

# Chelsea Green Publishing Rights List



New & Forthcoming | Fall 2019





Fall 2019

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# From What Is to What If

Unleashing the Power of Imagination  
to Create the Future We Want

Rob Hopkins

**PUBLIC POLICY AND COMMUNITY RESILIENCE**

If there is a consensus about anything in today's fractured world, it's that the future—to say nothing of the present—looks grim. Unprecedented levels of anxiety and loneliness, especially among young people, have metastasized into a severe mental health crisis of epidemic proportions. Extremist movements and governments are on the rise. Catastrophic climate change is well underway. Biodiversity loss. Food insecurity. The fracturing of entire ecosystems beyond repair.

This is why *From What Is to What If* is the most courageous and necessary book this year. On page after page, Transition Movement founder Rob Hopkins shows us evidence that things can indeed change. Perspectives can change. Whole societies and cultures can change—rapidly, dramatically, and unexpectedly—for the better.

So why are we failing on a global scale? Because, Hopkins argues, we've forgotten how to use our most critical tool: the human imagination. The ability to simply ask, *What if?* In this passionate call to action, Hopkins explores what we must do to revive and replenish our collective imagination. Once achieved, there is no end to what we might accomplish.

**Rob Hopkins** is a cofounder of Transition Town Totnes and Transition Network and the author of *The Power of Just Doing Stuff*, *The Transition Handbook*, and *The Transition Companion*. He was voted one of the *Independent's* top 100 environmentalists and earned a spot on Nesta and the *Observer's* list of Britain's 50 New Radicals.

**“A serious book on an important subject.**

**Without imagination, where are we?”**

**—SIR QUENTIN BLAKE**, author, illustrator,  
inaugural British Children's Laureate



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(French sold)



# Shut It Down

Stories from a Fierce, Loving Resistance

Lisa Fithian

**POLITICS, COMMUNITY RESILIENCE, MEMOIR**

A veteran activist's radical guide to nonviolent direct action and strategic civil disobedience.

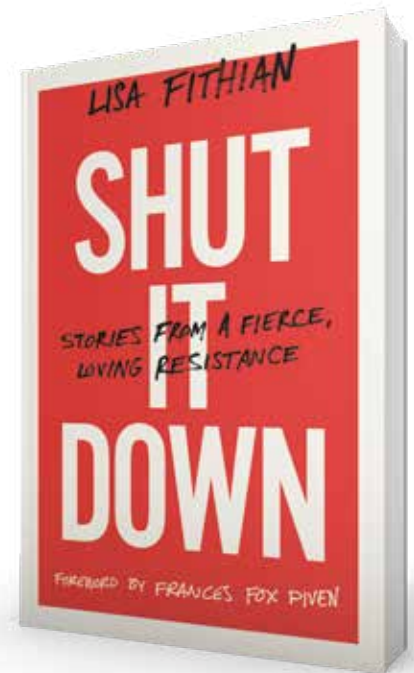
Lisa Fithian, "the nation's best-known protest consultant" according to Mother Jones, has shut down the CIA. She has disrupted the World Trade Organization, stood her ground in Tahrir Square, occupied Wall Street, marched in the streets of Ferguson, and walked in solidarity with tribal leaders at Standing Rock. In short, she has been in the trenches—and in many cases has been instrumental in digging those trenches—at some of the most important people-powered movements over the last several decades.

Fithian's brand of activism is inclusive and strategic, joyful and determinedly nonviolent. And there is method to her madness, inspired by complexity science and chaos theory. Always with actionable information front of mind, Fithian has filled the pages of *Shut It Down* with instructions and inspiration for how movements can evolve as the struggle for social justice continues in the Trump era and beyond. The book also provides, for the first time, a space for Fithian to pass on her hard-earned knowledge and reflect on all the work that is yet to come. In that way, the book is timely, thoughtful, and ultimately a powerful contribution to the literature of dissent.

**Lisa Fithian** is an anti-racist organizer who has worked for justice since the 1970s. Using creative, strategic nonviolent direct action and civil disobedience, she has won many battles and trained tens of thousands of activists while participating in a range of movements and mobilizations, including Occupy Wall Street, anti-WTO and corporate globalization protests all over the world, the climate justice movement, and more. She is grateful to play her part in manifesting a world rooted in respect, justice, and liberation.

**"This wise and warm book will  
help us build real power."**

**—NAOMI KLEIN**



**Publication Date:**

September 2019

**Final Print PDF Available:** Now

**Word Count:** 113,000

**Page Count:** 352

**Art Program:** Some black-and-white photos throughout

**Rights Available:** World





# Grassroots Rising

A Call to Action on Climate, Farming,  
and a Green New Deal

Ronnie Cummins

**POLITICS, REGENERATIVE AGRICULTURE,  
COMMUNITY RESILIENCE**

*Grassroots Rising* is a wake-up call, an agronomic and political blueprint, and a call to action for America and the global body politic to address the challenge of climate change. The best kept secret in the world today is that the solution to the global climate emergency and related crises lies right below our feet and at the end of our forks and knives.

To survive and thrive in catastrophic times, *Grassroots Rising* calls for building and supercharging a grassroots-based, world-changing Regeneration Movement, using consumer awareness, farmer innovation, political change, and regenerative finance. This Regeneration Movement for survival and revival will enable us to not only mitigate and slow down climate change, but actually reverse global warming. And by regenerating our soils and our food system, while converting to renewable energy, we will also be able to address and resolve the interrelated crises of environmental destruction, deteriorating public health, rural poverty, endless war, and political degeneration.

**Ronnie Cummins** is founder and director of the Organic Consumers Association (OCA), a nonprofit, US-based network of over two million consumers, dedicated to safeguarding organic standards and promoting a healthy, just, and regenerative system of food, farming, and commerce. The OCA's primary strategy is to work on national and global campaigns promoting health, justice, and regeneration that integrate public education, marketplace pressure, media work, litigation, and grassroots lobbying. Cummins also serves on the steering committee of Regeneration International and OCA's Mexico affiliate, Via Organica.

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**SPRING  
2020**

# Going Over Home

A Search for Rural Justice in an Unsettled Land

Charles D. Thompson, Jr.

**FARMING AND HOMESTEADING,  
POLITICS, MEMOIR**

Charles D. Thompson, Jr., was born in Southwest Virginia to an extended family of small farmers. Growing up he witnessed the demise of every farm in his family. Over the course of his own life of farming, organizing, teaching, and activism, his family's home places have been his constant inspiration. Their losses have helped define him, inspiring him to engage with rural struggles elsewhere—from the US coalfields to small coffee farms in Guatemala—and to fight for social justice alongside others.

In *Going Over Home*, Thompson shares revelations and reflections from his experiences, from hauling cattle with his grandfather to organizing community gardens in the coal camps of eastern Kentucky, fighting racial disparities of white and Black landownership in the South to recent work with migrant farmworkers from Latin America. In this heartfelt first-person narrative, Thompson unpacks our country's agricultural myths while addressing the history of racism and wealth inequality and how they affect our nation's rural places and their people

Charles D. Thompson, Jr., is the author or editor of six previous books, including *Border Odyssey: Travels Along the U.S./Mexico Divide*. He has also directed six documentary films, all of which have focused on rural life either in the United States or Latin America. Thompson is the Professor of the Practice of Cultural Anthropology and Documentary Studies at Duke University. He's also a champion of a number of community causes that center on food, farming, and justice.

**"This book deserves a place next to the writings  
of Wendell Berry, Henry David Thoreau,  
and Michael Pollan."**

**—BOOKLIST**

**"Going Over Home inspires the reader to  
stand shoulder to shoulder with family farmers  
and puts into words why their survival matters  
to all of us—no matter where we live."**

**—WILLIE NELSON, president, Farm Aid**



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**FALL  
2019**



# Dancing With Bees

A Journey Back to Nature

Brigit Strawbridge Howard

**NATURE AND ENVIRONMENT, MEMOIR**

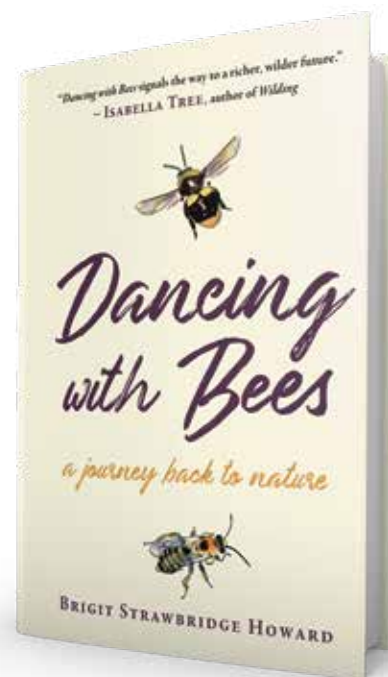
“Somewhere deep inside us all, there lives a little  
spark of ‘wild’ just waiting to be ignited.”  
—from *Dancing With Bees*

Brigit Strawbridge Howard was shocked the day she realized she knew more about the French Revolution than she did about the native trees, birds, and wildflowers that surrounded her. Shaken by this discovery, Strawbridge Howard began a journey—one filled with silver birches and hairy-footed flower bees, skylarks and rosebay willow herb—that reintroduced her to the joy that comes with deepening one’s relationship with place.

Planet Earth, she soon learned, is home to at least 20,000 species of bees and yet only nine are the honeybees that instantly come to mind for most of us. It is the diverse and mysterious remainder of the bees that Strawbridge Howard finds so fascinating and explores in the pages of *Dancing with Bees*. Her exuberant desire to become acquainted with the myriad of pollinators that frequent her own garden grows infectious, quickly inspiring anyone wanting to reconnect to the natural world.

Throughout, Strawbridge Howard contemplates the importance of biodiversity, considers the impacts of climate destabilization, and offers some practical advice on creating a garden that makes room for the creatures that give us so much, most often without our notice.

**Brigit Strawbridge Howard** is a bee advocate, wildlife gardener, and amateur naturalist. She writes, speaks, and campaigns to raise awareness of the importance of native wild bees and other pollinating insects. She lives in North Dorset, England, with her husband, Rob.



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**FALL  
2019**



“Hovering through Brigit Strawbridge Howard’s remarkable encounters with bees, one dips into a world most of us have forgotten. Brigit shows how rewarding it is to reconnect—how the world’s tiniest beings can not only lift our spirits, but signal the way to a richer, wilder future.”

—**ISABELLA TREE**, author of *Wilding*



“A passionate hymn to nature, a joyful celebration not just of bees, but of the power of paying attention . . . infused with a sense of wonder both irresistible and infectious.”

—**CAROLINE LUCAS**, MP, former Green Party Leader

“A touching, sensitive account of what makes us human and how we connect to the natural world. Everyone should read it.”

—**KATE BRADBURY**, author of *Wildlife Gardening* and *The Bumblebee Flies Anyway*



“I devoured this book as I would a jar of exquisite honey. I was as fascinated by it as I would be watching a hive of bees at work. I may read another nature book this year, but not a better one. Or a more important one. As is made so manifestly clear in these pages, we need our bees. Thank God, then, for Brigit Strawbridge Howard, our queen bee-advocate.”

—**JOHN LEWIS-STEMPEL**,  
author of *Still Water* and *Meadowland*



“Like a bee herself, Strawbridge Howard is at once pragmatic and whimsical, flitting lightly between practical advice for crafting a bee-friendly garden and wise digressions about our manipulative relationship with nature.”

—**BEN GOLDFARB**, author of *Eager*



# Wildcrafted Fermentation

Exploring, Transforming, and Preserving  
the Wild Flavors of Your Local Terroir

Pascal Baudar

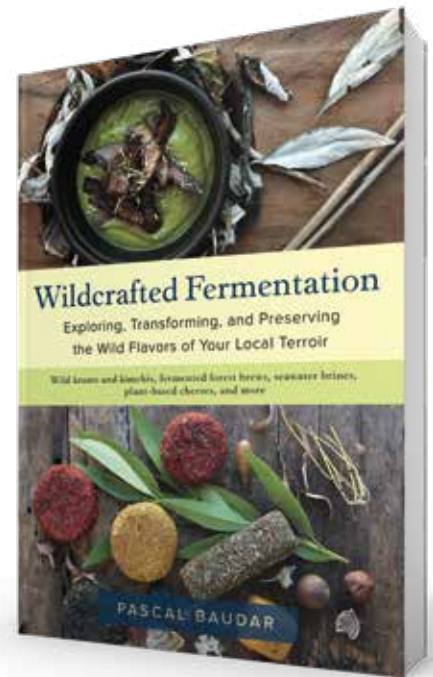
## FOOD AND DRINK

Fermentation has been used for thousands of years by people all around the world. It is the easiest and safest way to preserve fresh food, and nature provides all that's required. When we ferment a food, we transform it. We make it more delicious and nutritious and create new and wonderful flavors that bring it to a whole new level.

In *Wildcrafted Fermentation* Pascal Baudar provides all the basic information one needs to make creative ferments at home. Baudar includes over 100 easy recipes that will inspire even the most jaded palate. Wild-gathering greens, stems, roots, berries, fruits, and seeds, each in their season, is a great way to work with your local environment and reconnect with nature in a deeply rewarding and positive way. Wouldn't it be better to harvest the seasonal bounty and ferment these plants rather than try to control them with herbicides?

The recipes are adaptable whether you purchase seasonal and local produce or harvest from the garden. Step-by-step photos of processes and finished dishes will inspire the adventurous home cook to experiment with both wild and cultivated plants.

**Pascal Baudar** is the author of *The Wildcrafting Brewer* and *The New Wildcrafted Cuisine*. He works as a wild-food researcher, wild brewer, and instructor in traditional food preservation techniques. Over the years, through his weekly classes and seminars, he has introduced thousands of home cooks, local chefs, and foodies to the flavors offered in their wild landscapes. In 2014 Baudar was named one of the 25 most influential local tastemakers by *Los Angeles Magazine*. He also consults for Gordon Ramsey's *Master Chef*.



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**SPRING  
2020**







# Ending the War on Artisan Cheese

The Inside Story of Government Overreach and the Struggle to Save Traditional Raw Milk Cheesemakers

Catherine Donnelly

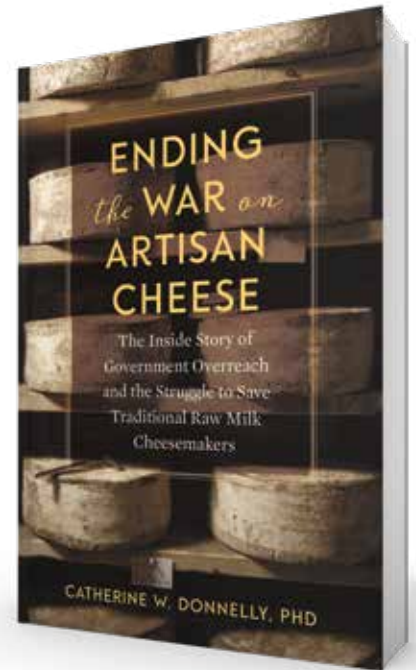
**FOOD AND DRINK, PUBLIC POLICY**

Raw milk cheese—cheese made from unpasteurized milk—is an expansive category that includes some of Europe’s most beloved traditional styles: Parmigiano Reggiano, Gruyère, and Comté, to name a few. In the United States, raw milk cheese forms the backbone of the resurgent artisan cheese industry, as consumers demand local, traditionally produced, and high-quality foods.

Unfortunately the artisan cheese industry faces an existential regulatory threat as false claims regarding safety are made. Over the past 30 years the US Food and Drug Administration (FDA) has edged toward an outright ban on raw milk cheeses, banning traditional practices and setting stringent criteria that many artisan cheeses cannot meet. Small producers are fighting crushing regulations in parts of Europe as well, where beloved creameries are going belly-up or being bought out because they can’t comply with EU health ordinances. Centuries-old cheese styles are nearing extinction.

In *Ending the War on Artisan Cheese*, Dr. Catherine Donnelly forcefully defends traditional cheesemaking, while exposing government actions in the United States and abroad designed to take away food choice under the false guise of food safety. This book is fundamentally about where and how our food is produced, the values we place on methods of food production, and how the roles of tradition, heritage, and quality often conflict with advertising, politics, and profits in influencing our food choices.

**Dr. Catherine Donnelly** is a professor of nutrition and food science at the University of Vermont and an expert on *Listeria* and other foodborne pathogens. In 2017 Dr. Donnelly won the James Beard Award for Reference and Scholarship for her work as the editor-in-chief of *The Oxford Companion to Cheese*, the most comprehensive cheese encyclopedia ever published. Dr. Donnelly is also the editor of the book *Cheese and Microbes*.



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# Farming on the Wild Side

The Evolution of a Regenerative  
Organic Farm and Nursery

Nancy J. Hayden and John P. Hayden

**SUSTAINABLE AND REGENERATIVE AGRICULTURE**

Northern Vermont's Nancy and John Hayden have spent the last 25 years turning a "hayed out and played out" ex-conventional dairy farm into an agroecological, organic fruit farm, fruit nursery, and pollinator sanctuary.

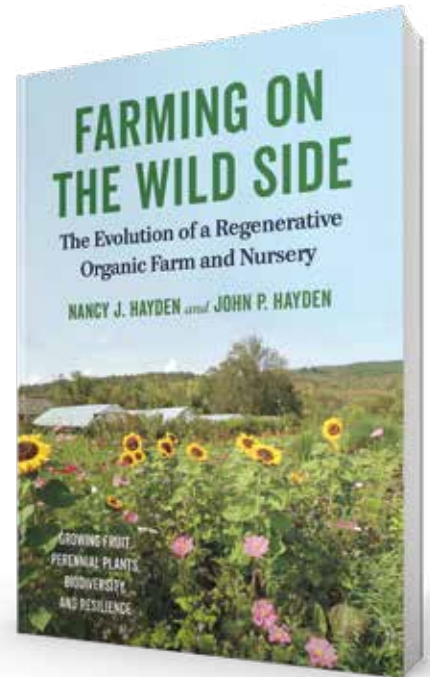
With practical tips and techniques, *Farming on the Wild Side* is both an expert guide and an inspiring story of land stewardship.

In this book, you'll find:

- A real-life look at how a small farm can change over time—in its practices, crop mix, and goals
- The benefits of pesticide-free perennial polyculture fruit plantings in dealing with climate change, emerging markets, and the aging farmer
- A balanced overview of all the influences that can shape one's farming philosophy, including organics, agroecology, permaculture, regenerative, agroforestry, and biodynamics—a timely discussion considering the current debate over labels and certification programs
- Regenerative no-till soil practices, grafting basics, Hügelskultur. . . and more

The Haydens' story is about their farming practices and how they built a relationship with the land and all its inhabitants by working to heal and restore as co-creators of nature.

**Nancy Hayden** has an MFA in creative writing and is a retired environmental engineering professor at the University of Vermont. **John Hayden** has served as a pest management researcher, extension agent, international consultant, and university educator. The Haydens have been owners of The Farm Between in Jeffersonville, Vermont, since 1992. They were awarded the North American Pollinator Protection Campaign's 2018 US Farmer-Rancher Award for their pollinator conservation work.



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# No-Till Intensive Vegetable Culture

Pesticide-Free Methods for Restoring Soil and Growing Nutrient-Rich, High-Yielding Crops

Bryan O'Hara

**SUSTAINABLE AND REGENERATIVE AGRICULTURE**

No-till farming is the new best practice for preventing soil erosion, building soil biology, and providing growing conditions for vibrant, healthy crops. But for organic vegetable farmers and gardeners—and any farmer who wants to avoid herbicide use—the seemingly insurmountable dilemma with no-till has been how to control weeds without cultivating. In this thorough, practical guide, expert organic farmer Bryan O'Hara provides the answers.

In *No-Till Intensive Vegetable Culture*, O'Hara delves into the techniques he has experimented with and perfected in his 25 years of farming, including transitioning his certified-organic vegetable farm to a no-till system. His methodology has proven itself over years of cropping on his home farm, as well as other farms in his region, often with stunning results in yields, quality, and profitability.

Home gardeners and large-scale farmers alike will find value in his methods. This manual will provide farmers with an advanced agricultural methodology not available in any other single book on organic vegetable production, a methodology that will allow farmers to continue to adapt to meet future challenges.

**Bryan O'Hara** has been growing vegetables for more than 25 years at Tobacco Road Farm in Lebanon, Connecticut. O'Hara was named the Northeast Organic Farming Association's Organic Farmer of the Year in 2016.

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**SPRING  
2020**



# Raising Pastured Rabbits for Meat

An All-Natural, Humane, and Profitable Approach to Production on a Small Scale

Nichki Carangelo

## SUSTAINABLE FARMING AND HOMESTEADING

*Raising Pastured Rabbits for Meat* is the first book to address the growing trend of ecological rabbit husbandry for the beginning to market-scale farmer. Inspired by Daniel Salatin, who has long been considered the pioneer in integrated rabbit farming, Nichki Carangelo proves that a viable pasture-based rabbitry is not only possible and user-friendly, it's also profitable.

In Carangelo's approach, happy, healthy rabbits are seasonally raised outside on pasture, using a pasture and wire hybrid system that promotes natural behaviors and a diverse diet, while effectively managing the associated risks. *Raising Pastured Rabbits for Meat* offers valuable information on how farmers can build their own rabbit enterprise from scratch and includes tips on breed selection, breeding techniques, nutrition guidelines, record keeping tools, slaughtering and butchering instructions, marketing advice, and enterprise guides to help farmers plan for profitability.

This is an essential guide for anyone interested in integrating rabbits onto a diversified farm or homestead.

**Nichki Carangelo** is a third-generation Italian American, second-generation small business owner, and a first-generation farmer from Waterbury, Connecticut. She is a founding member of Letterbox Farm Collective, a cooperatively owned, diversified farm in Hudson, New York. Today she manages livestock and direct markets for the farm, while squeezing in research and organizing work on the side where she can.



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December 2019

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**Editor's Note:** Italy, France,

Venezuela, North Korea,

Egypt, Spain, and China pro-

duce the greatest number of

rabbits for the meat industry,

while China, Malta, Italy,

Cyprus, and France are the

biggest consumers.

**FALL  
2019**

# Fibershed

Growing a Movement of Farmers, Fashion Activists,  
and Makers for a New Textile Economy

Rebecca Burgess with Courtney White

**BUSINESS, ECONOMY, AND COMMUNITY RESILIENCE**

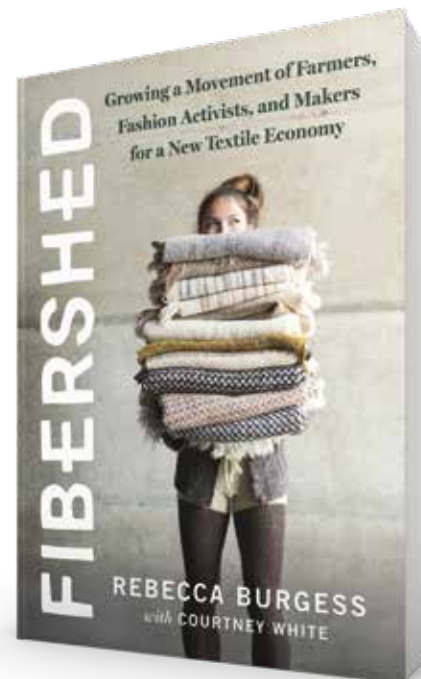
A new “farm-to-closet” vision for the clothes we wear-by a leader in the movement for local textile economies.

Today consumers purchase 60 percent more garments than they did in the year 2000, and each is kept half as long due to the short trend cycles and cheap prices of a multimillion-dollar fashion industry fueled by unjust labor practices. Cotton, which accounts for 33 percent of all fibers found in textiles, represents a quarter of the world’s insecticide use.

These statistics underscore a major disconnect between what we wear every day and our understanding of its impact on the environment, labor, and human health. Weaver and natural dyer Rebecca Burgess spent the last decade reconnecting to her “fibershed”—the region of North Central California containing the materials and people required to make her clothing. This community of ranchers, farmers, and artisans became the first of many fibersheds driven by economic justice and soil restoration. In *Fibershed*, Burgess presents a scalable, restorative agricultural systems model that has been successfully implemented in upwards of 50 communities around the world. A call to action to everyone involved in textiles, this book advocates for connectivity between all steps and players in the process, from soil to skin and back to soil.

**Rebecca Burgess** is the executive director of Fibershed, chair of the board for Carbon Cycle Institute, and the author of *Harvesting Color*. She is a vocationally trained weaver and natural dyer. Burgess has built an extensive network of farmers and artisans in the Northern California Fibershed to pilot an innovative fiber systems model at the community scale. Her project has become internationally recognized with over 53 Fibershed communities now in existence.

**Courtney White** is the author of *Grass, Soil, Hope* and *Two Percent Solutions for the Planet*. A former archaeologist and Sierra Club activist, White dropped out of the “conflict industry” in 1997 to cofound the Quivira Coalition, a nonprofit dedicated to building bridges between ranchers, conservationists, and others around practices that improve economic and ecological resilience in western working landscapes.



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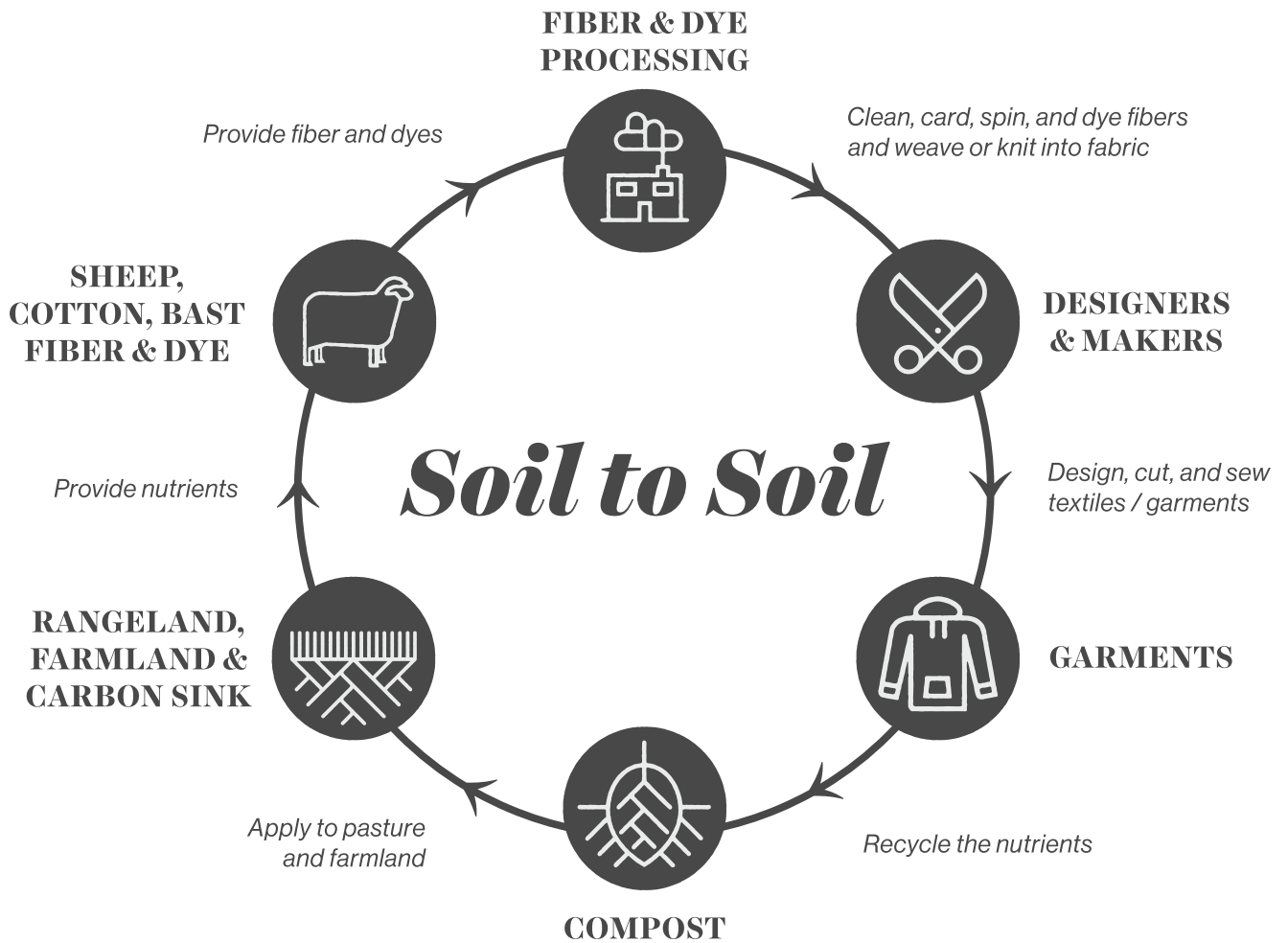
**Word Count:** 81,000

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photographs throughout

**Rights Available:** World

**FALL  
2019**





# The Power of Fastercise

Using the New Science of Signaling Exercise to Get Surprisingly Fit in Just a Few Minutes a Day

Dr. Denis Wilson

## HEALTH AND FITNESS

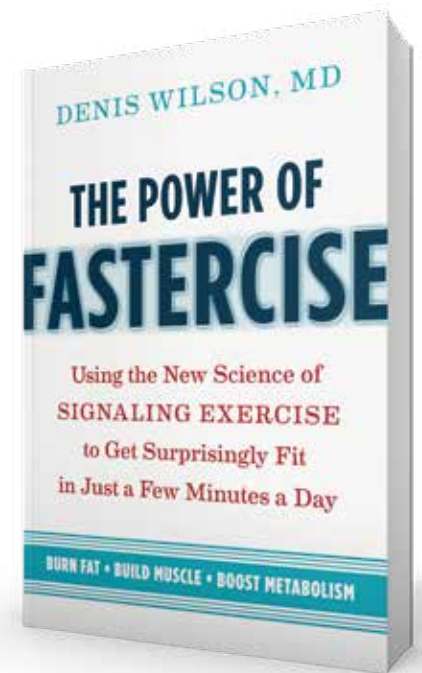
What if we could send our body simple signals that directs it to automatically lose fat and build muscle in just a few minutes a day? Why *wouldn't* you do it?

*The Power of Fastercise* outlines a time-efficient, convenient, and natural approach to fitness developed by thyroid-health pioneer Denis Wilson, MD. Fastercise uses brief, strategically timed bursts of movement that almost anyone can do to cancel hunger pangs and help every kind of body burn fat, build muscle, and boost metabolism. This practice releases epinephrine and other hormones that promote energy, mental focus, and help us to handle stress—fitness for both the brain and the body. These strategies don't require special equipment, expensive meal plans, or workout clothes, and can easily be incorporated into a daily routine in as little as one minute a day.

By combining simple analogies and clear explanations of the physiology of the body's energy pathways and response to food and exercise, Dr. Wilson reveals how conventional approaches to dieting and weight management can actually fight against the body's priorities and lead to frustration and poor results. Fastercise is a time-efficient, convenient, and natural approach that powerfully signals the body to burn fat and build muscle synergistically, leading to surprisingly beneficial and quick results.

In this groundbreaking book, Dr. Wilson lays out simple, practical strategies for combining fastercise with smart eating choices. Fastercise can provide excellent results for a wide range of people: seasoned athletes, fitness enthusiasts, and even those who dislike exercising or have physical limitations. Whatever your fitness goals are, fastercise can help you achieve them.

**Denis Wilson, MD**, is the author of *Wilson's Temperature Syndrome*, *Doctor's Manual for Wilson's Temperature Syndrome*, and *Evidence-Based Approach to Restoring Thyroid Health*. Dr. Wilson speaks at medical conventions and medical schools both nationally and internationally and trains physicians on the use of herbs and nutrients.



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# Curable

How an Unlikely Group of Radical Innovators Is Trying to Transform our Health Care System

Travis Christofferson

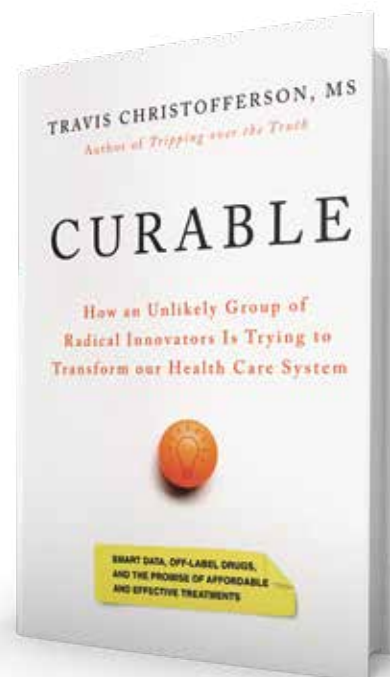
## HEALTH AND FITNESS

An exploration of our broken health care system and how to fix it—using smart metrics, systems thinking, off-label drugs, and a new approach to medicine.

In *Curable*, journalist and healthcare advocate Travis Christofferson presents a page-turning inquiry into a “moneyball approach to medicine,” that focuses on a combination of sound statistics and doctor intuition. By exploring the links between revolutionary baseball analytics, Nobel Prize-winning psychological research, and wildly successful maverick economics, *Curable* tells the story of the radical people who are showing a viable path forward.

Using eye-opening research and distilling the work of innovative doctors, scientists, and thinkers, including Atul Gawande, Charles Munger, Warren Buffett, and Jeff Bezos, Christofferson reveals that a brighter future for medicine is possible. The key is knowing how to decipher the data, overcoming our entrenched cognitive biases, and supporting innovative new systems that can meet the complexity of modern medicine.

**Travis Christofferson** is the author of *Tripping over the Truth*, a full-time science writer, and founder of a cancer charity.



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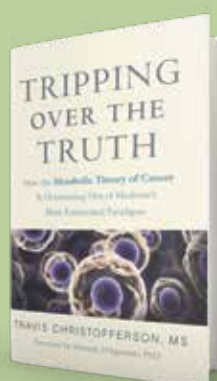
**Art Program:** None

**Rights Available:** World



Also by  
Travis Christofferson

**Rights sold:** Spanish, Swedish, German,  
Danish, Polish, Korean



# Cancer and the New Biology of Water

Thomas Cowan

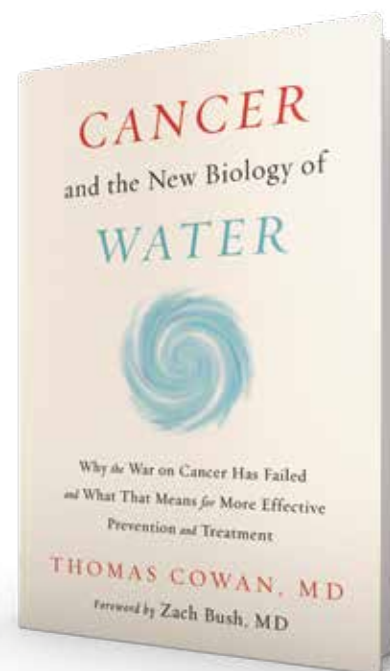
HEALTH AND FITNESS

Nearly 50 years after it was launched, it's become clear that the War on Cancer has failed. Even as new diagnoses continue to skyrocket, no major advances have been made as to how the majority of common cancers are treated (surgery, radiation, chemotherapy), nor have outcomes improved for the vast majority of patients.

In *Cancer and the New Biology of Water*, Thomas Cowan argues that this failure was inevitable because our understanding of cancer is based on a flawed concept of biology in which DNA controls our cellular function and therefore our health. Instead, he tells us, the mutations seen in cancer cells are the result of metabolic dysfunction that deteriorates the structured water that forms the basis of cytoplasmic—and cellular—health.

He presents his theory on the origins of cancer based on the notion that the integrity of the water in our cells and the ways in which that water is structured should be of the utmost concern in addressing the cancer epidemic and offers a scathing look at the cancer screening process. *Cancer and the New Biology of Water* offers the compelling case that treatments other than the slash and burn approach to cancer merit our attention and research dollars and that patients have the right to information, options, and medical freedom in matters of their own life and death.

**Thomas Cowan, MD**, is the author of *Vaccines, Autoimmunity, and the Changing Nature of Childhood Illness* and *Human Heart, Cosmic Heart*. He has served as vice president of the Physicians' Association for Anthroposophic Medicine and is a founding board member of the Weston A. Price Foundation.



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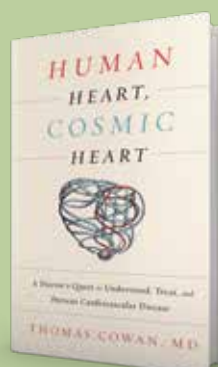
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Also by  
Thomas Cowan



**Rights Sold:**  
German



**Rights Sold:**  
German



## NEW SERIES

# Wild Ideas

A series of small books sharing inspiration and practice by those taking courageous action in service to a better world

These are unprecedented times for humanity and our planet, and our existing practices and institutions are leaving us wanting. Science alone does not provide the solution. The task of humanity as a whole and the focus of this new series is figuring out how we can collaborate, relate to place, engage across societies and geographies, make our stories flourish, and help each other begin to undo the damage that has been done to our societies and our planet.

Thinking differently is not enough if it doesn't promote action. A good idea—a *wild* idea—perhaps only exists if a powerful action—a green shoot of change—stirs the imagination and action of others. This is a series of manifestos for such *wild* ideas and the individuals and collaborations that are bringing them to life.

From finance to farming and from education to economics, the *Wild Ideas* series will tell stories of collaborations, small and large, that give hope and suggest solutions for the future.

The books in this series are penned by practical philosophers who do not settle for thinking alone but act collaboratively to stir change in service to thriving communities and the living planet.

## RECENT ACQUISITIONS

### Fall 2020

In his dual roles as practitioner and patient, [Dr. Michaël Friedman](#) has experienced firsthand the shortcomings of conventional medicine in adequately addressing some of the most challenging symptoms of multiple sclerosis and its underlying causes. He is also well aware of the reticence among mainstream practitioners to adopt complementary, holistic treatments. This book offers proven adjunctive treatments and strategies that, when faithfully followed, can delay, prevent, or even reverse the disease process and radically improve quality of life.

Dr. Friedman is the founder of the Association for the Advancement of Restorative Medicine (AARM), and he is living with multiple sclerosis, which he has managed to put into remission through a combination of diet and lifestyle treatment in addition to MS medications.

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An engaging, journalistic tour of new frontiers in mycology, from mycoremediation and mushroom-materials, to fermentation, to medicine—and the equally fascinating people involved in the fungal renaissance. The book moves from an overview of the wonders of mushrooms’ natural history to humanity’s love and fear of mushrooms in different cultures and times. It then introduces readers to the incredible and oft-overlooked fungal kingdom of life and the potential it holds for our future.

Author [Doug Bierend](#) is a freelance writer interested in science and technology, visual and interactive media, food and sustainability, education, and social equity. His writing appears in *Wired*, *The Atlantic*, *Vice*, *Motherboard*, *Bright*, *New Food Economy*, *Outside Magazine*, and various other places. In 2014 he worked with *Medium* to launch *Vantage*, their in-house site covering visual storytelling, where he served as senior writer and contributing editor for three years.

### Spring 2021

*Flora* is a cookbook that asks us to reconsider our relationship to the “weeds” we know, deepening our understanding of wild plants and herbs, vegetables, fruit, nuts, seeds, and tubers. As a society, we’ve forgotten this type of old-school knowledge, including many brilliant culinary techniques that were borne of thrift and necessity. For our own sake and for that of our planet, it’s time we remembered. It’s all about the willingness to look beyond the status quo for exciting and unconventional ingredients; an eagerness to make the best possible uses of all the edible parts of plants and animals; and a desire to have a more personal, meaningful, and gratifying relationship with one’s food.

Author and photographer [Alan Bergo](#) is a Minneapolis-based chef and foraging personality who is well respected in the wildcrafting world.



# Chelsea Green News

In 2019 Chelsea Green is celebrating our 35th year as a leading publisher of books on the politics and practice of sustainable living, publishing authors who bring in-depth, practical knowledge to life and give readers hands-on information related to organic farming and gardening, ecology and the environment, healthy food, sustainable economics, progressive politics, and integrative health and wellness.

The company celebrated an exciting milestone earlier this year, becoming 100 percent employee owned.

Chelsea Green Publishing UK Ltd has been up and running in London for a little over a year now, and recently moved to a new office space in Somerset House. It's amazing to see how a free-spirited publishing house nestled in rural Vermont, is now taking root and flourishing just a stone's throw from Covent Garden in Central London.

Despite constant challenges, British bookshops continue to thrive, and the publishing landscape (for now) is in rude health. Yet for all those books and all those publishing houses, there wasn't a UK publisher doing what we do: working directly with practitioners, experts, and craftspeople to create books that help people to change their lives, health, and environment for the better.

Our mission is simple. We bring the best of our US books to UK readers, and we're working to develop our own UK-first publishing program. We bring authors over from the US and create bookshop and event tours for them, introducing them to keen British growers, fermenters, foragers, and health practitioners, and this approach is bearing considerable fruit. We're delighted to be publishing Brigit Strawbridge Howard and Rob Hopkins—two UK originals—this autumn, and their books are being received brilliantly on both sides of the Atlantic.

Diversity breeds resilience. This statement perfectly encapsulates why Chelsea Green is such a good fit for the UK publishing scene, and, more broadly, why independent publishing with vision and passion is crucial to a healthy publishing ecosystem. We are the diversity in the marketplace. Our books show how making other, better choices for the world can give life a sense of resilience, self-sufficiency, and an intangible sense of reward that can't be found any other way. Given the right conditions, any book, like any seed, can not only break through and grow, but thrive and stand out amongst its peers.





