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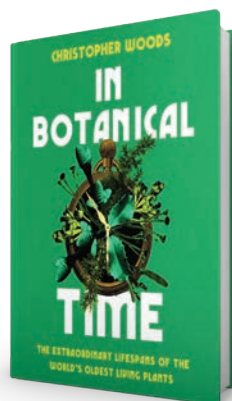
**New & Forthcoming | Fall 2025**

# In Botanical Time

The Extraordinary Lifespans of the  
World's Oldest Living Plants

**Christopher Woods**

**NATURE & ENVIRONMENT**



*In Botanical Time* is an exploration of the fascinating botanical and cultural uses of twenty-five of the world's longest-lived plants. The book explores the science behind how and why these plants have evolved to live this long, and how human-driven change continues to force species to rapidly adapt to survive in increasingly affected habitats and conditions.

The book also draws meaningful parallels to the ways humans have long recognized these plant species' worth, looking to them as symbols of strength or endurance, and encourages us all to consider what the impact that would be felt if we lost them.

*In Botanical Time* will resonate with a general popular science and gardening readership.

**CHRISTOPHER WOODS** began his gardening life at the Royal Botanic Gardens, Kew. Over a career spanning more than thirty years, Chris has served as

director and chief designer of Chanticleer, transforming it into one of America's most exuberant gardens, renowned for creative and innovative techniques. He has also served as vice president for horticulture at the Santa Barbara Botanic Garden; director of the VanDusen Botanical Garden in Vancouver, Canada; executive director of the Mendocino Coast Botanical Gardens; and director of the Pennsylvania Horticultural Society's Meadowbrook Farm. He is the author of two previous books.

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photographs throughout

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**SPRING 2026**





# Garden for Life

Strategies for Easier, Greener, More Joyful Gardening as We Age

Rhonda Fleming Hayes

GARDENING



In a recent survey, *Forbes* magazine found that 77 percent of adults over fifty prefer to age in place to preserve independence, familiarity, community, and quality of life. Many of them don't want to leave gardens that they've spent a lifetime nurturing but now find daunting to maintain. As people approaching retirement age experience physical changes, they are also encountering financial and family changes that can affect the amount of time and energy they allot to gardening.

*Garden for Life* offers older gardeners tools to evaluate their garden situation, suggesting ways to redesign an existing garden or to design a new one, new techniques and tools to make gardening easier, how to select appropriate plants, and also how and when to ask for help—so they can focus on the life-enhancing aspects of gardening.

Gardening offers a low-intensity workout. Time spent tending plants can produce a meditative state that decreases stress while giving the gardener a sense of purpose. Growing your own food is a recipe for improved nutrition and better brain health. Gardening grows social connection and community. In short, gardening is excellent for health and longevity. The book includes

a section featuring exercises chosen by a certified senior fitness expert that mimic movements in the garden, helpful for warming up and for downtime in winter.

*Garden for Life* concludes with an appeal to honor and celebrate older gardeners and their collective wisdom, along with a call to action, highlighting the many ways that older gardeners can grow new gardeners.

**RHONDA FLEMING HAYES** is an award-winning writer and photographer applying her passion to all things plant-related. She's a popular speaker for garden clubs and other groups with presentations covering pollinators, butterfly gardening, native plants, and the art of kitchen gardening, to name a few.

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# The Self-Fed Farm and Garden

A Return to the Roots of  
the Organic Method

**Eliot Coleman,**  
Author of the Best-Selling  
*The New Organic Grower*

## GARDENING

The first all-new book in fifteen years from renowned organic grower and bestselling author, Eliot Coleman, presenting his “self-fed” growing method that continuously sustains soil fertility and produces delicious, exceptionally nutritious vegetables with no need for purchased fertilizer or compost.

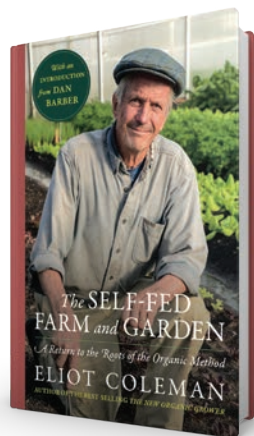
*The Self-Fed Farm and Garden* presents the organic method as a self-sustaining system rooted in soil health care and shows readers how they can shift to a self-fed model that continually recharges the soil with organic matter, thus allowing the soil food web to provide all the nutrients crops need for healthy growth and excellent yields. Based on his long study of his library of classic farming and gardening books, Eliot Coleman re-engineered the way he managed soils and crops so that he would never need to purchase off-farm inputs of compost or fertilizer.

A self-fed system is safe from contamination by pollutants and also has the benefit of far lower expenses than those that rely on purchased fertilizers.

In the book’s conclusion, the 84-year-old Coleman describes the final chapter in his farming career including

envisioning the future of his farm in new hands and a passionate appeal to organic farmers to resist the increasing pressures to weaken their standards and protect true organic farming.

**ELIOT COLEMAN** is the author of *The New Organic Grower*, *Four Season Harvest*, and *The Winter Harvest Handbook*. He has more than 50 years’ experience in all aspects of organic farming, including field vegetables, greenhouse vegetables, rotational grazing of cattle and sheep, and range poultry. During his careers as a commercial market gardener, the director of agricultural research projects, and as a teacher and lecturer on organic gardening, he studied, practiced, and perfected his craft.



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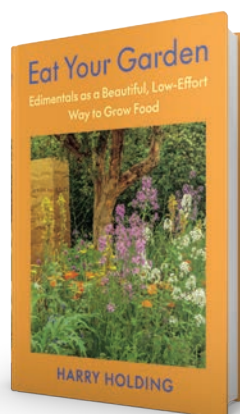


# Eat Your Garden

Edimentals as a Beautiful,  
Low-Effort Way to Grow Food

Harry Holding

GARDENING



*Eat Your Garden* is a grow-your-own book with a difference: edimentals are plants that are both edible and ornamental. They offer a sustainable and beautiful way to grow food in your garden, whether it's large, urban or a balcony, or in containers.

This is a naturalistic, stylish and low-maintenance method of integrating edible plants within your existing garden. Harry will introduce you to the huge range of plants available, from the familiar to the surprising and lesser known, so you can grow a diverse range of plants to eat, good for biodiversity and good for your health. He'll guide you on how to plan and design your planting schemes, considering form, layers, colour and texture, as well as describing the pollinating effects they can have and the opportunities they create for you to forage in your own garden.

Illuminating case studies show how edimentals are used in larger spaces and public gardens in the UK and internationally, such as edible meadows, food forests, market gardens and permaculture systems as well as Harry's own award-winning RHS Chelsea show gardens, so you can choose elements to suit your own space, conditions and climate.

*Eat Your Garden* is the first book to focus on a style of edible gardening that

is lower in effort, higher in style and less demanding of space than the traditional kitchen garden or vegetable plot.

**HARRY HOLDING** has been called a 'rising star' by House & Garden, receiving awards from the Society of Garden Designers and other industry bodies. His 'School Food Matters Garden' at RHS Chelsea Flower Show 2023 explored sustainable, edible planting and won the People's Choice Award (Sanctuary Garden/All About Plants) and a Silver-Gilt medal and he was asked to design the RHS Feature Garden in 2024. These garden designs received broad media coverage and acclaim, including from BBC One, BBC Gardeners' World, *The Times*, *Telegraph*, *Financial Times*, *Evening Standard* and Channel 4's *Grand Designs*.

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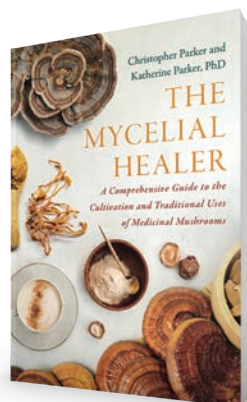


# The Mycelial Healer

A Comprehensive Guide to the  
Cultivation and Traditional Uses of  
Medicinal Mushrooms

Christopher Parker and  
Katherine Parker, PhD

HEALTH & WELLNESS



A groundbreaking and accessible exploration of ancestral and Indigenous medicinal uses of mushrooms and their cultivation.

Fungi hold our ecosystems together. They carry medicinal compounds that can be isolated and studied by scientists, and they carry something less available to scientific study—something ineffable, a connection, a way of being in the world.

This insightful and practical guide for the lay reader explores the deep, interwoven web of the mycelial network from the perspective of whole human health. Our direct relationship with these mushrooms is studied, with detailed information on how to grow them in both outdoor and indoor settings as well as how to preserve and ingest mushrooms as food and medicine. The book concludes with a deeper dive into fourteen species of medicinal mushrooms to learn their stories, their way of living, and what they have revealed to science.

Medicinal Mushroom Profiles include: Cordyceps, Amadou, Birch Polypore, Reishi, Maitake, Lion's Mane, Chaga, Milky Cap, Shiitake, Medicinal Molds, Oyster, Psychoactive Mushrooms, Split Gill, and Turkey Tail.

*The Mycelial Healer* is for readers who are turning to medicinal mushrooms

for solutions to health concerns, as well as herbalists and mushroom cultivators inspired to take their understanding of the medicinal benefits of mushrooms to the next level.

**CHRIS** and **KAT PARKER** have decades of experience as hands-on practitioner business owners. Together they established The Forest Pharmacy, a successful farm and school for people interested in medicinal mushrooms. Kat is a writer and a trained psychologist. Chris is a mycologist with thirty years of experience in mushroom cultivation, wild harvesting, and herbal medicine making. Chris is also a member of the Eastern Band of Cherokee Indians and carries knowledge of ancestral food practices.

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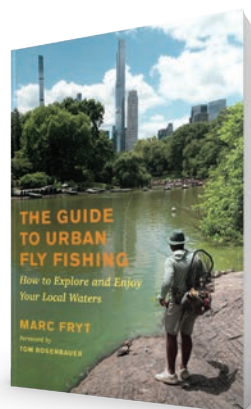


# The Guide to Urban Fly Fishing

How to Explore and Enjoy  
Your Local Waters

Marc Fryt

NATURE & ENVIRONMENT



While city dwellers often turn to hiking, biking, or simply enjoying a local park as healthy pastimes that don't come with high costs or distant travel, one rewarding pursuit remains largely untapped in urban environments: fly fishing.

For over a thousand years, fly fishing has been more than harvesting food; it's a source of immense joy, a pathway to understanding nature intimately, and a tradition that connects us to water and wildlife. But why should this enriching experience be confined to remote waters and rural landscapes? Why can't we cast a line right in the heart of our cities?

This book shatters the stigmas and preconceptions—elitism, exclusivity, and notions of purity—that have kept fly fishing from thriving in urban settings, revealing how the sport is truly accessible to all. It introduces angling knowledge within the unique ecosystems that cities offer.

More than just a how-to, *The Guide to Urban Fly Fishing* provides the tools, resources, and diverse stories to help us discover the vibrant community and joy of urban fly fishing. It's also about joining a broader ecological movement that's redefining how we live, relate, and recreate in our cities.

**MARC FRYT**, a US Army veteran, discovered fly fishing as a way to decompress and explore mountain rivers and streams during his military service as a helicopter pilot and operations officer. After leaving the service, he took up urban fly fishing with the encouragement of local anglers and mentors. He is now an urban fly-fishing guide in Spokane, Washington State's second-largest city. He brings years of writing and photography experience, having been published in numerous fishing and hunting magazines such as *The Drake*, *Flyfish Journal*, *Backcountry Journal*, *Fly Culture*, *Covers*, *Project Upland*, *Kayak Angler*, and *American Fly Fishing*.

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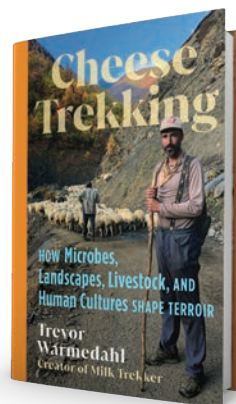


# Cheese Trekking

How Microbes, Landscapes,  
Livestock, and Human Cultures  
Shape Terroir

**Trevor Warmedahl**

**FOOD & DRINK**



**“Poetic, touching, and world-expanding...This book will not only change how you think about cheese—and the humans, microbes, and animals that co-create it—but also how you think about life. Anyone who cares about where their food comes from needs to read this book.” —DAVID ZILBER, chef and food scientist; coauthor of *The Noma Guide to Fermentation***

In *Cheese Trekking*, nomadic cheesemaking, fermentation educator, and popular writer Trevor Warmedahl recounts his experiences visiting pastoral communities and cheesemakers in overlooked border regions around the world, traveling on a shoestring budget with little more than a rucksack and a sleeping bag. With every step, he explains how cheeses can be exquisite manifestations of locale and exposes the destructive methods and bland homogeneity of modern industrial production.

Throughout *Cheese Trekking*, Trevor offers firsthand evidence that humans can be the stewards of landscapes, shepherds of microbes, and keepers of genetic wealth in the form of heritage livestock breeds while crafting delicious cheeses.

His central premise is that milk has a terroir, born from the plants and ecology of the landscape, concentrated by the animals who eat graze there and produce milk which is then steered by human hands and cultural practices into cheeses and other dairy products.

**TREVOR WARMEDAHL** has a well-established identity as a nomadic cheesemaker and is knowledgeable about grazing practices and milk fermentation globally. He’s been a cheesemaker for the past decade working with companies of various sizes, but with a dedicated focus on farmstead operations and natural/raw milk.

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# How to Fall in Love with the Future

A Time Traveller's Guide to Changing the World

Rob Hopkins

**POLITICS & PUBLIC POLICY,  
BUSINESS & ECONOMY**

**"No one makes environmental optimism more credible or compelling than Rob Hopkins. Read this and don't weep." —HUGH FEARNLEY-WHITTINGSTALL, chef and campaigner**

In 2020 climate activist and Transition Network cofounder Rob Hopkins responded to the pandemic the way a lot of people did: by starting a podcast. But it wasn't any ordinary podcast. In each episode, Hopkins and his guests would "time travel" together to the year 2030—walking down imagined future streets, talking with imagined future neighbors, visiting imagined future local businesses. While Hopkins's guests came from all walks of life, they all shared a willingness to suspend their worries about the future long enough to mentally inhabit and then describe a world they were thrilled to be a part of.

*How to Fall in Love with the Future* is the result of those conversations and Hopkins's deep dive into the people and movements throughout history who have used visions of the future to inspire positive change on a dramatic scale. Hopkins brings essential new thinking to anyone overwhelmed

with anxiety for the future. He asks us to consider: what would happen if we all got to work imagining—and then building—a world we were deeply in love with?

**"Rob Hopkins puts imagination back at the heart of future-dreaming, offering us an irresistible invitation to dream bigger and then make those dreams a reality." —KATE RAWORTH, author of *Doughnut Economics***

**ROB HOPKINS** is the cofounder of Transition Network. He is the author of several books, including *From What Is to What If*. An Ashoka Fellow, Hopkins has spoken at TED Global and several TEDx events, and he runs 'Imagination Catalyst' trainings for a wide range of organisations, including Balenciaga and Patagonia.



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# Finding Lights in a Dark Age

Sharing Land, Work, and Craft

Chris Smaje

**POLITICS & PUBLIC POLICY,  
NATURE & ENVIRONMENT**



How we can meet the challenges of our age by moving away from the political and economic philosophies of both the left and right to a more equitable re-organization of society, economy, land and food production, driven by the local community rather than a central government.

Today, society and government are still asking what our country can yield, and in what quantity. They do so because in a sense we are still living in conquest-based societies. Agrarian thinker Chris Smaje draws an arresting modern parallel to Viking societies and the Ragnarok they faced then of dramatic climate change and societal collapse.

Chris explores a world where we live slower lives more immersed in local ecologies. Where our present Viking age has inflicted alienation from place and local livelihood, Chris proposes other models of collective organization, where land and capital are seen as a common good that involves a widespread and secure redistribution. These are principles associated with distributism—broadly, that issues should be dealt with at the most local level feasible and governance, wherever possible, should be bottom-up. There should also be a moral economy founded in ideals of justice.

It's time to hospice modernity and build a green Earth rising. In this book, Chris discusses what this society and landscape might look like in the near future and longer term.

**CHRIS SMAJE** has coworked a small farm in Somerset, southwest England, for the last twenty years. Previously, he was a university-based social scientist, working in the Department of Sociology at the University of Surrey and the Department of Anthropology at Goldsmiths College. Since switching focus to the practice and politics of agroecology, he's written for publications such as *The Land*, *Dark Mountain*, *Permaculture* magazine and *Statistics Views*, as well as academic journals such as *Agroecology and Sustainable Food Systems* and the *Journal of Consumer Culture*.

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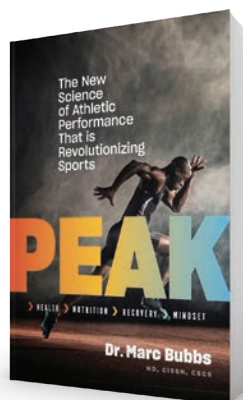
**FALL 2025**

# Peak

The New Science of Athletic Performance That Is Revolutionizing Sports

Dr. Marc Bubbs,  
ND, CISSN, CSCS

HEALTH & WELLNESS



An integrated and personalized approach to health, nutrition, training, recovery, and mindset.

There is a new revolution happening in sports as more and more athletes are basing their success on this game-changing combination: health, nutrition, training, recovery, and mindset. Unfortunately, the evidence-based techniques that the expert PhDs, academic institutions, and professional performance staffs follow can be in stark contrast to what many athletes actually practice. When combined with the noise of social media, old-school traditions, and bro-science, it can be difficult to separate fact from fiction.

*Peak* is a groundbreaking book exploring the fundamentals of high performance, the importance of consistency (not extreme effort), and the value of patience. Dr. Marc Bubbs makes deep science easy to understand, and with information from leading experts, he lays out the record-breaking feats of athleticism and strategies that are rooted in this personalized approach.

Dr. Bubbs's performance protocol is for the elite athlete, active individual, strength coach, nutritionist, or practitioner who wants to expand their potential.

Whether you're trying to improve your physique, propel your endurance,

or improve your team's record, looking at performance through this lens is absolutely critical for lasting success.

**DR. MARC BUBBS** is a naturopathic doctor, performance nutrition lead for Canada Basketball and performance nutrition consultant for a portfolio of professional and Olympic athletes. Marc also hosts *The Performance Nutrition Podcast*, connecting listeners with world-leading experts in human performance and health, and regularly speaks at health, fitness and medical conferences across North America, the UK and Europe.

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**FALL 2025**



# One-Cow Revolution

Achieving Food Independence with  
a Grass-Fed Family Cow

**Shawn and Beth Dougherty,**  
authors of *The Independent  
Farmstead*

## FARMING & HOMESTEADING

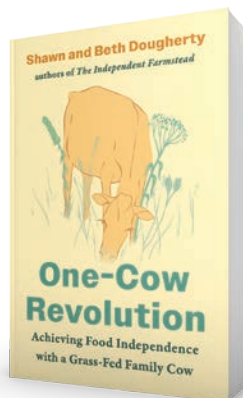
Essential experience-based advice and instructions from the authors of *The Independent Farmstead* for raising a grass-fed milk cow as the heart of a successful low-input, low-cost homestead.

For more than three decades, Shawn and Beth Dougherty have honed their frugal methods for managing a small-scale farmstead on marginal land. In *One-Cow Revolution*, they share their wisdom and affection for the blessing that is the human-dairy cow partnership, addressing key questions with clear answers for those who have just moved back to the land (or are still planning and dreaming).

The Doughertys begin at the beginning, advising readers on how to find a reliable dairy cow, move her to the homestead, and settle her in. They take readers on the round of daily chores, including managing their cow's grazing patterns and monitoring pasture health, milking a cow, and handling the milk. They explain how a solar-powered cow becomes the heart of a diversified farmstead, providing food for calves, pigs, and other livestock; milk and meat for the family; and manure for high-quality compost to build healthy garden soil. The book's exemplary how-to content is framed by an introduction and conclusion that describes their life philosophy as "cow people" and

the many benefits that manifest in communities where small, food-independent farmsteads thrive as models of sustainable human land-use.

**SHAWN** and **BETH DOUGHERTY** have been farming together for over thirty years, the last twenty in eastern Ohio on their home farm, the Sow's Ear, where they and their children raise grass, dairy and beef cows, sheep, pigs, and poultry. They identify intensive grass management as the point of union between good stewardship and good food. Their ongoing goal is to rediscover the methods and means by which a small parcel of land, carefully husbanded with the application of ruminants, pigs, and poultry, can be made to gain fertility and resilience while feeding the animals and humans living on it.



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**COMING SOON**

## **Natural Rose Gardening**

The Organic Guide to Growing Amazing Blooms

**Rita Perwich**

Roses are the most popular flower in the world, yet many people are afraid to grow them, given their reputation as high-maintenance ornamentals that need constant spraying with pesticides and fungicides and frequent fertilization. Growing roses should and can be fun. This book is an important resource for readers who want to grow beautiful and healthy roses, benefit their own health and mental well-being, and stay in touch with nature and in harmony with all earth's creatures.

## **The Beautiful Country**

Uncovering Italy's unique natural history and the unsung wonders of its landscape, wildlife and plants

**Edward Cutler**

Italy is renowned for its antiquity, classical literature and philosophy, and modern-day culture, cuisine and fashion, but what has gone largely overlooked – and undocumented – is its uniquely biodiverse landscape and wildlife. Italy provides a home for a third of all European flora and fauna, with a vast range of fruit and vegetable varieties: more grape varieties than France, more wheat than the US and more olives than Spain. *The Beautiful Country* delves into Italy's unique ecological past and show how it has shaped its present – and its future. The author is an adopted Italian, whose ambition in writing it is to inspire wider appreciation and a call to action to preserve the nature that inspired this book.

## **Under Their Wing**

**Pete Dunne**

This is a human history of birds, charting how our lives have been intimately connected with these winged creatures since we first evolved out of the trees. From the ancient Egyptian mummified ibises to Yankee Doodle's famous feathered cap, this book charts the fascination with birds that has gone on for thousands of years. Dunne doesn't shy away from the ugly parts of this history, from the astonishing numbers of avian fatalities as they attempt to migrate through dangerous manmade obstacles, to a reporting of the species we've made extinct, to an inventory of the birds currently declining or facing extinction. Dunne reminds us that as we are the problem, we can and must be the solution to protecting our avian kin. This book is for history lovers, as well as for birders.



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