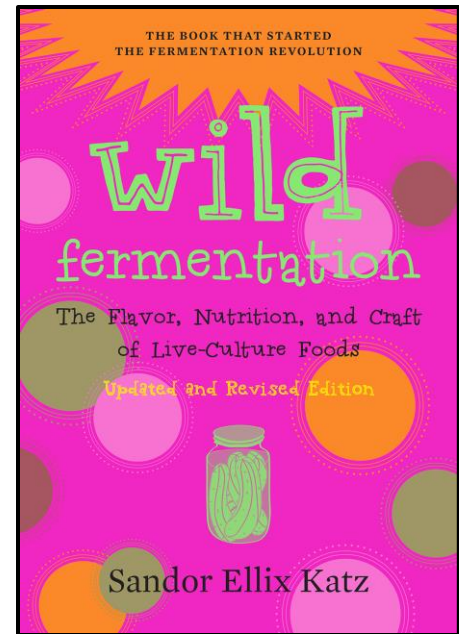
Originally published in 2003, the bestselling *Wild Fermentation*, as we well know, is a contemporary classic, a “cultural manifesto” that helped launch the fermentation craze.

Sandor Ellix Katz is a fermentation revivalist. His books *Wild Fermentation* (2003) and *The Art of Fermentation* (2012), along with the hundreds of fermentation workshops he has taught across North America and beyond, have helped to catalyze a broad revival of the fermentation arts. A self-taught experimentalist who lives in rural Tennessee, *The New York Times* calls him “one of the unlikely rock stars of the American food scene.” In 2014, Sandor was honored with the Craig Claiborne Lifetime Achievement Award from the Southern Foodways Alliance. Sandor teaches fermentation workshops in Tennessee and many other places. For more information, check out his website: www.wildfermentation.com

“The fermenting bible.”—*Newsweek*

“Sandor Katz has already awakened more people to the diversity and deliciousness of fermented foods than any other single person has over the last century.”—**Gary Paul Nabhan, author of *Growing Food in a Hotter, Drier Land***

“In a country almost clinically obsessed with sterilization Katz reminds us of the forgotten benefits of living in harmony with our microbial relatives.”—*Grist*



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Rights Sold:

- Czech (Grada)
- French (Les Editions Ulmer)
- German (Kopp Verlag e.K.)
- Japanese (Tsukiji Shokan Pub.)
- Korean (Firforest)
- Polish (Wydawnictwo Marginesy)
- Spanish (Alfaomega)
- Simplified Chinese (Ginkgo [Beijing] Book Co., Ltd.)

Editor's Note: The first edition of *Wild Fermentation* sold 175,000 copies in the U.S.

“In the spirit of the great reformers and artists, Sandor Katz has labored mightily to deliver this opus magnum to a population hungry for a reconnection to real food, and to the process of life itself.”—**Sally Fallon, author of *Nourishing Traditions* (from the foreword)**

Walking on Lava



Selected Works for Uncivilised Times

The Dark Mountain Project

Edited by Charlotte DuCann, Dougald Hine, Nick Hunt, and Paul Kingsnorth

The Dark Mountain Project was created in 2009 by two English writers—Dougald Hine and Paul Kingsnorth—who felt that writing was not doing its job.

In a world in which the climate was being changed by human activities; in which global ecosystems were dying back before the human advance; and in which the dominant economic and cultural assumptions of the West were clearly beginning to crumble, Hine and Kingsnorth asked: Where are the writers, and the artists? Why are the novels, films, the music, the cultural forms that pass for ‘mainstream’ in our society still behaving as if it were the twentieth century – or even the nineteenth?

Something else was—is—needed. The Dark Mountain Project called for writers as prophets, artists who spoke with honest tongues, who might not pretend to have answers but who didn’t hide from the questions. In doing so, it became a creative space of forward-thinking writers, artists, and intellectuals whose writing and art has appeared in ten volumes rooted in place, time and nature that The Dark Mountain Project has published since 2009.

Walking on Lava brings together the best of these volumes to showcase the groundbreaking work that has graced Dark Mountain’s pages in its eight-year history—and to continue to light a way forward for those courageous enough to confront the faltering myths of our times.

The Dark Mountain Project grew out of a feeling that contemporary literature and art were failing to respond honestly or adequately to the scale of our entwined ecological, economic and social crises. It believes that writing and art have a crucial role to play in coming to terms with this reality, and in questioning the foundations of the world in which we find ourselves.

MS Available: March 2017

Publication Date: August 2017

Pages: 288

Trim: 6 x 9

Art Program: B&W photos and drawings

Rights Held: World

Featured for the Age of Trump

Being Salmon, Being Human



A Phenomenology of Story

By Martin Lee Mueller

Being Salmon, Being Human examines Western culture's tragic alienation from nature by focusing on the relationship between people and salmon—weaving together key narratives about the Norwegian salmon industry as well as wild salmon in indigenous cultures of the northwestern United States.

Mueller uses this lense to articulate a comprehensive critique of human exceptionalism, directly challenging the 400-century old notion that other animals are nothing but complicated machines without rich inner lives, and that Earth is a passive backdrop to human experience. Being fully human, he argues, means experiencing the intersection of our horizon of understanding with that of other animals. Salmon are the test case for this. Mueller experiments, in evocative narrative passages, with imagining the world as a salmon might see it, and considering how this enriches our understanding of humanity in the process.

Being Salmon, Being Human is both philosophical and narrative work, rewarding readers with insightful interpretations of major philosophers—Descartes, Heidegger, Abram, and many more—and reflections on the human-earth relationship. It stands alongside Abram's *Spell of the Sensuous* and *Becoming Animal*, as well as Andreas Weber's *The Biology of Wonder* and *Matter and Desire*—heralding a new “Copernican revolution” in the fields of biology, ecology and philosophy.

Martin Lee Mueller, PhD received his doctorate in philosophy from the University of Oslo in 2016. Before that, he received his master's in culture, environment, and sustainability at the University of Oslo's Centre for Development and the Environment (SUM). Mueller is the co-founder of the Deep Ecology Workgroup, which focuses on environmental education for young people.

MS Available: February 2017
Publication Date: October 2017
Pages: 384
Trim: 6 x 9
Art Program: One color
Rights Held: World

new

Tamed and Untamed

Stories of Animals Domestic and Wild

By Sy Montgomery and Elizabeth Marshall Thomas

Foreword by Vicki Constantine Croke

Tamed and Untamed is a collection of essays penned by renowned authors (and best friends) Sy Montgomery and Elizabeth Marshall Thomas. It explores the minds, lives, and mysteries of animals as diverse as snails, house cats, hawks, sharks, dogs, lions and even octopuses.

Montgomery and Thomas have devoted their lives to sharing the animal kingdom's magic with others, and their combined wisdom is an indispensable contribution to the field of animal literature. The essays are drawn from their popular *Boston Globe* column of the same name (which has limited online access).

With humor, empathy, and introspection, Montgomery and Thomas look into the lives of all kinds of animals—from man's best friend to the great white shark—and examine the ways we connect with our fellow species.

Sy Montgomery is an author, naturalist, documentary scriptwriter, and radio commentator who has traveled to some of the world's most remote wildernesses for her work. She is the author of numerous award-winning books, including her memoir, *The Good Good Pig*, an international bestseller, and *The Soul of an Octopus*, both a bestseller and a 2016 National Book Award finalist. Montgomery lives in Hancock, New Hampshire.

One of the most widely read authors on anthropology and animals, wild and domestic, **Elizabeth Marshall Thomas** has observed dogs, cats, elephants, and human animals during her half-century-long career, all of which was inspired by her lengthy trips to Africa as a young woman. Her many books include *Dreaming of Lions*, *The Hidden Life of Dogs*, and *The Social Lives of Dogs*.

Sy Montgomery



MS Available: May 2017

Publication Date: October 2017

Pages: 200

Trim: 6 x 9

Art Program: One color

Rights Held: World

Gardening & Agriculture

[Mycorrhizal Planet](#)

How Symbiotic Fungi Work with Roots to Support Plant Health and Build Soil Fertility

By Michael Phillips

Mycorrhizal fungi have been waiting a long time for people to recognize just how important they are to the making of dynamic soils. These microscopic organisms partner with the root systems of approximately 95 percent of the plants on Earth, and they sequester carbon in much more meaningful ways than human “carbon offsets” will ever achieve.

Exploring the science of symbiotic fungi in layman’s terms, holistic farmer Michael Phillips sets the stage for practical applications across the landscape. The real impetus behind no-till farming, gardening with mulches, cover cropping, digging with broadforks, shallow cultivation, forest-edge orcharding, and everything related to permaculture is to help the plants and fungi to prosper— which means we prosper as well.

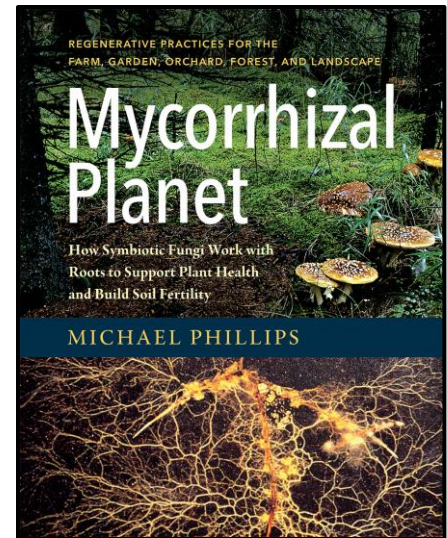
Michael’s fungal acumen will resonate with everyone who is fascinated with the unseen workings of nature and concerned about maintaining and restoring the health of our soils, our climate, and the quality of life on Earth for generations to come.

Michael Phillips is the author of *The Apple Grower* and *The Holistic Orchard*, and teamed up with his wife Nancy to write *The Herbalist’s Way*. His Lost Nation Orchard is part of the Holistic Orchard Network, and Michael also leads the community orchard movement at www.GrowOrganicApples.com

“*Mycorrhizal Planet* offers fascinating science and practical ideas for gardeners, farmers, foresters—for everyone, in fact.”—**Eric Toensmeier, author of *The Carbon Farming Solution***

“*Mycorrhizal Planet* pays tribute to the small and unseen, the uncredited collaborations beneath our feet, and Michael Phillips leads the tour underground for everyone with a warm and crafted writing style that anyone can understand and put to use.”—**Tradd Cotter, Mushroom Mountain, author of *Organic Mushroom Farming and Mycoremediation***

“The world desperately needs the information in *Mycorrhizal Planet*! A worthy effort with many useful practices laid out for all.”—**Dave Jacke, coauthor of *Edible Forest Gardens***



Publication Date: March 2017

Pages: 256

Trim: 8 x 10

Art Program: Four-color photos, illustrations, charts, and graphs

Rights Held: World

“An awesome book because it not only describes the importance of respecting living soil dynamics, it teaches how to act upon it.”—**Jean-Martin Fortier, author of *The Market Gardener***

“Michael Phillips is an emissary from the fungal realm, and he’s here to tell us, through both study and practice, how our partnership with fungi is not only crucial but how it can be carried out practically on our homesteads and farms.”—**Ben Falk, author of *The Resilient Farm and Homestead***

Rules for Revolutionaries

How Big Organizing Can Change Everything

By Becky Bond and Zack Exley

Rules for Revolutionaries tells the story of a breakthrough experiment conducted on the fringes of the Bernie Sanders presidential campaign when a technology-driven team empowered volunteers to build and manage the infrastructure to make seventy-five million calls, launch eight million text messages, and hold more than one-hundred thousand public meetings—in an effort to put Bernie Sanders’s insurgent campaign over the top.

Bond and Exley, digital iconoclasts who have been reshaping the way politics is practiced in America for two decades, have identified twenty-two rules of “Big Organizing” that can be used to drive social change movements of any kind. And they tell the inside story of one of the most amazing grassroots political campaigns ever run—pointing the way forward to a future where political revolution is truly possible.

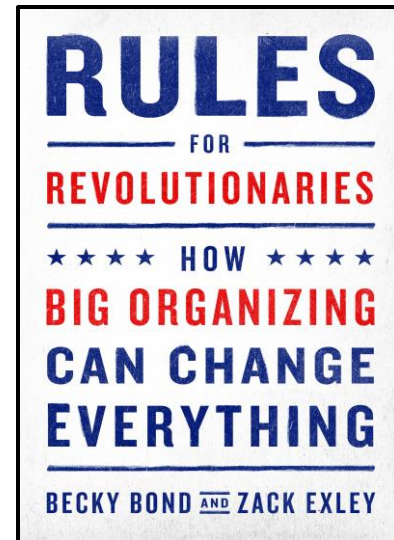
Becky Bond served as a senior advisor on the Bernie Sanders presidential campaign and was an architect of the campaign’s national, volunteer-driven grassroots campaign. Prior to joining the Bernie Sanders campaign, Becky served as political director at CREDO where she was an innovator working at the intersection of organizing, politics, and technology for over a decade.

Zack Exley served as a senior advisor on the Bernie Sanders presidential campaign and was an architect of the campaign’s national, volunteer-driven grassroots campaign. Zack was a union organizer before becoming MoveOn.org’s first organizing director in its campaign to prevent the war in Iraq in 2003.

“Crucial, important, strategic, urgent.”—**Naomi Wolf**, *New York Times* bestselling author of *The End of America*

“A must-read for anyone who wants to take back our economy from the moneyed interests.”—**Robert B. Reich**, author of *Saving Capitalism*

“Everyone who wants to solve climate change—or any other big issue—should read this book and get started.”—**Annie Leonard**, Greenpeace USA



Publication Date: November 2016

Pages: 224

Trim: 5 3/8 x 8 3/8

Art Program: One color

Rights Held: World

Editor’s Note: Authors travel internationally and work with pro-democracy groups around the world.

Featured for the Age of Trump

“A vitally important book, perhaps the first to explore how to organize at the true scale of the crises we face.”—**Naomi Klein**, author of *This Changes Everything* and *The Shock Doctrine*

“If you want to understand how to organize big, world-shaking campaigns of all kinds in the future—this is the book for you.”—**Bill McKibben**, *New York Times* bestselling author; cofounder, 350.org

Politics, Social Justice, & New Economy

Human Scale Revisited

A New Look at the Classic Case for a Decentralist Future

By Kirkpatrick Sale

Big government, big business, big everything: Kirkpatrick Sale took giantism to task in his 1980 classic, *Human Scale*, and today takes a new look at how the crises that imperil modern America are the inevitable result of bigness grown out of control—and what can be done about it.

The result is a keenly updated, carefully argued case for bringing human endeavors back to scales we can comprehend and manage—whether in our built environments, our politics, our business endeavors, our energy plans, or our mobility.

Like *Small is Beautiful* by E. F. Schumacher, *Human Scale* has long been a classic of modern decentralist thought and communitarian values—a key tool in the kit of those trying to localize, create meaningful governance in bioregions, or rethink our reverence of and dependence on growth, financially and otherwise.

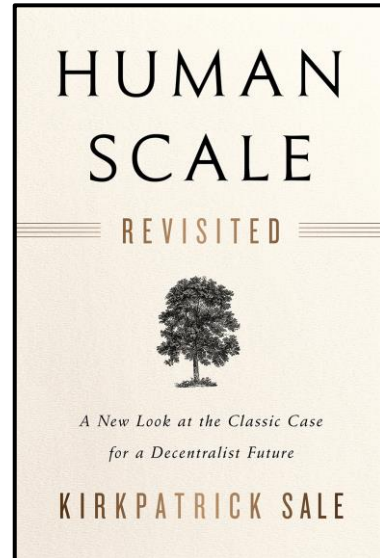
Kirkpatrick Sale is a prolific scholar and author of more than a dozen books—including *Human Scale*, *Rebels Against the Future*, and *After Eden: The Evolution of Human Domination*. He has been described as the “leader of the Neo-Luddites,” is one of the pioneers of the bioregional movement, and throughout his career has been a regular contributor to *The Nation*, *The New York Times Magazine*, *CounterPunch*, *Lew Rockwell*, *The New York Review of Books*, and *The Utne Reader*, which named him one of 100 living visionaries. Sale is currently the director of the political think tank the Middlebury Institute for the study of separatism, secession, and self-determination.

“Sale’s charming update of his classic *Human Scale* is the best single book on how to build a localist world. A must read!”

—**Gar Alperovitz**, author of *What Then Must We Do?*;
cofounder, **The Democracy Collaborative**

“An erudite, provocative, and, ultimately, *hopeful* exploration of human-scale alternatives to soul-deadening Bigness in agriculture, architecture, business, education, government.”

—**Bill Kauffman**, author of *Bye-Bye, Miss American Empire* and *Dispatches from the Muckdog Gazette*



Publication Date: May 2017

Pages: 400

Trim: 6 x 9

Art Program: One color

Rights Held: World

Featured for the Age of Trump

Selected Praise for the First Edition

“Essential reading....”—*New Statesman*

“*Human Scale* gives full voice in answer to big government’s growth mania, and is compelling reading all the way.”—*Publishers Weekly*

Politics, Social Justice, & New Economy

Surviving the Future

Culture, Carnival and Capital in the Aftermath of the Market Economy

By David Fleming

Selected and edited by Shaun Chamberlin

Foreword by Rob Hopkins

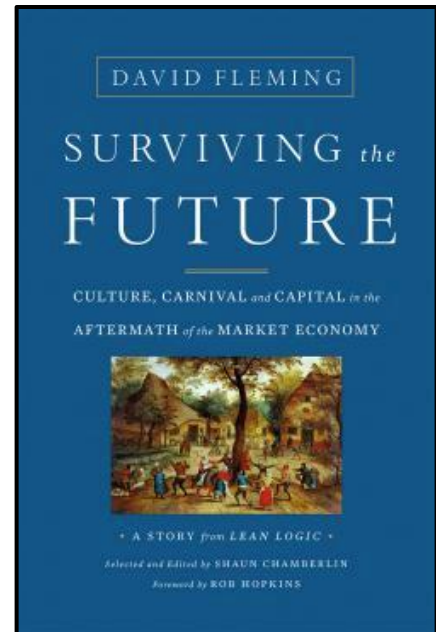
Surviving the Future is a story drawn from the fertile ground of the late David Fleming's extraordinary *Lean Logic: A Dictionary for the Future and How to Survive It*. That hardback consists of four hundred and four interlinked dictionary entries, inviting readers to choose their own path through its radical vision.

Recognizing that *Lean Logic*'s sheer size and unusual structure can be daunting, Fleming's long-time collaborator Shaun Chamberlin has selected and edited one of these potential narratives to create *Surviving the Future*. The content, rare insights, and uniquely enjoyably writing style remain Fleming's, but are presented here at a more accessible paperback-length and in conventional read-it-front-to-back format.

Surviving the Future lays out a compelling and powerfully different new economics for a post-growth world. One that relies not on taut competitiveness and eternally increasing productivity—"putting the grim into reality"—but on the play, humor, conversation, and reciprocal obligations of a rich culture.

Dr. David Fleming (1940–2010) was a visionary thinker and writer who played significant roles in the genesis of the UK Green Party, the Transition Towns movement, and the New Economics Foundation, as well as chairing the Soil Association. He was also one of the early whistle-blowers on oil depletion and designer of the influential TEQs carbon/energy rationing system. He read Modern History at Trinity College, Oxford, and later earned an MBA and then an MSc and PhD in economics (in 1988).

Shaun Chamberlin has been involved with the Transition Network since its inception, cofounding Transition Town Kingston and authoring the movement's second book, *The Transition Timeline*. He is managing director of the Fleming Policy Centre and former chair of the Ecological Land Co-operative.



Publication Date: Aug 2016

Pages: 304

Trim: 6 x 9

Art Program: One color

Rights Held: World

Editor's Note: Editor Shaun Chamberlin lives in the UK.

Featured for the Age of Trump

“Drawing on the heritage of Schumacher’s *Small Is Beautiful*, Fleming’s beautifully written and nourishing vision of a post-growth economics grounded in human-scale culture and community—rather than big finance—is both inspiring and ever more topical.”—**Caroline Lucas MP, former leader, Green Party of England and Wales; former Member of the European Parliament**

“I can’t say enough good things about this book.”—**Richard Heinberg, senior fellow, Post Carbon Institute**

Business

Parachuting Cats into Borneo

And Other Lessons From the Change Café

By Axel Klimek and Alan AtKisson

Named after a classic tale of unintended consequences, *Parachuting Cats into Borneo* delivers tools that help leaders and others keep their initiatives intended to bring about change on track.

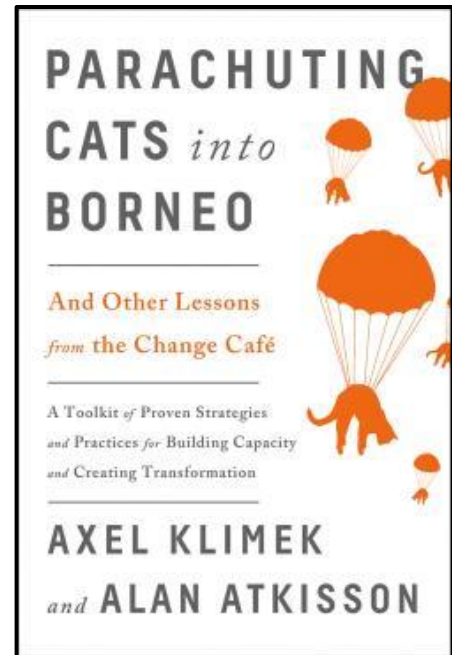
The advice imparted will help you move away from agonizing over immediate problems toward stoking action, identifying collaborators, focusing at the right level for your cause, and aiding others in pursuing their change.

Klimek and AtKisson draw from their decades of helping corporations, networks, governments, and NGOs reach their change goals to demonstrate how to use system-based change tools to their maximum advantage.

Axel Klimek is the cofounder and managing director of the Center for Sustainability Transformation. He has worked in more than twenty-five countries on four continents, and within a wide spectrum of contexts—helping leaders, organizations, and developmental programs manage complex change processes and improve their performance. His clients have included the African Union Commission, Canon Europe, EY, PWC, Allianz, GIZ, Lufthansa, Unilever, and T-Systems. He lives in Germany.

Alan AtKisson, CEO of AtKisson Group and cofounder of the Center for Sustainability Transformation, was inducted into the International Sustainability Hall of Fame in 2013. He has advised governments, cities, and organizations around the world, including Nike, Levi Strauss, Toyota, WWF, and the United Nations Secretariat. His six previous books include the Amazon bestseller *Believing Cassandra*. He is a dual citizen of the USA and Sweden, and lives in Stockholm.

“AtKisson and Klimek offer a shrewd and discerning look at systemic change within organizations and the many obstacles to such change.”—*Publishers Weekly*



Publication Date: July 2016

Pages: 176

Trim: 6 x 9

Art Program: B&W illustrations

Rights Held: World

Editor's Note: Author Axel Klimek lives in Germany. Author Alan AtKisson lives in Sweden.

“I have been using these approaches in Japan and elsewhere in the world, and they have proven to be effective in work for many clients across sectors.”—**Riichiro Oda, president and CEO, Change Agent, Inc.**

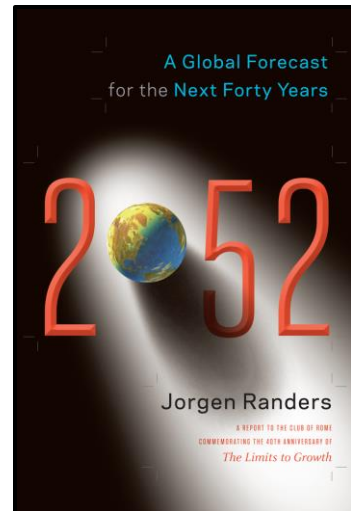
“A fascinating account of the cultural, psychological, and institutional barriers that prevent more change programs from succeeding – and how to overcome them.”—**Paul Polman, CEO, Unilever**

Selected Backlist

[2052](#) by Jørgen Randers

Jørgen Randers, one of the coauthors of *Limits to Growth*, issues a progress report and makes a forecast for the next forty years. To do this, he asked dozens of experts to weigh in with their best predictions on how our economies, energy supplies, natural resources, climate, food, fisheries, militaries, political divisions, cities, psyches, and more will take shape in the coming decades.

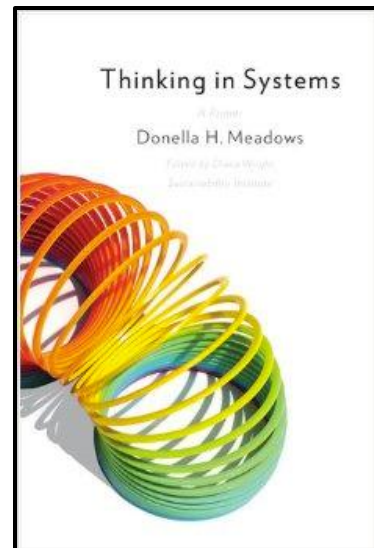
Rights Sold: Complex Chinese, Croatian, German, Italian, Japanese, Korean, Mongolian, Polish, Romanian, Simplified Chinese



[Thinking in Systems](#) by Donella Meadows

Thinking in Systems is a concise and crucial book offering insight for problem solving on scales ranging from the personal to the global. This essential primer brings systems thinking out of the realm of computers and equations and into the tangible world, showing readers how to develop the systems-thinking skills that thought leaders across the globe consider critical for 21st-century life. In a world growing ever more complicated, crowded, and interdependent, *Thinking in Systems* helps readers avoid confusion and helplessness, the first step toward finding proactive and effective solutions.

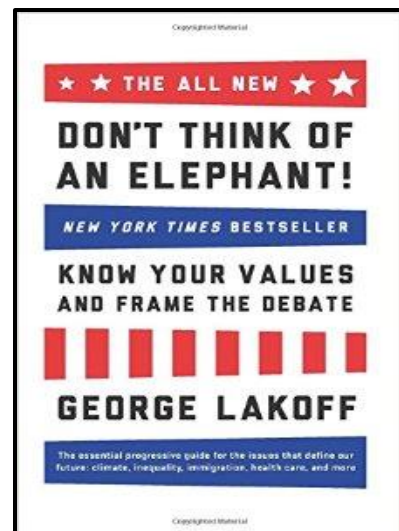
Rights Sold: Complex Chinese, German, Italian, Japanese, Korean, Russian, Simplified Chinese, Spanish, Vietnamese



[The ALL NEW Don't Think of an Elephant!](#) by George Lakoff

In this *New York Times* bestseller, George Lakoff urges progressives to go beyond the typical laundry list of facts, policies, and programs and present a clear moral vision to the country—one that is traditionally American and can become a guidepost for developing compassionate, effective policy that upholds citizens' well-being and freedom.

Rights Sold: Audio, French, Korean, Turkish



Selected Backlist

[The New Wildcrafted Cuisine](#) by Pascal Baudar

The New Wildcrafted Cuisine deeply explores the flavors of local terroir, combining the research and knowledge of plants and landscape that chefs often lack with the fascinating and innovative techniques of a master food preserver and self-described “culinary alchemist.” This beautifully photographed book offers up dozens of creative recipes and instructions for preparing a pantry full of preserved foods, including Pickled Acorns, White Sage-Lime Cider, Wild Kimchi Spice, Currant Capers, Infused Salts with Wild Herbs, Pine Needles Vinegar, and many more.

[The Art of Natural Cheesemaking](#) by David Asher

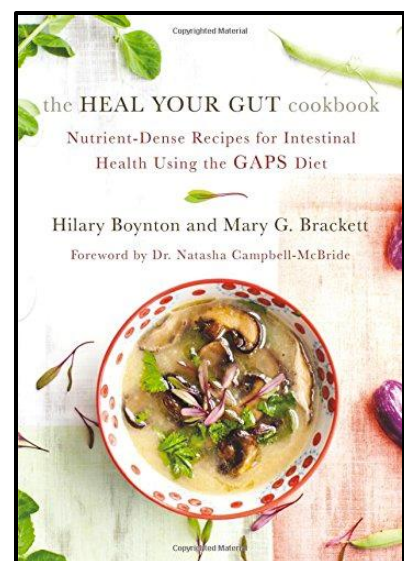
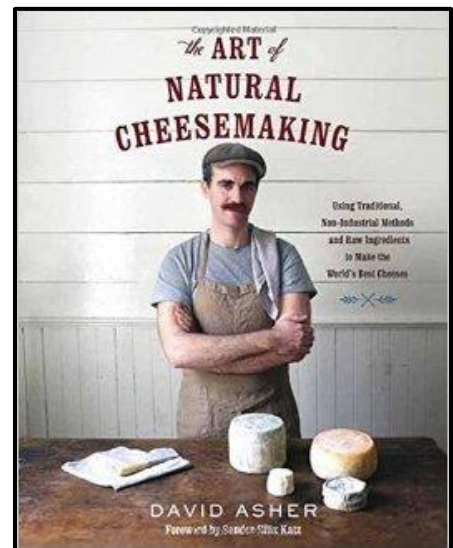
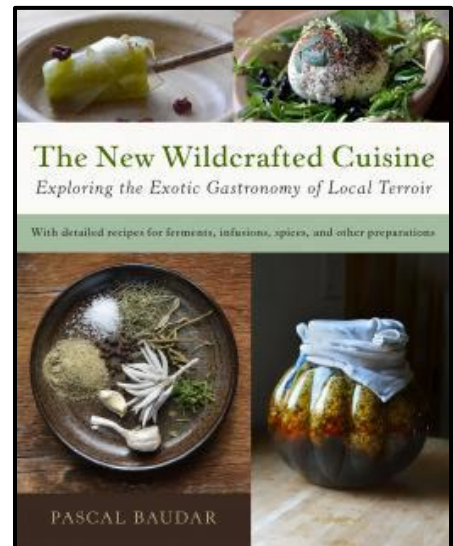
Most DIY cheesemaking books are hard to follow, complicated, and confusing, and call for the use of packaged freeze-dried cultures, chemical additives, and expensive cheesemaking equipment. For though bread baking has its sourdough, brewing its lambic ales, and pickling its wild fermentation, standard Western cheesemaking practice today is decidedly unnatural. In *The Art of Natural Cheesemaking*, David Asher practices and preaches a traditional, but increasingly countercultural, way of making cheese—one that is natural and intuitive, grounded in ecological principles and biological science.

Rights Sold: Bulgarian, French, German, Russian

[The Heal Your Gut Cookbook](#) by Hilary Boynton and Mary G. Brackett

In *The Heal Your Gut Cookbook*, readers will learn about the key cooking techniques and ingredients that form the backbone of the GAPS Diet: working with stocks and broths, soaking nuts and seeds, using coconut, and culturing raw dairy. The GAPS Diet is designed to restore the balance between beneficial and pathogenic intestinal bacteria and seal the gut through the elimination of grains, processed foods, and refined sugars and the carefully sequenced reintroduction of nutrient-dense foods, including bone broths, raw cultured dairy, certain fermented vegetables, organic pastured eggs, organ meats, and more.

Rights Sold: French, German, Spanish



Selected Backlist

[The Healthy Bones Nutrition Plan and Cookbook](#) by Dr. Laura Kelly and Helen Bryman Kelly

The Healthy Bones Nutrition Plan and Cookbook includes more than 100 bone-health recipes ranging from sauces and small plates to soups, salads, and main dishes, drinks and desserts. The authors also explain how to make staple ingredients such as ghee and bone health vinegar and how to grow shiitake mushrooms—an important source of vitamin D. Readers can count on their personal nutrition plans and the Kellys’ recipes to provide food that helps calcium reach, and potentially strengthen, their bones.

Rights Sold: German, Spanish

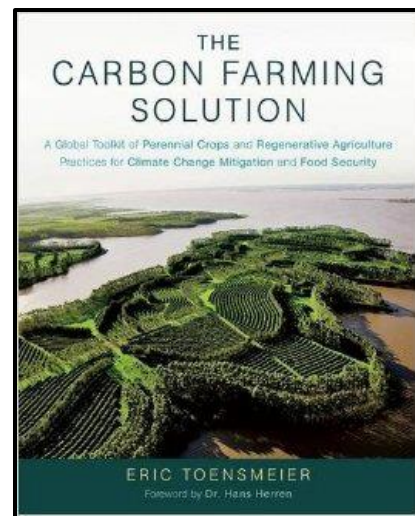
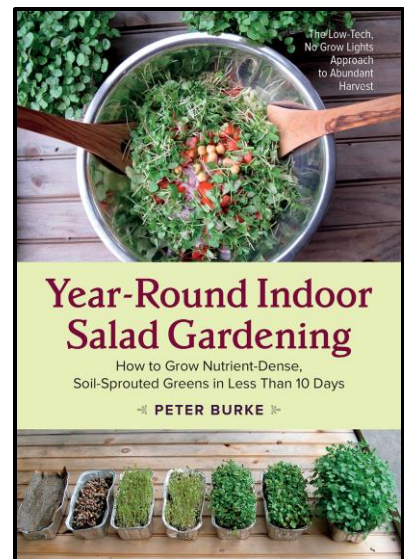
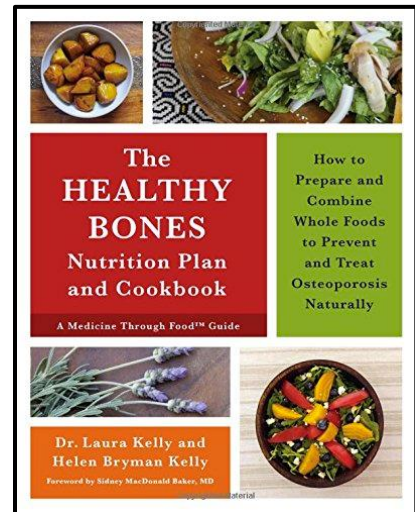
[Year-Round Indoor Salad Gardening](#) by Peter Burke

Year-Round Indoor Salad Gardening offers good news: with nothing more than a cupboard and a windowsill, you can grow all the fresh salad greens you need for the winter months (or throughout the entire year) with no lights, no pumps, and no greenhouse. Growing “Soil Sprouts”—Burke’s own descriptive term for sprouted seeds grown in soil as opposed to in jars—employs a method that encourages a long stem without expansive roots, and provides delicious salad greens in just seven to ten days, way earlier than any other method, with much less work.

Rights Sold: German

[The Carbon Farming Solution](#) by Eric Toensmeier

In this groundbreaking book, author Eric Toensmeier offers a Big Idea: That agriculture, often blamed as a major culprit of our climate crisis, could be harnessed as part of a global solution to avert disaster, heal our planet, and provide real food security. Toensmeier (*Paradise Lot, Perennial Vegetables*) argues that “carbon farming” has the potential—when combined with a massive reduction in fossil fuel emissions and in concert with adaptation strategies to our changing environment—to return our atmosphere to the “magic number” of 350 parts per million of carbon dioxide.



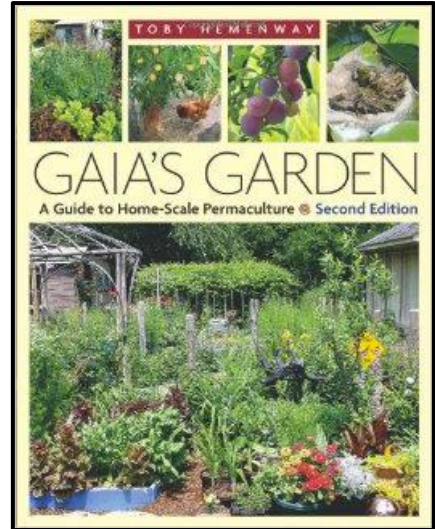
Selected Backlist

[Gaia's Garden](#) by Toby Hemenway

The first edition of *Gaia's Garden* sparked the imagination of America's home gardeners, introducing permaculture's central message: Working *with* Nature, not against her, results in more beautiful, abundant, and forgiving gardens. This extensively revised and expanded second edition broadens the reach and depth of the permaculture approach for urban and suburban growers.

Many people mistakenly think that ecological gardening—which involves growing a wide range of edible and other useful plants—can take place only on a large, multiacre scale. As Hemenway demonstrates, it's fun and easy to create a “backyard ecosystem” by assembling communities of plants that can work cooperatively and perform a variety of functions.

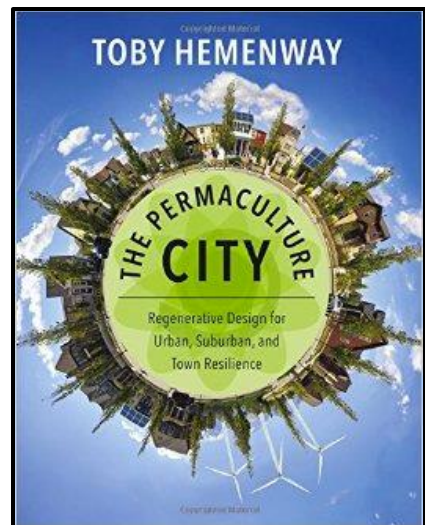
Rights Sold: French, Italian, Korean, Latvian, Turkish



[The Permaculture City](#) by Toby Hemenway

The Permaculture City begins in the garden but takes what we have learned there and applies it to a much broader range of human experience; we're not just gardening plants but people, neighborhoods, and even cultures. Hemenway lays out how permaculture design can help town dwellers solve the challenges of meeting our needs for food, water, shelter, energy, community, and livelihood in sustainable, resilient ways. Readers will find new information on designing the urban home garden and strategies for gardening in community, rethinking our water and energy systems, learning the difference between a “job” and a “livelihood,” and the importance of placemaking and an empowered community.

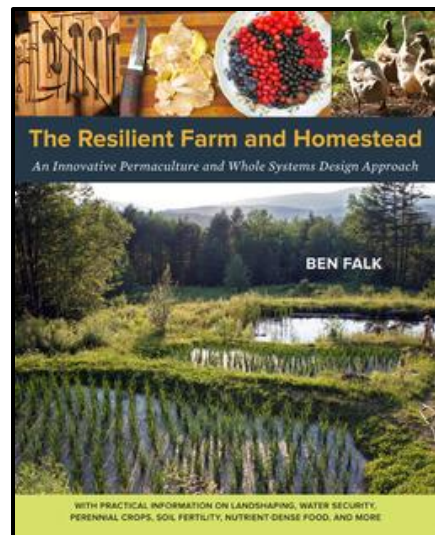
Rights Sold: Spanish, Turkish



[The Resilient Farm and Homestead](#) by Ben Falk

The Resilient Farm and Homestead is more than just a book of tricks and techniques for regenerative site development, but offers actual working results in living within complex farm-ecosystems based on research from the “great thinkers” in permaculture, and presents a viable home-scale model for an intentional food-producing ecosystem in cold climates, and beyond. Inspiring to would-be homesteaders everywhere, but especially for those who find themselves with “unlikely” farming land, Falk is an inspiration in what can be done by imitating natural systems, and making the most of what we have by re-imagining what's possible. A gorgeous case study for the homestead of the future.

Rights Sold: French

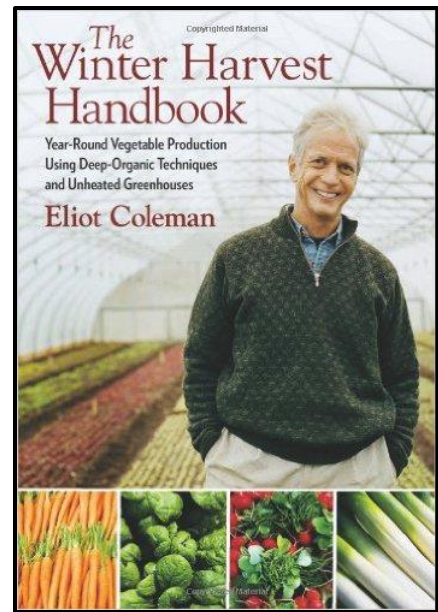


Selected Backlist

[The Winter Harvest Handbook](#) by Eliot Coleman

With *The Winter Harvest Handbook*, anyone can have access to Eliot Coleman's hard-won experience. Gardeners and farmers can use the innovative, highly successful methods Coleman describes in this comprehensive handbook to raise crops throughout the coldest of winters. Building on the techniques that hundreds of thousands of farmers and gardeners adopted from *The New Organic Grower* and *Four-Season Harvest*, this new book focuses on growing produce of unparalleled freshness and quality in customized unheated or, in some cases, minimally heated, movable plastic greenhouses.

Rights Sold: French, German



For a complete list of all Chelsea Green titles, visit:
<http://www.chelseagreen.com/chelsea-green-publishing>