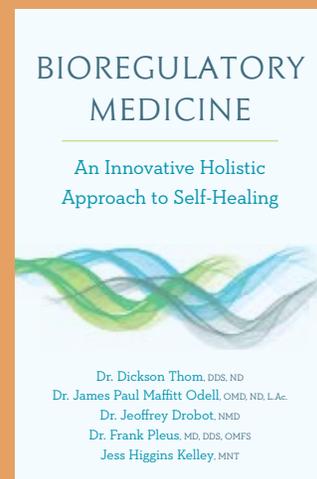
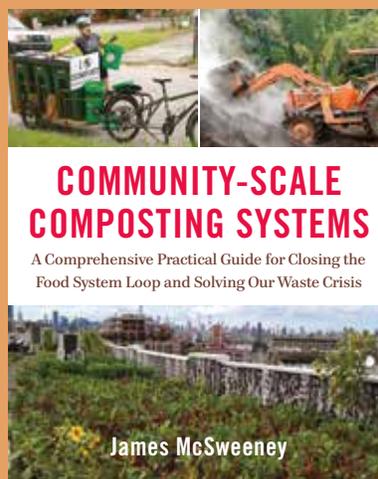
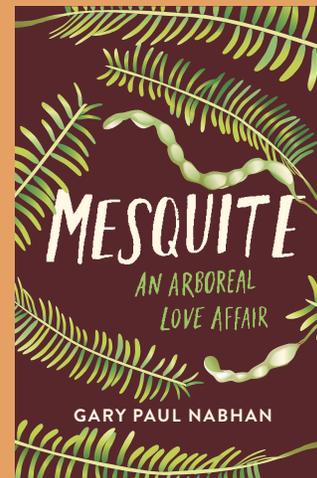
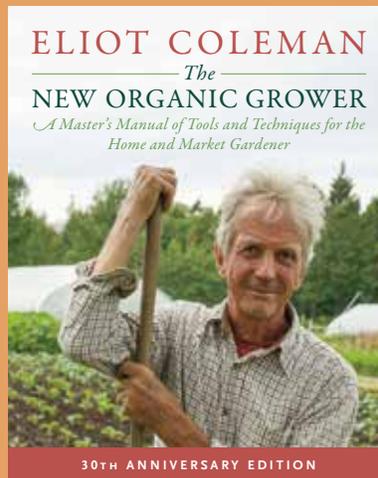
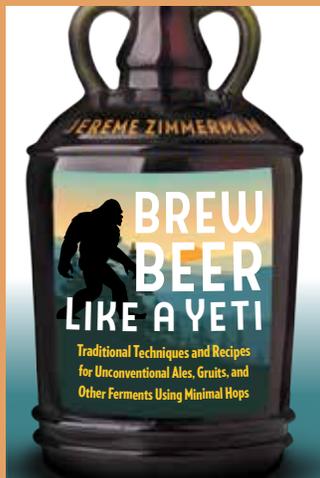
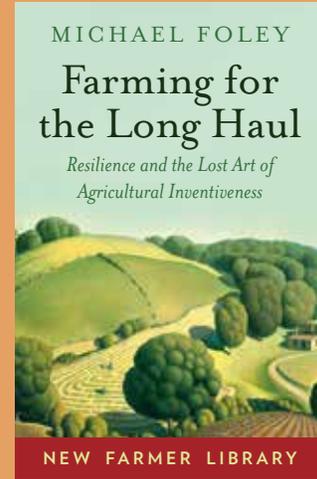
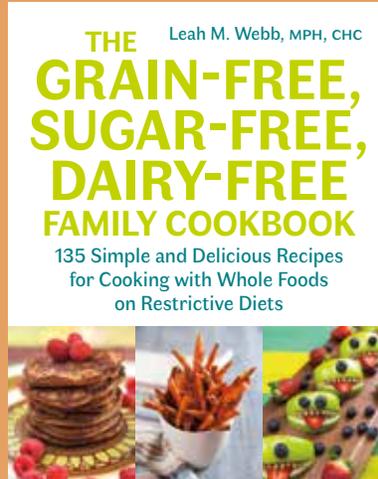
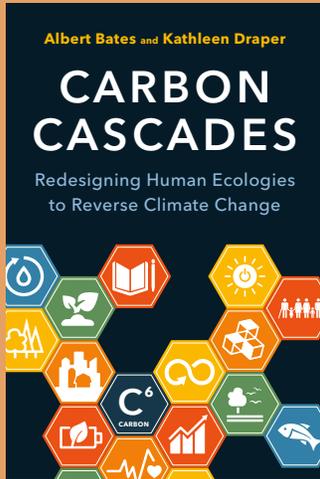


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Bioregulatory Medicine

An Innovative Holistic Approach to Self-Healing

Dr. Dickson Thom, DDS, ND

Dr. James Paul Maffitt Odell, OMD, ND, L.Ac.

Dr. Jeffrey Drobot, NMD

Dr. Frank Pleus, MD, DDS, OMFS

and Jess Higgins Kelley, MNT

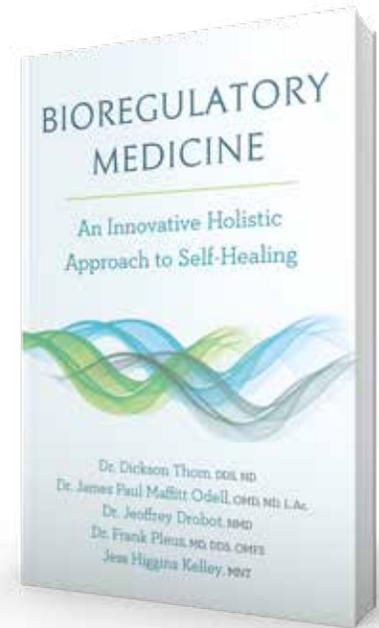
Over half of the world's population is afflicted with some form of chronic or degenerative illness. The conventional, allopathic, treat-the-symptom-with-pharmaceutical-drugs model is rapidly falling out of favor as patients are searching for nontoxic, advanced prevention and healing modalities that actually work.

Bioregulatory medicine is a comprehensive and holistic approach to health that advocates the use of natural healing methods to support and restore the body's intrinsic self-regulating and self-healing mechanisms, as opposed to simply treating symptoms with integrative therapies.

Bioregulatory Medicine addresses the four pillars of health—drainage and detox, diet, mind-body medicine, and oral health—using a sophisticated synthesis of the very best natural medicine with modern advances in technology. In addition to identifying the cause of disease, bioregulatory medicine promotes disease prevention and early intervention of illness through non-invasive diagnostics and treatments, and incorporates the use of over 100 different nontoxic diagnostics and treatments from around the world.

Jess Higgins Kelley, MNT, is the founder and CEO of Remission Nutrition, a global oncology nutrition consulting and education enterprise. She is the coauthor of *The Metabolic Approach to Cancer*.

The Bioregulatory Medicine Institute is a nonprofit program of the Marion Institute, founded to promote the science and art of bioregulatory medicine and to increase public knowledge and integration of bioregulatory medicine as a holistic and evidence-based medical system.



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Word Count: 70,000

Art Program: None

Rights Sold: Spanish

**FALL
2018**

Nutrition in Crisis

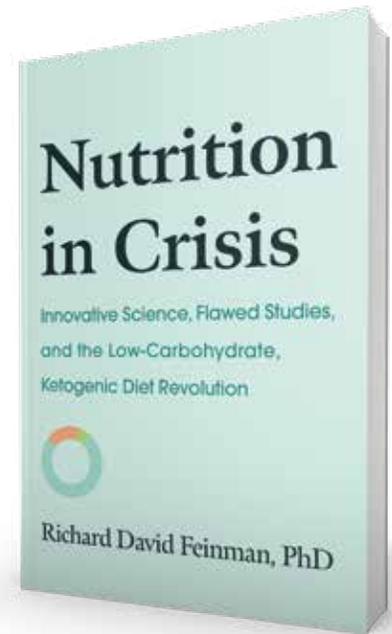
Innovative Science, Flawed Studies, and the Low-Carbohydrate, Ketogenic Diet Revolution

Dr. Richard Feinman

A leading biochemist, one who specializes in nutrition and its effects on our metabolism, looks at the newest low-carb revolution and questions the science behind it, asking us to think more deeply about the medical establishment and where our data comes from.

At once scientifically accurate and entertaining, *Nutrition in Crisis* tells the story of the first low-carbohydrate revolution fifteen years ago, how it started, what ended it, and why another one is happening now. The book gives readers the information and the tools to decipher the seemingly endless stream of new studies, research, and headlines claiming the latest breakthroughs in nutritional science. Irreverent and witty, it boils down all the facts and figures to a simple message of what to eat and why.

Richard Feinman, PhD, is a professor of cell biology and a leader of research in the fields of nutrition and metabolism. He is the founder and former editor-in-chief of the journal *Nutrition & Metabolism*.



Publication Date: Spring 2019

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November 2018

Word Count: 98,000

Art Program: 15 black-and-white charts and graphs

Rights Available: World

**SPRING
2019**

Nourishment

What Animals Can Teach Us about
Rediscovering Our Nutritional Wisdom

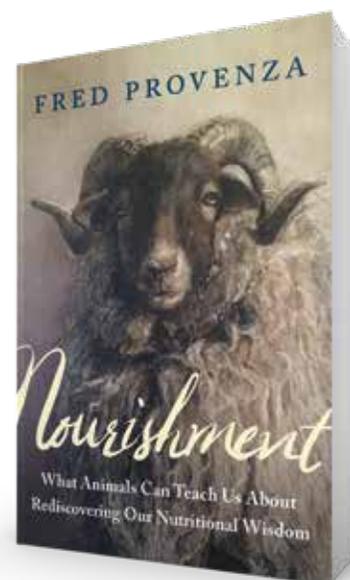
Fred Provenza

Because they have been forced away from natural feeding habits and even diets, few would think that domestic livestock would instinctively know what to eat to achieve an optimum balanced diet. A lifetime of research by animal behaviorist Fred Provenza and his colleagues has debunked this myth. Their work shows that when given natural foods, livestock have an astoundingly refined palate, daily consuming as many as fifty kinds of grasses, forbs, and shrubs to meet their nutritional needs with remarkable precision.

In *Nourishment* Provenza presents his thesis of the *wisdom body*—a wisdom that links flavor-feedback relationships at a cellular level to meet the body's nutritional and medicinal needs. Do humans still possess the wisdom to select nourishing diets? Or, has that ability been hijacked by nutritional “authorities”? Consumers eager for a “quick fix” have empowered the multi-billion-dollar-per-year supplement industry, but is taking supplements and enriching and fortifying foods helping or hurting us?

Provenza's paradigm-changing exploration of these questions suggests that we could vastly improve our health by simply changing the way we view our relationships with the plants and animals we eat.

Fred Provenza is professor emeritus of behavioral ecology in the Department of Wildland Resources at Utah State University. Provenza is one of the founders of BEHAVE, an international network of scientists and land managers committed to integrating behavioral principles with local knowledge to enhance environmental, economic, and cultural values of rural and urban communities. He is also the author of *Foraging Behavior* and the coauthor of *The Art & Science of Shepherding*.



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E-galley Available: Now

Word Count: 155,000

Art Program: Black-and-white illustrations throughout

Rights Available: World

Editor's Note: The author and publisher are open to discussing an abridged version for rights sales.

**FALL
2018**

The Athlete (Re)Evolution

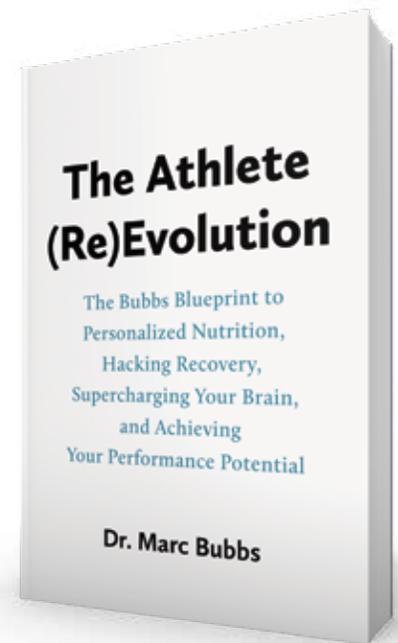
The Bubbs Blueprint to Personalized Nutrition, Hacking Recovery, Supercharging Your Brain, and Achieving Your Performance Potential

Dr. Marc Bubbs

A new study, a new diet, a new exercise plan hits the news every day. So how do you know which one to choose? *The Athlete (Re)Evolution* distills the overwhelming array of available information into a usable blueprint, a systematic bespoke approach, that will provide athletes, coaches, medical professionals, and fitness enthusiasts with a path to follow.

This is the first in-depth guide that discusses athletic performance and recovery in the context of the microbiome, an ancestral diet and lifestyle, and cutting-edge emerging epigenetic research such as nutrigenomics and microbiomics. The book works to identify the gaps in the athlete's nutrition, recovery, health, mindset, and training in order to establish reliable metrics for future reference and create the most effective, efficient, and personalized performance plan possible.

Dr. Marc Bubbs is Director of Nutrition for the Canadian men's national basketball team and a former strength coach. Dr. Bubbs is the author of *The Paleo Project: The 21st Century Guide to Looking Leaner, Getting Stronger, and Living Longer* and a regular contributor to *Re-Find Health*, *Breaking Muscle*, and *thepaleodiet.com*. Dr. Bubbs is a nutrition advisory board member for *Strong Magazine*, and regularly presents at health, fitness, and medical conferences across Canada, the United States, United Kingdom, and Europe and consults with professional sports teams in the NBA, NFL, NHL, and MLB.



Publication Date: Spring 2019

E-galley Available:

December 2019

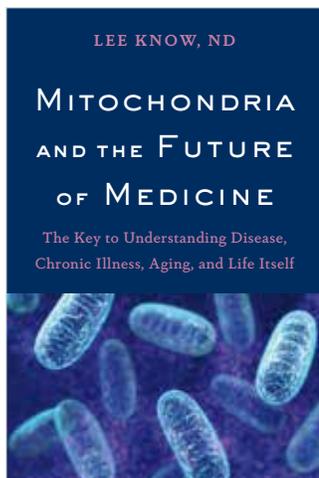
Estimated Word Count: 100,000

Art Program: 20 black-and-white photographs

Rights Available: World



Health & Wellness Selected Backlist



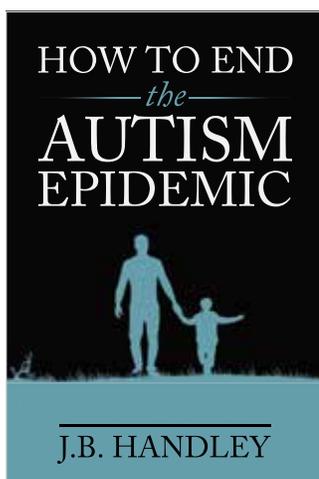
Mitochondria and the Future of Medicine

The Key to Understanding Disease, Chronic Illness, Aging, and Life Itself

Dr. Lee Know

Rights Sold: German, French, Russian, Polish

Current research has revealed that many seemingly disconnected degenerative diseases have tangled roots in dysfunctional mitochondria. However, new research has also endowed us with the knowledge on how to optimize mitochondrial function, which is of critical importance to our health and longevity. *Mitochondria and the Future of Medicine* is an invaluable resource for practitioners interested in mitochondrial medicine and the true roots of chronic illness and disease, as well as anyone interested in optimizing their health.



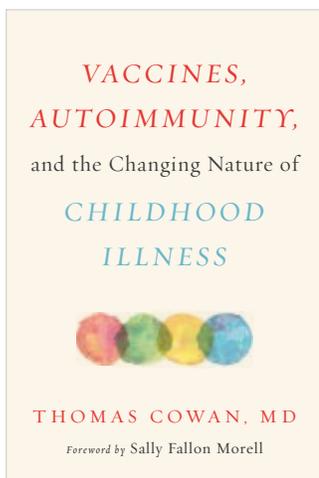
How to End the Autism Epidemic

J.B. Handley

Rights Sold: Dutch

Parents, educators, and social service professionals around the United States are sounding an alarm that we are in the midst of a devastating public health crisis. In the 1980s the rate of autism was one in ten thousand children. Today it's one in thirty-six.

In *How to End the Autism Epidemic*, Handley cites newly published studies linking the aluminum adjuvant used in vaccines to immune activation events in the brains of infants, which he argues triggers autism. While Handley's argument is unsparing, his position is ultimately that we must continue to investigate the safety of vaccines, we must adopt a position of informed consent, and every individual vaccine must be considered on its own merits. This issue is far from settled.

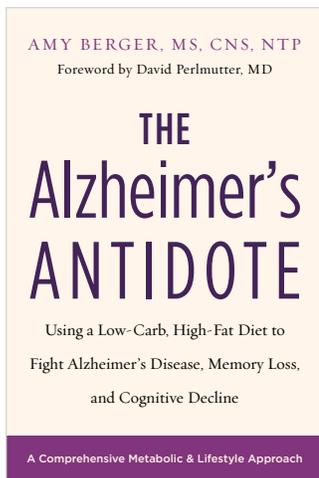


Vaccines, Autoimmunity, and the Changing Nature of Childhood Illness

Thomas Cowan, MD

Rights Available: World

Over the past fifty years, rates of autoimmunity and chronic disease have exploded. Thomas Cowan, MD, argues for a direct causal relationship to a corresponding increase in the number of vaccines American children typically receive. Emerging evidence shows that certain childhood illnesses are actually protective of disease later in life, and by examining the role of fever, the gut, and cellular fluid we can better understand immune health. His ultimate question is this: What are we really doing to children when we vaccinate them?



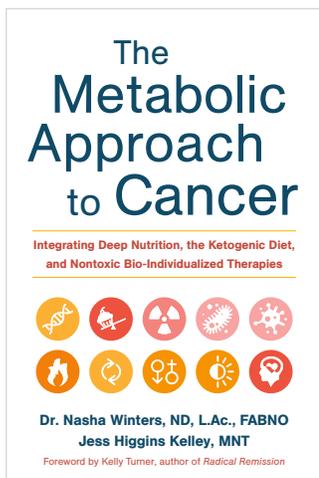
The Alzheimer's Antidote

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

Amy Berger

Rights Sold: Spanish, Polish, Turkish, Dutch, Korean

In *The Alzheimer's Antidote*, certified nutrition specialist Amy Berger presents a revolutionary 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, leading to classic symptoms like memory loss and behavioral changes and offers protocols to prevent, delay, and even possibly reverse this crippling disease.



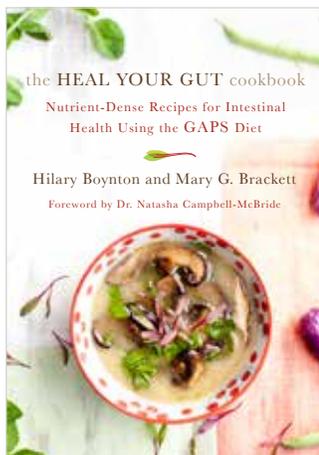
The Metabolic Approach to Cancer

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

Dr. Nasha Winters and Jess Higgins Kelley

Rights Sold: German, Korean, Spanish, Polish

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. It will empower both patients and physicians to slow cancer's endemic spread.



The Heal Your Gut Cookbook

Nutrient-Dense Recipes for Intestinal Health Using the GAPS Diet

Hilary Boynton and Mary G. Brackett

Rights Sold: French, German, Spanish

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.

The Grain-Free, Sugar-Free, Dairy-Free Family Cookbook

Simple and Delicious Recipes for Cooking with Whole Foods on a Restrictive Diet

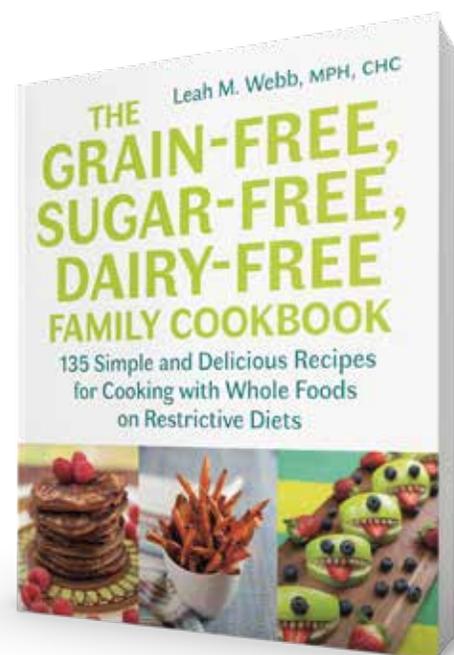
Leah Webb

As a mother of a daughter with cystic fibrosis and a son with severe asthma and food allergies, Leah Webb knows that the food she feeds her children is of the utmost importance. Given that the majority of store-bought items are heavily processed and contain sugars and other additives, she knew everything would have to be homemade. She also knows how daunting that prospect is for families faced with similar health challenges.

With 135 unique and delicious recipes, *The Grain-Free, Sugar-Free, Dairy-Free Family Cookbook* is made for families who know they would like to rid themselves of these ingredients but are intimidated by starting. Leah incorporates insightful tips and lists, demonstrating how she can prepare so much healthy food in much less time than expected. It also gets kids involved in cooking, which helps excite them about their food (which can be a challenge with restrictive diets).

Through readying the kitchen and consistently planning meals, this diet plan is not only possible, but also manageable and fulfilling. Word is spreading that chronic conditions are often tied to nutrition, and, all too often, medications are not the answer. *The Grain-Free, Sugar-Free, Dairy-Free Family Cookbook* lights the way to a healthier, less-medicated future.

Leah M. Webb, MPH, is a certified health coach who has worked in nutrition and gardening education. Leah started and runs Deep Rooted Wellness, a blog with stories and tips regarding nutrition. Leah lives in North Carolina with her husband, T.C., and their two children, Owen and June.



Publication Date: Spring 2019

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November 2018

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Art Program: Full-color photos throughout

Rights Available: World

**SPRING
2019**

Brew Beer Like a Yeti

Traditional Techniques and Recipes for Unconventional Ales, Gruits, and Other Ferments Using Minimal Hops

Jereme Zimmerman

Experimentation, mystery, resourcefulness, and above all, *fun*—these are the hallmarks of brewing beer like a Yeti.

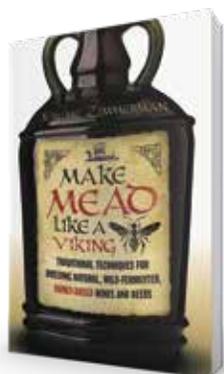
Since the craft beer and homebrewing boom of the late twentieth and early twenty-first centuries, beer lovers have enjoyed a vast array of beer styles both to drink and to brew. However, most are brewed to accentuate a single ingredient—hops—and few contain the myriad herbs and spices that were standard in beer and gruit recipes from medieval times back to ancient peoples' discovery that grain could be malted and fermented into beer.

Brew Beer Like a Yeti returns to ancient practices and ingredients, and brings storytelling, mysticism, and folklore back to the brewing process, including a broad and global range of ales, gruits, bragots, and other styles that have undeservingly taken a backseat to the IPA.

Under the guidance of “the world’s only peace-loving, green-living Appalachian Yeti Viking,” readers will learn how to go beyond the pale ale to defy the strictures of style and design their own brews.

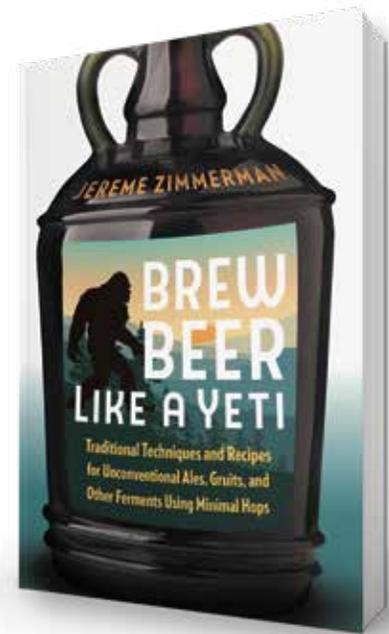
Jereme Zimmerman writes, blogs, and speaks regularly on fermentation, mead-making, homesteading, and good eating. He is a regular contributor to various publications and websites, including *New Pioneer* and *Backwoods Home* magazines.

Also by Jereme Zimmerman



“In a beer landscape often dominated by what is new or novel (and often hoppy), *Brew Beer Like a Yeti* is a refreshing and unique addition to the library of any brewer or beer-lover.”

—Mike Smith, professional brewer;
coauthor of *The Comic Book Story of Beer*



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Final Print PDF: Available Now

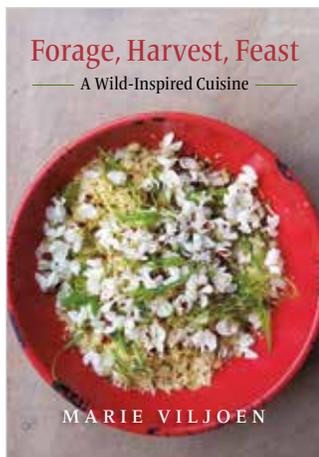
Word Count: 98,000

Art Program: Full-color photos throughout

Rights Available: World

FALL
2018

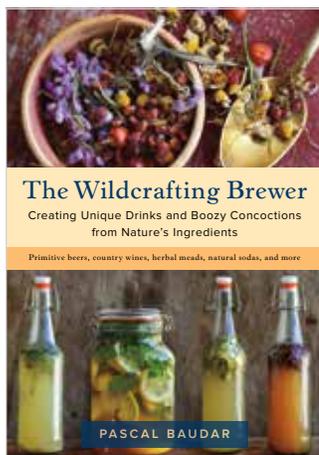
Food & Drink Selected Backlist



Forage, Harvest, Feast A Wild-Inspired Cuisine Marie Viljoen

Rights Available: World

In this groundbreaking collection of nearly 500 wild food recipes, celebrated New York City forager, cook, kitchen gardener, and writer Marie Viljoen incorporates wild ingredients into everyday and special occasion fare. Working with thirty-six versatile wild plants—some increasingly found in farmers markets—she offers deliciously compelling recipes. Led by a quest for exceptional flavor and ecologically sound harvesting, eating wild food, Viljoen reminds us, is a radical act of remembering and honoring our shared heritage.

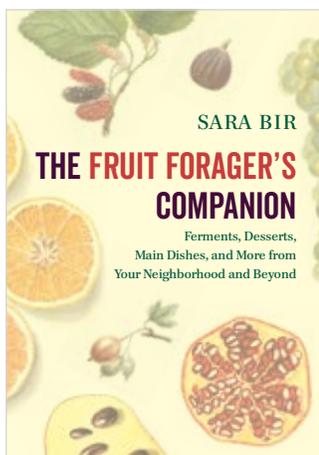


The Wildcrafting Brewer Creating Unique Drinks and Boozy Concoctions from Nature's Ingredients Pascal Baudar

Rights Sold: Polish

The art of brewing doesn't stop at the usual ingredients: barley, hops, yeast, and water. In fact, the origins of brewing involve a whole galaxy of wild and cultivated plants, fruits, berries, and other natural materials.

Now fermentation fans and home brewers can rediscover these unique flavors in *The Wildcrafting Brewer*. Wild-plant expert and forager Pascal Baudar opens up a whole new world of possibilities for readers wishing to explore and capture the flavors of their local terroir. Baudar reveals both the underlying philosophy and the practical techniques for making your own delicious concoctions.



The Fruit Forager's Companion Ferments, Desserts, Main Dishes, and More from Your Neighborhood and Beyond Sara Bir

Rights Available: World

The Fruit Forager's Companion is a how-to guide with nearly 100 recipes devoted to the secret, sweet bounty just outside our front doors and ripe for the taking. Sara Bir—a seasoned chef, gardener, and forager—primes readers on foraging basics, demonstrates gathering and preservation techniques, and presents a suite of recipes featuring fruits both familiar and exotic.

Bir encourages readers to reconnect with nature and believes once the foraging mindset takes control, a new culinary world hiding in plain sight will reveal itself. Written in a witty and welcoming style, *The Fruit Forager's Companion* is a must-have for seekers of both flavor and fun.

Mesquite

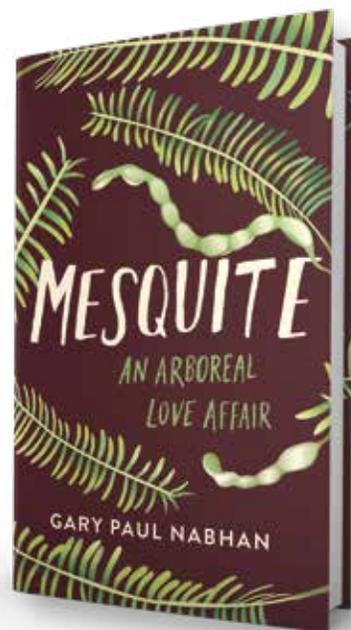
An Arboreal Love Affair

Gary Paul Nabhan

In his latest book, *Mesquite*, Gary Paul Nabhan employs humor and contemplative reflection to convince readers that they have never really glimpsed the essence of what he calls “arboreality.” Nabhan takes on a large, many-branched question: What does it mean to be a tree, or, accordingly, to be in a deep and intimate relationship with one? Drawing on his half-century of immersion in desert ethnobotany, ecology, linguistics, agroforestry, and eco-gastronomy, Nabhan opens up for us a hidden world that few have ever glimpsed before. Along the way, he explores the sensuous reality surrounding this most useful and generous tree.

Mesquite is a book that will delight mystics and foresters, naturalists and foodies. It combines cutting-edge science with a generous dose of wit and whimsy, and even includes traditional recipes for cooking with mesquite.

Gary Paul Nabhan is the W.K. Kellogg Endowed Chair in Sustainable Food Systems at the University of Arizona, as well as the permaculture designer and orchard-keeper of Almuniya de los Zopilotes Experimental Farm in Patagonia, Arizona. Widely acknowledged as a pioneer in the local food movement and grassroots seed conservation, Nabhan was honored by *Utne Reader* in 2011 as one of twelve people making the world a better place to live. A recipient of a MacArthur Genius Award, his twenty-four books have been translated into six languages



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Art Program: None
Rights Available: World

FALL
2018

“By turns informative, playful, funny, and wise, *Mesquite* is a fascinating, tour de force illumination of the natural, cultural, and spiritual value of a truly remarkable desert tree. Gary Nabhan’s gift to readers is the imaginative and redemptive suggestion that we still have plenty to learn from the more-than-human world that flourishes even under the harshest conditions. A gem from one of our finest western American writers, *Mesquite* is a spectacular accomplishment and a wonderfully entertaining read.”

—**Michael P. Branch**, author of *Rants from the Hill* and *How to Cuss in Western*

Trees of Power

A Naturalist's Guide to Growing
and Enjoying 10 Essential Trees and Shrubs

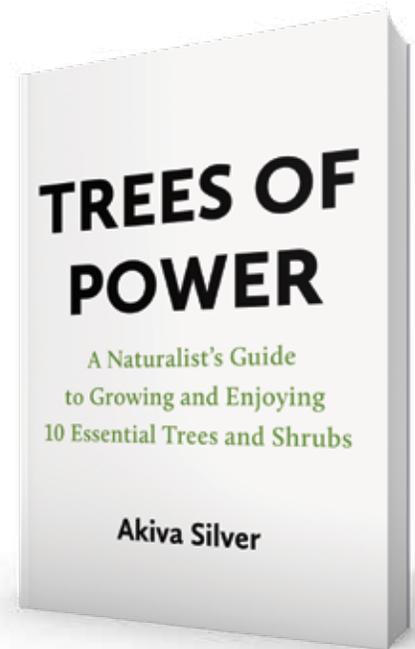
Akiva Silver

Trees are our allies in healing the world. Partnering with trees allows us to build soil, enhance biodiversity, increase wildlife populations, grow food and medicine, and pull carbon out of the atmosphere and sequester it in the soil.

Trees of Power is about how we can work with these allies, specifically focusing on propagation, planting, and individual species. The book is broken down into two parts. The first part covers skills and the second part covers individual species: chestnut, apple, poplar, ash, mulberry, elderberry, hickory, hazel, locust, and beech. The chapters on individual trees provide in-depth information focusing on ecology and using tree products.

Trees of Power is for everyone who wants to connect with trees. It is for the gardener, the homesteader, the forager, the permaculturist, the environmentalist, the parent, the schoolteacher, the farmer, and anyone who feels a deep appreciation for these magnificent beings.

Akiva Silver owns and operates Twisted Tree Farm, a homestead nursery located in Spencer, New York, where he grows around 20,000 trees per year using practices that go beyond organic. His background is in wilderness survival and he has been foraging and observing nature intensively for the last twenty years. For the past thirteen years, Silver has led classes, webinars, and tree walks and has given talks at land trusts, native plant societies, and organic farming conferences.



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photographs throughout

Rights Available: World

Editor's Note: The tree
species profiled in this book
grow throughout the entire
Northern Hemisphere, and
several grow in the Southern
as well.

**SPRING
2019**

Eager

The Surprising, Secret Life of Beavers
and Why They Matter

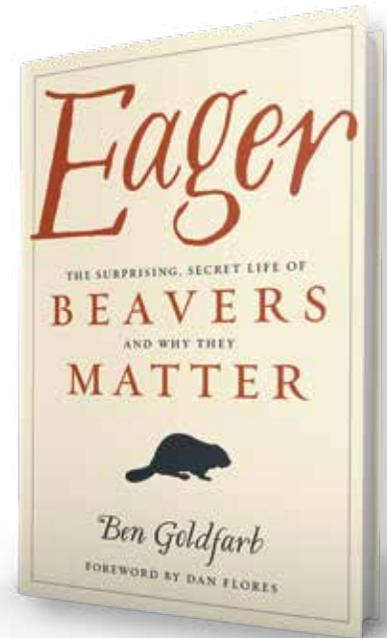
Ben Goldfarb

In *Eager* environmental journalist Ben Goldfarb reveals that our modern idea of what a healthy landscape looks like and how it functions is wrong, distorted by the fur trade that once trapped out millions of beavers from North America's lakes and rivers. The consequences of losing beavers were profound: streams eroded, wetlands dried up, and species from salmon to swans lost vital habitat. Today a growing coalition of "Beaver Believers"—including scientists, ranchers, and passionate citizens—recognizes that ecosystems with beavers are far healthier, for humans and non-humans alike, than those without them. From the Nevada deserts to the Scottish highlands, Believers are now hard at work restoring these industrious rodents to their former haunts.

Eager is a powerful story about one of the world's most influential species, how our landscapes have changed over the centuries, and how beavers can help us fight drought, flooding, wildfire, extinction, and the ravages of climate change. Ultimately, it's about how we can learn to coexist, harmoniously and even beneficially, with our fellow travelers on this planet.

Ben Goldfarb is an award-winning environmental journalist who covers wildlife conservation, marine science, and public lands management, as well as an accomplished fiction writer. His work has been featured in *Science*, *Mother Jones*, *The Guardian*, *High Country News*, *VICE*, *Audubon Magazine*, *Modern Farmer*, *Orion*, *World Wildlife Magazine*, *Scientific American*, and many other publications.

"This book lodges itself among the ranks of the best sort of environmental journalism."—*The Boston Globe*



Publication Date: Spring 2018

Final Print PDF Available: Now

Word Count: 70,000

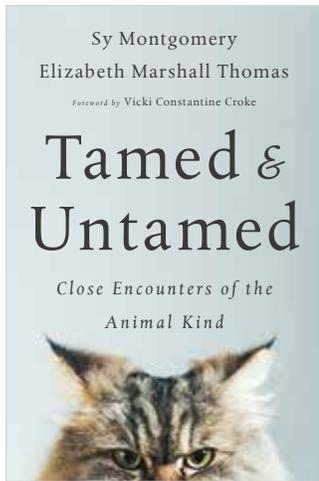
Art Program: Black-and-white illustrations throughout, 8-page color insert

Rights Sold: Simplified Chinese

Editor's Note: The positive impact beavers have on the environment, ecosystems, and even drinking water have been increasingly well studied and documented as their numbers bounce back across Europe and parts of Asia, especially in Germany, Austria, Poland, Bulgaria, and Russia. There is particularly strong rights potential in those territories.

SPRING
2018

Nature & Environment Selected Backlist



Tamed and Untamed

Close Encounters of the Animal Kind

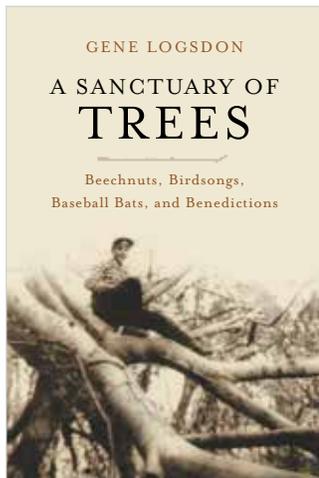
Sy Montgomery and Elizabeth Marshall Thomas

NAMED AS ONE OF THE BEST BOOKS OF 2017 BY THE DAILY MAIL

Rights Sold: Italian and Simplified Chinese

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.

With humor, empathy, and introspection, Montgomery and Thomas look into the lives of all these animals (and many more!) and examine the ways we connect with our fellow species.



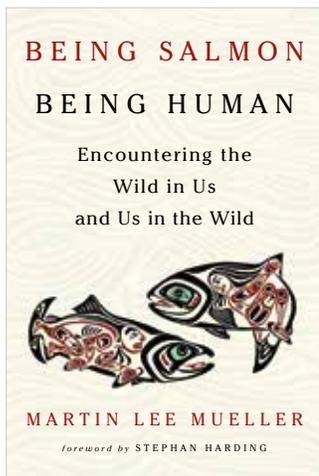
A Sanctuary of Trees

Beechnuts, Birdsongs, Baseball Bats, and Benedictions

Gene Logsdon

Rights Available: World

Fitting squarely into the long and proud tradition of American nature writing, *A Sanctuary of Trees* offers a loving tribute to the woods, reflecting Gene Logsdon's unique personality and perspective, which have marked him, over the course of publishing two dozen previous books, as the authentic voice of rural life and traditions. In addition to imparting many fascinating practical details of woods wisdom, *A Sanctuary of Trees* is infused with a philosophy and descriptive lyricism that is born from the author's passionate and lifelong relationship with nature.



Being Salmon, Being Human

Encountering the Wild in Us and Us in the Wild

Martin Lee Mueller

**NAUTILUS AWARD SILVER MEDAL WINNER,
ECOLOGY & ENVIRONMENT**

Rights Sold: Simplified Chinese

Being Salmon, Being Human examines Western culture's tragic alienation from nature by focusing on the relationship between people and salmon.

Mueller uses this lens to articulate a comprehensive critique of human exceptionalism. 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.

The New Organic Grower

A Master's Manual of Tools and Techniques for the Home and Market Gardener, 30th Anniversary Edition

Eliot Coleman

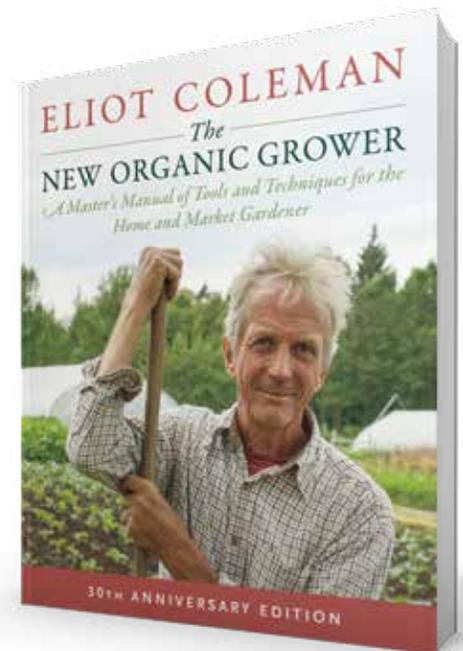
Since its original publication in 1989, *The New Organic Grower* has been one of the most important farming books available, with pioneer farmer Eliot Coleman leading the charge in the organic movement in the United States. Inspired by the European intensive growers, this 30th Anniversary Edition offers a very approachable and productive form of farming.

Ideal for young farmers just getting started, or gardeners seeking to expand into a more productive enterprise, Coleman's books and innovative methods have helped innumerable organic farmers build successful farms in deep accord with nature. The wisdom in this seminal book holds true even as the modern agricultural canon has grown.

New material in this edition of the book includes:

- Beautiful full-color photographs throughout, taken by Barbara Damrosch (Coleman's wife and cofarmer)
- Updates throughout reflecting how Coleman's practices have changed due to the wisdom he's gleaned and experiments through the years
- A new sidebar from Barbara Damrosch about incorporating flowers on the small farm
- Information on new tools the author has invented that don't appear in any of his other books

Eliot Coleman has over thirty years of experience in all aspects of organic farming, including field vegetables, greenhouse vegetables, rotational grazing of cattle and sheep, and range poultry. He is the author of *The New Organic Grower*, *Four-Season Harvest*, and *The Winter Harvest Handbook*, as well as the instructional workshop DVD *Year-Round Vegetable Production with Eliot Coleman*. Coleman and his wife, Barbara Damrosch, presently operate a commercial year-round market garden, in addition to horticultural research projects, at Four Season Farm in Harborside, Maine.



Publication Date: Fall 2018

Final Print PDF Available: Now

Word Count: 118,000

Art Program: Full-color

photographs and illustrations throughout

Rights Sold: French

**FALL
2018**

Dirt to Soil

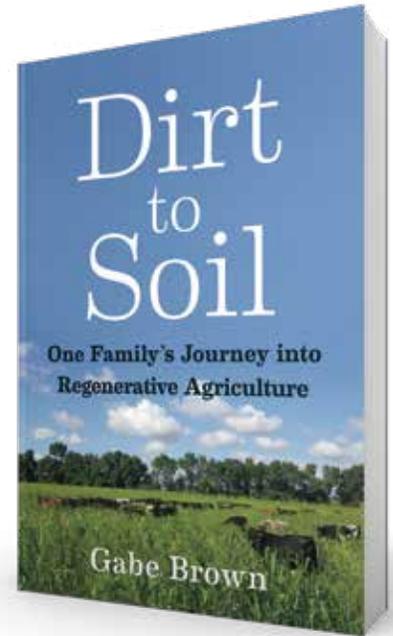
One Family's Journey into Regenerative Agriculture

Gabe Brown

In *Dirt to Soil*, farmer Gabe Brown tells the story of the Brown Ranch's amazing journey from a dead-end conventional farming model to a rich and alive model of regenerative agriculture. By following regenerative practices and observing five principles of soil health, Brown has grown several inches of new topsoil in only twenty years at the family ranch near Bismarck, North Dakota. They produce a wide range of crops and livestock on over 5,000 acres using no synthetic nitrogen fertilizer, minimal herbicides, and no synthetic pesticides.

Brown explains how farmers anywhere in the world can reduce or eliminate expensive synthetic inputs by using regenerative practices including multi-species cover cropping, no-till planting, and holistic planned grazing to improve their operation's ecological health, profitability, and climate resilience.

Gabe Brown is a pioneer of the soil health movement. Brown, along with his wife, Shelly, and son, Paul, own the Brown Ranch, a holistic, diversified 5,000-acre farm and ranch. The Brown family has received many forms of recognition for their work, among them a Growing Green Award from the Natural Resource Defense Council, an Environmental Stewardship Award from the National Cattlemen's Beef Association, and Zero-Till Producer of the Year Award. Brown has also been named one of the twenty-five most influential agricultural leaders in the United States.



Publication Date: Fall 2018

Final Print PDF Available: Now

Word Count: 68,000

Art Program: 16-page color insert

Rights Available: World

**FALL
2018**

Farming for the Long Haul

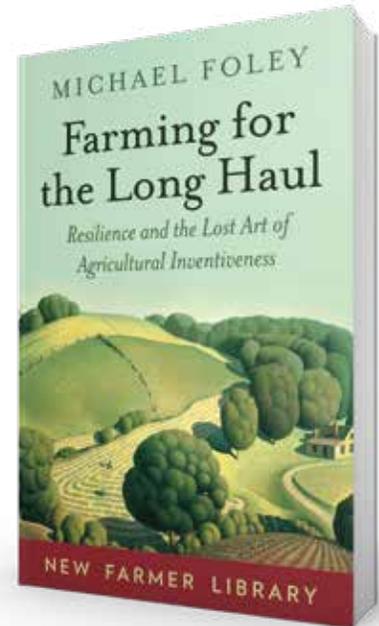
Resilience and the Lost Art of Agricultural Inventiveness

Michael Foley

Chances are nil that the next fifty years will not bring enormous, perhaps cataclysmic, disruptions to our way of life. World oil reserves will likely be exhausted in this timeframe, as will the lithium that powers today's most sophisticated batteries. As this suggests, transportation is equally imperiled. Even if electric vehicles were to replace gas and diesel-driven vehicles, another, more dire limitation arises: at current rates of erosion, the world's topsoil will be gone in sixty years. Fresh water sources are equally threatened. In short, the large-scale agricultural and food delivery system as we know it has, at most, a few decades before it exhausts itself and the planet with it.

Farming for the Long Haul is about building a viable, small farm economy that can withstand the economic, political, and climatic shock waves that the twenty-first century portends. It draws on the innovative work of contemporary farmers, but more than anything else it appeals to the experience of millennia of farming societies that maintained resilient agricultural systems over centuries of change. Indigenous agriculturalists, peasants, and traditional farmers around the world had broad strategies for survival through good times and bad. They also developed particular techniques for managing soil, water, and other resources sustainably, some of which have been taken up by organic agriculture and permaculture, but many of which are virtually unknown. This book lays out those strategies and presents some of the techniques and tools that might be most useful to farmers today.

After twenty years in academia, **Michael Foley** began farming first in southern Maryland, then in Willits, California, where he, his wife, and oldest daughter currently operate Green Uprising Farm—a small, diversified farm. Foley is cofounder of the School of Adaptive Agriculture (formerly the Grange Farm School), a farmer training and education program where he is a board member and teacher. He also helped create and manage a community kitchen and small farmers group. He manages the local farmers market, and has served as vice president of the Mendocino County Farmers' Market Association.



Publication Date: Spring 2019

E-galley Available: Now

Word Count: 78,000

Art Program: none

Rights Available: World

**SPRING
2019**

Community-Scale Composting Systems

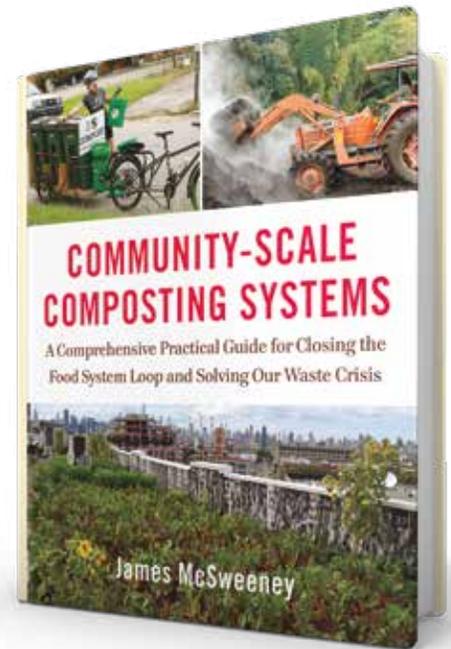
A Comprehensive Practical Guide for Closing the Food System Loop and Solving Our Waste Crisis

James McSweeney

Community-Scale Composting Systems is a comprehensive, technical resource for farmers, designers, compost service providers, and organics recycling entrepreneurs of all types, with a focus on developing infrastructure that is small- and micro-scaled, fitting the needs of the composter in returning sustenance to soils in their local food system.

The main scope of the book is dedicated to compost system options and designs, covering everything from basic sizing and layout to advanced techniques such as heat recovery and composting with worms (vermicomposting). Management techniques and operational considerations are also covered, including testing, developing analytically-based compost recipes, and system-specific best management practices. Working with composters who are in the development and startup phase, author James McSweeney has found that end uses and market planning, even when applied to small-scale composting, are extremely useful.

James McSweeney is the president and technical lead at Compost Technical Services in Cambridge, Massachusetts, and Worcester, Vermont. He also worked at Highfields Center for Composting, providing technical assistance and systems design to composters, as well as operating their Compost Demonstration and Research Site.



Publication Date: Spring 2019
E-galley Available: Now
Word Count: 196,000
Art Program: Full-color photographs and illustrations throughout
Rights Available: World



The Worm Farmer's Handbook

Mid- to Large-Scale Vermicomposting for Farms, Businesses, Municipalities, Schools, and Institutions

Rhonda Sherman

Turning waste into wealth sounds too good to be true, but many worm farmers are finding that vermicomposting is a reliable way to do just that. Vermicast—a biologically active, nutrient-rich mix of earthworm castings and decomposed organic matter—sells for \$400 or more per cubic yard. Compare that to regular compost, sold at about \$30 per cubic yard, and you'll see why vermicomposting has taken root in most countries and on every continent except Antarctica.

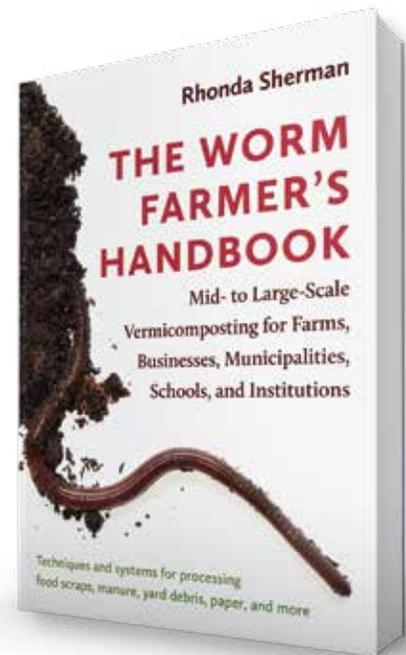
Vermicomposting manure and crop wastes on farms improves crop yields while reducing demand for off-farm inputs. Vermicast has higher nutrient levels and lower soluble salt content than regular compost, and it improves soil aeration, porosity, and water retention. Plus, vermicast suppresses plant diseases and insect attacks.

From livestock farms and restaurants to colleges, military bases, and prisons, *The Worm Farmer's Handbook* details why and how commercial-scale vermicomposting is a fast-growing, sustainable solution for organic waste management.

This book digs into all the details, including:

- Choosing the right production system
- Regulatory issues and developing a business and marketing plan
- Finding and managing feedstocks
- Pre-composting: why and how to do it
- Monitoring an active worm bed
- Harvesting, screening, testing, packaging, and storing vermicast
- Markets for earthworms and vermicast
- Food security: how vermicast benefits soils and plants
- Keys to success: avoiding common pitfalls

Extension Specialist **Rhonda Sherman** is the director of the two-acre Compost Learning Lab at North Carolina State University and is one of the leading experts on vermicomposting. Rhonda travels extensively to present workshops on vermicomposting and to consult with farmers, businesses, and institutions on the development and management of vermicomposting systems.



Publication Date: Fall 2018

E-galley Available: Now

Word Count: 75,000

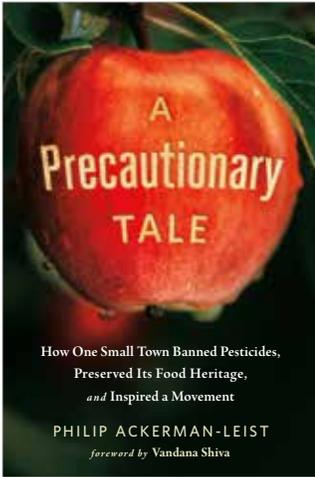
Art Program: Color photographs, illustrations, charts, and graphs throughout

Rights Available: World

Editor's Note: *The Worm Farmer's Handbook* includes profiles of successful worm growers across the United States and from New Zealand to the Middle East and Europe, describing their proven methods and systems.

**FALL
2018**

Sustainable Agriculture & Food Systems Selected Backlist

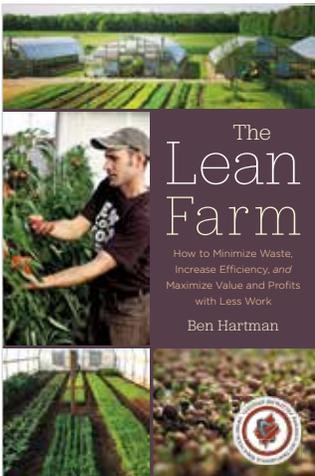


A Precautionary Tale

How One Small Town Banned Pesticides,
Preserved Its Food Heritage, and Inspired a Movement
Philip Ackerman-Leist, Foreword by Vandana Shiva

Rights Available: World

Mals, Italy, has long been known as the breadbasket of the Tyrol. But recently the tiny town became known for something else entirely. Fun, inspiring, and vitally important, *A Precautionary Tale* tells the story of how a town fought to protect their livelihood, health, and culture by blocking the insidious spread of corporate fruit growers. The book introduces readers to an unlikely group of activists and a forward-thinking mayor who came together to ban pesticides in Mals by a referendum vote—making it the first place on Earth to accomplish such a feat, and a model for other towns and regions to follow.



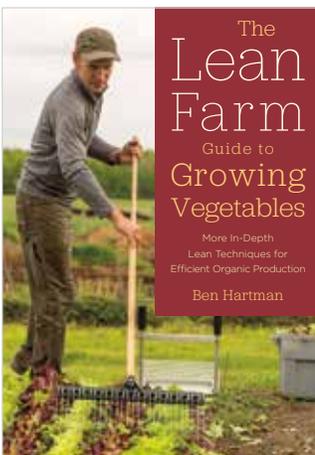
The Lean Farm

How to Minimize Waste, Increase Efficiency,
and Maximize Value and Profits with Less Work

Ben Hartman

Rights Available: World

Lean principles grew out of the Japanese automotive industry, but they are now being followed on progressive farms around the world. Using examples from his own family's one-acre community-supported farm in Indiana, Hartman clearly instructs other small farmers in how to incorporate lean practices in each step of their production chain, from starting a farm and harvesting crops to training employees and selling goods. While the intended audience for this book is small-scale farmers who are part of the growing local food movement, Hartman's prescriptions for high-value, low-cost production apply to farms and businesses of almost any size or scale that hope to harness the power of lean in their production processes.



The Lean Farm Guide to Growing Vegetables

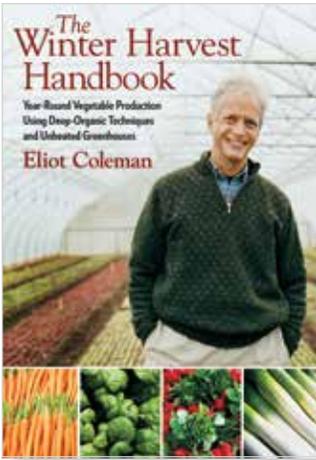
More In-Depth Lean Techniques for Efficient Organic Production

Ben Hartman

Rights Sold: Turkish

In this field-guide companion to his award-winning first book, *The Lean Farm*, Hartman shows market vegetable growers in even more detail how Clay Bottom Farm implements lean thinking in every area of their work, including using *kanbans*, or replacement signals, to maximize land use; germination chambers to reduce defect waste; and right-sized machinery to save money and labor and increase efficiency. From finding land and assessing infrastructure needs to selling perfect produce at the farmers' market, *The Lean Farm Guide to Growing Vegetables* digs deeper into specific, tested methods for waste-free farming that not only help farmers become more successful but make the work more enjoyable.

Sustainable Agriculture & Food Systems Selected Backlist



The Winter Harvest Handbook

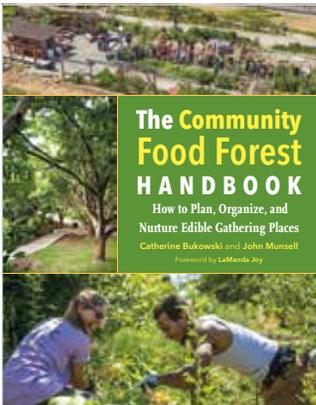
Year Round Vegetable Production Using Deep-Organic Techniques and Unheated Greenhouses

Eliot Coleman

Rights Sold: French and German

Coleman offers clear, concise details on greenhouse construction and maintenance, planting schedules, crop management, harvesting practices, and even marketing methods in this complete, meticulous, and illustrated guide. Readers have access to all the techniques that have proven to produce higher-quality crops on Coleman's own farm.

His painstaking research and experimentation with more than thirty different crops will be valuable to small farmers, homesteaders, and experienced home gardeners who seek to expand their production seasons.



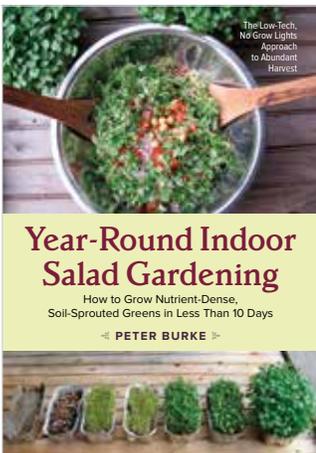
The Community Food Forest Handbook

How to Plan, Organize, and Nurture Edible Gathering Places

Catherine Bukowski and John Munsell

Rights Available: World

In *The Community Food Forest Handbook*, Catherine Bukowski and John Munsell dive into the civic aspects of community food forests, drawing on observations, group meetings, and interviews at over twenty projects across the country and their own experience creating and managing a food forest. They combine the stories and strategies gathered during their research with concepts of community development and project management to outline steps for creating lasting public food forests that positively impact communities.



Year-Round Indoor Salad Gardening

How to Grow Nutrient-Dense, Soil-Sprouted Greens in Less Than 10 Days

Peter Burke

Rights Sold: German and French

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. This book is a revolutionary and inviting guide for both first-time and experienced gardeners in rural or urban environments. *Year-Round Indoor Salad Gardening* offers detailed step-by-step instructions to mastering this method (hint: it's impossible not to succeed, it's so easy!), tools and accessories to have on hand, seeds and greens varieties, soil and compost, trays and planters, shelving, harvest and storage, recipes, scaling up to serve local markets, and much more.

Mid-Course Correction

A New Look Forward Toward a Sustainable Enterprise

Ray C. Anderson with new chapters by John A. Lanier (director of the Ray C. Anderson Foundation)

Foreword by Paul Hawken

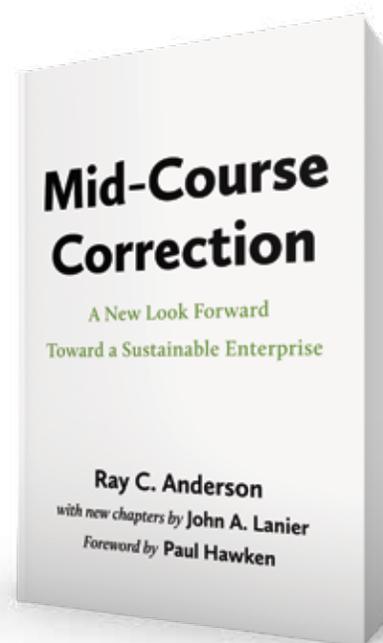
Mid-Course Correction is a classic in the sustainability field. In it Ray C. Anderson outlined his vision of a “prototypical company of the 21st Century”—what we now call the circular economy. Founder and leader of Interface, one of the world’s largest interior furnishings companies, Anderson recounts his eureka moment when he learned how great a role companies like his had played in the environmental destruction wreaking havoc all around him. So he decided to make radical change, and *Mid-Course Correction* not only outlined what eco-centered leadership looks like, it also mapped out a specific set of goals for Anderson’s company to shrink its environmental footprint and eventually become fossil-free.

Twenty years on the original book will now be updated with a new foreword by Paul Hawken and a new section that details how Interface has worked toward meeting that original vision. The company now has one of the most innovative and successful corporate sustainability efforts in the world. This new section also contains interviews with leaders in green enterprise, the circular economy, and biomimicry, and discusses where the circular economy work that Anderson helped launch is now heading, at Interface and elsewhere.

The audience for this new edition of *Mid-Course Correction* ranges from a variety of business readers—including sustainability professionals, green entrepreneurs, and corporate leadership development managers—to university sustainability programs.

Ray C. Anderson was founder and chairman of Interface, one of the world’s leading carpet and commercial fabric producers. He was known for his commitment to industrial ecology and sustainability in his own company. Prior to his death in 2011, he had been called the world’s greenest CEO.

John A. Lanier joined the Ray C. Anderson Foundation as executive director in May 2013 to advance the legacy of Ray, his grandfather. Formerly a practicing attorney, he now serves on the board of Southface and Project Drawdown in addition to his work at Interface.



Publication Date: Spring 2019

E-galley Available: January 2019

Estimated Word Count: 80,000

Art Program: Full-color photographs, illustrations, charts, and graphs throughout

Rights Available: World



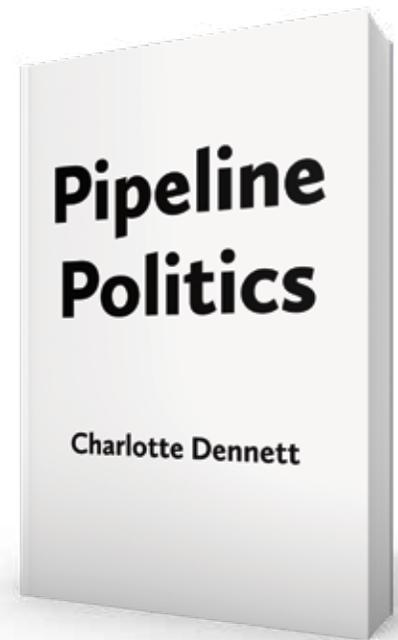
Pipeline Politics

Charlotte Dennett

Pipeline Politics conveys the politics of war in the Middle East through a little explored but extremely important vantage point: pipeline routes. Dennett is among the few journalists in the United States who has been tracking pipeline politics in the Middle East for decades. Why? One reason is deeply personal: her father, a US diplomat and spy in the Middle East during the Second World War, was an early victim of a pipeline conflict. She has long been researching why his plane crashed following a top-secret visit to Saudi Arabia in 1947 to study the route of the Trans-Arabian pipeline. The other reason is that the massive destruction and human suffering from today's bombings in Syria, Iraq, Afghanistan, Gaza, and Yemen have many of their roots in pipeline politics—all hidden from public view. The motive for the secrecy is simple: who would want to send their children into a war to help oil and gas companies?

While there are some 300 pipeline projects around the world, *Pipeline Politics* purposely focuses on the Middle East, the area of greatest energy reserves and, not surprisingly, the area of greatest conflicts. Big power rivalries between the world's major superpowers play a major role in pipeline politics. The story of her search for truth about her father's death, and its relevance to the pipeline struggles that would ensue, is also woven throughout the book.

Author and attorney Charlotte Dennett was formerly a reporter based in the Middle East. Her book *The People v. Bush* chronicled the movement and the strategy to hold George W. Bush accountable for high crimes and misdemeanors (for sending soldiers to war under false pretenses) after he left office. She also coauthored with her husband, Gerard Colby, *Thy Will Be Done—The Conquest of the Amazon: Nelson Rockefeller and Evangelism in the Age of Oil*, originally published by Knopf and recently updated. The husband-and-wife team has long explored the history and consequences of oil and empire.



Publication Date: Spring 2019
E-galley Available: January 2019
Estimated Word Count: 40,000
Art Program: Full-color illustrations throughout
Rights Available: World



Carbon Cascades

Redesigning Human Ecologies to Reverse Climate Change

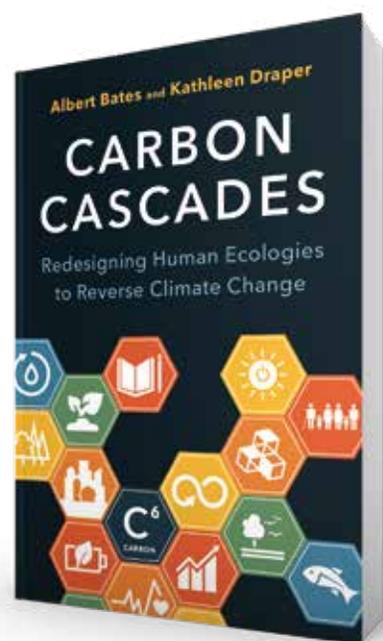
Albert Bates and Kathleen Draper

In order to rescue ourselves from climate catastrophe, we need to radically alter how humans live on Earth. We have to go from spending carbon to banking it. *Carbon Cascades* looks beyond carbon farming or biomass energy to offer a bigger and bolder vision for the next phase of human progress. Authors Albert Bates and Kathleen Draper propose four frameworks: enhancing nutrient density in food and conditioning urban and agricultural lands to withstand flooding and drought by rebuilding topsoil; carbon filtration within the world's rivers, oceans, and wetlands to cleanse the water; replacing steel, concrete, polymers, and composites with biological carbon in urban infrastructures (buildings, roads, bridges, and ports); and economic reorganization to incentivize carbon drawdown.

Fully developed, this approach costs nothing—to the contrary, it can save companies money and provide new revenue streams. It contains the seeds of a new, circular economy in which energy, natural resources, and human ingenuity enter a virtuous cycle of improvement. *Carbon Cascades* offers bold new solutions to climate change that can begin right now.

Albert Bates is one of the founders of the intentional community and ecovillage movements. A lawyer, scientist, and teacher, he has taught village design, appropriate technology, and permaculture in more than sixty countries. He is the author of sixteen books including *Climate in Crisis* (1990); *The Post-Petroleum Survival Guide and Cookbook* (2006); *The Biochar Solution* (2010); and *The Paris Agreement* (2015).

Kathleen Draper routinely collaborates with biochar experts from around the globe as a board member of the International Biochar Initiative (IBI), moderator for IBI's biochar education webinar series, and as the US Director of the Ithaka Institute for Carbon Strategies. She has lectured on biochar around the world and provides consulting services to companies entering the biochar industry.



Publication Date: Spring 2019

E-galley Available: October 2018

Estimated Word Count: 90,000

Art Program: Black-and-White illustrations, charts, and graphs throughout

Rights Available: World

**SPRING
2019**

Charlotte Strawbridge



Bees, Trees, and Herbal Teas

Brigit Strawbridge

2019

Best known for her work on the widely-watched BBC Series *It's Not Easy Being Green*, Brigit shares the story of the realization that she had lost the connection with the natural world that awoke such delight and fascination in her as a child. A book about bees, their plight, and how we can help, it chronicles her journey to reconnect with nature through her study of bees and all they have taught her.

Mike Betts



RICH SHIH

Koji Alchemy

Jeremy Umansky, Cleveland-based chef and owner of Larder Delicatessen and Bakery and Rich Shih, fermentation expert

2020

Originally brought to us by Sandor Katz (*The Art of Fermentation*), koji is the new frontier of fermentation. *Koji Alchemy* is devoted entirely to the processes, concepts, and recipes for fermenting and culturing foods with koji, the microbe behind delicious savory tastes such as soy sauce and miso. While celebrating the history and traditional applications of koji, authors Umansky and Shih are also taking it to a new level—aging charcuterie, cheeses, and other ferments at an extremely rapid rate, thereby revolutionizing fermented foods and their flavor profiles, both for chefs and home cooks.

Rick Reinhard



Shut It Down

Lisa Fithian

2019

Shut It Down is about the art, science, and joy of civil disobedience, as gleaned from the life of the author, Lisa Fithian, whose decades-long work as an advocate for a form of social and political resistance called *nonviolent direct action* has put her on the frontlines of change around the globe. Mixing first-person storytelling from specific campaigns—including shutting down the CIA headquarters in the late 1980s; disrupting the WTO in the Battle of Seattle; protests at Democratic and Republican National Conventions; organizing and training at Occupy Wall Street, Ferguson, and during the anti-DAPL actions at Standing Rock; and, most recently, training the next International Freedom Flotilla challenging the Israeli blockade of Gaza—with prescriptive analysis, *Shut It Down* shows how people-powered movements embracing direct action have always been, and continue to be, the most radical and rapid means to transforming the ills of our society.

“Chelsea Green personifies what’s best about indie publishing: integrity, innovation, quality, courage, and a brilliant sense for staying years ahead of North American culture.”

—Matt Sutherland, editor-in-chief,
Foreword Reviews

Since 1984, Chelsea Green has been the leading publisher of books about organic farming, gardening, homesteading, integrative health, sustainable living, socially responsible business, and more. Now employee-owned, with offices in White River Junction, Vermont, and London.