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KYLE BOOKS USA

SPRING-SUMMER 2019

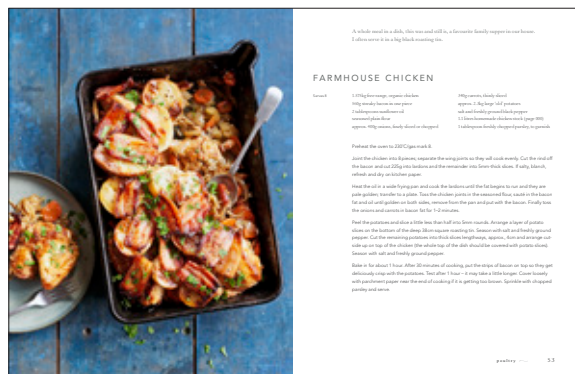


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BOOKS USA

K Y L E B O O K S U S A

SPRING — SUMMER 2019



192 pages

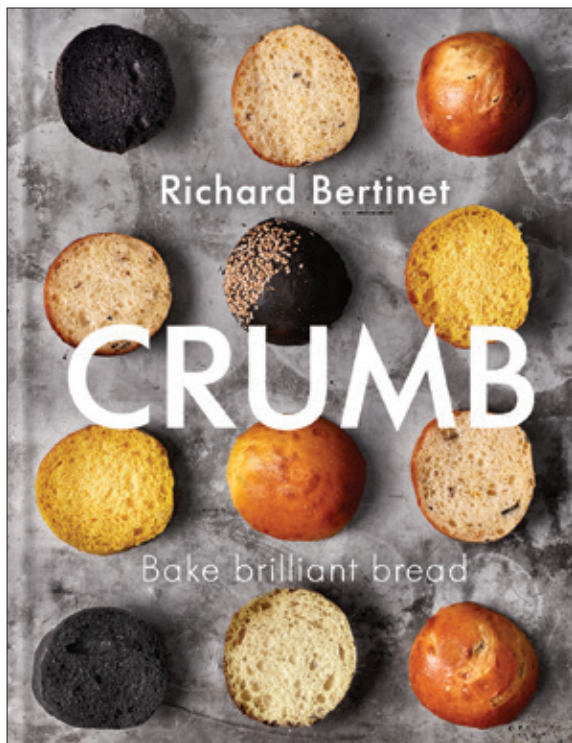
Darina Allen

A portrait of Darina Allen, an older woman with short white hair and glasses, wearing a blue and white patterned top. She is smiling and holding a wooden rolling pin over a piece of dough on a wooden surface.

Darina Allen is Ireland's best-known food ambassador and the bestselling author of *Ballymaloe Cookery Course* and *Forgotten Skills of Cooking*, which won the prestigious André Simon award in 2009. She campaigns for local produce, is a member of Slow Food Ireland and set up Ireland's first farmers' market. She has won many awards including the Guild of Food Writers' Lifetime Achievement award in 2013, and the Best World Gourmand Cookbook Award for *Grow, Cook, Nourish* in 2017



"There's not much this gourmet grande dame doesn't know." – Nigel Slater, *Observer Food Monthly*



CRUMB

Bake brilliant bread

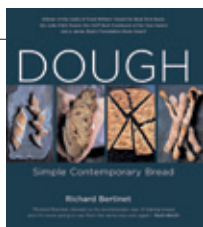
Richard Bertinet

Bread can be open and airy or compact and dense – it is all about the 'crumb' which characterizes particular styles of loaf. In this inspiring new book, Richard Bertinet shares his hallmark straightforward approach to making bread through every step of the process, including the various techniques of fermenting, mixing, kneading and baking.

Richard shows you how to make everything from classic and rustic breads to sourdough using different flours and ferments. Learn how to bake a range of delicious sweet and savory recipes from Manchego & Chorizo Cornbread, Saffron & Seaweed Rolls and Chickpea Flatbreads to Chocolate, Pistachio and Orange Loaf and Cinnamon Knots. There are also options for gluten-free breads and the best bakes to improve your gut-health by experimenting with different types of flour. Finally, Richard shares ideas for cooking with bread and creams, syrups and purées to enjoy alongside or incorporate into your bakes.

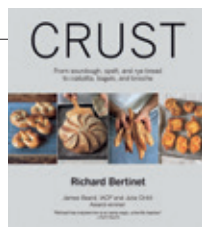
With stunning step-by-step photography, simple advice and helpful techniques throughout, *Crumb* will inspire and fill everyone, whatever their experience, with the confidence to bake an exciting repertoire of breads.

Also Available:



DOUGH

9781909487536
\$24.95 (PB)
\$31.95 in Canada



CRUST

9781906868819
\$22.95 (PB)
\$29.95 in Canada



Richard Bertinet set up his Bertinet Kitchen in 2005 and Bertinet Bakery in 2011 and his bread is now widely available across the UK. He trained as a baker in his native Brittany and has over 20 years' experience as a chef and baker who teaches principally in his own school in Bath. His first two books won numerous awards including IACP Cookery Book of the Year and James Beard Award.



9780857835543

March 2019
US\$34.99 CAN\$38.99
Hardcover
8" x 10 1/4"
224 pages



BENTO POWER

Brilliantly Balanced Lunchbox Recipes

Sara Kiyo Popowa

Many people bring their lunch to work to save money, time and to help control what they are eating (with no hidden nasties from processed shop-bought food), but sometimes it's hard to think of interesting, nutritious things to make. Sara has come to the rescue with her vibrant, fun and inspirational approach to lunch boxes. She concentrates on having 5 clear elements: complex carbs, protein, fruit and veg, and sprinkles as well as the 5 colors used in authentic Japanese cooking: red, white, black, yellow and green. With just a few essential ingredients, you add your extras to create highly nutritious, vegetarian, colorful boxes of joy.

Sara includes ideas for bento breakfast boxes (Sesame Snap Granola Bento and Mighty Muesli), 15-minute bento (Busy Days Instant Noodles and Lazy Tamago Bento), Everyday bento (Red Velvet Quinoa Bento, Green Theme Bento and Zen Bento) and the Fantasy bento (Starry Sky Bento and Fairy Jewel Box Bento).

With tips on how to stock your bento store-cupboard and basic ingredients and recipes to get you going, now is the time for bento to bounce into your breakfast, lunch box, or even into your dinner parties, filling you with bento power!

Sara Kiyo Popowa is half-Japanese, half-Bulgarian and was born and raised in Sweden. She is a talented recipe writer and photographer, whose Instagram feed @shisodelicious has pioneered the escalating trend for home-made bento. Through social media, events and workshops, Sara inspires thousands of people every day with her approach. She works with various companies, including ClearSpring and Whole Foods.



9780857835680

March 2019

US\$22.99 CAN\$24.99

Hardcover

7 1/2" x 9 3/4"

192 pages

Red Velvet Quinoa Bento

Red Velvet Quinoa is of my most asked-for recipes on Instagram and this is the first time I share it, so I hope you will like it! Ben's something seriously earthy about this bento, the deep beetroot and miso is lifted by a touch of clove and lemon - perfect with creamy avocado, fragrant charred peach, asparagus and salty-sweet pecans. You can, of course, skip the charring to save time but I'm using a single Japanese technique over a gas flame - less than a minute each side while you prep the other ingredients. Under-ripe stone fruit does especially well with a blast of heat to bring out their sweetness.

Makes 2-3 bento

Red Velvet Quinoa

2-3 portions, 1/2 cup (120g)

250g (200g) quinoa, rinsed and drained
1 cup medium beetroot, scrubbed and
roughly cubed in small pieces
400ml water, to cook
Seasoning: 1 tsp
2 tbsp medium to dark miso
3 tbsp olive oil
1/2 tsp cinnamon powder
1 pinch ground cloves
bento and a little over 1/2 lemon

*Cover the top of one clove head if you
don't have ground.

Toast the quinoa on a high heat in a pot,
stirring frequently until it looks dry and
crackles a lot - don't worry if it gets a little
burnt, it adds a nice smoky flavor. Add
the beetroot and cooking water, cover
with a lid, bring to the boil and simmer on
the lowest heat until soft, 15-20 minutes.
Whisk the seasoning ingredients together
in a big mixing bowl. Add the hot quinoa
and combine well. Let it cool slightly
before packing in a bento and/or a
storage container.

Maple-Roasted Pecans

3-4 portions, 1/2 cup (120g)

100g pecans
Seasoning: 1/2 cup
1/2 cup maple syrup
1/2 cup water
1/2 tsp salt
Pinch of smoked paprika powder

Shake the seasoning liquid in a small jar
with a lid to combine. Briefly dry toast the
nuts in a frying pan, taking care they don't
burn. When they look slightly toasted, tip
to one side of the pan, pour the seasoning
liquid over and shake the pan over the
heat until all the liquid has evaporated.

Charred Peach and Asparagus

1/2 slightly under-ripe nectarine or peach
per bento, stone removed
1 small bunch of asparagus per bento,
washed and trimmed

Either use a very hot, dry frying pan, press
down the peach and asparagus for a few
seconds, add a splash of water and cover
with a lid for a minute to soften. Or, place
a metal grill if you are still over-zealous over
your biggest gas flame and when it's
red hot, press down the peach and
asparagus for a few seconds to get grill
marks, then leave the heat and let it char
for 20 seconds on each side.

TO ASSEMBLE

Per bento

A few lettuce leaves

1/2 avocado

Optional:
1/2 cup miso with a squeeze of
lime or dressing

Fill one side of your bento with
the quinoa, or one whole bowl if
you have a double-decker like
in the image. In the rest of the
space, make a bed of lettuce
and arrange the avocado,
peach and asparagus on top. If
you can, keep the miso separate
either in a dish or a packet
made from baking paper. If
you want dressing, pour a little
miso and a squeeze of lime
into a small leak-proof pot.



Hard Prep Bento

90

90

BENTO POWER

Lazy Tamago Bento

Japanese layered omelette, Tamago-yaki, is a staple in Japanese Bento. You may recognise it from eating sushi as a sweet, neatly shaped omelette. Making it the traditional way may seem a little daunting, but here is my half-proof, reduced version that's ready in 2 minutes! It's the first recipe my husband Andy used and he was hooked right away - he makes it all the time now. It's ridiculously simple to make, packs a lot of flavor and nutrients and looks pretty stylish too - and it's great practice before attempting Real Tamago Bento on page 130, too.

Makes 1 bento

Lazy Tamago

1/2 cup (120g)

A little oil to fry
1 organic egg
1 pinch each of salt and chili flakes
1 dash soy sauce

Instructions:
Beat well for 1/2 min with
Add a sprinkle of mixed sesame seeds
Add a sprinkle of furikake from your
protein cabinet (see page 10)

Heat a medium-sized frying pan and
dispute with a little oil. Crack your egg
into a glass jar with a lid, add seasoning,
close the lid and shake shake shake. Pour
the egg mixture into the pan and quickly
tilt to cover the surface like a crepe.
Immediately place a whole hot sheet on
top and wait seconds. Your lazy tamago
is ready to fold in three. Let cool slightly
on a clean cutting board before cutting to
bite-sized strips.

Quick-blanching Green Beans

Per bento

Handful of green beans, not trimmed

Pour boiling water over until beans are in
handproof level, cover and leave while
you prep the tamago. Cool under the
tap and cut into bite-sized pieces on a
diagonal. Keep the tails - they're
tenderly soft and look nice!

TO ASSEMBLE

Per bento

1 portion per prepared rice
(see page 22)
A few lettuce leaves
Cherry tomatoes
Furikake from your protein cabinet
(see page 10)

Optional:
Benton or pomegranate seeds

Fill one side of your bento
container with a portion of
rice and line the rest of the bowl
with lettuce leaves. Place the
beans, tamago and tomatoes
on the lettuce bed in separate
portions. Sprinkle furikake over
the rice. Done.

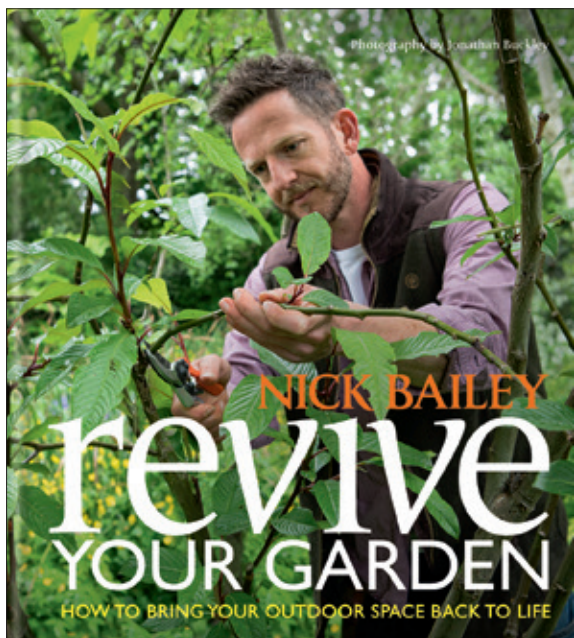
10-minute Bento

97

96

BENTO POWER





REVIVE YOUR GARDEN

How to bring your outdoor space back to life

Nick Bailey

A practical and inspirational guide for anyone who wants to bring their garden back to life, whether it's a long-standing plot that has become tired and unloved, or a newly acquired, shabby garden that needs some attention.

Focusing on simple ideas, techniques and design solutions that anyone can achieve, Nick's guidance will instill the reader with the confidence to tackle restoring any space. His advice includes all the vital steps, beginning with assessing and understanding your site, and progressing to the pruning and layering of existing planting, and the shaping of your space, to what to plant in specific areas and how to wow with unusual choices. Nick also offers seasonal guidance on the best times to undertake basic tasks, so that reviving your garden becomes both satisfying and rewarding.



Nick Bailey, a regular presenter on BBC2's *Gardeners' World*, has worked as a professional horticulturalist for more than two decades, and won a silver gilt for his first garden at Chelsea Flower Show in 2016. Until recently he was Head Gardener at London's Chelsea Physic Garden, where he refined the site for a contemporary audience as well as added to its year-round color appeal. His first book was *365 Days of Colour in Your Garden*.



9780857834324

March 2019

US\$30 CAN\$33

Hardcover

9" x 10 1/8"

224 pages



VEGAN FOR GOOD

100 deliciously simple plant-based recipes for every day

Rita Serano

Following a vegan lifestyle has never been simpler thanks to Rita Serano's irresistible recipes. A perfect companion for busy lives, *Vegan For Good* contains a range of multi-functional dishes to ensure vegan meals are easy to make every day. Whether it's cooking a hassle-free weeknight supper, preparing a quick work lunch for the day ahead or treating yourself to a relaxed weekend brunch, this book has it covered.

A passionate food blogger and recipe developer, Rita is keen to shake the stigma that vegan food is time consuming and difficult to make. Chapters are split into Weekday, Weekend, Sweet Celebrations and No Time At All, with recipes ranging from a warming Sweet Potato Laksa to a smooth Peach and Ginger Cheesecake to share with friends.

Packed full of flavor, color and style, *Vegan for Good* has something for everyone, whether you need to whip up a 10-minute meal or spend an hour or two on a Sunday prepping for the week ahead. With Rita's friendly guidance and delicious recipes, learn how to create easy, wholesome vegan masterpieces every day.



Rita is a Dutch food photographer, food blogger and recipe developer. After following various cooking trends, she derived her own plant-based, seasonal and healthy style. Her first book, *Vegan in 7*, was published by Kyle Books in 2017. She lives between

The Netherlands and France with her husband and daughter, experimenting with new ideas in the quick, busy city life of Amsterdam and enjoying a quiet life tending her vegetable garden in the French countryside.



9780857836175

March 2019

US\$24.99 CAN\$27.99

Paperback

7 1/2" x 9 3/4"

176 pages

Also Available:

VEGAN IN 7

9780857834409

\$24.95 (PB)

\$31.95 in Canada





THE PAPER FLORIST

15 exquisite flower projects

Suzi McLaughlin

Paper flowers are not only beautiful, but also incredibly versatile. They can be used to create everything from unique centrepieces to decorative one-off bouquets, and be made from the most basic and inexpensive of materials. Suzi McLaughlin's step-by-step tutorials cover all you need to know, including: how to curl petals, score and wire leaves and wrap stems, and show you how to make a beautiful array of flowers from a variety of different papers, both bought and found, allowing you to bring new life to old letters, second-hand books, sheet music and discarded wrapping paper and maps.

The 15 projects are accompanied by templates for every flower, leaf and foliage shape used in the book, as well as imaginative ways to display your creations – including suspending them from the ceiling and having them cascade down a wall. Suzi also gives ideas on how to wrap and present your flowers as gifts. So whether you want to create a delicate posy or a gloriously blousy bouquet, this book is sure to delight and inspire.



Suzi McLaughlin's passion for working with paper began at Falmouth Art College. The bold originality of her final degree show caught the attention of the *Gardener's World* team, who commissioned her to create a life-sized paper garden for BBC *Gardener's World Live Show*, for which she was awarded an RHS gold medal. She has since created installations and bespoke items for Jo Malone's flagship London store Harvey Nichols, Harrods, John Lewis and the magazines *Elle* and *You and Your Wedding*.



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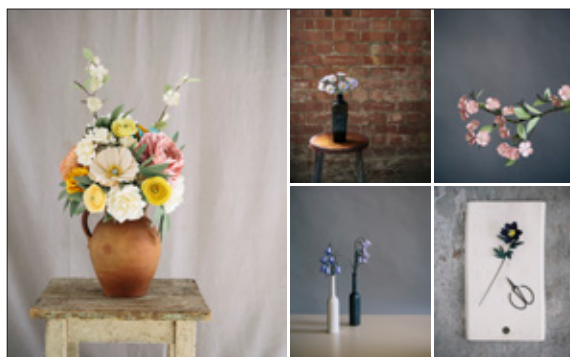
March 2019

US\$22.99 CAN\$24.99

Paperback

7 1/2" x 9 1/4"

144 pages





RADIANT

Recipes to heal your skin from within

Hanna Sillitoe

Author Hanna Sillitoe shares how she cured herself of the psoriasis and eczema that had plagued her for decades by changing her diet and lifestyle.

Beginning with a juice cleanse, Hanna's plan then moves on to a range of delicious, skin-loving meals including Turmeric and Ginger Chia Pudding, Immunity Ramen, Beet Burgers and even Clean Tiramisu. There is also a selection of homemade beauty products such as Avocado and Honey Facemask and Rosemary and Lemon Salt Scrub.

Uplifting and inspiring for those who have been searching for an answer to their skin woes, Hanna's program is also suitable for people without specific complaints who just want to improve their overall health and complexion. A recipe for good health and clear skin, from the inside out.



Hanna Sillitoe is the food blogger behind the website My Goodness. She gained a wide online following when she started sharing her journey to health over her blog, as well as Instagram and Twitter, and now has followers from all over the world who follow her plan and credit her with curing their skin complaints.



9780857833921
March 2019
US\$22.99 CAN\$24.99
Paperback
7 1/2" x 9 1/4"
192 pages

**As featured
in the Mail
Online**



CLODAGH'S SUPPERS

Suppers to celebrate the seasons

Clodagh McKenna

As Clodagh says, 'My biggest passion is to host suppers at my Coach House in London. Whether it's for friends, family or strangers, my heart fills with joy when I see everyone sat around my table enjoying my food. For me this is what cooking is all about; sharing a memorable moment together.'

With Clodagh's expert advice and experience you too can create stunning suppers that take advantage of the best seasonal produce. Including the best ways to prepare, what to serve and her handy tips for finishing your meal in style the book covers:

- * Part 1 – how to create a well-balanced and delicious menu, writing your shopping lists and creating a beautiful table to set the scene
- * Part 2 – 120 recipes to take you through the year from Wild Garlic & Potato Soup to start a spring supper to autumnal comfort food like Roast Butternut Squash, Cashel Blue & Saffron Pappardelle and warming winter treats such as Marmalade Rice Pudding
- * Part 3 – ideas for easy nibbles to serve as soon as guests arrive, simple cocktails and even edible gifts to ensure everyone leaves with something to remember the evening by.

Clodagh McKenna is a chef, restaurateur and broadcaster who studied in France and New York and trained and worked at Ballymaloe. She is the author of five books and runs a restaurant in Dublin called Clodagh's Kitchen. She has hosted numerous pop-ups in collaboration with brands including Selfridges, Fortnum & Mason and The Whitney Museum.

Also Available:



CLODAGH'S KITCHEN DIARIES

9781906868864
\$27.95 (HC)
\$35.95 in Canada



CLODAGH'S IRISH KITCHEN

9781909487291
\$29.95 (HC)
\$38.95 in Canada

9781909487994

April 2019
US\$24.99 CAN\$27.99
Hardcover
7 ½" x 9 ¼"
192 pages

"Clodagh McKenna's approach to sourcing food, cooking it, and serving it in the most delightful circumstances is a breath of fresh Irish air, most welcome on the American food scene."

Colman Andrews



All-American Berry Trifle

SERVES 8

A beautifully light, fluffy cake scented with the exotic flavour of coconut and fresh, citrusy lemon, this is the perfect finale for a pungent wild garlic supper to cleanse the palate, although it works equally well as an afternoon or celebration cake. You can use coconut butter instead of dairy butter and/or coconut flour in place of the plain wheat flour. And for convenience, you can make and bake the cake layers a couple of days ahead and then prepare the frosting and assemble the cake on the day you are planning to serve it.

450g (1lb) fresh blueberries
375g (13oz) fresh raspberries
75g (2½oz) caster sugar
3 tablespoons crème de cassis (optional)
300g (10½oz) madeira cake, sliced
500ml (18fl oz) ready-made custard
400g (14oz) mascarpone cheese
1 tablespoon vanilla extract
300ml (10fl oz/½ pint) double cream, softly whipped

Place two-thirds of both berries and all the sugar in a saucepan and simmer over a low heat for 2 minutes. Pour in the crème de cassis, if using, then remove the pan from the heat and leave the mixture to cool.

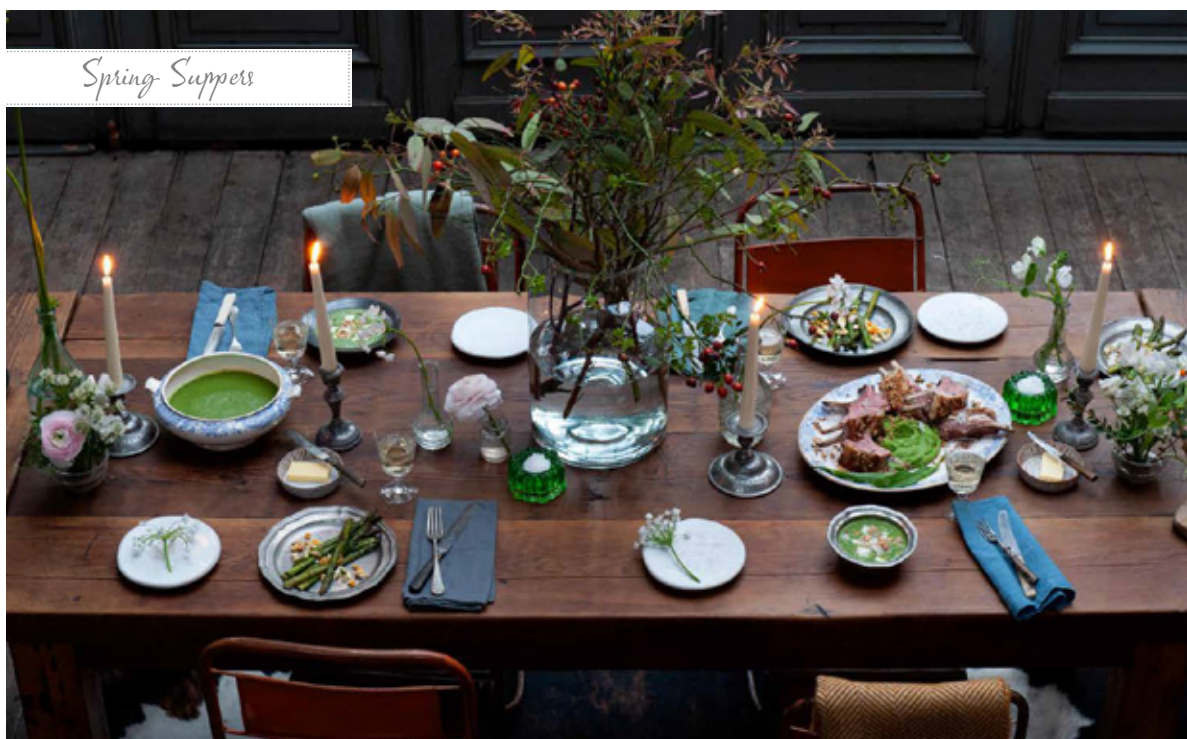
Arrange a layer of the madeira cake slices in the base of a large trifle bowl, then spoon the berry mixture on top.

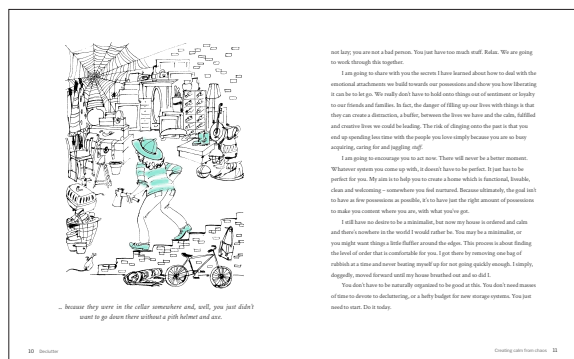
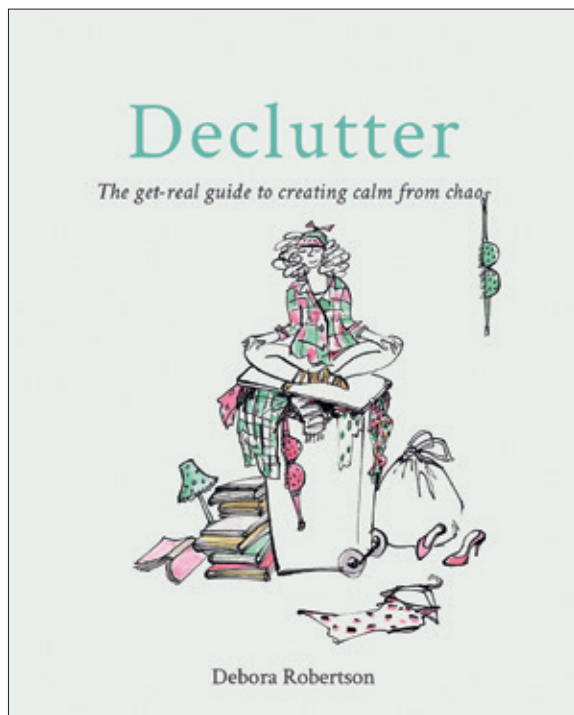
Add the custard, mascarpone and vanilla extract to a large bowl and whisk together until smooth, but make sure that the mixture doesn't become runny, as you want it to remain slightly thick. Spoon on top of the berry mixture, followed by the softly whipped cream.

Cover the bowl with clingfilm and chill in the refrigerator for a couple of hours. Just before serving, decorate the top of the trifle with the remaining berries.

CLODAGIS SUPPERS 89

Spring Suppers





9780857834843

April 2019

US\$14.99 CAN\$16.99

Paperback

6 1/4" x 7 3/4"

176 pages

DECLUTTER

The get-real guide to creating calm from chaos

Debora Robertson

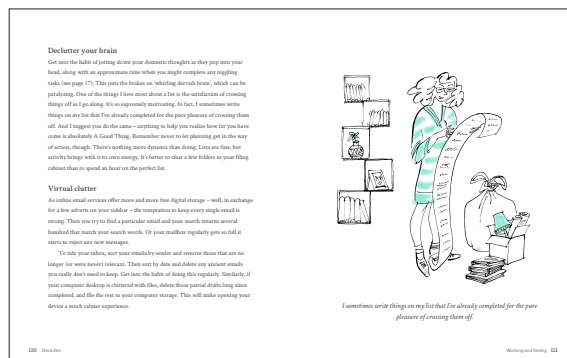
An easy to use, practical guide to decluttering everything from home to social media accounts.

Bursting with practical and relatable advice, this book injects enthusiasm, energy and some much-needed humor into the essential task of decluttering. Forget the holier-than-thou approach promising a whole new you if you alphabetize your sock drawer – this is decluttering for real people, with real lives. With a refreshingly honest approach, Debora tackles the best ways to deal with domestic dilemmas, cluttered kitchens and crowded cupboards.

She includes handy tips and tricks for the average time-poor person. Tasks are broken down into achievable goals and 'quick fixes', allowing even the busiest of people to create, maintain and achieve a tidy home. And it's not just the home she tackles. Debora helps you banish anxiety and kick-start productivity with '10 decluttering commandments' and includes honest advice on how to conquer the fear of change. The busy writer, who has transformed her own cluttered home and mind using these techniques, also explores how best to unclutter your virtual world, from managing social media accounts to balancing email mailing lists.



With a background in cookery and gardening, **Debora** has written guest articles for major publications including the *Guardian*, the *Independent* and the *Telegraph*. Debora also runs her own blog, *Licked Spoon*, which covers all things food, drink, gardening and home.





GIFTS FROM THE KITCHEN

**100 irresistible homemade presents
for every occasion**

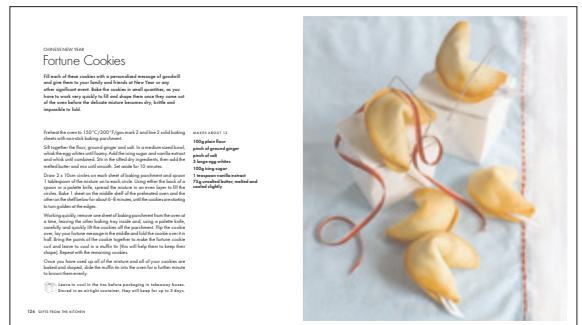
Annie Rigg

What could be more wonderful than receiving a box of homemade cookies, a tray of gooey brownies, or a bottle of fresh strawberry cordial? With the current trend for all things thrifty and creative, now is the perfect time to explore the tradition of making and giving something homemade.

Accompanied by creative packaging ideas and with a huge variety of recipes and ideas for every season and occasion – from madeleines and Chinese fortune cookies to slow-roasted tomatoes and macaroons – there is sure to be something for everyone here, whether you want to celebrate a birthday, a wedding, the arrival of a new baby, welcome someone into their new home or just say thank you.



Annie Rigg is the author of *Sweet Things* and *Summer Berries & Autumn Fruits* (both published by Kyle Books). She is an experienced freelance food stylist, has worked with a number of top chefs, and used to cook for world-famous singers and bands on tour.



9780857835376

April 2019

US\$19.99 CAN\$21.99

Hardcover

8" x 8"

176 pages



50 WAYS TO HELP THE PLANET

Easy ways to live a sustainable life

Siân Berry

We are becoming increasingly aware and engaged in environmental issues, but it's not always clear what the solutions are and how we can do our bit.

This friendly guide shows you how you can make changes in a positive and practical manner, and with some suggestions easier than others, there are a multitude of ways in which you can live more sustainably. Siân looks at the choices we can all make, helping you to reduce your carbon footprint and the impact of your lifestyle on the planet and change the world without changing your life.

The 50 ways are divided into Plastics, Energy, Cooking and Eating, Travel, In the Garden and Action, and include a range of options, such as buying plastic-free beauty products, upcycling your furniture, cutting down on meat and having greener celebrations.

By following Siân's practical and helpful tips you can lead a more environmentally-friendly life.



Siân Berry currently serves as a member of the London Assembly and is the only Green Party councillor on Camden Council. She is the founder of the campaign group Alliance Against Urban 4x4s. Siân writes a blog for the *New Statesman* and appears regularly on news programmes including *Today* and *The Politics Show*.

TAKE HOME LESS PLASTIC

Around one fifth of household waste is food packaging. A good way to start cutting back on plastic waste, therefore, is to reduce the amount of unnecessary material we bring home.

Some European countries let you have excess packaging in the shop for the company to recycle. If you're feeling reluctant, you could try to implement this at your local supermarket! If not, then try these simple ideas.

- Always make sure you carry enough reusable shopping bags for your trips to the shops.
- Choose food that comes unwrapped, particularly fresh fruit and vegetables. Use the fish, butcher and deli counters to get fresh foods wrapped in paper rather than plastic pre-packs.
- Use food baskets for really fresh bread and pastries that come home in paper bags and bowls. Shopping locally helps the planet in other ways, too – see tip 47 (Back Your Local High Street).
- Look out for products that have switched to non-plastic alternatives, such as corn starch, bamboo and cardboard as a substitute for plastic wrap, boxes and trays.
- I was shocked to find that most brands of tea bags also contain plastic woven into the fibres, making it impossible to recycle and really hazardous in the ecosystem. Until more brands change their ways, try loose tea or the few that have already put alternatives in place.



8 50 Ways to Help the Planet

23 RECLAIM AND REFURBISH

Re-use is one of the green 'three Rs'. Buying things second-hand is a very good way to make the earth's resources go further, and also get a bargain in the process.

The internet has taken over from newspaper classified ads as the best place to find and sell used items, and there's almost nothing you can't find online. There are also local networks for 'freeycling' items, and these are worth a look at if you're setting up a home or office and want quality items for less.

A lot of work can make even battered items like new again. I have a lot of second-hand 20th Century furniture. With some sanding and oiling or a bit of new paint, tables, chairs and dining chairs (with new seat pads and covers added) can be made like new again.

People also dump reclaimable items into skips and on the street. This fly-dipping is not allowed, but I made a lovely side table from the legs of a tubular stool that I found in a local hotspot.

Even if you're not very hands-on, these spruce ups are not much more trouble than following the assembly instructions on a flat-pack item, and there are good books available to show you how to do it well.



44 50 Ways to Help the Planet

Energy 45

9780857835147

April 2019

US\$12.99 CAN\$14.99

Paperback

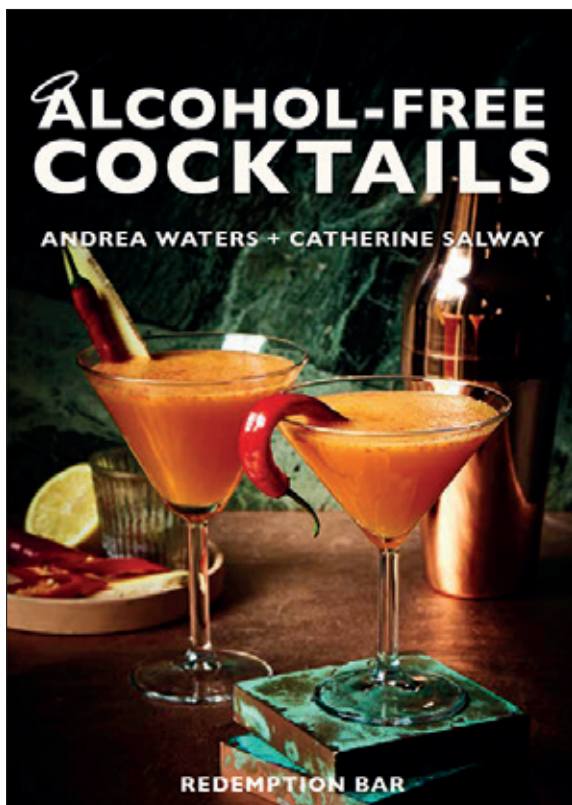
5 1/8" x 7"

112 pages

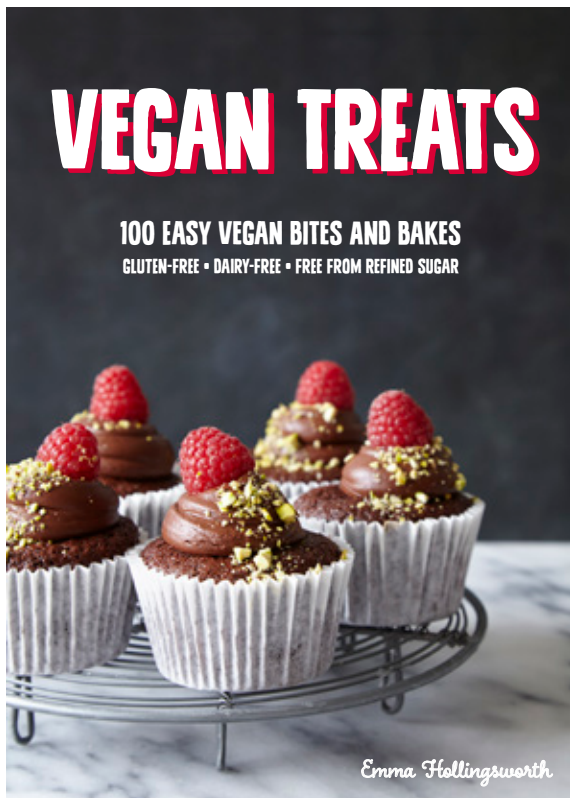
ANDREA WATERS + CATHERINE SALWAY

Andrea Waters + Catherine Salway

Andrea and **Catherine** are the brains behind Redemption, one of London's healthiest bar restaurant brands, serving up sugar-free, wheat-free, vegan dishes with an alcohol-free bar.



128 pages



VEGAN TREATS

100 easy vegan bites and bakes. Gluten-free. Dairy-free. Free from refined sugar

Emma Hollingsworth

Sweet vegan treats that are easy to make, deliciously decadent and use natural, inexpensive ingredients will transform any plant-based diet, satisfying all and every possible sweet tooth craving.

Starting with simple staples and sweet breakfast recipes, to grab-and-go bars and easy treats on the go, to indulgent cakes, cookies, cheesecakes, tarts and pies, and a whole chapter on chocolate, nothing is off limits in Emma's recipes. With a section on special occasion cakes to serve for any celebration, *Vegan Treats* covers every possible plant-based dessert you could need or want.

As well as being vegan, these sweet delights are also gluten-free, dairy-free and free from refined sugar, with plenty of nut-free and raw options, so they will fit into any diet, whether you're a full-time vegan or someone looking to cut down on animal product consumption. From Peanut Butter Chocolate Cheesecake Slices and Chocolate Fudge Flapjacks, to Banoffee Pie and Carrot Cake, along with recipes for vegan milks, butters, icing and sauces, Emma covers every aspect of baking for a plant-based diet.



Emma Hollingsworth has a first in Economics from Birmingham and also studied at Harvard. Wanting to get healthier, she cut out gluten, sugar and other allergens, qualified as a certified health coach (IIN) and started developing healthy treats. She runs a weekly farmers' market stall, her blog won 'best recipe blog' at the 2017 Health Blog awards, she collaborates with well-known health brands such as Ethos, creates bespoke cakes to order and also runs workshops. Emma lives in London with her husband and daughter.

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Paperback

7 ½" x 9 ¾"

144 pages



LOSE WEIGHT AND LOWER YOUR RISK OF DIABETES

A delicious and nutritious weight-loss diet for those with pre-diabetes and diabetes type 2

Katie & Giancarlo Caldesi

The initial diagnosis of diabetes can be shocking and the masses of information daunting. With a clear explanation of type 2 diabetes, Katie and Giancarlo Caldesi guide you through how to halt the progress of diabetes, lose weight and bring your blood glucose down to a normal level by sharing delicious new ways to think about food on a permanent basis.

Lose Weight & Lower Your Risk of Diabetes encourages a low-carb diet, with a staged process of incorporating more low-carb and nutrient-dense foods by reducing added sugars and cutting back on starchy food. Simple recipes with easy-to-source, inexpensive ingredients are at the heart of this book, filled with tips for eating out, holidays and how to keep active. Various recipes require simple assembly, some are easy to take to work and all are designed to fill you up without fattening you up and raising your blood sugar levels. A carefully constructed diet plan with portion sizes to follow is also featured to help reduce your production of insulin.

Katie and Giancarlo share their knowledge and experience to empower you to make your own informed decisions about diet, encouraging you to eat foods in their natural form and ditch the processed foods so that you too can enjoy good and lasting health.



Katie and Giancarlo Caldesi own London's Caffé Caldesi as well as Caldesi in Campagna in Bray. They co-authored *Around The World in Salads* and *The Gentle Art of Preserving* which was nominated for the André Simon Food Book Award and the Guild of Food Writers' Cookbook of the Year award. Katie is also the author of *The Italian Cookery Course*. Giancarlo was diagnosed with diabetes in 2012. Since then he has gone into remission after changing his diet to a low-carb diet.

Katie is also the author of *The Italian Cookery Course*. Giancarlo was diagnosed with diabetes in 2012. Since then he has gone into remission after changing his diet to a low-carb diet.



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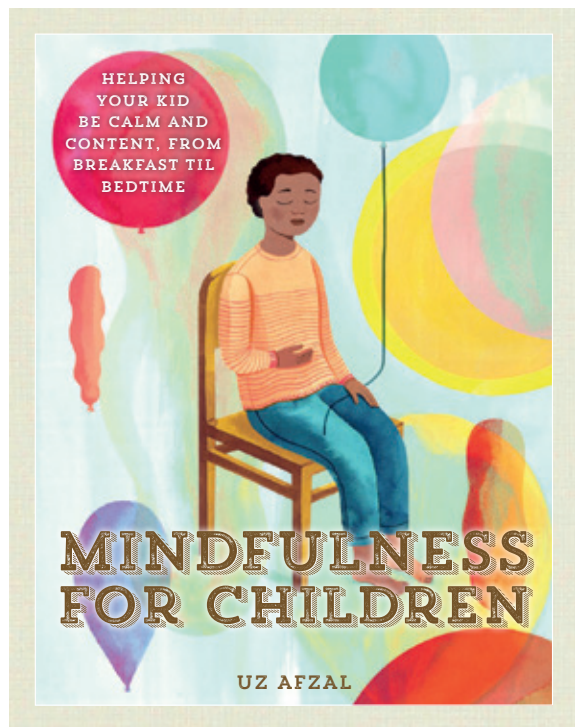
April 2019

US\$24.99 CAN\$27.99

Hardcover

7 1/2" x 9 1/4"

192 pages



MINDFULNESS FOR CHILDREN

Helping your kid be calm and content, from breakfast til bedtime

Uz Afzal

This inspirational and timely guide is about how mindfulness helps children, why it's becoming more popular and how to do it. It combines practical exercises that children can complete alongside their parents/carers with a fun and engaging commentary on the theory and science behind the practice. Uz takes you through the day, from waking, eating, learning and appreciating to sleeping, including exercises for how to cope with exams, how to deal with the screen culture and what mindfulness practises you can do in holiday time. Together, this gives the reader an enjoyable and accessible path into the practice of mindfulness for children.

Many schools are not able to include mindfulness in their curricula and educators and parents alike are eager to have more guidance on how to support children. This current era of rising levels of child mental health, with the pressures in schools as well as the increasingly fast-paced, digitized and image-obsessed world is having a really negative effect on children.

Mindfulness for Children is a positive and practical tool that will give children the skills to manage their feelings, increase their confidence and concentration levels as well as aiding their transition to secondary school. And it can help parents and caregivers, too, by promoting happiness and relieving stress.



Uz has worked in state and private education for 20 years. She is trained in Paws B (primary school) Mindfulness in Schools Programme, Dot B (secondary school) Mindfulness in Schools Programme, and trained in teaching The Mindful Schools Curriculum. Uz was selected to become a consultant for Goldie Hawn's highly acclaimed MindUP Programme (active in the UK and US). She has led drop-in sessions at the Women of the World Festival at London's Southbank Centre and popular walking meditation workshops at the V&A Museum.



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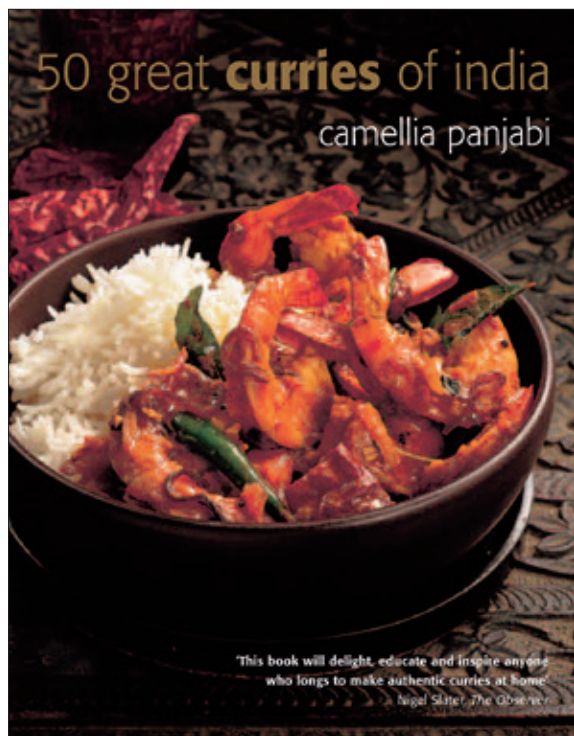
April 2019

US\$16.99 CAN\$18.99

Paperback

7" x 8 7/8"

160 pages



50 GREAT CURRIES OF INDIA

Camellia Panjabi

The secret to creating authentic Indian curries at home lies within these fabulous pages. A feast for the senses, this mini format of *50 Great Curries of India* explains how to add flavor, aroma and color to create that perfect curry.

Dishes collected from all over India – from the classic Goa Lamb Vindaloo to the more exotic Gujarat Mango and Yogurt Curry – are accompanied by tantalizing photography to inspire and excite. This really is an invaluable addition to your kitchen library. A further 50 recipes are given for rice, bread, vegetables, potatoes, lentils, yogurt, chutneys and relishes as well as tempting desserts to complete your Indian meal.



Camellia Panjabi joined her family's restaurant company Masala World in London, which owns Chutney Mary in Chelsea, Veeraswamy (the UK's oldest Indian restaurant) near Piccadilly Circus and Masala Zone throughout London.

Amaya, their latest venture, has won several awards.



9780857836601

May 2019

US\$14.99 CAN\$16.99

Paperback

6" x 7 3/4"

224 pages

Over 1 million
copies sold!



SKINNY PASTA

80 flavor-packed recipes of less than 500 calories

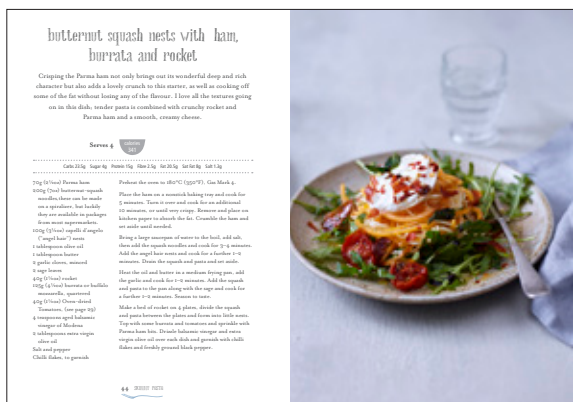
Julia Azzarello

Low-calorie, flavored and comforting meals are the dream for dieters, and the dishes in *Skinny Pasta* can tick all those boxes. Although pasta is often on the 'avoid' list of a diet, this needn't be the case. It's the accompanying sauces and topping that pile on the calories, and the pounds. The recipes in *Skinny Pasta* prove otherwise – all are low on calories, but big on nourishing nutrients, full of flavor and decent portions.

Featuring a mix of timeless classics and contemporary interpretations, the recipes focus on fresh, healthy and nutritious ingredients, plus many are vegan, vegetarian, gluten- and dairy-free. From fresh and flavorful Vermicelli with Cherry Tomatoes, Rocket & Feta, and Mafaldine with Romanesco Sauce, to tasty salads such as Greek Rotini and soups including Butter Bean, Chorizo & Spinach with Pappardelle, as well as many quick and easy mains like Orecchiette with Cime Di Rapa & Chili as well as the ever popular Spaghetti Carbonara and Mac 'n' Cheese, there's a pasta dish for any occasion. And if you have a little more time on your hands then make your own basic pasta dough, gluten-free gnocchi, fresh pesto or marinara sauce, although all the recipes can be made with shop-bought pasta too. With nutritional info for every recipe, each dish is 500 or less calories per portion.



Julia Azzarello has spent the best part of ten years working in the food industry, and her cookbooks reflect her ambition to create enticing, unusual and exciting recipes that are high in nutrition and low in calories. Her ideas will help you create show-stopping dishes bursting with flavor for every meal of the day.



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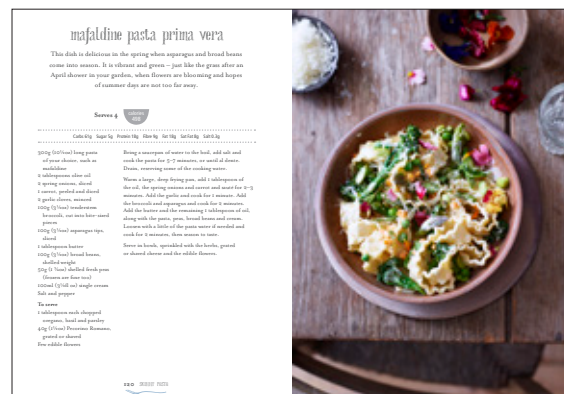
May 2019

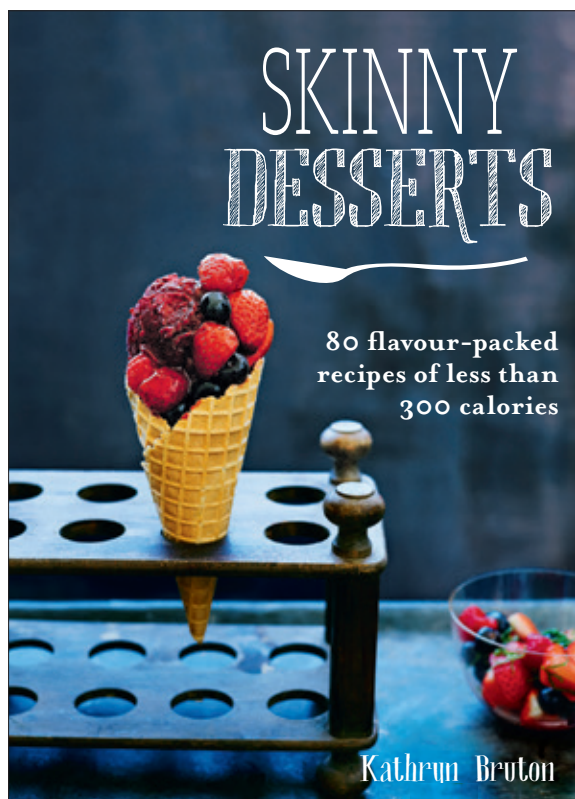
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May 2019

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160 pages

SKINNY DESSERTS

80 flavor-packed recipes of less than 300 calories

Kathryn Bruton

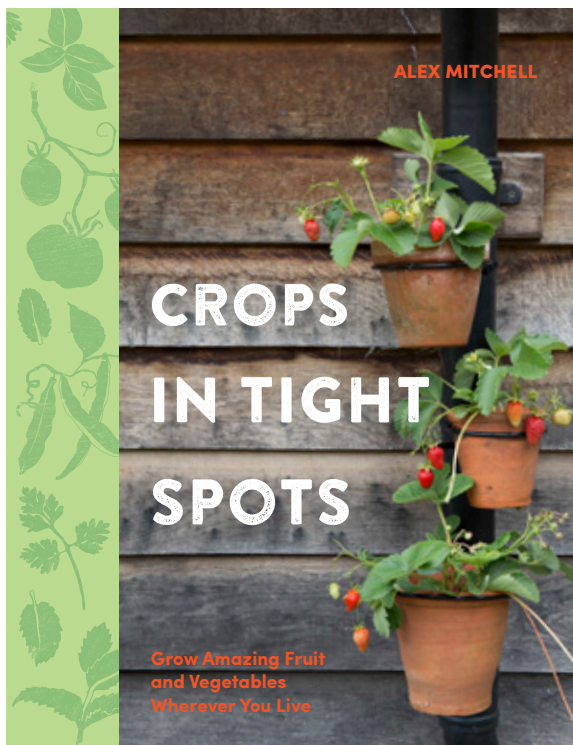
Desserts and sweet treats are often the first thing to be ditched during a diet, but this needn't be the case! In *Skinny Desserts* Kathryn Bruton has created a collection of delectable sweet dishes that includes the things we all know and love – crème brûlée, citrus tarts, cheesecakes, meringues, ice cream, soufflés and éclairs – but with clever minor adjustments each classically calorific recipe is under 300 calories per portion.

Chapters cover Tortes, Tarts & Gateau, Chocolate, Meringue, Frozen and Fruit, along with a bonus section of Petit Fours for when you just want a little treat of something extra special. From Lemon & Honey Ricotta Cheesecake with Roasted Plums and Salted Peanut Butter Popcorn with Caramel Cream, to Blood Orange & Rhubarb Roulade, Coconut, Lime & Mango Macaroon Ice Cream Sandwiches and Raspberry Ripple Custard Doughnuts, there's something to satisfy every kind of sweet tooth. Each recipe is as enticing and delicious as you would expect a sweet dessert to be, but without the guilt of consuming excessive calories.



Kathryn Bruton has spent over ten years working in the food industry, from restaurant kitchens and private catering to working on Masterchef. She has also worked on a host of best selling cookbooks, as well as appearing frequently on Irish television. The *Skinny Series* (including *Skinny Soups* and *Skinny Salads*) reflects her ambition to create enticing and unusual recipes that are high in nutrition and low in calories.





CROPS IN TIGHT SPOTS

Grow amazing fruit and vegetables wherever you live

Alex Mitchell

Short of outdoor space but want to grow fruit and vegetables? Congratulations. Really, lucky you. Not for you the back-breaking trudge of tending large spaces of land, the weeding, digging and pest vigilance. Gluts? They will mean nothing to you. Instead you can look forward to small but perfectly formed bursts of flavor. Handfuls of fresh leaves, berries and tomatoes, just when you want them, and at arm's reach. As more of us live in cities with restricted outside spaces, growing food becomes all the more important, not just for the delicious results, but as a mindful way to connect us to the seasons and to nature. Full of tried-and-tested, fool-proof crop ideas exclusively tailored for containers, raised beds and small gardens, *Crops in Tight Spots* guarantees vegetable growing success for even the most newbie of gardeners and limited of spaces.



Alex Mitchell studied at the Chelsea Physic Garden. She has a weekly column in the *Evening Standard* and writes regularly for magazines and newspapers, including the *Sunday Telegraph* and *Gardener's World* magazine. She is the author of *The Edible*

Balcony (2010), *The Rurbanite* (2013) and *Gardening on a Shoestring* (2015), published by Kyle Books.



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Hardcover

7 1/2" x 9 3/4"

176 pages



Kate Gould has been creating award-winning gardens throughout London and south-east England for twenty years. Commissioned by home-owners, architects, interior designers, Kate specializes in transforming ordinary small spaces into the extraordinary. Kate has won four gold and one silver gilt medal as well as 'Best in Show' at the RHS Chelsea Flower Show.

SMALL GARDEN DESIGN

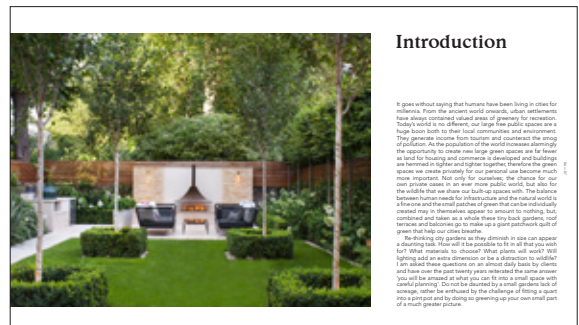
Transform your outdoor space into a beautiful and practical escape

Kate Gould

A stunning guide for gardeners keen to transform small and awkward outdoor spaces into beautiful and practical escapes. From courtyards to rooftops, Kate Gould draws on her experience as an award-winning garden designer to provide tailored solutions and inspirational ideas.

Covering topics such as how to design and measure the perfect garden, choose and use the best materials and maintain a lush garden all year round, *Small Garden Design* includes detailed advice for gardeners undeterred by limited space.

This carefully illustrated guide ensures gardeners of all abilities achieve the best results outdoors. Creating a personal and unique space is also at the heart of each project and Kate makes sure to discuss how to tie each design back to the interior of the home.



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US\$27.99 CAN\$29.99

Hardcover

7 1/2" x 9 1/4"

176 pages



IN BLOOM

**Growing, harvesting and arranging
homegrown flowers all year round**

Clare Nolan

Planting flowers for cutting brings that 'grow-your-own' excitement to a whole new level - being able to step out of the back door and pick a single stem for beside the bed or pull together a posy for a friend is a joy.

In this beautifully designed book, brimming with inspirational photographs, Clare Nolan reveals her secrets for growing a bountiful harvest as well as styling spectacular homegrown arrangements that will fill your home with color and the gorgeous scent of the garden year-round.

She takes the mystique out of what to grow and guides you through the entire process - from choosing the plants to suit both your garden and home décor and laying out your cutting patch, to planning ahead so you get your perfect palette of color, texture and shape to play with at the right time. A whole chapter on arranging will inspire you to create spectacular arrangements for your home without the need for complicated floristry techniques.



Clare Nolan was the lifestyle editor of the Mail on Sunday's *YOU Magazine*, which has a loyal readership of 3 million. Her work has also appeared in both the *Saturday Telegraph* and *Sunday Times* magazines, as well as in numerous catalogues for clients such as Ikea, John Lewis and Marks & Spencer.



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May 2019

US\$34.99 CAN\$38.99

Hardcover

7 1/2" x 9 3/4"

272 pages



THE HERBAL REMEDY HANDBOOK

Homemade recipes for everyday ailments

Victoria Chown & Kim Walker

With self-care, mindfulness and mental health being at the forefront of the popular consciousness, never has taking control of your health felt so important. And learning about herbs and how they can treat and heal ailments and conditions is a good place to start.

The Herbal Remedy Handbook is a collection of practical remedies for home care. It is an ailment and recipe-led reference for first-aid, simple conditions such as coughs and colds, and helpful self-management techniques for more complex conditions such as anxiety and eczema. From vinegars and tonics, creams and balms to syrups and teas, all the recipes use easily accessible, bought, foraged or grown ingredients for you to create your herbal healthkit.

An indispensable guide for the beginner or the budding herbalist, *The Herbal Remedy Handbook* is filled with tried-and-tested recipes that will inspire you to make your own remedies.



Vicky practises as a medical herbalist in London. She worked at Neal's Yard Remedies for six years providing natural health and beauty advice. **Kim** works in environmental education and historical plant research, and is a researcher at the Royal Botanic Gardens,

Kew. Vicky and Kim met whilst studying Herbal Medicine at Westminster University. They set up Handmade Apothecary to share with others their passion for the natural power of plants.



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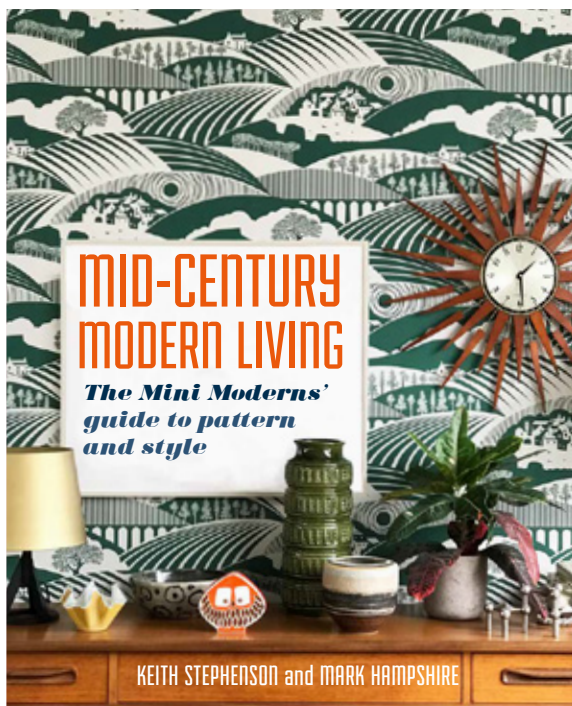
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Hardcover

8 1/2" x 9 1/2"

176 pages



MID-CENTURY MODERN LIVING

The Mini Moderns' guide to pattern and style

Keith Stephenson and Mark Hampshire

In this beautifully photographed book, Keith and Mark of Mini Moderns show you how to create a timeless mid-century look in your own home.

Known for their striking use of pattern and color, Keith and Mark's designs are inspired by everything from childhood memories to commentaries on popular culture, and through this lens they explore how different influences and designers have created key mid-century looks. They delve into the cornerstones of mid-century style, from color and pattern to materials and curation, and share their secrets on how to bring together the things you love to create your own look. They also include inspirational case studies to demonstrate particular looks, from Beatnik Beach House to Scandi Rustic, Seaside Modern to Studio Townhouse.

Bursting with beautiful ideas for bringing this signature look into your own space, as well as practical advice on what will work where, this is an essential guide for any lover of interior design and mid-century style.



Keith and Mark launched Mini Moderns in 2006, an interiors brand specialising in applied pattern across a range of products including wallpapers, fabrics, cushions, rugs and ceramics. The initial collection was snapped up by Heal's and the brand now sells online and via selected stockists around the world. Their design influences range from mid-century textiles to vintage toys, from literature to childhood memories.



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US\$24.99 CAN\$27.99

Hardcover

7 1/2" x 9 1/4"

224 pages



PALLET CHIC

20 creative home projects
using recycled wooden pallets

Nikkita Palmer & Billy Barker

Pallet Chic captures the growing trend for DIY furniture made from wooden pallets, one of the most searched for items on Pinterest.

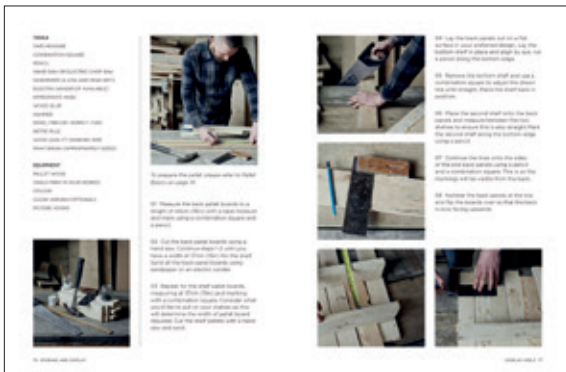
An introductory section explains the different kinds of standard pallets, many of which can be sourced for free as they are so readily available. Full instructions for deconstructing a pallet are provided, together with ideas on how to source them.

The projects are divided into three sections – Furniture & Display and Accessories – each project includes full step-by-step instructions and photographs. In furniture, find out how to construct low-level sectional seating, a home bar or a coffee table. Storage & Display features makes for a display shelf, a herb box planter and a log 'basket', as well as a recycling center for your kitchen. In accessories find out how to make key hooks, a breakfast tray and a festival sign.

Whether you want to make something in a weekend or are embarking on a more complex bespoke piece for your home, each of these projects are stylish design solutions, from Scandi-influenced urban apartments to rustic retreats.



Nikkita Palmer is a young, upcoming designer. Together with her partner Billy Barker she designs bespoke furniture and homewares for domestic interiors, retail stores and cafes.



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US\$24.99 CAN\$27.99

Hardcover

7 1/2" x 9 3/4"

144 pages



PROVENCE

Recreate the flavors of Mediterranean France at home

Caroline Rimbert Craig

Provence is at the crossroads of many civilizations. It is an area that has seen successive waves of migration and its cuisine – which features ravioli, couscous, orange blossom – reflects this rich history. It combines both the exoticism of the Middle East and the rustic coziness of rural French country cooking with the chic aperitif culture of the Riviera.

Written by a London woman exploring her French heritage, it is both a tribute to a disappearing way of life and a practical guide to cooking delicious Provençal recipes wherever you live. Filled with inspiring recipes that will involve more than just throwing together Mediterranean veg, including Avignon Daube, a lamb shoulder simmered in white wine with herbs, as well as easy, no-fuss dishes set to become weeknight staples.



Caroline Rimbert Craig comes from generations of fruit farmers in Provence where her great grandfather, Aimé Rimbert co-founded the wine cooperative in her family's native village, Mormoiron.



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Hardcover

7 ½" x 9 ¾"

208 pages



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Hardcover

8" x 10"

192 pages

SAFFRON IN THE SOUKS

Vibrant recipes from the heart of Lebanon

John Gregory-Smith

An exploration of the rich culinary offerings of Lebanon, from traditional home cooking to street food.

The great civilizations of the ancient world used Lebanon as their commercial capital, and the food and culture of the country today reaches back to the Assyrians, Persians, Macedonians and Romans. From traditional Arab fare to the exquisite Armenian food cooked in Beirut, and even the distinct dishes cooked by the secretive Druze community in the south, John has explored the length and breadth of this fascinating country to bring back the very best of Lebanese cuisine.

Sample the best of Beirut's street food, including Lamb *Kibbeh* and Charred Flatbreads with Goat's Cheese and Za'atar, *Fattet al-betenjane*, a hearty aubergine stew, before finishing with *Mafrukeh*, a whipped ricotta dessert delicately flavored with pistachio and a drizzle of honey.

With stunning location photography to document his journey across Lebanon and bring the country to life, *Saffron in the Souks* is sure to delight and inspire its readers.



John Gregory-Smith is a food and travel writer who has written four previous books. He writes for *Grazia*, *Evening Standard*, *Attitude*, and *Woman & Home*, and his recipes have been featured in *The Times*, the *Telegraph*, *Sainsbury's Magazine*, the *Daily Mail*, *Hello!*, *GQ* and *Men's Health*. He has had rave reviews for his pop-ups at Carousel, Soho House, Druid St Market and Wringer & Mangle.

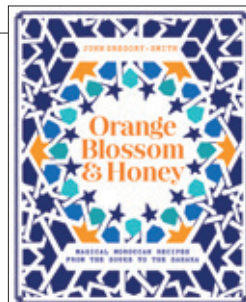
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INSTAGLAM

Your must-have make-up primer to get instagram ready

Hani Sidow

Taking the perfect selfie is no easy task but with Hani's make-up tips and hacks, it's never been more enjoyable and stress-free.

Aimed at all readers and all skin tones, Hani's inclusive and friendly tutorials will help you achieve the perfect look (and dazzle your social media followers) every time. Unlock your selfie potential with 15 achievable styles covering everything from how to highlight and contour to creating the perfect nude lip, as well as picking up invaluable make-up hacks, such as using Sellotape to create the perfect brow, how you can make your lip color last and why you should apply your make-up in the right light.

Hani will also help you choose the right products for your skin. Discover how to test the color of a concealer, whether to choose an oil- or water-based foundation and how to find a mascara that suits your budget.

Instaglam wouldn't be complete with a quick tutorial for how to take the ideal selfie to show off your immaculately applied make up. Find your best angle, pull the perfect pout, and get snapping!



Hani Sidow is a 21-year-old hijab-wearing beauty influencer and Instagram star. Born in Somalia, but now based in London, Hani began blogging in 2016 before writing a monthly column for the *Guardian*.

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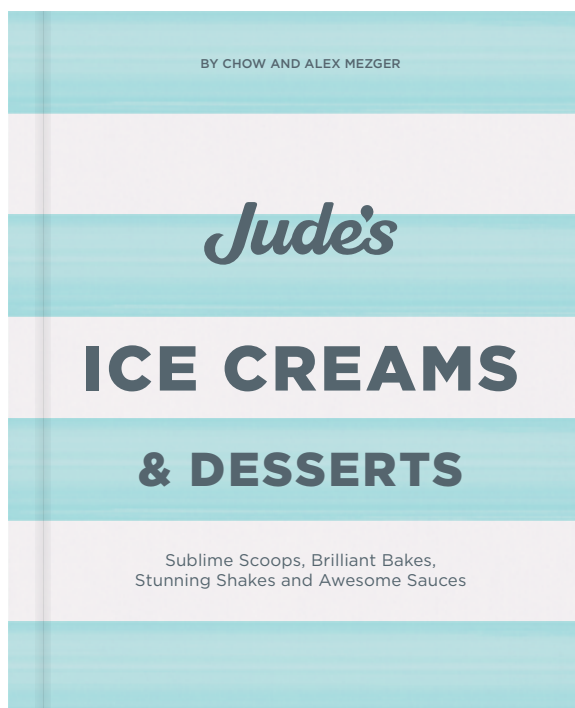
June 2019

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Hardcover

6 ½" x 8"

112 pages



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June 2019

US\$19.99 CAN\$21.99

Hardcover

7 1/2" x 9 1/4"

176 pages

JUDE'S ICE CREAMS & DESSERTS

Sublime scoops, brilliant bakes, stunning shakes and awesome sauces

Chow & Alex Mezger

This is a collection of innovative, lip-smackingly brilliant recipes celebrating ice cream and the desserts that accompany it.

This beautifully photographed book includes an introductory chapter on how to make classic and more unusual ice-cream flavors as well as sorbets and vegan options (from Roasted Strawberry and Buttermilk, No-churn Flat White Coffee to Vegan Malted Banana Ice Cream). Then ice-cream desserts and celebration recipes take center stage, bringing fun to the kitchen (from Stacked Ice Cream Cheesecake with Figs and Cinnamon to Children's Ice Cream Cupcakes). Decadent desserts that are the perfect companion to ice cream, like Cocoa and Date Brownies and Granny Dorsey's Giant Meringues, add a baking element, while sundaes, shakes and cocktails give inspiration for all-hours entertaining. Toppings, of course, are showcased, with sauces, chunky honeycomb, homemade waffle cones, marshmallows and salted pecan brittle so you can decorate and create your own desserts.

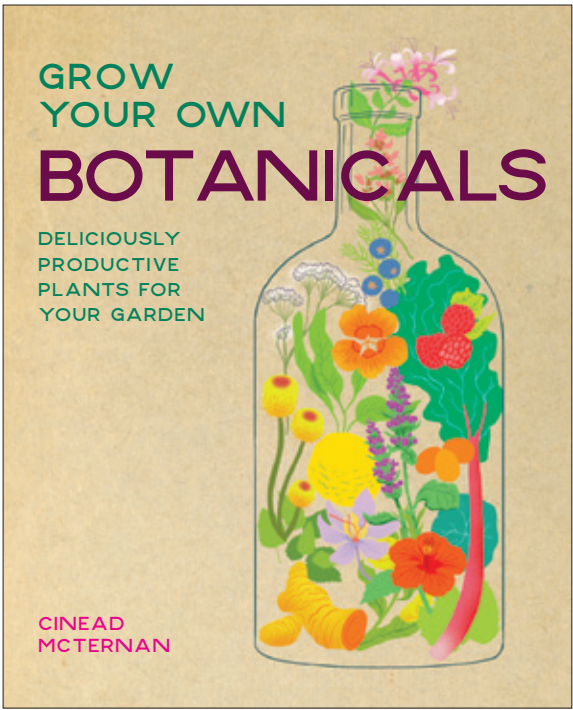
This joyful selection is an homage to one of our favorite foods and, in the hands of the award-winning British brand Jude's, you know these recipes will be exciting and packed with flavor.



Chow and Alex Mezger are brothers and the son of the founder of Jude's (the company is named after their mother). In 2002, their father started churning ice cream by hand, using milk from local cows. Alex and Chow are now the joint managing directors. 10% of

their profits go to charity.





GROW YOUR OWN BOTANICALS

Deliciously productive plants for your garden
Cinead McTernan

Grow Your Own Botanicals brings together an inspired collection of plants that add beauty, structure and interest to a garden as well as providing an exciting harvest that can be used in innovative ways in the kitchen and home. If you're buying seed kits and botanical plant gifts or like to experiment with making your own drinks, remedies or skincare, this handbook is the must-have companion gardening guide. Now you can make your hibiscus cordial for cocktails, herb and spice mix for your roasts or calendula face cream with your own garden produce.

Cinead offers general advice on getting started – soil, composting, borders, containers, seed saving, cuttings, intercropping, wildlife and biodiversity – before moving on to the botanical garden. From plants that might traditionally be recognized as a botanical, to more unusual exotic varieties, this collection of 80 botanicals doesn't need huge space to grow, but must harvest meaningful amounts to use to flavor food, drinks and oils. Experiment with herbs like juniper, lemon balm or nigella, grow evening primrose or liquorice with their pretty flowers, and try out fruits like Chilean guava or yuzu. This is gardenening at its most fun and fanciful!

Cinead writes for *Gardeners' World*, *The National Trust*, *Homes & Antiques*, *Waitrose Garden*, *Landmark Trust* and *The English Garden*, edited *The Simple Things* magazine garden section, *The Edible Garden* and *The English Garden* and, works as a horticultural researcher on BBC 2's *Gardeners' World*.



BOTANICALS FOR SMALL SPACES & PROJECTS ONE: WOODLAND STRAWBERRY HANGING BASKET

Over 200 years ago, the first strawberry plants were introduced to the British Isles. Since then, the strawberry has become a beloved fruit and a popular garden plant. This project is a hanging basket of woodland strawberries, which are a variety of the strawberry plant that is native to the British Isles. They are a small, bushy plant with white flowers and red fruit. They are a good choice for a hanging basket because they are compact and produce a lot of fruit.

With their white, trumpet-shaped flowers, woodland strawberries are a good choice for a hanging basket. They are a small, bushy plant with white flowers and red fruit. They are a good choice for a hanging basket because they are compact and produce a lot of fruit.

In a small, bushy plant with white flowers and red fruit, woodland strawberries are a good choice for a hanging basket. They are a small, bushy plant with white flowers and red fruit. They are a good choice for a hanging basket because they are compact and produce a lot of fruit.

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HANDING BASKET PROJECT

Handing baskets are a great way to add color and interest to a garden. They are also a great way to grow plants that are not suitable for the ground. This project is a hanging basket of woodland strawberries, which are a variety of the strawberry plant that is native to the British Isles. They are a small, bushy plant with white flowers and red fruit. They are a good choice for a hanging basket because they are compact and produce a lot of fruit.

GROW

Woodland strawberries are a good choice for a hanging basket. They are a small, bushy plant with white flowers and red fruit. They are a good choice for a hanging basket because they are compact and produce a lot of fruit.

WINTERWELL STRAWBERRIES

Winterwell strawberries are a good choice for a hanging basket. They are a small, bushy plant with white flowers and red fruit. They are a good choice for a hanging basket because they are compact and produce a lot of fruit.

HARVEST & STORAGE

Harvesting strawberries is a simple task. They are ready to eat when the fruit is a deep red color. They can be eaten fresh or stored for later use. They are a good choice for a hanging basket because they are compact and produce a lot of fruit.

BATHROOM CABINET

Bathroom cabinets are a great way to add storage to a bathroom. They are also a great way to display plants. This project is a bathroom cabinet of woodland strawberries, which are a variety of the strawberry plant that is native to the British Isles. They are a small, bushy plant with white flowers and red fruit. They are a good choice for a bathroom cabinet because they are compact and produce a lot of fruit.

PLANTING

Planting strawberries is a simple task. They are ready to eat when the fruit is a deep red color. They can be eaten fresh or stored for later use. They are a good choice for a hanging basket because they are compact and produce a lot of fruit.



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FFOREST

Being, making & doing in nature

Sian Tucker

***fforest* is a celebration of the outdoors. An inspirational and practical guide to engaging with nature, from stargazing and foraging at the river's edge to simply walking in the dark with only the light of the moon and the stars to guide you.**

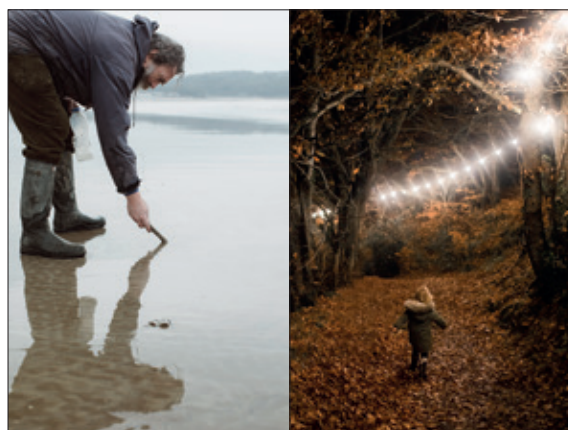
We all know that being outdoors is wonderful for our health – both mental and physical – and this guide will help you reap the benefits of nature. Learn age-old tricks such as lighting a fire, forecasting the weather and telling the time without a watch, and discover adventurous and exciting pursuits, such as abseiling a cliff and wild swimming.

An engaging book full of tips and inspiration, *fforest* not only teaches you how to be in nature, but how to create and explore in it, too, with plenty of activities such as making a dream catcher, spotting animal tracks and building a den.

Rediscover the simplicity and exhilaration of the outdoors by immersing yourself in this inspirational handbook.



Sian Tucker is an art graduate who, in 2004, after living in London and New Zealand, bought, together with her partner, 200 acres of rural beauty sandwiched between the river Teifi gorge and the Teifi marshes nature reserve and set up *fforest*. *fforest* has since expanded to a further two sites, to lofts in the historic quayside in Cardigan and to a sea camp on the coast at Manorafon.





DR TO DAD

The new dad's guide to pregnancy, birth and early parenthood

Dr Oscar Duke

In this first doctor-written guide to fatherhood, Oscar combines the theoretical knowledge of a healthcare professional with his new real-life experience to provide the ultimate papery man-hug for any dad-to-be. Honest, humorous and engaging, this book takes you on a journey from baby scans to birthing pools and beyond.

Using a chronological approach, each chapter focuses on a body part and is divided into two sections, distinguishing the Dr theory and science from the challenges and rewards of daily Dad-to-be life. The 'Dr' section contains easily digestible facts and clarifies daunting medical jargon that surrounds pregnancy and childbirth. The 'Dad' section contains both amusing and emotional tales of Oscar's male patients and interviews with Dad focus groups as well as his own experience. Also included are tips from moms, describing how they are feeling at different stages of pregnancy and advice about what dads can do (and not do!) to help ease the burden.

This is the ultimate guide for dads-to-be that want to be prepared and informed for this life-changing time.



Dr. Oscar Duke is a London-based doctor and broadcaster with a passion for demystifying the unnecessarily complicated world of medical science.

Oscar featured in the hit Channel 4 series 24 Hours in A&E before going on to present his own highly acclaimed prime-time documentary for BBC2, Born Too White – an immersive exposé of the mutilation and murder of people living with Albinism in East Africa. He has featured on BBC Breakfast, BBC Radio 4, BBC Radio 2 and regularly co-hosts The Surgery on BBC Radio 1.

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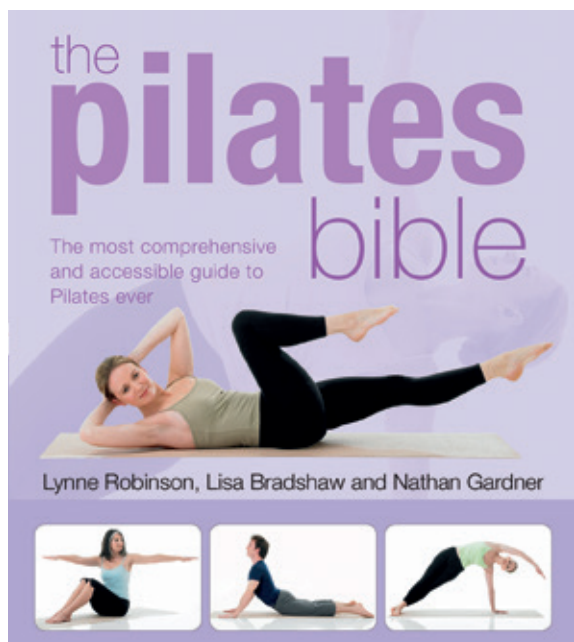
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PILATES BIBLE

The most comprehensive and accessible guide to Pilates ever

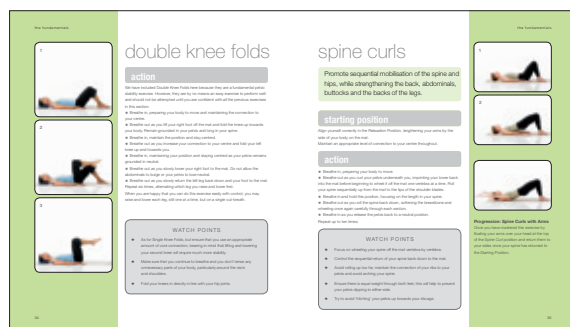
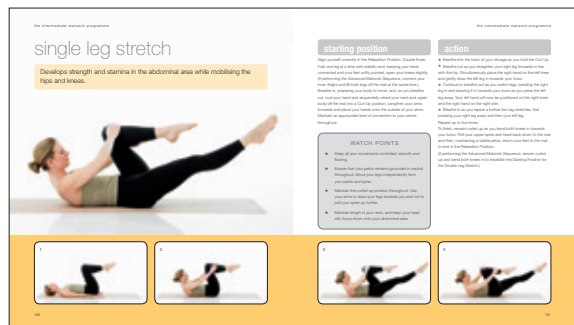
Lynne Robinson with Lisa Bradshaw and Nathan Gardner

The Pilates Bible is the most authoritative and comprehensive book on Pilates mat work ever written and demonstrates why this hugely popular exercise has gone from cult status to an essential part of our modern lifestyle.

Drawing on the latest medical research, the authors have updated old favorites as well as introduced many new. All can be performed with little or no equipment and *The Pilates Bible* allows you to progress safely at your own pace through Beginners, Intermediate and Advanced. There are also special sections on Pilates for new mothers and children, people with problems such as osteoarthritis, back pain and knee injuries, as well as Pilates at the gym and the workplace, and for the performing arts and sport. This is truly the one-stop guide for Pilates novices as well as those hoping to consolidate what they already know.



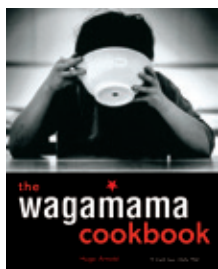
Lynne Robinson is the founder of Body Control Pilates, which is taught internationally.



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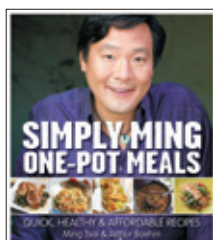
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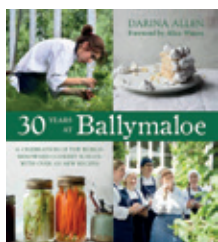
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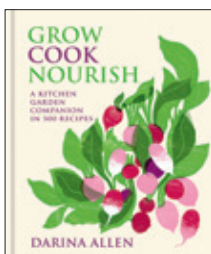
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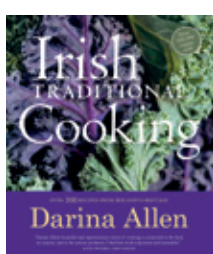
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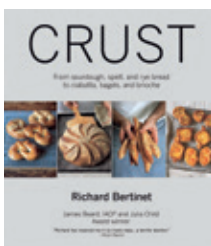
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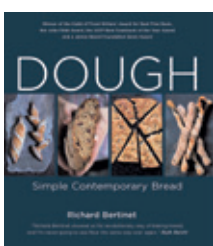
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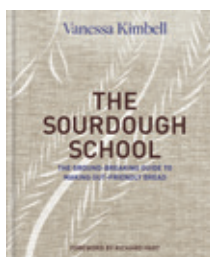
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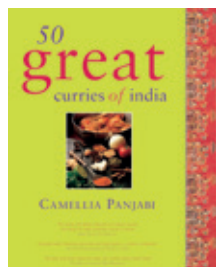
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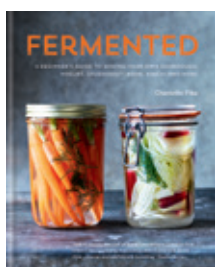
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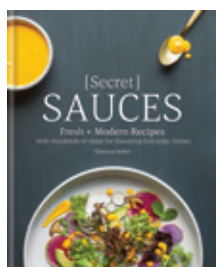
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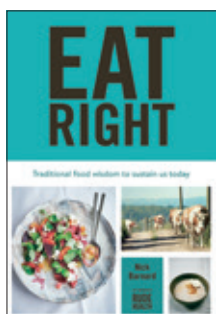
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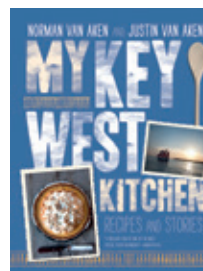
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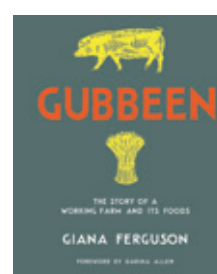
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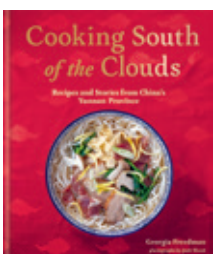
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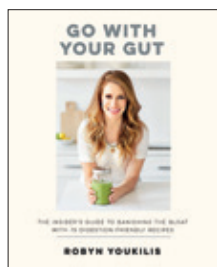
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