

Rights Catalogue

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Topic

Food & Drink



Kay Baumgardt

Desserts unplugged

978-3-03902-139-0

50.00 EUR

Cover: Hardcover

Extent: 240 pages

Format: 19.5 cm x 26 cm

68 colour photos, 19 b/w photos, ribbon; word count: 35,038

Available: 22/11/2021

Rights sold: All rights available

Awards for this book



- 50 desserts de luxe from the »Pastry Chef of the Year 2020«
- Sweetening without refined sugar
- Recipes, product details, and reports

Preparing desserts like a top-notch pastry chef: Kay Baumgardt uncovers the secret recipes of 50 masterpieces. They can be prepared in a regular kitchen with no need for complicated machines or technology. Desserts unplugged. The renowned pastry chef explains how he uses his favourite ingredients, be it strawberries or chocolate, buckwheat or stalk celery, to devise unique creations. These include classics such as cheesecake but also surprising novelties like bacon ice cream with chocolate crumble and field salad cream. Herb oils also play an important role: Baumgardt loves the complexity achieved with the help of bitter and floral aromas. That is why he dedicates a separate chapter to this topic, just as he does to the topics of fermentation and natural methods of sweetening. This book will turn you into a true dessert expert.

Kay Baumgardt: GaultMillau »Pastry Chef of the Year 2020«, pastry chef for the restaurant Incantare, awarded with two Michelin stars, at the »Gasthaus zur Fernsicht« in Heiden where he combines traditional craftsmanship with innovative techniques.

Photos: Adrian Ehrbar



Chris Bay, Monika Di Muro

The Scent of Fire

Cooking together with flame, ember, and smoke

978-3-03902-234-2

44.00 EUR

Cover: Hardcover

Extent: 304 pages

Format: 20 cm x 27.5 cm

149 colour photos, ribbon Word count: 47,267

Available: 27/05/2024

Rights sold: All rights available

- A gourmet trip to the world's fire kitchens
- A unique experience, from preparation to consumption
- Dishes for all types of diet, preparation method and food product

A culinary bonfire that brings people together!

Fire cooking is a feast for all the senses. From their various trips to fire kitchens all over the world, Monika Di Muro and Chris Bay brought back traditional and modern techniques, surprising and often unusual dishes that need few utensils and can be prepared on the open fire with easily available ingredients. The incomparable experience of cooking with fire transforms even preparatory steps into an extraordinary event. The recipes are geared to all types of diets, seasons, and weather conditions, are diverse and balanced at the same time, and even delicious desserts and rarities find their way to the hearth.

The theoretical part takes a detailed look at the fire cooking craft and its related sensual experiences. The over 80 dishes of the recipe chapter are prepared in seven different places of power. Some are vegan or vegetarian, others contain meat or fish, they inspire starters, main courses, and desserts and carry melodious names such as glow sausage, fire bread salad, paper fish, or egg carpet.

Monika Di Muro and Chris Bay: Fire cooking pros with their own mobile fire kitchen. Co-owners of the catering company Chillfood, specializing in fire cooking events and workshops in Switzerland and abroad.

Photos: Lukas Lienhard



Chris Bay, Monika Di Muro

Fire Cooking

Savoury Meals on the Open FireCooking
Techniques, Fire Types, and Recipes

978-3-03800-885-9

44.00 EUR

Cover: Hardcover

Extent: 260 pages

Format: 20 cm x 27.5 cm

335 colour photos

Available: 27/08/2018

Rights sold: All rights available

Awards for this book



- Archaic techniques with new culinary dimension
- Cooking techniques, fire types, recipes
- Fire cooking as the ultimate experience with friends

Fire cooking is different from and more than just barbecue. It is an ancient technique with a new culinary dimension. Uncomplicated and unexpectedly simple. With new types of flavours, interesting roasting aromas, subtle smoke savours – a holistic orgy for the palate and the senses. This book provides easy and clear explanations on the basics of fire cooking, demonstrating different methods, materials, and techniques. All of which are geared towards one goal: to offer traditional and rich culinary variety based on ancient recipes and new ideas. Such as toasted bread with rosemary ash, Catalan fire onions with spicy romesco sauce, trout from the hot stone or archaic coal meat, liquid camembert in a wooden box, and, to round it off, blueberry crumble or upside down Linzer cake.

Chris Bay and Monika Di Muro: Fire cooking pros with their own mobile fire kitchen. Co-owners of the catering company chillfood specialized on fire cooking events and trainings in Switzerland and abroad.

Photos: Monika Flückiger



Chris Bay, Monika Di Muro

Fire Cooking

Recipes and techniques for open fire cooking

978-3-03902-147-5

44.00 EUR

Cover: Hardcover

Extent: 304 pages

Format: 20 cm x 27.5 cm

152 colour photos; word count: 49,397

Available: 02/05/2022

Rights sold: All rights available

Awards for this book



- Meat, vegetables, and fruit artfully prepared on the open fire
- Pure joie de vivre and culinary delight in the open air
- Comprehensive fire knowhow

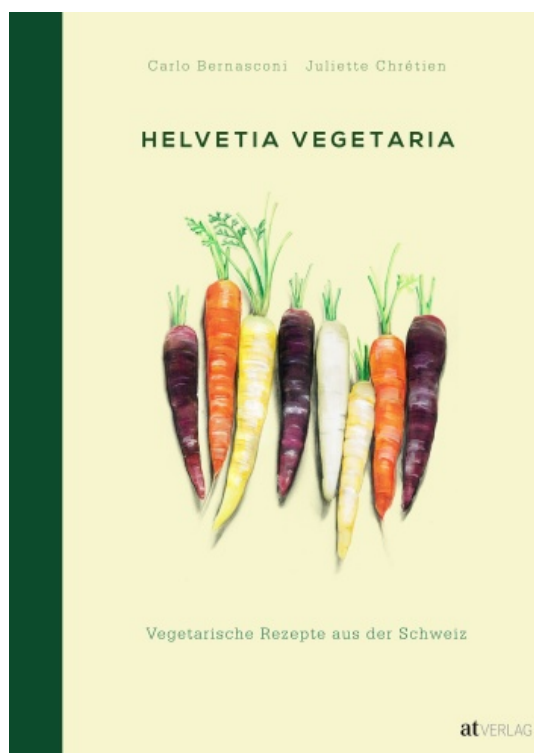
Blazing passion. Preparing a fire-cooked meal is a feast each and every time

Smoke-roasting, hang-roasting, or pan-baking: this book unveils the secrets of fire cooking. It is all about the fun of preparing delicious food on an open fire, using simple tools and ingredients as well as all our senses. The book is not about simple and plain barbecues, but presents extraordinary ways of preparing meat, vegetarian and vegan dishes, and about how to enjoy these in the unique atmosphere that only an open fire can create. The authors describe easy to cook recipes and inspire even experienced gourmets to approach cooking from a different angle, to open their senses to a new type of culinary delight. The book shows the crafts and techniques of fire cooking with no need for any special equipment. Cooking under the open sky as a culinary adventure: every dish is different, and every dish is the best.

Monika Di Muro and Chris Bay: Fire cooking pros with their own mobile fire kitchen. Co-owners of the catering company Chillfood including a catering service and fire cooking school, they also orchestrate fire cooking events in Switzerland and abroad.

Photos: Lukas Lienhard

»Moreover, it is a craft that goes beyond the well-known barbecue and should be learnt and understood from scratch. Therefore, we describe the different techniques and somewhat extravagant dishes in the recipe chapter in a way that they can be prepared even with little experience and using simple tools. Whoever wants to dig deeper will find lots of valuable information about fire cooking.« Chris Bay, Monika Di Muro



Carlo Bernasconi, Juliette Chrétien

Helvetia Vegetaria

Vegetarian Recipes from Switzerland

978-3-03800-928-3

54.00 EUR

Cover: Quarter bound

Extent: 264 pages

Format: 20.5 cm x 29 cm

86 colour photos

Available: 28/08/2017

Rights sold: All rights available

Awards for this book



- **The first book on vegetarian cuisine in Switzerland with recipes from all corners of Switzerland – famous classics and new discoveries**
- **150 recipes of the vegetarian Swiss cuisine, gently adapted to the spirit of our time**
- **Background texts on the various dishes and Switzerland's vegetarian tradition**

Just like any other region with a strong agricultural character, Switzerland has a rich tradition of vegetarian meals. For many centuries people cooked whatever could be harvested in gardens, fields, and forests, complemented by cheese, milk, butter, and cream in abundance. This resulted in innumerable variations of classics such as rösti, fondue, Alp macaroons and capuns, souffles, gratins, and wähe pies, plus sweet delights such as rüebli cake, merängge, Spanish bread, torta di pane, toétché, and cuchaule. Carlo Bernasconi explored old cookbooks, archives, and rural cooking traditions, thereby discovering a treasure chest of recipes that he brought up to date ever so gently. 150 recipes, sorted by regions and accompanied by informative texts on the origins of the dishes and the vegetarian traditions of Switzerland.

Carlo Bernasconi: For many years stock exchange correspondent in Switzerland and editor-in-chief of »Schweizer Buchhandel«, author of various cookbooks (»La cucina verde« and others), manager of a Zurich restaurant for vegetarian Italian cuisine. Passed away in October 2016.

Juliette Chrétien: Born 1986 in Zurich. Photographer, working in the areas of art, design, and culinary art, pursuing her very own aesthetic. She has worked on several cookbooks for AT Verlag, including »Edible City«, »Simple Variety«, and »Ticino ti cucino«.



Modesta Bersin

Baking with Buckwheat

978-3-03800-678-7

28.00 EUR

Cover: Cardboard binding

Extent: 120 pages

Format: 17.5 cm x 24 cm

89 colour photos

Subject areas: baking, health kitchen

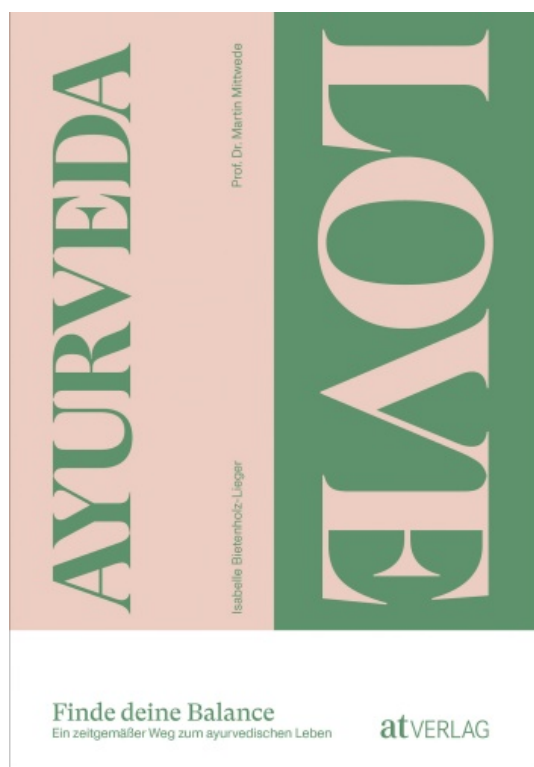
Available: 27/02/2012

Rights sold: All rights available

- From cakes and tarts to wafers, cookies, breads, crepes, and quiches
- 70 delicious, gluten free recipes
- The first baking book based exclusively on buckwheat recipes

Buckwheat is not a crop but belongs to the family of knotweeds. One hundred years ago it ranked among the most important food items in many regions of Europe. Due to our altered, more conscious approach to healthy alimentation it currently experiences a genuine renaissance. Buckwheat is gluten free and helps stabilizing the equilibrium of acids and bases, moreover it has a positive impact on the glycemic index and produces balancing effects with high blood pressure, diabetes and obesity. Subtle and nutty, it bestows upon pastries a unique and unmistakable flavour. This is the first cookbook on the subject written in German, presenting plenty of recipes based exclusively on buckwheat. As buckwheat requires an entirely different method of preparation, the author has rethought each recipe from scratch.

Modesta Bersin: Has worked as nutritional and diet consultant for 25 years. Training in prevention and naturopathy. For many years she has been dedicated to growing and using silver buckwheat, and eventually also started to develop recipes. She delivers courses and lectures on the topics of nutrition and health enhancement.



Isabelle Bietenholz-Lieger, Martin Mittwede

Ayurveda Love

Find Your Balance

978-3-03902-114-7

26.00 EUR

Cover: Hardcover

Extent: 240 pages

Format: 13.5 cm x 19.5 cm

47 colour photos, word count: 27,258

Available: 25/01/2021

Rights sold: All rights available

- **How to simply integrate Ayurveda into everyday life**
- **Rediscover your inner balance**
- **Ancient wisdom to meet the needs of our time**

Ayurveda is more than just the use of exotic plants or wellness oil massages. It is not about following rigid rules, but about rediscovering our sensitivity for the needs of our body and psyche. There is scientific proof that our habits and lifestyle have an extraordinary impact on how healthy we feel. In this practical manual, the authors adjust the wisdom of traditional Indian medicine to the European lifestyle and explain simple measures that can positively affect your well-being. Tips for every day, simple exercises, and recipes help us find inner tranquillity, reach clarity about ourselves, and permanently strengthen our health. The book shows how easy it is to integrate Ayurveda into our daily routine and provides guidance to those who wish to sustainably change their way of life with only little effort.

Isabelle Bietenholz-Lieger: Marketing director and complementary Ayurveda therapist. She is founder of Jivita AG Komplementärmedizin Bethanien in Zurich.

Prof. Dr. Martin Mittwede: Holds degrees in Indology and religious studies. He is an internationally recognized expert for Ayurveda, Yoga, and Asian philosophy.



Meret Bissegger, Hans-Peter Siffert

My Wild Plant Cuisine

How to Identify, Collect and Cook Wild Plants

978-3-03800-552-0

54.00 EUR

Cover: Cardboard binding

Extent: 320 pages

Format: 19.5 cm x 26.5 cm

More than 100 colour photos

Subject areas: wild herb cuisine

Available: 29/03/2011

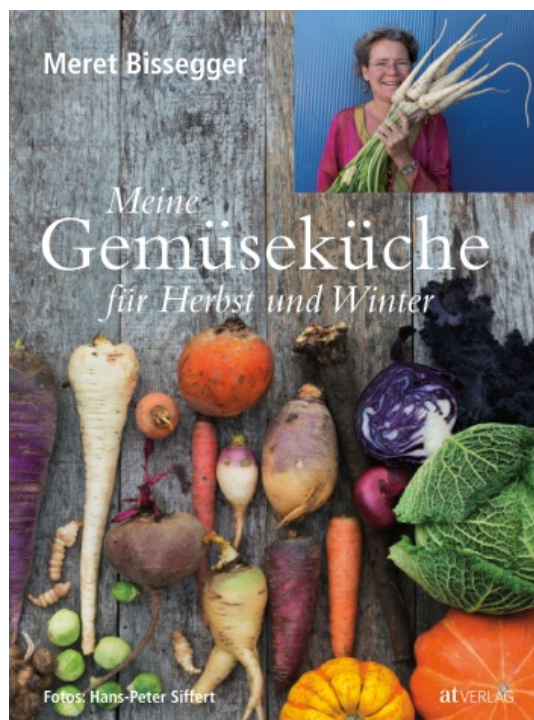
Rights sold: FR, IT

- **130 easy to prepare and often tried wild plant recipes**
- **60 plant portraits with detailed photos and texts for easy identification**
- **Breathtaking photos of all recipes**

Meret Bissegger's passion for all types of edible wild plants was unleashed on an alp in Ticino. After more than 30 years of regaling the customers at her restaurant with gourmet wild plant dishes and holding courses on how to collect and cook wild plants, she now presents her first book on the subject. It describes and displays images of more than 60 plants. Moreover it lists locations, characteristic features, confusion risks, and tells us how to correctly pick and use wild plants in the kitchen. The result is a reference and cookbook with more than 120 recipes easy to prepare at home: dips for apéritif, starters, salads, soups, risotti, pasta, oven dishes, delicious side dishes and wonderful desserts. The plants portrayed are botanically sorted and both their Latin and German names are listed. Examples of the most important plant families are presented in additional chapters. Hans-Peter Siffert amazingly captures each dish, his photos reveal the true beauty of these »weeds«. The book is complemented by photos of the Ticino landscape and of Meret's cooking courses.

Meret Bissegger: Passionate chef and plant connoisseur, runs cooking courses, indulges gourmets in her Casa Merogusto in Malvaglia (Ticino), and is an activist of the slow food movement. Numerous appearances on radio, TV, and in printed media.

Hans-Peter Siffert: Born 1954 in Bern. Photographer with focus on wine, travel, and gastronomy. Numerous publications in magazines in Switzerland and Germany, he has provided photos for various books published by AT.



Meret Bissegger, Hans-Peter Siffert

My Vegetable Cuisine for Autumn and Winter

978-3-03800-828-6

54.00 EUR

Cover: Hardcover

Extent: 384 pages

Format: 19.5 cm x 26.5 cm

438 color photos

Subject areas: cooking, vegetables, seasonal produce

Available: 06/10/2014

Rights sold: FR, IT

Awards for this book



- **150 brilliantly simple vegetable recipes for the cold season**
- **Ancient and modern knowledge on indigenous vegetable types**
- **Valuable information on the sustainability of organic produce**

Long awaited by many an enthusiastic cook: the latest book by Meret Bissegger. The bestselling author presents a wide variety of vegetables for the cold season.

The book familiarises us with more than 40 indigenous autumn and winter vegetables, including some ancient and less known types (Slow Food). Each of the richly illustrated vegetable portraits is complemented by tips and kitchen tricks for easy and tasty preparation, as well as particularly well matching combinations of spices, herbs, and other ingredients. More than 150 simple recipes, both raw and cooked, prove how rich and wonderful dishes of the cold season can be. Her chapters on cultivation and harvesting allow an insight into the life of small businesses but also large scale producers and wholesalers of the organic farming trade. The vast amount of first-hand information highlights ecological and economical interrelations, at the same time this allows for a more conscious approach to seasonal produce and motivates us to aim for fairer and better consumer habits.

Hans-Peter Siffert has captured most of the recipes, the diversity of vegetables, and the world of first-class organic vegetable producers in delightful photographs.

Meret Bissegger: Passionate chef and plant connoisseur, runs cooking courses, indulges gourmets in her Casa Merogusto in Malvaglia (Ticino), and is an activist of the slow food movement. Numerous appearances on radio, TV, and in printed media.

Hans-Peter Siffert: Born 1954 in Bern. Photographer with focus on wine, travel, and gastronomy. Numerous publications in magazines in Switzerland and Germany, he has provided photos for various books published by AT.



Meret Bissegger, Hans-Peter Siffert

My Kitchen in Spring and Summer

Vegetables, Herbs, Blossoms, and Wild Plants

978-3-03902-053-9

54.00 EUR

Cover: Hardcover

Extent: 416 pages

Format: 19.5 cm x 26.5 cm

575 colour photos, word count: 59,891

Available: 08/03/2021

Rights sold: IT

Awards for this book



- **163 vegetable recipes and valuable information on sustainability and organically produced food**
- **Vegetable portraits as well as tips for preparation, storage, and cooking**
- **The latest book by the best-selling author of »My Wild Plant Cuisine«**

Best-selling author Meret Bissegger presents more than 50 spring and summer vegetables and offers tips on preparation and storage. 163 mostly vegetarian, often vegan recipes serve as inspiration for beginners and experienced cooks alike. Starting with the earliest Southern spring messengers such as fava beans or field mustard, moving on to the domestic May turnip all the way to summer classics such as aubergines and tomatoes or less well-known vegetable types like friar's beard, okra, or papacelle. Aromatic herbs, crisp salads, edible blossoms, and wild plants complement several basic recipes. Her reports on cultivation, harvesting, and processing of vegetables offer insights into the world of organic farming in Switzerland and Italy. Essays on environmental and economic topics provide useful suggestions on the appropriate handling of our precious food. Once again, Hans-Peter Siffert has done a fantastic job capturing various types of vegetables and the world of producers in beautiful images.

Meret Bissegger: Passionate chef and plant connoisseur, runs cooking courses, indulges gourmets in her Casa Merogusto in Malvaglia (Ticino), and is an activist of the slow food movement. Numerous appearances on radio, TV, and in printed media.

Photos: Hans-Peter Siffert



Carine Buhmann, Caroline Kiss

The FODMAP Concept

Light Cuisine For Irritable Bowel Syndrome
Practical Guide With 170 Recipes

978-3-03800-909-2

36.00 EUR

Cover: Hardcover

Extent: 256 pages

Format: 19.5 cm x 24 cm

86 colour photos

Available: 18/02/2016

Rights sold: All rights available

- **The cookbook for people with irritable bowel syndrome**
- **Scientifically tested diet plan**
- **170 recipes for light and easy to digest everyday dishes**

Many people suffer from belly aches, exhalation, diarrhoea, or constipation. A couple of years back a scientifically tested nutrition therapy for irritable bowel syndrome was introduced, the so-called FODMAP concept. FODMAP is an acronym for »fermentable oligo-, di-, and monosaccharides and polyols«, all of which should be avoided by individuals suffering from irritable bowel syndrome. The book offers simple and easy to understand explanations on the causes of the condition along with suggestions how to alleviate it. In over 160 recipes it shows options for a delicious and balanced diet despite the dietary restrictions: be it simple breakfast ideas, snacks for the road, uncomplicated everyday dishes, sophisticated meals, or heavenly desserts. Complete with hands-on practical tips and weekly menu suggestions, this book is an indispensable guide for everyone affected by irritable bowel syndrome, and a useful reference for nutrition experts.

Carine Buhmann: Graduate health promoter for dietary issues, food journalist, and author of numerous successful cookbooks and dietary guides. She is active in adult education and delivers lectures and seminars for professionals and those interested in dietary issues. Coeliac disease is one of the focal points of her work.

Caroline Kiss: Nutritionist (Swiss Association of Nutritionists), Master's, University of London, PhD, University of New Jersey, USA. Many years of nutrition therapy counseling, publications in professional journals.

Photos: Claudia Albisser Hund



Carine Buhmann

Gluten-Free Cooking and Baking

A practical guide with more than 150 recipes for coeliac disease

978-3-03902-036-2

32.00 EUR

Cover: Hardcover

Extent: 208 pages

Format: 19.5 cm x 26.5 cm

65 colour photos

Available: 27/05/2019

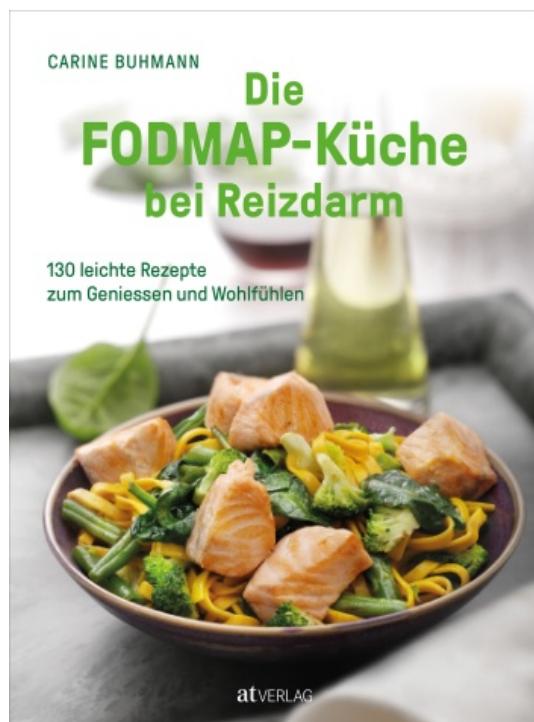
Rights sold: All rights available

- **The latest revised edition of a classic**
- **Gives an extensive overview of gluten-free products**
- **Featuring numerous tips for everyday cooking and baking**

Since it was first published, this book has become an indispensable reference and guidebook for gluten-free diet plans, and it was awarded a gold medal by the GAD. It offers practical information about coeliac disease along with a number of helpful suggestions for healthy nutrition. A detailed analysis of products with well-structured charts helps with shopping gluten-free products. Numerous cooking and baking suggestions make this diet easy to implement in our everyday life. More than 130 delicious gluten-free recipes offer savoury food experiences even with coeliac disease.

Carine Buhmann: Graduate health promoter for dietary issues, food journalist, and author of numerous successful cookbooks and dietary guides. She is active in adult education and delivers lectures and seminars for professionals and those interested in dietary issues. Coeliac disease is one of the focal points of her work.

Photos: Claudia Albisser Hund



Carine Buhmann

The FODMAP Cuisine for Irritable Bowel Syndrome

130 easy and delicious feel-good recipes

978-3-03902-150-5

36.00 EUR

Cover: Hardcover

Extent: 264 pages

Format: 19.5 cm x 26.5 cm

192 colour photos, 4 illustrations; word count: 62,411

Available: 21/03/2022

Rights sold: All rights available

- **A practical guide for FODMAP beginners**
- **130 yummy recipes for irritable bowel syndrome**
- **With food recommendations based on the traffic light system**

For a pleasant gut feeling: the latest FODMAP recipes

Bowel problems are very common. About one in seven people suffer from indigestion, bloating, and belly aches. Especially those suffering from irritable bowel syndrome can react sensitively to FODMAPs. These are certain types of sugar that many food items contain. But there is a successful method to tackle bowel problems: the scientifically tested FODMAP concept. The author shares useful information about the disease and introduces the reader to FODMAPs and the 3-step program in an easy-to-understand way. She shows how those affected with irritable bowel syndrome can enjoy bowel-friendly yet savoury meals. 130 simple and tried recipes for every day are complemented by useful hints and variations, plus info boxes on some selected food items. Well-structured charts and food lists from A to Z allow for an easy entry to the FODMAP cuisine. A helpful guide for those with irritable bowel syndrome and a practical cookbook for a pleasant gut feeling.

Carine Buhmann: Graduate health promoter for dietary issues, lecturer, food journalist, and author. Expert on coeliac disease and FODMAP.

Photos: Claudia Albisser Hund



Andreas Caminada

Pure Depth

My fish cookbook

978-3-03902-214-4

42.00 EUR

Cover: Hardcover

Extent: 224 pages

Format: 19.5 cm x 25.5 cm

92 colour photos, 14 b/w photos, ribbon, word count: 24,722

Available: 27/11/2023

Rights sold: All rights available

Awards for this book



- Unique recipes with fresh and salt water fish
- By the renowned 3-star cook
- Volume 4 of the successful heart book series

Andreas Caminada's underwater world!

In his latest book, Andreas Caminada focuses on fresh fish from streams, lakes, rivers, and oceans. The star chef went well beyond the borders of his homeland to look for the best fish, clams, and shellfish in order to give a comprehensive overview of fish cuisine. He created new recipes while enhancing some classical dishes, which lends a unique dynamic to this book.

Next to carefully portrayed dishes, from bouillabaisse to marinated trout, Caminada also explains the most relevant basic recipes, such as fish stock or beurre blanc. He takes the reader on a richly illustrated journey all the way from the Graubünden mountains to the Adriatic and the North Sea, the final destinations of the waters coming from some of Graubünden's mountain springs.

Andreas Caminada: runs his own restaurant and hotel at Chateau Schauenstein in Fürstenu, Domleschg. He has been awarded three Michelin stars and 19 points by GaultMillau. In 2018 he opened the Casa Caminada. At his IGNIV restaurants in Bad Ragaz, St Moritz, Zurich, and Bangkok he combines fine dining with an innovative sharing concept.

Photos: Gaudenz Danuser Graphics: Remo Caminada



Andreas Caminada

Pure Passion

My simple cuisine

978-3-03902-028-7

42.00 EUR

Cover: Hardcover

Extent: 216 pages

Format: 19.5 cm x 25.5 cm

106 colour photos, 10 b/w photos, ribbon, word count: 19,111

Available: 13/11/2019

Rights sold: All rights available

Awards for this book



- **Three-star chef Andreas Caminada cooks simple, regional dishes**
- **Andreas Caminada's homage to his homeland. Traditional recipes from Graubünden next to brand new, modern creations**
- **High quality design, sumptuous illustrations**

The first cookbook by the famous star chef Andreas Caminada is a culinary love declaration to his native Graubünden and a bow to simple cooking. »In my book readers will find sensual and easy to understand recipes, but they will also get an impression of the region's cultural richness, its geographical diversity, its exceptional products, and the people who stand behind all this«, says the chef of Chateau Schauenstein. Apart from traditional dishes such as capuns, maluns, or pizokel, Caminada presents modern, nature-oriented dishes that reflect the seasons as well as the place his heart is rooted in. The protagonists of his creations are poultry from the Val Lumnezia, saffron from Fläsch, melons from Pratval, or mountain potatoes from the Albula Valley.

Andreas Caminada: Runs the restaurant »Chateau Schauenstein« in Fürstenau, Domleschg (Graubünden) – awarded with three Michelin stars and 19 points by GaultMillau – as well as the »Casa Caminada«. Through his brand IGNIV (Rhaeto-Romanic for »nest«) with restaurants in Switzerland and Bangkok he combines fine dining with an innovative sharing concept.

Photos: Gaudenz Danuser



Andreas Caminada

Pure Pleasure

My Simple Cuisine 2.0

978-3-03902-091-1

42.00 EUR

Cover: Hardcover

Extent: 240 pages

Format: 19.5 cm x 25.5 cm

106 colour photos, word count: 27,577

Available: 23/10/2020

Rights sold: All rights available

Awards for this book



- The second book by the brilliant star chef from Graubünden
- Self-confident cooking that makes use of all the 5 basic tastes
- Astounding pictures of food, products, and people

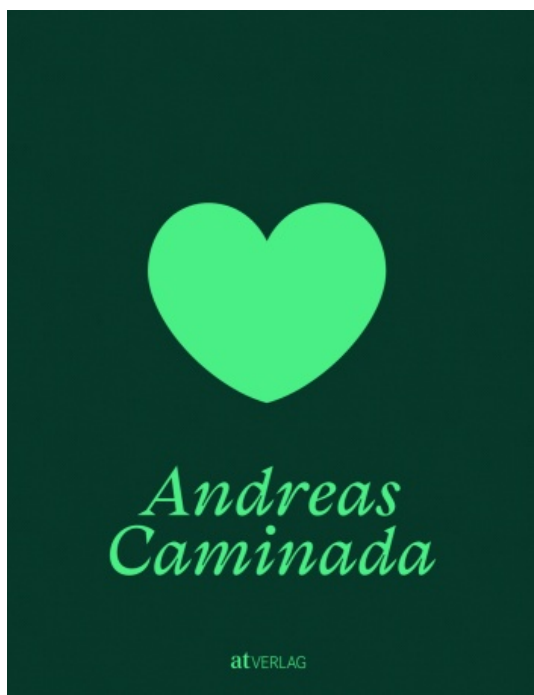
What does a star chef think while preparing his dishes? How does he use different flavours in order to render his creations both light and refined? In his new cookbook, Andreas Caminada explains why acid is so important to him, what the word »umami« means, where his obsession with bitter taste comes from, what significance sweets have in his cuisine, and why salt is by far the most essential ingredient. About 50 recipes, from pickled trout with beetroot and smoky vinaigrette all the way to yeast cake with vanilla ice cream, invite us to cook and think. Because Caminada's message is twofold: once you understand how harmony within a dish comes about, you can easily develop a number of variations to a given recipe. Photographer Gaudenz Danuser from Graubünden renders astonishing portraits of both food creations and extraordinary people – people who receive special food deliveries from Andreas Caminada.

Andreas Caminada: Runs the restaurant »Chateau Schauenstein« in Fürstenau, Domleschg (Graubünden) – awarded with three Michelin stars and 19 points by GaultMillau – as well as the »Casa Caminada«. Through his brand IGNIV (Rhaeto-Romanic for »nest«) with restaurants in Switzerland and Bangkok he combines fine dining with an innovative sharing concept.

Photos: Gaudenz Danuses

Text: Alexander Kühn

Graphics: Remo Caminada



Andreas Caminada

Pure Freshness

My vegetarian cuisine

978-3-03902-136-9

42.00 EUR

Cover: Hardcover

Extent: 240 pages

Format: 19.5 cm x 25.5 cm

57 colour photos, linen, ribbon; word count: 18,758

Available: 29/11/2021

Rights sold: All rights available

Awards for this book



- The third book by the renowned 3-star chef
- Vegetarian creations you can try at home, by Andreas Caminada
- Vegetable and spice combinations as well as preservation techniques

The garden surrounding Chateau Schauenstein is an intrinsic part of Andreas Caminada's culinary universe. Applying the principles of sustainable permaculture, it supplies the star chef with vegetables, fruits, and herbs. The garden inspires him to create the most astonishing dishes from seemingly bland ingredients. In this book, the garden signifies healthy soil, ancient crops, and the art of preservation. Caminada's recipes prove that vegetarian cuisine is full of surprises if you devote sufficient attention to the produce and know which ingredients will most favourably accentuate their special character. A slightly sour counterpart will turn the earthy sweetish beetroot into a superstar, while kohlrabi harmonizes best with saffron. Sophisticated dishes do by no means require meat. Vegetables and mushrooms can create utmost complex aromas as well, especially when paired with smoke. The recipes, though wonderfully refined, are easy to put into practice even for amateur cooks.

Andreas Caminada: Runs the restaurant »Chateau Schauenstein« in Fürstenau, Domleschg (Graubünden) – awarded with three Michelin stars and 19 points by GaultMillau – as well as the »Casa Caminada«. Through his brand IGNIV (Rhaeto-Romanic for »nest«) with restaurants in Switzerland and Bangkok he combines fine dining with an innovative sharing concept.

Photos: Gaudenz Danuser

Graphics: Remo Caminada



Carlo Cao

Savoury. Tasty. Vegan.

978-3-03902-213-7

36.00 EUR

Cover: Hardcover

Extent: 264 pages

Format: 19.5 cm x 25.5 cm

175 colour photos, 86 illustrations Word count: 35,168

Available: 15/01/2024

Rights sold: All rights available

- **Savoury plant cuisine from breakfast to dessert**
- **Recipes rich with various flavours – from simple to elaborate**
- **Inspired by Italian cuisine**

Cook with emotion, choose the best ingredients, take your time, and enjoy the process!

Carlo Cao cooked his first meal at the age of 12 – and found his source of happiness: »Cooking is my life!«. Today he is a vegan chef who puts his heart and passion into his culinary art. Inspired by Italian traditions, Carlo Cao developed a savoury plant-based cuisine rich in delightful flavours.

In this book he presents his favourite recipes that he brought to perfection over the years, some simple, others more complex. Among others we find compositions such as a grapefruit salad with hazelnut balsamic dressing, a lentil walnut bolognese with rosemary béchamel, and millet pancakes with herbs and peas. Or a fantastic lemon cake with poppy.

This vegan cookbook offers a variety of recipes for pan, pot, deep fryer, and oven, numerous creations for breakfast, brunch, salad, or dessert buffets. Plant-based creations drawing from abundant and rich ingredients.

Carlo Cao: is a chef and food blogger who grew up in the Swiss Alps near the Italian border. On his vegan cuisine Instagram channel he has around 200,000 enthusiastic followers.



Lia Carlucci, Caroline Bauer

The Green Cookbook for Kids

Green facts and colourful recipes

978-3-03902-228-1

35.00 EUR

Cover: Hardcover

Extent: 256 pages

Format: 19 cm x 25 cm

108 colour photos Word count: 36,060

Available: 25/03/2024

Rights sold: All rights available

- Kids are cooking healthy and climate-friendly
- By one of Germany's leading nutrition experts
- Food that is both healthy and fun

Children cook for the climate!

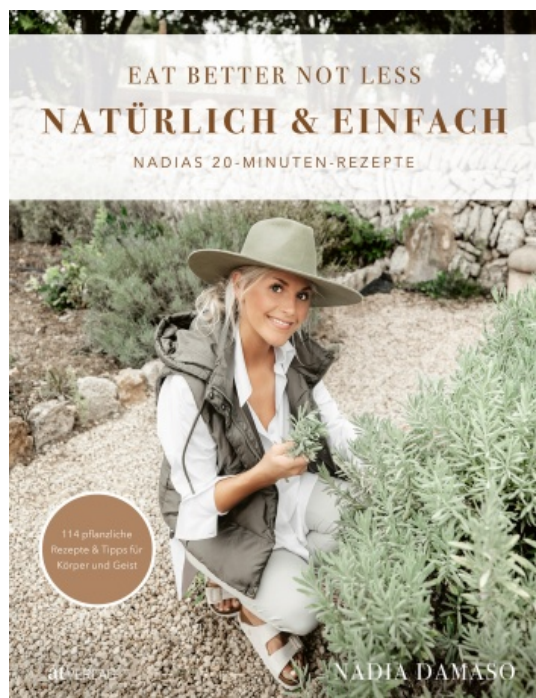
Today's children are the consumers and decision-makers of tomorrow. It is essential to empower them to take a self-determined and responsible approach to food as early as possible. A sustainable diet helps to protect the planet as well as our own health.

People often think that sustainable food is only for »health nuts«. This cookbook proves the opposite: it inspires with delicious recipes and child-friendly facts it shows that sustainable nutrition is colourful and fun. Children can cook the recipes on their own or with a little help from their parents. The ingredients are healthy, sustainable and appeal to children's tastes.

Lia Carlucci: is a university-educated nutrition scientist and an entrepreneur. As a founder and managing director, she has many years of experience in setting up companies in the food and nutrition sector. She co-founded »Nutrition Hub«, Germany's largest network for nutrition experts, and »Vitamin C«, a community for pioneers of sustainable nutrition. Lia regularly appears in the media as an expert, particularly on the topics of children's nutrition and sustainability.

Charoline Bauer: holds a degree in literature and works as a freelance author as well as an editor for familie.de. She is a ghostwriter and author of numerous books, including the nutrition guide »Vegan zur Höchstleistung« and the children's book »Die kleine Löwenspinne«.

Photos: Jule Felice Frommelt Illustrations: Claudia Lieb



Nadia Damaso

EAT BETTER NOT LESS – natural & simple

Nadia's 20-minute recipes

978-3-03902-232-8

38.00 EUR

Cover: Hardcover

Extent: 256 pages

Format: 21.5 cm x 28 cm

132 colour photos, 5 illustrations, word count: 33,989

Available: 24/11/2023

Rights sold: All rights available

- **80 plant-based recipes that strengthen the immune system**
- **A small number of natural ingredients, uncomplicated preparation**
- **Nadia Damaso's tips for a healthy lifestyle**

Cooking consciously for the environment and for ourselves!

The new recipes of best-selling author Nadia Damaso show us that food is much more than just the dish we find on our plate. The way we eat and handle food, as well as our individual attitude towards eating are equally important.

Her latest cookbook is full of delicious, simple, and fast plant-based recipes that revive body and spirit alike. With only a few natural ingredients that are available everywhere we can create dishes that warm our heart and soul. On top of that the book offers tips and tools for a healthy and balanced life – from ways to naturally strengthen the immune system to strategies for adding more exercise to our daily schedule.

Nadia Damaso: comes from the Engadin and lives in Zurich. She is a successful cookbook author, health enthusiast, nature lover, creative mind, and passionate promoter of a healthy lifestyle. Her goal is to help people feel comfortable and balanced.



Nadia Damaso

EAT BETTER NOT LESS – Around the World

Recipes inspired by Flavours, Colours, and Spices from all over the World

978-3-03800-972-6

39.00 EUR

Cover: Hardcover

Extent: 320 pages

Format: 21.5 cm x 28 cm

177 colour photos

Available: 27/09/2017

Rights sold: All rights available

Awards for this book



- **The new book from the internationally renowned food blogger and book author**
- **Prepare healthy and delicious meals easily and quickly – with the formula »Eat Better Not Less«**
- **More than 100 new recipes – inspired by products, smells, and flavours from all over the world. A sensual and seductive culinary journey**

In her new cookbook, acclaimed author and blogger Nadia Damaso takes her readers on a culinary journey around the world – with impressive photos, short stories, and her own personal experiences from being on the road. No matter where you are, food brings people together and is all the more fun if shared with others. Inspired by the best cuisines from all parts of the world, Damaso once again provides compelling evidence of how delicious and versatile healthy food can be. It is a book full of colours, flavours, and spices – a realistic and intense feast to the eye you can almost taste and smell. All recipes are easy to comprehend and can be prepared with common and readily available ingredients.

Nadia Damaso: She was born in the Swiss Engadin region and is now based in Zurich. She is a successful recipe creator and cookbook author. With her first two books »Eat Better Not Less« and »Eat Better Not Less – Around the World« she instantly became a best-selling author. She manages to combine her passion for cooking and photography and to share it with others.



Nadia Damaso

Eat Better Not Less - Delicious & Healthy

Simple Recipes for Every Day

978-3-03902-079-9

39.00 EUR

Cover: Hardcover

Extent: 328 pages

Format: 21.5 cm x 28 cm

164 colour photos, word count: 59,119

Available: 05/10/2020

Rights sold: All rights available

- **Healthy, quick, uncomplicated recipes for every day**
- **Easy to find ingredients that do not pollute our planet**
- **Manage your kitchen with the help of the best-selling author**

The Journey Continues

The latest book by best-selling author Nadia Damaso features quick, simple, and healthy recipes made from ingredients that every household should have ample supplies of. She shows us how to plan and cook ahead for the week, ensuring a fresh and healthy diet despite time constraints. A healthy diet can be just as delicious and versatile as traditional cooking, and it helps create a balance between body, spirit, and soul – that is her creed. From carrots, apples, oat flakes, potatoes, spices, and yoghurt she creates dishes such as a heart-warming carrot porridge with caramelized cinnamon apples or fried potato and carrot patties with herb yoghurt. The recipes are easy to prepare and inspire us to invent our own dishes from healthy superfoods.

Nadia Damaso: She was born in the Swiss Engadin region and is now based in Zurich. She is a successful recipe creator and cookbook author. With her first two books »Eat Better Not Less« and »Eat Better Not Less – Around the World« she instantly became a best-selling author. She manages to combine her passion for cooking and photography and to share it with others.



Claudio Del Principe

a casa

Cook well. Eat better. Even more inspiration for every day.

978-3-03902-180-2

39.00 EUR

Cover: Hardcover

Extent: 248 pages

Format: 17.5 cm x 24.5 cm

133 colour photos, ribbon

Available: 17/10/2022

Rights sold: All rights available

Awards for this book



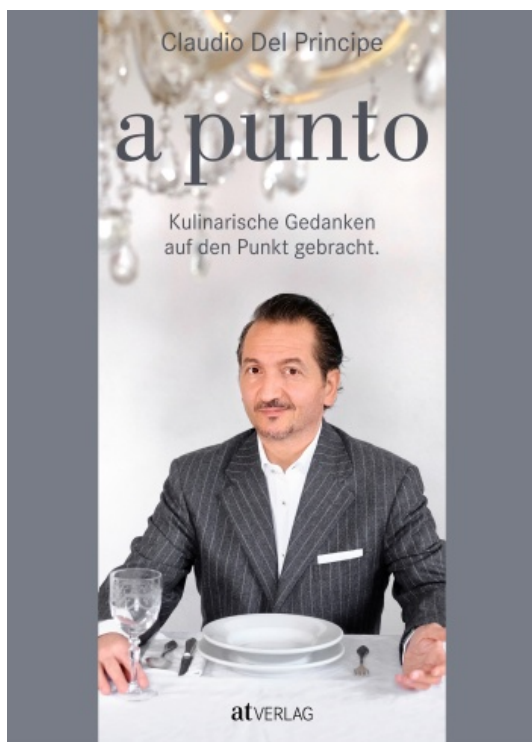
- **Volume 2 of the successful cooking diary**
- **Seasonal, regional, and sustainable shopping and cooking**
- **Even more inspiration, priceless cooking expertise, and amusing anecdotes**

Tutti a tavola! Del Principe is serving dinner.

No other author writes as sensually about ingredients and food preparation as Claudio Del Principe. »When I stand in my kitchen, time is replenished with beauty.« He finds true delight and, what is more, the meaning of life in the simplest ingredients and most basic dishes. For Claudio Del Principe's thoughts around food always go hand in hand with an appreciation for the craft, a deep esteem for producers and produce, honouring true food culture. The second volume of the successful cooking diary »a casa« focuses on baking, using his famous home-grown mother yeast »Bianca«. The latest journey takes us to the realm of fermentation. Claudio Del Principe makes us rediscover familiar and also boldly explore new things. He sharpens our eye, trains our taste, and offers safe guidance for a relaxing cooking experience led by seasonal instinct. A cookbook full of inspiration and love of good food. Day by day.

Claudio Del Principe: Writer, storyteller, and successful author of eight award-winning cookbooks. Sought-after lecturer, columnist, and organizer of workshops on handmade pasta and lievito madre.

»Only those who are ready to appreciate a focus on essential things will have the power to transform the ordinary into something truly outstanding.« – Claudio Del Principe



Claudio Del Principe

a punto

Culinary reflections in a nutshell

978-3-03902-220-5

37.00 EUR

Cover: Hardcover

Extent: 200 pages

Format: 17.5 cm x 24.5 cm

27 colour photos, ribbon, word count: 41,478

Available: 30/10/2023

Rights sold: All rights available

Awards for this book



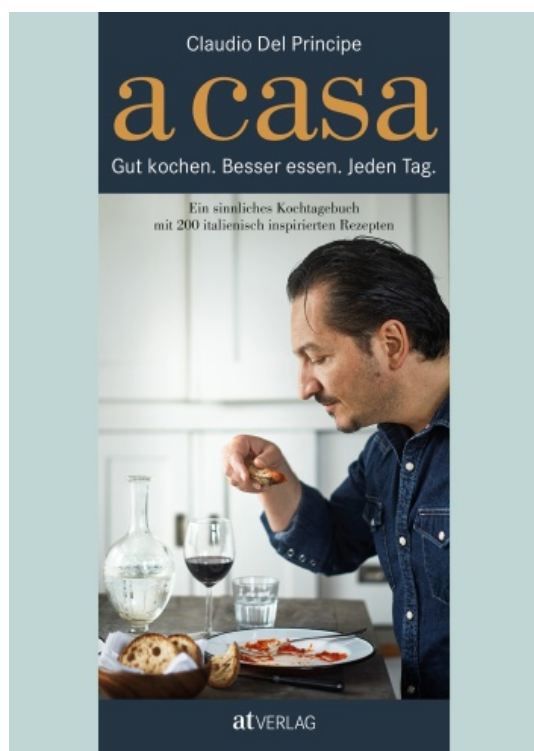
- Surprising, amusing, and humorous texts
- Recipes, reports, reflections
- Suggestions for smart and relaxed cooking

Food for mind, soul and belly!

Claudio Del Principe and the sensual way he writes about food are irresistible. Both his detailed recipes and his attitude to ingredients align perfectly with the current zeitgeist. He shows us how to bake hearty sourdough bread and unmatched pizzas. How to conquer hearts with homemade pasta or prepare tasty vegetable dishes in an authentic yet modern way.

With »a punto«, he serves ample food for thought to all those who devour culinary stories. The book contains reports, recipes, philosophical reflections on society and gastronomy, plus a number of tips on how to bring the various dishes to perfection. How to handle different ingredients and how to remain relaxed while cooking. His surprising, amusing, and profound texts strike a chord with many of us. Entertainment and opulence aimed at people who appreciate good food.

Claudio Del Principe: is a writer, storyteller, and successful author of nine award-winning cookbooks to date. He is a columnist, sought-after lecturer, and offers workshops on pasta and »Lievit Madre«.



Claudio Del Principe

A Casa

Cook well. Eat better. Every day. A sensual cooking diary with 200 Italian-inspired recipes.

978-3-03800-970-2

47.00 EUR

Cover: Quarter bound

Extent: 320 pages

Format: 17.5 cm x 24.5 cm

194 colour photos, ribbon

Available: 16/10/2017

Rights sold: All rights available

Awards for this book



- **Home cooking is the new trend: prepare everything yourself, from crusty bread to delicious pasta and tasty sauces**
- **Slow Food all'italiana - Bringing back diligence and attention to detail to cooking**
- **Cooking diary including over 200 recipes**

This book is for those of us who are fed up with fashionable appetizers and who are suspicious of the fast cuisine movement that pretends time saving is the biggest benefit of cooking. It is a passionate commitment to slowness, diligence, and care. Time as vital ingredient for tastier dishes, such as the wonderful »Lievito Madre«, an Italian sourdough made with a ripe apple, which then becomes unbelievably aromatic bread all'italiana, pizza bianca, focaccia, or panettone. Meanwhile, we leisurely mould pasta and cover it in heavenly sauces, transform legumes into soulfood, reminisce about things long forgotten, and tell each other stories about eating, cooking, and simple pleasures. With this book, the ordinary becomes exceptional. It satisfies our hunger for earnest food. The longing for carefully prepared meals. For honest work. Patience. Care. Love.

Claudio Del Principe: Writer, storyteller, and successful author of seven cookbooks to date. His blog »Anonyme Köche« is a highly acclaimed gem among German food blogs. He loves to focus purely on essentials – in cooking, writing, and photography – and kindles the passion for cooking and relishing that slumbers in many of us. Sought-after both as lecturer and workshop instructor for pasta and Lievito Madre.

Photos: Claudio Del Principe



Claudio Del Principe

a mano

Pasta temptation. Handmade. Sensual and beautiful.

978-3-03902-018-8

39.00 EUR

Cover: Hardcover

Extent: 256 pages

Format: 17.5 cm x 24.5 cm

128 colour photos, ribbon, word count: 27.137

Available: 07/10/2019

Rights sold: All rights available

Awards for this book



- **The joy and happiness of handmade quality food: kneading, rolling out, and moulding pasta by hand**
- **Basic recipes for different dough variations, classical pasta types, and matching sauces**
- **The temptation of handmade pasta. From simple everyday dishes to pompous feasts**

After home-made bread and sourdough, handmade pasta is the latest craze of the »craft« food scene. Looking back at old traditions, and glancing over the shoulder of Italian nonnas (who are currently winning the hearts of foodies on Instagram and YouTube), the art of making handcrafted pasta is weaved into modern recipes. Claudio Del Principe has always been passionate about »pasta fatta in casa«, and he is convinced that everyone can make pasta. Expertly entertaining, witty, and well-illustrated, his instructions show us how to create, with utmost care and attention, tempting delicacies using flour, water, and eggs. Be it simple tagliarini or tiny artistic creations, pappardelle, cappellacci, garganelli, agnolotti, or fagottini, cavatelli, trofie, or orecchiette – each of these has its own detailed description accompanied by matching classical add-ons, »ragù« and »sughi«. A book about the joy of good handmade food and a must for anyone who loves pasta.

Claudio Del Principe: Writer, storyteller, and successful author of seven cookbooks to date. His blog »Anonyme Köche« is a highly acclaimed gem among German food blogs. He loves to focus purely on essentials – in cooking, writing, and photography – and kindles the passion for cooking and relishing that slumbers in many of us. Sought-after both as lecturer and workshop instructor for pasta and Lievito Madre.



Claudio Del Principe

Al Forno

All From the Oven. Uncomplicated. Amazing. Irresistibly Tasty.

978-3-03800-070-9

39.00 EUR

Cover: Hardcover

Extent: 280 pages

Format: 17.5 cm x 24.5 cm

150 colour photos, ribbon

Available: 24/09/2018

Rights sold: All rights available

Awards for this book



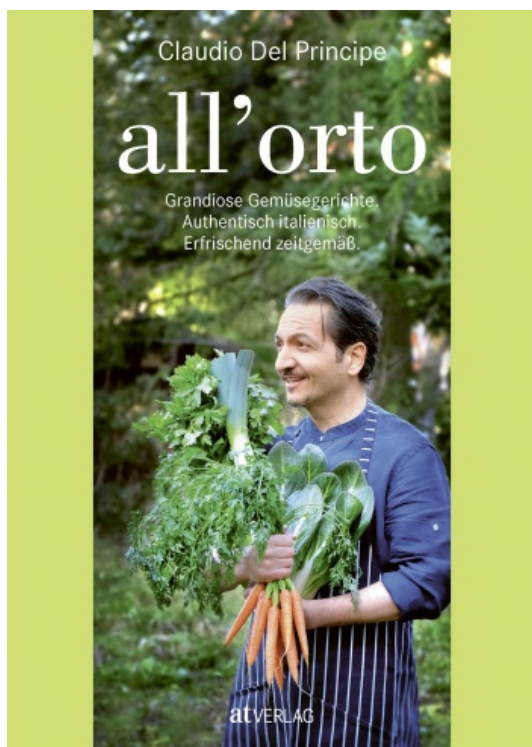
- 100 recipes, prepared with care and perfectly suitable for everyday cooking
- Feelgood dishes made from simple, seasonal ingredients that taste delicious
- Del Principe's poetic kitchen lingo is addictive

Pastry, au gratin, or Sunday roast – the beguiling scent from the oven carries a promise of happiness, pleasure and comfort. Following his cooking diary »a casa«, Claudio Del Principe dedicates his latest book to irresistible dishes from the oven. Even more minimalist, but just as sophisticated, with the same love and care, and accompanied by sensual and witty thought about cooking. Once again an ode to time and slowness, celebrating the art of relaxed and expectant cooking. Protagonists: a beef plate roasted for twelve hours, a glazed leg of lamb, caramelized, roasted vegetable au gratin, fish in salt crust, spicy nuts, classics from the Italian cuisine such as parmigiana, lasagne or torta di bietole, and of course numerous pastries, souffles, and desserts.

Claudio Del Principe: Writer, storyteller, and successful author of seven cookbooks to date. His blog »Anonyme Köche« is a highly acclaimed gem among German food blogs. He loves to focus purely on essentials – in cooking, writing, and photography – and kindles the passion for cooking and relishing that slumbers in many of us. Sought-after both as lecturer and workshop instructor for pasta and Lievito Madre.

Photos: Claudio Del Principe

»Claudio Del Principe shows how to create grandiose meals from simple recipes – with the most precious ingredient of all: time.« – htr hotelrevue



Claudio Del Principe

all'orto

Magnificent Vegetable Dishes. Authentic Italian.
Refreshingly Modern.

978-3-03902-083-6

39.00 EUR

Cover: Hardcover

Extent: 256 pages

Format: 17.5 cm x 24.5 cm

123 colour photos, ribbon, word count: 25,260

Available: 19/10/2020

Rights sold: All rights available

Awards for this book



- **Slow Food all'italiana – vegetarian**
- **Italian classics and new recipes for every day**
- **10 recipes based on 1 vegetable**

The Best Picks from the Vegetable Garden

»Orto« is the Italian word for vegetable garden. Without »ortaggi« – i.e. good quality vegetables from the garden or the market – Italians are hopelessly lost. Like true virtuosos, they turn them into bittersweet salads, addictive antipasti, perfect pasta complements, rich soups, or side dishes that can very well stand for themselves. A number of different vegetables and incomparable ways of preparing them make for an incredible variety of flavours. Nowadays we can find extravagant vegetables such as cime di rapa, catalogna, barba di frate, radicchio, castelfranco, or puntarelle even in our local shops. Claudio Del Principe selects the best Italian recipes, explains their origin, traditions, and various ways of preparation, and refines them with his own modern creations and inspiring ideas.

Claudio Del Principe: Writer, storyteller, and successful author of seven cookbooks to date. His blog »Anonyme Köche« is a highly acclaimed gem among German food blogs. He loves to focus purely on essentials – in cooking, writing, and photography – and kindles the passion for cooking and relishing that slumbers in many of us. Sought-after both as lecturer and workshop instructor for pasta and Lievito Madre.

»What everyone needs to know is where to buy the best ingredients, how to prepare and conserve them, and above all, how to cook 10 awesome meals with only 1 type of vegetable!« – CLAUDIO DEL PRINCIPE



Claudio Del Principe

PURA PASSIONE

Cooking with amore

978-3-03902-098-0

39.00 EUR

Cover: Hardcover

Extent: 240 pages

Format: 17.5 cm x 26 cm

84 colour photos, 24 illustrations, ribbon; word count: 23,200

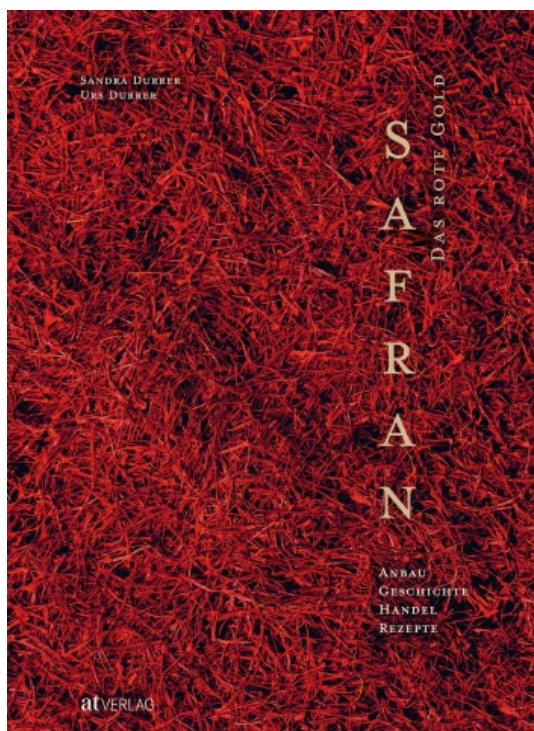
Available: 29/11/2021

Rights sold: All rights available

- The ultimate benchmark for Italian cuisine
- More than 100 authentic Mamma recipes
- Classical soul food for any day, prepared and photographed by Claudio Del Principe

This book celebrates the almost forgotten classical homestyle cooking tips of Italy. Mamma Luisa and Mamma Lina have unveiled more than 100 of their secret recipes to Claudio Del Principe. Only few thoroughly chosen ingredients, true passion, and Mamma's special insider tips make for loving family dishes, classical antipasti, irresistible primi with pasta, risotto and polenta, delicious sughi, secondi, contorni, and tempting dolci. Food that can shape a life, as various anecdotes from their family life vividly show. Through their fabulous cooking, Luisa and Lina unknowingly laid the foundation for their sons' careers. The love for excellent Italian food led them to create a successful organic food brand, PPura. If you do not feel like cooking yourself, just grab some of their pasta, pesti, and sauces – Italianità per tutti!

Claudio Del Principe: Writer, storyteller, and successful author of seven cookbooks to date. His blog »Anonyme Köche« is a highly acclaimed gem among German food blogs. He loves to focus purely on essentials – in cooking, writing, and photography – and kindles the passion for cooking and relishing that slumbers in many of us. Sought-after both as lecturer and workshop instructor for pasta and Lievito Madre.



Urs Durrer, Sandra Durrer

Saffron – Red Gold

Cultivation, History, Trade, Recipes

978-3-03902-080-5

50.00 EUR

Cover: Hardcover

Extent: 280 pages

Format: 19.5 cm x 27 cm

96 colour photos, word count: 52,877

Available: 31/08/2020

Rights sold: All rights available

Awards for this book



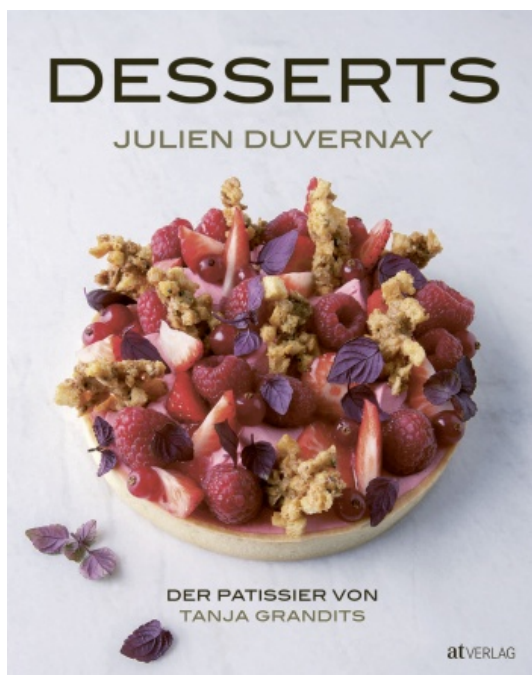
- With portraits of saffron producers and guidelines for home growing
- Favourite saffron recipes of renowned star chefs
- Origin, growing regions, trade

The Ultimate Book on Saffron

Saffron has been used for thousands of years, as medicine and for cosmetics, as colorant and spice. Cleopatra is said to have bathed in saffron water before going on a date. Merchants who traded fake saffron during the Middle Ages were burned alive or buried along with their fake goods. Swiss saffron producers Sandra and Urs Durrer shed light on the subject from all possible angles: looking at the origin of the plant, its botanical classification, growing regions, and trade, but also its use for dyeing, in medicine, cosmetics, and gastronomy. Featuring portraits of saffron producers from Switzerland, Germany, Austria, and South Tyrol, as well as planting instructions for amateur gardeners. In the recipe section five different top-notch chefs present their favourite saffron recipes such as saffron ravioli or tarte tatin with pear and saffron.

Sandra Durrer and Urs Durrer: Produce saffron at their plantations in Surselva and Obwalden. They are farmers and caterers who love nature and healthy, delicious cooking. Their saffron plantation puts great emphasis on sustainable production and the preservation of biodiversity.

Photos: Stefan Zürer



Julien Duvernay

Desserts

The Pâtissier of Tanja Grandits

978-3-03800-905-4

49.00 EUR

Cover: Hardback with jacket

Extent: 240 pages

Format: 21.5 cm x 27 cm

78 colour photos

Available: 29/03/2016

Rights sold: All rights available

Awards for this book



- **Sophisticated dessert creations for hobby cooks**
- **By one of the world's best pâtissiers from Switzerland**
- **Sweet seductions courtesy of Tanja Grandits' restaurant Stucki**

Julien Duvernay is one of the most renowned pâtissiers in Switzerland. At Tanja Grandits' restaurant Stucki in Basel he has caused quite a sensation with his extraordinary creations that »baffle everyone« according to the GaultMillau restaurant guide. For the first time ever Duvernay provides detailed and comprehensible instructions on how to prepare and arrange his desserts in order to reproduce them successfully at home. In nine chapters – on the topics of citrus fruits, tea, cereals, caramel, pepper, vegetables, flowers/blossoms, herbs, and oil – the most eccentric combinations turn into sweet seductions. Among the roughly 70 recipes we find colourful lollipops, special preserves, spreads, and cakes. Including a glossary of products and techniques.

Julien Duvernay: Born 1982 in Roanne, France, he learned the trades of pâtissier and chocolatier from scratch in his home country. Since 2012 he is chef of the dessert cuisine at »Stucki« in Basel (19 GaultMillau points, two Michelin stars).

Photos: Michael Wissing



Judith Erdin

Your Best Bread

Bake Like a Pro

978-3-03902-104-8

39.00 EUR

Cover: Hardcover

Extent: 192 pages

Format: 21 cm x 26.5 cm

110 colour photos, word count: 21,919

Available: 25/01/2021

Rights sold: TR

Awards for this book



- One dough makes three different types of bread or pastries
- With insider tips from a professional baker
- Quality that tastes like fresh from the bakery – even with a household oven

Baking bread at home that tastes like fresh from the bakery? Easily done, and without additives or expensive professional equipment. Former baker and confectioner Judith Erdin shares her favourite recipes for bread and pastries in a very detailed yet uncomplicated way. Popular classics such as weggli (milk rolls), lye rolls, or baguette, followed by wholemeal bread, spelt breakfast rolls, or nut bread. With little effort she creates many variations fresh from the oven. Thanks to the concept of »1 dough – 3 recipes« 14 basic types of dough make for 42 different breads and pastries. Who would have thought that the dough used for Ticino bread can be used to bake poppy rolls or grissini? In addition, the book contains lots of information and valuable tricks on how to bake bread, allowing us to replicate the quality of bakery-manufactured bread in a standard household oven, so even absolute beginners will achieve perfect baking results. Homemade bread that genuinely tastes like bread from the bakery – or even a bit better.

Judith Erdin: Trained baker and confectioner, and also a trained polygrapher. She develops new, easy to prepare recipes for her clients as well as for her own recipe blog »streusel.ch«, and shares her knowledge in culinary workshops.



Judith Erdin

Your Best Sweet Pastries

classic and vegan

978-3-03902-156-7

39.00 EUR

Cover: Hardcover

Extent: 224 pages

Format: 21 cm x 26.5 cm

273 colour photos, 6 illustrations

Available: 26/09/2022

Rights sold: All rights available

Awards for this book



- The popular baker and confectioner strikes again
- Popular classics of professional quality easily prepared at home
- All recipes feature a vegan version with readily available ingredients

Rolls, strudel, croissants, doughnuts – bake like an expert!

How do confectioners and bakers do it? Their pastries look perfect and taste delicious at the same time. What makes their dough so fluffy, their cream fillings so tender, and their caramel so savoury? In her second book, Judith Erdin unveils these secrets and many more. The trained baker and confectioner shows us from scratch how to prepare classical confectionery recipes using natural ingredients. Each recipe has two parts, the traditional version and a vegan one which is just as gorgeous and tasty. These recipes allow vegans to finally enjoy classical cakes and pastries they were missing out on. Whenever possible, ingredients are chosen locally and are easy to come by. In a dedicated section on theory the expert offers tips for the selection of ingredients and baking utensils, techniques for rolling out dough, and other knowhow. With the help of her step-by-step guidelines, you can create the perfect apple strudel, chocolate doughnuts, and vanilla bismarcks fresh from the oven.

Judith Erdin: Baker, confectioner, and polygrapher. She develops easy to prepare recipes for her clients and her blog »streusel.ch«. She shares her knowledge in various courses.



Susanne Fischer-Rizzi

Wild Cuisine

The Great Book on Cooking on the Open Fire

978-3-03800-499-8

32.00 EUR

Cover: Hardcover

Extent: 216 pages

Format: 18.8 cm x 24.6 cm

200 colour photos

Subject areas: cooking, barbecue, outdoor cooking

Available: 15/03/2010

Rights sold: UK

- The great book on cooking on the open fire
- 100 traditional and modern dishes, all tried and tested cooking methods at the fire
- The comprehensive book on cooking on the open fire, including numerous enchanting photos

Cooking by the fire outside at the heart of nature has its very own peculiar fascination and sensuality, it is connected with adventure and the experience of going back to the roots of things. The book draws from the rich repertoire of traditional cooking methods and recipes that have endured partly until this day. Noble spit cake on the log, a large loaf of bread baked above the blaze, salmon on a snow shoe grill, tender and juicy meat cooked in a burrow, dough pockets in wicker mesh. 100 recipes with numerous variations – ranging from classics to modern creations, from traditional tastes of Stone Age dishes to refined feasts for gourmets, all of them are simple and can be cooked without many tools on the open fire. The author has long years of experience with cooking by the open fire and her descriptions of the recipes are easy to understand and cook for both beginners and cooking fans. An inspiring book that renders its reader adventuresome. With exact instructions, all necessary information on making a fire, many wild plant suggestions and, as a round-off, camp fire stories to read or retell.

Susanne Fischer-Rizzi: Born 1952, naturopath, graduate of the renowned Josef Angerer School, and trained by various specialists of naturopathy in Europe and Asia, pioneer of aroma therapy and author of 13 books to date translated into various languages. Her teaching activities include seminars and lectures both within Germany and abroad. She also founded the ARVEN School of naturopathy, aroma therapy, and wilderness knowledge.



Steffen Guido Fleischhauer

Little Encyclopedia of Edible Wild Plants

Chart Featuring 1000 Plants, with 300 Colour Photos

978-3-03800-492-9

20.00 EUR

Cover: Paperback with flaps

Extent: 216 pages

Format: 13.5 cm x 21 cm

300 photos

Subject areas: edible wild plants, wild herbs

Available: 30/03/2010

Rights sold: All rights available

- **Vast and compact knowledge on 1000 edible wild plants**
- **Swift orientation thanks to graphic representation, charts and icons**
- **A precious pocket-size reference book with 300 plants on colour photos**

Today edible wild plants have been rediscovered and are immensely trendy. After his best-selling work »Edible wild plants« containing the 200 most important edible plant types and the reference work »Encyclopedia of edible wild plants«, Steffen Guido Fleischhauer now presents a reasonably-priced pocket encyclopedia. The book offers a concise and handy presentation of all relevant information on the 1000 most important edible wild plants of Central Europe. It comprises information on the traditional ways the different plant parts can be used, on times for collecting as well as general use of edible wild plants. Brief explanatory texts, use of icons as well as colour and graphic highlighting allow for quick orientation and easy consultation. The plants are in alphabetic order according to the most common German plant names, the index lists all botanical names and known name synonyms with corresponding page numbers. The 300 most prominent edible types are additionally captured on excellent colour photos.

Steffen Guido Fleischhauer: Graduate engineer in landscape architecture, College of Higher Education Weihenstephan. Lectures at universities and colleges in Germany, Austria, and Switzerland. Publisher of the »Wild Plant Magazine«.



Steffen Guido Fleischhauer, Roland Spiegelberger,
Jürgen Guthmann

Encyclopedia of Edible Wild Plants

2000 Plants of Central Europe

978-3-03800-752-4

69.00 EUR

Cover: Hardback with jacket

Extent: 688 pages

Format: 19.5 cm x 26.5 cm

650 colour photos, hardcover with jacket

Available: 30/04/2013

Rights sold: All rights available

Awards for this book



- **The latest edition of the classic: now even more comprehensive and practical to use**
- **New feature: identification key based on leaf shape. New chapter: rare and endangered edible plants**
- **Newly added topic: poisonous plants, confusable edible plants and differentiating features**

Wild plants secured the survival of mankind over thousands of years. These days they experience an exceptional renaissance and are widely used among top chefs due to their various and intense flavours. Rich in vitamins, mineral and micronutrients they offer valuable help in protecting health and are therefore significantly superior to cultivated vegetables. The book describes more than 2000 plant types of Central Europe that have all been used as food at some point in time. The authors evaluate all the studies, research and experience currently available. Classified based on their leaf shape, there are descriptions of each plant type including occurrence, blooming period and nutritional use along with detailed guidelines for preparation. Each plant portrait lists and explains currently known content substances and healing effects, possible dangerous confusion with poisonous plants as well as effects of toxic content elements. Including about 650 excellent colour photos and 450 plant drawings to facilitate identification.

Steffen Guido Fleischhauer: Graduate engineer for landscape planning. Lectures at the Universities of Zurich, Weihenstephan and St. Gallen on edible wild plants. Over many years, he has gathered experience all over Central Europe on edible wild plants. He offers guided hiking tours, nature adventure trips, lectures and seminars on edible wild plants.

Jürgen Guthmann: Graduate engineer for physical chemistry. Laboratory supervisor for food chemistry at the University of Applied Sciences Weihenstephan. Many years of experience with nutrition and health issues, specialized on healing plants and fungi.

Roland Spiegelberger: Landscape gardener and graduate engineer for landscape architecture and environmental planning. Since 1986 focus on domestic wild plants, conveying botanical knowledge to interested wild plant gardeners and collectors.



Steffen Guido Fleischhauer, Jürgen Guthmann,
Roland Spiegelberger

Edible Wild Plants

How to Recognize and Use 200 Species

978-3-03800-886-6

20.00 EUR

Cover: Paperback with flaps

Extent: 256 pages

Format: 13.5 cm x 21 cm

300 colour photos and illustrations

Subject areas: edible plants, wild plants

Available: 31/05/2015

Rights sold: FR, NL, PL, SLO

- **How to recognize and use 200 species**
- **Edible wild plants in words, drawing and image: Botany, usage and further information**
- **Overview table on the best collecting times for the presented edible wild plants**

Collecting and relishing edible wild plants is a sheer wonder of nature, inspiring more and more people these days. Wild plants are rich in vital substances and offer a variety of special aromas, also they are easy to find and readily available for just anyone. Apart from basic botanical data (botanical name, family, life form, height of growth, blooming season, blossom colour) this practical identification guide focuses on the plants' most important features of recognition that are reproduced by detailed illustrations and excellent colour photos. Poisonous plants liable to cause confusion are illustrated as well. For each plant, there is a detailed description when to harvest their different parts. Next to suggestions on how to prepare the wild plants for cooking purposes there is always a description of their basic taste as well as information on their most important content substances and health effects. In order to allow orientation throughout the whole vegetation period the edible wild plants are sorted according to leaf shape – for the first time in a German publication. The book is rounded off by a table of harvesting times and an index of name synonyms. The practical pocket size renders the book an ideal companion for outdoor walks to the edible wild plants.

Steffen Guido Fleischhauer: Graduate engineer for landscape planning and landscape architecture, College of Higher Education Weihenstephan. Concentrated for long years on edible wild plants. Gathered experience all over Central Europe in alimentation with plants from wild nature. Today offers guided walking tours, nature adventure trips, lectures and seminars on the topic of edible wild plants.

Jürgen Guthmann: Graduate engineer for technical chemistry. Worked for many years in the area of food chemistry, nutrition and health issues. Editor of a guide on vital fungi.

Roland Spiegelberger: Landscaper and graduate engineer for landscape architecture and environmental planning, Höxter Polytechnic. Since 1986 he has studied indigenous wild plants and recently also communicates botanical knowledge to interested wild plant gardeners and collectors.



Steffen Guido Fleischhauer, Jürgen Guthmann,
Roland Spiegelberger

How to Easily Identify Edible Wild Plants

The 50 Most Popular Plants on More than 400
Colour Photos Including Recipes and Useful Kitchen
Tips

978-3-03800-912-2

20.00 EUR

Cover: Paperback with flaps

Extent: 256 pages

Format: 13.5 cm x 21 cm

440 colour photos, 60 drawings

Subject areas: edible plants, wild plants

Available: 23/02/2016

Rights sold: FR

- **The 50 most popular plants, including recipes and useful kitchen tips**
- **For beginners with little plant knowledge**
- **Culinary highlights from nature's cuisine**

The bestselling »Edible Wild Plants« has familiarized a wide audience with the topic. Yet many people lack the confidence to clearly identify the various plants. This book equips amateurs with a sound understanding of wild plants. The 50 most popular edible wild plants along with their poisonous look-alikes are presented on more than 400 colour photos and detailed plant sketches highlighting all their relevant features. Complemented by indications of ideal collection periods and a nice recipe for each plant, this book is the perfect guide for amateurs with an interest in gastronomy.

Steffen G. Fleischhauer: Graduate engineer in landscape architecture, Weißenstephan College. Many years of experience with edible plants from wildlife, his course »Edible Wild Plants« is offered at various colleges in Germany, Austria and Switzerland.

Jürgen Guthmann: Graduate engineer for technical chemistry. Worked for many years in the area of food chemistry, nutrition and health issues. Editor of a guide on vital fungi.

Roland Spiegelberger: Graduate engineer in landscape architecture and environmental planning, Höxter College. Works freelance in biotope mapping since 2009.



Tom Franz

A Taste of Israel

My Favourite Recipes of the Israeli Cuisine, Spiced up with a Pinch of Homeland

978-3-03800-781-4

32.00 EUR

Cover: Hardcover

Extent: 208 pages

Format: 21 cm x 26 cm

100 colour photos

Subject areas: chef cookbooks, Israeli cuisine

Available: 02/09/2013

Rights sold: All rights available

- **The culinary world of Israel: a symphony of smells, tastes and cultures**
- **Recipes inspiring all senses and easy to prepare**
- **Tom Franz: the face of modern Germany in Israel**

For Tom Franz cooking has to do with joy, with the love of life itself. To him every meal is »food for the soul«. In a country where 65% of the area consists of desert and the Dead Sea, he has discovered the Garden of Eden rich in legendary vegetables and fruits. A land of plenty. In this book Tom Franz allows us to catch a glimpse of Israel's cuisine nourished by innumerable memories of immigrated Jews from across the globe. Israel is a culinary melting pot shaped by immigrants from all over Europe, Russia and the USA, as well as the Far and Middle East. Mediterranean ingredients, traditional Jewish cuisine, Arabic spices, modern recipes – an incredible diversity of various elements creates utmost exciting combinations. Israel is state-of-the-art when it comes to culinary delights. Characterised by innovation and openness to go beyond the conventional and adopt foreign influences. An extraordinary, magnificent book! Let us build bridges!

Tom Franz: Rhinelander, trained lawyer. Worked as an international lawyer until his emigration to Israel in 2004 where he converted to Judaism and turned his passion for cooking into a career. Today he lives in Tel Aviv with his wife and three children.

Photos: Dan Peretz / Food styling: Amit Farber / Texts: Gil Yaron

»Tom takes us back to our actual cuisine, only with a modern touch. Tom represents something that is missing from the Mediterranean mentality of Israelis: professionalism, exact and accurate work.« – Michal Anski, jury member on Masterchef

»A native German familiarises Israelis with their own traditions. He stands for a new type of Judaism – trendy, modern, appealing.« – Dana Franz

»This is about more than just cooking. Tom is an Israeli. But he is also a face of today's Germany.« – Andreas Michaelis, German Ambassador to Israel

»I was never a passionate lawyer, but I cook with passion.« – Tom Franz



Tom Franz

Israel cooks Vegetarian

The Loveliest Recipes From My New Home Country

978-3-03800-957-3

32.00 EUR

Cover: Hardcover

Extent: 176 pages

Format: 19.5 cm x 25 cm

100 photos

Available: 15/02/2017

Rights sold: All rights available

Awards for this book



- **The loveliest recipes from my new home country**
- **70 recipes – a firework of flavours, a seduction for the senses**
- **The latest recipes from Israel's German star chef**

»A Taste of Israel«, the first book by native Rhinelander Tom Franz, was a huge success with public and press alike. Now the author and chef shares a selection of his loveliest vegetarian recipes. They are of Maghrebian, Arab, and Eastern European origin, straight from the kitchen of various people who have found a new home in Israel. Complemented by his own creations in which the passionate cook Tom Franz transforms local produce into Mediterranean delicacies. No other country offers such a rich variety of fruits and vegetables, and as a true melting pot of cultures from East and West, Israel also draws from plenty of different regional dishes. 70 recipes – uncomplicated and simple, yet sophisticated and seductive. For anyone who shuns meat but does not want to renounce savoury dishes. Many recipes are also suitable for vegans.

Tom Franz: Rhinelander, trained lawyer. Worked as an international lawyer until his emigration to Israel in 2004 where he converted to Judaism and turned his passion for cooking into a career. Today he lives in Tel Aviv with his wife and three children.

Photos: Daniel Lailah



Reto Frei, Daniel Frei

#tibits

Cook. Share. Enjoy. Favourite Recipes from the tibits Universe

978-3-03800-988-7

37.00 EUR

Cover: Hardcover

Extent: 208 pages

Format: 19.5 cm x 26 cm

147 colour photos

Available: 25/09/2017

Rights sold: FR

Awards for this book



- Favourite recipes from the »tibits« creative kitchen
- Uncomplicated, witty recipes highly favoured by guests
- With tips on styling, photography, and posting

With their restaurants in Switzerland and London, the family-run business »tibits« has become the definition of healthy delights and an uncomplicated, relaxed lifestyle. Using untreated ingredients, they offer unique and delicious vegetarian or vegan dishes. The book presents more than 60 new recipes from the »tibits« creative cooking base, all of which are easy to prepare at home. It features some of the absolute favourites of »tibits« fans, for example the quinoa musli with cranberries, the orange and ginger tempeh, the golden turmeric latte, or the chocolate and beet cake. For those of you who like to stage and post their food on the web, it offers a number of useful tricks around food styling and photography. How to take captivating food pictures with a smartphone? How to tastefully arrange and style food? With many examples and professional suggestions by photographer Juliette Chrétien and food stylist Mira Gisler, this book will inspire you to imitate and enjoy.

Reto and Daniel Frei: Co-founders of the successful tibits restaurants together with their brother Christian Frei as well as Rolf Hiltl. Both of them are vegetarian since their early youth. Reto Frei is a creative and unconventional out-of-the-box thinker, Daniel is a gourmet with a strong interest in people.

Photos: Juliette Chrétien

»It's no news to anyone in Switzerland that tibits is THE brand for vegetarian cuisine.« – Salz & Pfeffer



Ursula Furrer-Heim

Cake

Wonderfully Simple and Quick

978-3-03800-743-2

29.00 EUR

Cover: Hardcover

Extent: 144 pages

Format: 17.5 cm x 29.5 cm

68 colour photos

Subject areas: baking

Available: 15/08/2014

Rights sold: All rights available

Awards for this book



- 65 favourite recipes for quick cakes or pastry loaves
- Radically simple recipes with few ingredients
- Mellow, fresh, and moist cakes easy to preserve

We all know and love the classical loaf-shaped cake. In this book, our experienced author shares 65 of her favourite recipes for quick yet extraordinary cakes – with fruit, chocolate, caramel, typical winter cakes, sweet vegetable cakes, and salty variations, but also iced cakes. All recipes are very simple and need only few ingredients easy to come by. All cakes are wonderfully mellow, fresh, and moist, and therefore can be preserved easily for several days. Besides, they are practical to take along wherever you like in the cake tin, be it a birthday party, a picnic, or a coffee chat. They are also very easy to decorate in various ways. An ideal snack when travelling, or for the afternoon tea or coffee, on the dessert buffet or as a spicy snack with an aperitif, for lunch or for dinner.

Ursula Furrer-Heim: Domestic science teacher, trained in nutrition counselling. Several years of experience in recipe editing, consulting, and product development for a Swiss cooking magazine, currently freelance recipe editor. Mother of three children.

Photos: Patrick Zemp



Anina Gepp

Eat green!

Cook Healthy, Preserve the Environment. More than 80 plant based recipes and numerous practical tips

978-3-03902-112-3

30.00 EUR

Cover: Hardcover

Extent: 224 pages

Format: 21 cm x 26.5 cm

95 colour photos, word count: 26,271

Available: 25/01/2021

Rights sold: All rights available

Awards for this book



- Sustainability is enrichment, not deprivation
- By the founder of the biggest social media account for sustainability in Switzerland
- With data on the ecological footprint of meals

Changing our eating habits is an emotional affair. We could bring about immense positive change just with the way we eat – benefitting both our own health and the planet. Anina Gepp shows us how simple, tasty, and above all cheap sustainable cuisine can be. Long forgotten vegetables, newly interpreted classical dishes, and even grandma's favourite recipes find their way back on our plates. Her cooking is regional, seasonal, and purely plant-based, but at the same time abundant. Thanks to information on the ecological footprint of the dishes it becomes clear at first glance that healthy and sustainable cooking is not only good for us but also for the environment. With lots of valuable input on various topics related to cooking: How to save on wrapping? What to prefer: milk yoghurt in a jar or soy yoghurt in a plastic cup? And is an organic tomato from Italy better from an environmental perspective than a domestic one from the greenhouse that was grown in a conventional way but sold without wrapping?

Anina Gepp: Food stylist, blogger, and freelance journalist. She runs »Aniahimsa«, currently the biggest Swiss social media account on sustainability. With great enthusiasm she covers topics such as health, environmental protection, and plant based nutrition.



Anina Gepp

Vantastic Kitchen

Simple and healthy recipes for camping and home kitchen

978-3-03902-149-9

30.00 EUR

Cover: Hardcover

Extent: 224 pages

Format: 21 cm x 26.5 cm

99 colour photos; word count: 23,303

Available: 28/03/2022

Rights sold: UK

- **Everyday recipes made from local and seasonal ingredients**
- **Sustainable vegan cuisine for beginners and ambitious foodies**
- **A camper van cookbook inviting us to linger, browse, and dream**

Vegan food from the van kitchen: vantastic! Minimalistic cooking for maximum taste

Vegan cooking doesn't need to be complicated. On the contrary, the recipes in this cookbook are so simple they can be easily prepared on two hotplates in a camper van. If you long for more variety and freshness in your diet at home or on the road but are reluctant to spend hours in the kitchen, this is the perfect book for you. The recipes are ideal both for those eager to prepare a quick yet delicious weekday dinner, as well as those willing to invest a little more time and research to create interesting new food combinations. During her travels in the camper van the author visits farmer's markets, health food stores, and packaging-free shops, while drawing inspiration from the people she encounters. These very personal stories add a special zest to the various dishes. Breath-taking photographs of endless landscapes and the most beautiful camping sites invite us to slow down. Experience the van life feeling in your own home!

Anina Gepp: Author of »Eat green!«. Food stylist, blogger, and freelance journalist. She runs Switzerland's biggest social media account on sustainability, named »Aniahimsa« (100,000 followers on Instagram).

»The big challenge of the camper van kitchen is to achieve as much taste, finesse, and variety in your cooking as if you were at home, while being confined to a very small space. Instead of four hotplates I only have two. Sounds complicated, but it can actually be rewarding: the space constraints force me to figure out how to simplify, change, or even reinvent a particular recipe.«
Anina Gepp



Nicole Giger

Ferrante, Frisch & Fennel Herb

Cooking my way through world literature

978-3-03902-007-2

36.00 EUR

Cover: Hardcover

Extent: 320 pages

Format: 19.5 cm x 26 cm

117 colour photos, ribbon, word count: 47,210

Available: 14/10/2019

Rights sold: All rights available

Awards for this book



- **Recipe temptations, inspired by literature. With focus on German-language literature**
- **An inspiring story and cookbook – food for body, spirit, and soul**
- **A journey through world literature in 50 recipes and culinary anecdotes**

Journalist and blogger Nicole Giger is passionate about reading and eating. Good food nourishes the body, good books nourish the spirit. It is therefore hardly surprising that cooking, eating, and savouring play an important role in literature and in the life of many writers. Nicole Giger interweaves her own recipe creations with literature, calls on a variety of authors from all over the world, and tells us some personal culinary anecdotes from her own life. The recipes are uncomplicated, colourful, and healthy, the literary pieces multifaceted and inspiring. After reading them you will not only know what to cook for dinner tomorrow, but also the matching story to tell at the table. Stories, vegetables, and pleasure – for those who like all of these, this is just the right book. An inspiring story and cookbook.

Nicole Giger: German philology graduate. Since 2014 she has been writing her blog »Mags Frisch«, combining her passion for eating and literature. After several years with SRF she is now a freelance journalist, food stylist, columnist, and photographer.



Judith Gmür-Stalder, Kathrin Fritz, Maurice K. Grünig

Peppermint Pesto & Lilac Couscous

Gourmet dishes from meadow, forest, and garden 90 sophisticated recipes and 30 plant portraits

978-3-03902-203-8

44.00 EUR

Cover: Hardcover

Extent: 344 pages

Format: 19.5 cm x 27 cm

207 colour photos, word count: 23.231

Available: 27/02/2023

Rights sold: All rights available

Awards for this book



- A modern approach to nature's cuisine – in enchanting pictures
- 90 new, simple, and astonishing recipes
- A sensual combination of nature experience and food culture

Eat the gifts of nature. This ancient principle was the leitmotif of the authors. Outdoors amidst nature they opened all their senses to anything that grows, smells, and blooms. And just like in their first volume, »Dahlia Crisps & Barberry Rice«, they harvested, collected, and then experimented in their kitchen. The result: 90 new, delicious recipes that are easy to prepare and will certainly surprise and delight all your guests. Moreover the authors share interesting knowledge and poetic thoughts on 30 plant types.

This book is an inspiration inviting us to seek a unique connection with nature. When we start collecting, cooking, and even prior to that, when looking at the charming photos, we cannot help ourselves but to marvel at the treasures of nature.

Judith Gmür-Stalder: Freelance recipe author, food stylist, book author, and culinary consultant.

Kathrin Fritz: Food editor for a famous Swiss magazine and book author.

Maurice K. Grünig: Photographer, art agent, and book author.



Judith Gmür-Stalder, Kathrin Fritz, Maurice K. Grünig

Dahlia Crisps and Barberry Rice

Delicacies from meadow, forest, and garden. 90 sophisticated recipes and 30 plant portraits

978-3-03902-161-1

44.00 EUR

Cover: Hardcover

Extent: 352 pages

Format: 19.5 cm x 27 cm

212 colour photos; word count: 22,945

Available: 28/02/2022

Rights sold: FR

Awards for this book



- **Modern nature food captured in breath-taking photographs**
- **90 simple and astonishing recipes**
- **A sensual combination of wildlife adventures and culinary art**

The cornucopia of nature. Paying tribute to nature and to our senses

Eating whatever nature provides for us. This ancient principle was the starting point and leitmotif of the authors. They ventured outside into nature and opened all their senses to anything that grows, scents and blooms. They gathered and harvested blossoms, herbs, roots, resin, then started their sophisticated kitchen experiment. The result: 90 delicious recipes, easy to cook at home and guaranteed successes with astonished guests, starting from daisy crackers all the way to primrose spring rolls and sage nut tart. For some of the plants the authors have added interesting and poetic portraits. This book is an inspiration that invites us to reconnect with nature in a wonderfully unique way. Once we start to gather and cook, and even before that, when looking at the lovely photos in this book, we will be amazed by the wonders of nature.

Judith Gmür-Stalder: Freelance recipe author, food stylist, book author, and culinary consultant.

Kathrin Fritz: Food editor for a big Swiss magazine and book author.

Maurice K. Grünig: Photographer, art agent and book author.

»We discovered dead-nettles, violets, and hawthorn blossoms where we had suspected to find nothing but green thickets. Tiny chickweed was hiding amid the gravel, and when the wind was blowing, we saw burnets swaying in the grass. The sensuality of the experience captivated us and inspired a wealth of new creations. It prompted us to experiment with recipes, images, and texts that all had the same goal: to capture and share this beauty.« Judith Gmür-Stalder, Kathrin Fritz, Maurice K. Grünig



Tanja Grandits

Simply Tanja

Vegetable cuisine to share and relish

978-3-03902-221-2

42.00 EUR

Cover: Hardcover

Extent: 336 pages

Format: 19 cm x 25 cm

181 colour photos, ribbon, word count: 35,019

Available: 13/11/2023

Rights sold: All rights available

Awards for this book



- Simple yet extravagant dishes for sharing
- Switzerland's most successful cookbook author
- New Vegetarian recipes to try at home

Simply Tanja – Simply cooked!

Following »Tanja's Cookbook« and »Tanja Vegetarian«, »Simply Tanja« offers the quintessence of her remarkable cuisine. The recipes were developed in her small private kitchen where she cooks for herself, her teenage daughter, or for friends. She prepares dishes served in pots or bowls. Dishes that can be shared and that express the simple joy of eating.

Tanja Grandits knows which Vegetarian and Vegan recipes have the power to warm the heart and the soul. Two recent books by the Swiss top chef have become bestsellers. In 2021, »Tanja Vegetarian« was the biggest-selling non-fiction book in Switzerland.

Tanja Grandits: is the best female chef in Switzerland. She was »Chef of the Year 2020«, collected 19 GaultMillau points and two stars in the Michelin Guide. Grandits is known for her expertise with aromas, spices, and textures. She has published numerous cookbooks (all with AT Publishing).

Fotos: Lukas Lienhard



Tanja Grandits, Michael Wissing

Pure Aroma

My Merry World Cuisine

978-3-03800-324-3

42.00 EUR

Cover: Hardback with jacket

Extent: 208 pages

Format: 18.5 cm x 25 cm

More than 100 colour photos

Subject areas: cooking, chef books

Available: 17/02/2011

Rights sold: All rights available

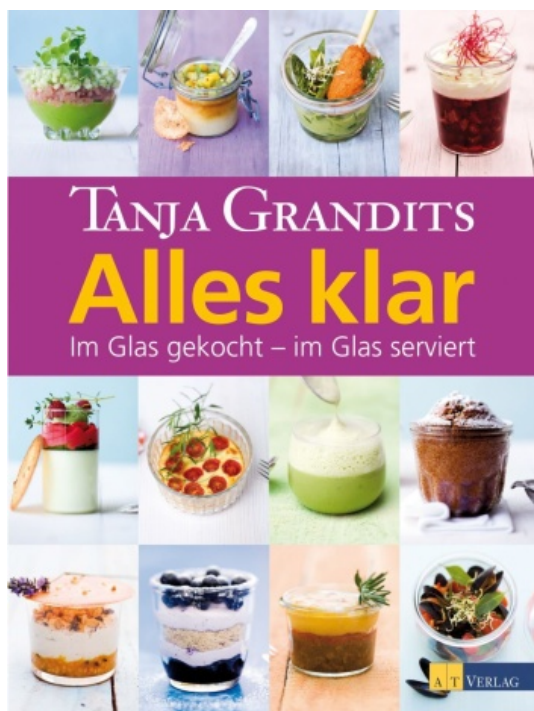
- **Very simple recipes, can be easily prepared by anyone**

Holder of GaultMillau's Chef of the Year Award 2006 with a remarkable 16 points, Tanja Grandits ranks among the rising stars of Swiss cuisine. Having been raised on Swabian rustic food, today, at the restaurant Thurtal in Eschikofen, ten kilometres east of Frauenfeld, she consciously cultivates a fresh, merry »world cuisine« featuring a variety of spices and aromas, combining - without any artificiality - subtle, professional application of these with local produce. Tanja Grandits has selected 15 of her favourite aromas for this cook book - herbs such as mint and basil, but also spices such as cinnamon and vanilla as well as ingredients such as ginger, limes, wasabi or honey. For each of these she recalls experiences made or memories associated with them, and then shares five recipes each. One of them is always a basic for storage and serves as point of reference for further recipes, for instance chilli syrup, lemongrass marinade or rose salt. All the recipes - be it starters or soups, Vegetarian food, fish and meat dishes or even desserts - are very simple and can be easily prepared by anyone.

Tanja Grandits: Chef at the legendary Restaurant Stucki in Basel. She is Switzerland's best chef, is »Chef of the Year 2020«, has 19 GaultMillau points and two Michelin stars. She is renowned for her virtuosity in combining flavours, spices, and textures. Grandits has published seven cookbooks to date (all with AT Verlag). Her volume »Tanja's Cookbook« is a bestseller.

Michael Wissing: Born 1956, trained as photographer and typographer. Since 1983 freelance still-life photographer with own studio in Waldkirch in the Black Forest. Works for the most renowned international magazines and in advertising for many agencies and companies. Photographed numerous books, especially cook books. Winner of several international awards and prizes.

»The grand aroma therapy of Grandits - On the basis of her 15 favourite aromas (basil, lavender, mint, ginger, wasabi, honey) Tanja Grandits of Thurtal in Swiss Eschikofen creates the most wonderful things. Know-how, creative entertainment and excellent combinational imagination are present throughout. She goes her own way. We follow her.« – Stuttgarter Nachrichten



Tanja Grandits, Michael Wissing

Crystal Clear

Cooking and Serving in a Glass

978-3-03800-473-8

42.00 EUR

Cover: Hardback with jacket

Extent: 200 pages

Format: 18.5 cm x 25 cm

115 colour photos

Subject areas: cooking, recipes in a glass

Available: 20/10/2009

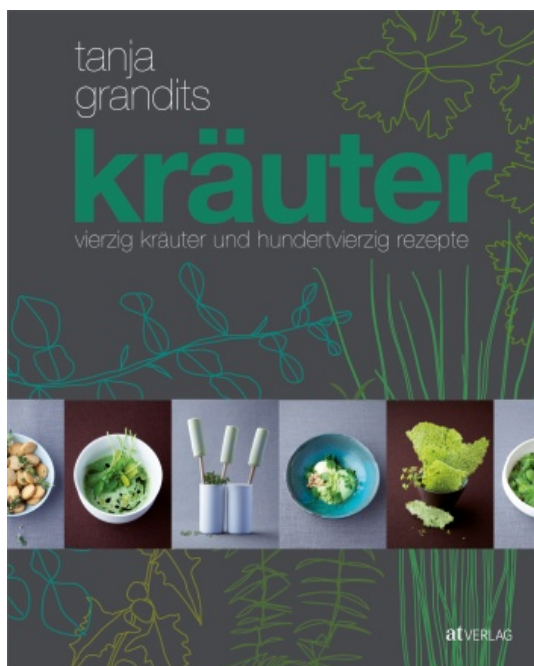
Rights sold: All rights available

- **80 artful and easy recipes in a glass**
- **Gentle cooking and dramatic serving in a glass**
- **The new trend in cuisine**

This book presents with the help of 80 recipes - ranging from amuse-bouches and apéritifs, soups and starters to main courses and desserts – the appealing preparation and presentation of dishes in a glass. Served in a glass, the different layers produce astounding effects and the dishes hence produce a particular taste sensation when the layers get mixed while eating. Recipes in a glass are easy to prepare, simple to arrange and look utterly artful. The book not only shows how to dramatically present dishes in a glass, but in more than half of the recipes the food is marinated, cooked, stewed or roasted directly in the glass. Glass is suited perfectly for slow cooking of meat and fish at low temperature in a vacuum (Sous-Vide method) which has many advantages: The food remains succulent, vitamins and mineral material are preserved and preparation is utmost simple. Baking and roasting in a glass is just as subtle and makes a pleasant change in your cuisine.

Tanja Grandits: Chef at the legendary Restaurant Stucki in Basel. She is Switzerland's best chef, is »Chef of the Year 2020«, has 19 GaultMillau points and two Michelin stars. She is renowned for her virtuosity in combining flavours, spices, and textures. Grandits has published seven cookbooks to date (all with AT Verlag). Her volume »Tanja's Cookbook« is a bestseller.

Michael Wissing: Born 1956, trained as photographer and typographer. Since 1983 freelance still-life photographer with own studio in Waldkirch in the Black Forest. Works for the most renowned international magazines and in advertising for many agencies and companies. Photographed numerous books, especially cook books. Winner of several international awards and prizes.



Tanja Grandits

Herbs

40 Herbs and 140 Recipes

978-3-03800-805-7

44.00 EUR

Cover: Hardcover

Extent: 352 pages

Format: 21.5 cm x 27 cm

150 colour photos, banderole

Subject areas: herbs, cooking

Available: 15/02/2015

Rights sold: All rights available

Awards for this book



- **Herbs, their characteristics, and various ways to use them in the kitchen**
- **140 simple recipes with elegant photos by Michael Wissing**

Following the success of her opulent work »Spices«, Tanja Grandits is now publishing her latest book on »Herbs«. In this book, the distinguished expert of aroma cuisine presents 140 new recipes that can be easily prepared by anyone. She proves that herbs can be much more than mere decoration. In her recipes they play the lead role – from roast potato rocket salad, to zander marinated in lemon verbena, to thyme sablés. On top of that, she presents lots of useful information about the characteristics and possible uses of 40 different herbs, some of them well-known, some of them yet to be discovered: from sweet basil to anise-like sweet fennel, from the pleasantly bitter watercress to sorrel and its citrus-like flavour.

Tanja Grandits: Chef at the legendary Restaurant Stucki in Basel. She is Switzerland's best chef, is »Chef of the Year 2020«, has 19 GaultMillau points and two Michelin stars. She is renowned for her virtuosity in combining flavours, spices, and textures. Grandits has published seven cookbooks to date (all with AT Verlag). Her volume »Tanja's Cookbook« is a bestseller.

Texts: Myriam Zumbühl

Photos: Michael Wissing



Tanja Grandits

Tanja's Cookbook

On the Happiness of Simple Cooking

978-3-03800-067-9

42.00 EUR

Cover: Hardcover

Extent: 320 pages

Format: 19 cm x 25 cm

169 colour photos, 88 illustrations

Available: 29/10/2018

Rights sold: All rights available

Awards for this book



- Recipes by Tanja Grandits for family and friends
- Recipes for any occasion: breakfast, on the road, barbecue, pantry
- 100 everyday recipes, plus numerous tips and surprising techniques

Tanja Grandits is the highest ranking female chef in Switzerland, her restaurant Stucki in Basel was awarded 2 Michelin stars and 18 GaultMillau points. Her avant-garde cuisine is one of a kind. But the native Swabian is not only a creator of extraordinary gourmet menus. She is also a mother and a great hostess in her colourful apartment above the restaurant. There she prepares granola bars for her daughter Emma as a take along snack or lavish meals for her employees. This other side of the star chef is highlighted in this book. It presents a cuisine that is compatible with family and everyday life, simple, but always offering characteristic flavours and surprising combinations. By which she proves that the biggest happiness comes from the meals we cook with joy.

Tanja Grandits: Chef at the legendary Restaurant Stucki in Basel. She is Switzerland's best chef, is »Chef of the Year 2020«, has 19 GaultMillau points and two Michelin stars. She is renowned for her virtuosity in combining flavours, spices, and textures. Grandits has published seven cookbooks to date (all with AT Verlag). Her volume »Tanja's Cookbook« is a bestseller.

With texts by David Schnapp.

Photos: Lukas Lienhard

»No stardom, no self-importance, no culinary snobbery. Tanja Grandits is not only one of the best, but also one of the most likeable chefs in Switzerland.« – Annabelle

»This book is dear to my heart. It focuses not on the star chef, but on me as a mother and private hostess who loves to invite friends and family for dinner.« – Tanja Grandits



Tanja Grandits

Tanja Vegetarian

Favourite Green Recipes for Every Day, Simple & Delightful

978-3-03902-093-5

42.00 EUR

Cover: Hardcover

Extent: 336 pages

Format: 19 cm x 25 cm

183 colour photos, ribbon, word count: 30,756

Available: 09/11/2020

Rights sold: All rights available

Awards for this book



- Find out what the star chef is cooking at home
- More than 100 vegetarian recipes from Switzerland's best chef
- Her latest hit after the best-selling »Tanja's Cookbook«

Tanja Grandits' Vegetarian Cuisine for Daily Use!

Vegetarian cooking chimes with the zeitgeist, while it is also part of Tanja Grandits' daily routine. At home, the star chef from Basel and her daughter almost exclusively eat dishes without meat or fish but with lots of vegetables, crops, and legumes. In this book she presents the basics of her vegetarian cuisine: hot and cold meals to start the day, snacks and sandwiches suitable to take along, soups, rice, and pasta dishes, cheese and milk products, baked dishes and desserts. Unexpected surprises such as home-made goat cheese using milk from the region render this book a genuine treasure. A kitchen with heart and soul, vegetables, and tasty delights for every day.

Tanja Grandits: Tanja Grandits is Switzerland's best chef. She is »Chef of the Year 2020«, has 19 GaultMillau points and two Guide Michelin stars. She is renowned for her virtuosity in combining flavours, spices, and textures. Grandits has published seven cookbooks to date (all with AT Verlag). Her volume »Tanja's Cookbook« is a bestseller.

Photos: Lukas Lienhard

»Before I became a chef I was a vegetarian, and even today I mostly cook without meat or fish at home. This small constraint is an incentive for me to develop new recipe ideas.« – TANJA GRANDITS



Tanja Grandits, Michael Wissing

Spices

50 Spices, 150 Recipes

978-3-03800-740-1

44.00 EUR

Cover: Hardcover

Extent: 336 pages

Format: 21.5 cm x 27 cm

150 colour photos; banderole

Subject areas: cooking, spices

Available: 31/03/2013

Rights sold: All rights available

Awards for this book



- **First time ever: Tanja Grandits awarded with 2 Michelin stars. No one uses the repertoire of spices with more virtuosity**
- **150 new and surprising recipe ideas that allow spices an ideal unfolding of flavours**
- **Featuring lots of useful information on spices and how to combine them**

»Spices are the gold of every kitchen!« Tanja Grandits, sole chef at restaurant Stucki in Basel, opens up her spice box in this new book, presenting 150 special recipes for any occasion, from pea apple gazpacho with cumin to pumpkin cardamom bread, lemon ginger chicken, salmon star anise tataki with sesame vegetables to star anise chocolate mousse – including also simple classics such as homemade saffron sesame salt or sweet chilli sauce with cinnamon blossoms. »Spices add passion to any meal,« that's the credo of star chef Grandits, spices open up a miraculous world: the scent of cinnamon makes the Christmas spirit come alive, elder harmonizes fantastically with currant, and cilantro with its pepper and lemon zest makes any onion stew taste like heaven on earth. 50 spices: sweet, hot, anise-like, earthy, bitter, nutty & mellow blossoms – each portrayed concisely and crisply. The book explains all there is to know on preparation, aroma, possible combinations and beneficial effects. Tanja Grandits shows how easy it is to use wonderful spices and great taste varieties in any household.

Tanja Grandits: Chef at the legendary Restaurant Stucki in Basel. She is Switzerland's best chef, is »Chef of the Year 2020«, has 19 GaultMillau points and two Michelin stars. She is renowned for her virtuosity in combining flavours, spices, and textures. Grandits has published seven cookbooks to date (all with AT Verlag). Her volume »Tanja's Cookbook« is a bestseller.

Texts: Myriam Zumbühl

Photos: Michael Wissing



Karin Greiner

Trees – in Alternative Medicine and in the Kitchen

80 Recipes for Our Well-Being and Medicine Chest

978-3-03800-910-8

33.00 EUR

Cover: Hardcover

Extent: 264 pages

Format: 21 cm x 28 cm

242 colour photos

Available: 27/02/2017

Rights sold: FR

Awards for this book



- **Native trees for medicine chest and kitchen**
- **80 healing recipes based on tree medicine, 180 cooking recipes from spicy to sweet**
- **Portraits of 28 tree types complete with high quality photos**

Trees have always been faithful companions of mankind. They serve not only as building material and fuel, but also as source of food and beneficial medicine. In the past it was quite common to use wild tree ingredients to prepare food and various types of medicines. And even today they can contribute in many ways to our health, our well-being, and also to our kitchen. Tree and alternative medicine specialist Karin Greiner unveils the treasures that domestic tree types have to offer, from apple to stone-pine. Recipes cover a wide range from traditional and simple to sophisticated and innovative, from acorn coffee and hawthorn bread, medlar liqueur, and rowan balsamic to clove cherry cakes and poplar frittelle. On top of that, the book offers a number of reliable ancient recipes for tree medicine, such as lime blossom tea, larch resin ointment, or whitethorn tincture, all of which make use of the healing powers found in trees.

Karin Greiner: Certified biologist, lecturer of herb pedagogy, folk medicine, and various nature topics. Longtime plant expert for Bayerischer Rundfunk (Bavarian Broadcasting) and author of numerous books on the topics of nature and gardening. Enthusiastic cook.

Photos: Martina Weise



Herbert Grönemeyer, Lorena Autuori

Fatto a mano

Italian cuisine by Lorena Autuori – Handpicked recipes for Herbert Grönemeyer and Alex Silva

978-3-03902-210-6

32.00 EUR

Cover: Hardcover

Extent: 208 pages

Format: 21 cm x 28 cm

94 colour photos, word count: 18.579

Available: 31/03/2023

Rights sold: All rights available

Awards for this book



- **The favourite Italian recipes of Herbert Grönemeyer**
- **Simple, authentic, yet sophisticated recipes by Lorena Autuori**
- **Accompanied by lyrics of the renowned singer**

What is bound to happen when Herbert Grönemeyer and his producer Alex Silva start working on new songs in a secluded house somewhere in lovely San Gemini, while Lorena Autuori cooks her favourite dishes from Umbria and Southern Italy for them? The birth of a special kind of book. One that makes people happy, just like music and good food, for it nurtures the soul, heart, and belly. With Lorena Autuori's dishes the successful musician gathers strength for long studio sessions, draws inspiration in the short breaks between recordings, and reflects on the day that passed - aperitivo in hand. The book not only presents the favourite recipes of Herbert Grönemeyer and Alex Silva from the fabulous cuisine of Lorena Autuori, but it also allows a unique insight into the creation of an album and shows the importance of good food for creative processes.

Lorena Autuori: Raised in Salerno, disciple of Gualtiero Marchesi, Italy's first Michelin star chef. Today she owns a restaurant in Umbria and offers cooking classes to a worldwide audience.

Herbert Grönemeyer: The musician and actor has released 19 records to date. With more than 18 million sold copies he is one of the most successful contemporary musicians in Germany. He starts his new tour in spring 2023, with concerts in Germany, Austria, and Switzerland.

Alex Silva: The music producer started his career in London in 1995 where he worked with many international stars such as Mick Jagger, Paul McCartney, and the Manic Street Preachers. Since the album »Bleibt alles anders« from 1998, Alex Silva has been cooperating closely with Herbert Grönemeyer and was awarded the Echo prize for »Best Producer« in 2003.

»Cooking makes me feel as good as singing. Cooking is like meditation. It creates calmness. It is like taking some down time.« Herbert Grönemeyer



Surdham Göb, Cirus Henn

Healthy

A medical & culinary cookbook

978-3-03902-165-9

32.00 EUR

Cover: Hardcover

Extent: 248 pages

Format: 21.5 cm x 26.5 cm

86 colour photos, 2 b/w photos; word count: 43,768

Available: 07/02/2022

Rights sold: All rights available

Awards for this book



- **Medicine and fine dining go hand in hand**
- **Plant recipes for the health of humans and the planet**
- **Based on the latest scientific research**

How to use the delicious power of food

The greatest health threats of our time are chronic diseases, future pandemics, and climate change. All three are significantly influenced by what we eat. With each meal we have the power to invest in our own health and that of the planet. Renowned vegan chef Surdham Göb together with nutritionist Cirus Henn smartly integrated medical research results into a cookbook with wholefood plant recipes. Their motto: modern, sustainable, and future oriented cooking, yet uncomplicated and extremely savoury. Ingredients are easy to get, colourful and diverse. The images of each dish make it very clear: the book is by no means about abstinence and dieting, but rather about relishing the delicious powers of food. Shape the future of our world with your cooking. With a preface by Prof. Dr. Claus Leitzmann.

Surdham Göb: Vegan chef and successful cookbook author, founder of Surdham's Kitchen, ran various restaurants in Munich. Supporting member and cook of the association »Medicine and Humanity e.V.« and lecturer at the Bavarian Medical Association, certified courses at the Physicians Association for Nutrition e.V. (PAN).

Cirus Henn: Nutritionist, co-founder of the Physicians Association for Nutrition e.V. (PAN), medical student. Focus on nutrition as a means of improving wellbeing and performance as well as for prevention and therapy for illnesses. Seminars and lectures on the topic of nutrition in medicine.

Photos: Oliver Brachat



Zineb Hattab

Taste of Love

My recipes – simple and vegan

978-3-03902-163-5

46.00 EUR

Cover: Hardcover

Extent: 336 pages

Format: 19.5 cm x 26 cm

185 colour photos, 18 b/w photos, 32 illustrations,
ribbon word count: 29.699

Available: 29/09/2022

Rights sold: All rights available

Awards for this book



- Rich and tasty vegan dishes
- Spanish and Moroccan cooking inspirations
- Zineb Hattab's favourite recipes

Zineb »Zizi« Hattab touches people through her dishes. The recipes are inspired by her Spanish and Moroccan roots. »Patatas Bravas remind me of my childhood on the Costa Brava. Couscous tajines and pillow bread was always on the table when the whole family gathered for celebrations«, says Zineb Hattab. Her recipes are uncomplicated and suitable for every level. She uses no animal products whatsoever. The book is also a portrait of the young chef who gave up her career in software engineering and completed several stages with some of the world's most renowned chefs. Not only vegans are enthusiastic about her cooking these days: »When I walk up to the tables of my guests, they tell me they can virtually taste the love in my dishes.« »Taste of Love« honours her heritage and offers a collection of her most beloved recipes.

Zineb Hattab: Born and raised by Moroccan parents in Spain. Various stages as chef, among others with Andreas Caminada, and executive chef at »Cosme« in New York. Owner of »Kle« and »Dar« in Zurich.

Photos: Erna Drion



Rolf Hiltl, Reto Frei

Vegan Love Story

978-3-03800-996-2

49.00 EUR

Cover: Hardcover

Extent: 232 pages

Format: 20.5 cm x 27.1 cm

103 colour photos

Subject areas: cooking, vegan cuisine

Available: 10/01/2018

Rights sold: FR, UK

- **The first co-authored cookbook of two renowned vegetarian gastronomer dynasties**
- **80 of the most favourite tibits and Hiltl recipes**
- **Easy for anyone to prepare at home**

Vegan cooking has become a worldwide trend in recent years. Vegan food is increasingly popular especially with today's young generation. The Hiltl, the oldest – though very modern – vegetarian restaurant in the world, and tibits, a young and dynamic family enterprise founded by the brothers Christian, Daniel, and Reto Frei together with Rolf Hiltl, are two names that stand for competence in innovative vegetarian and more recently vegan cuisine. The successful partners unveil all their expertise in this book and present us 80 of their most popular vegan recipes, some of them well-kept secrets over many years. A culinary love story for first rate vegan delights.

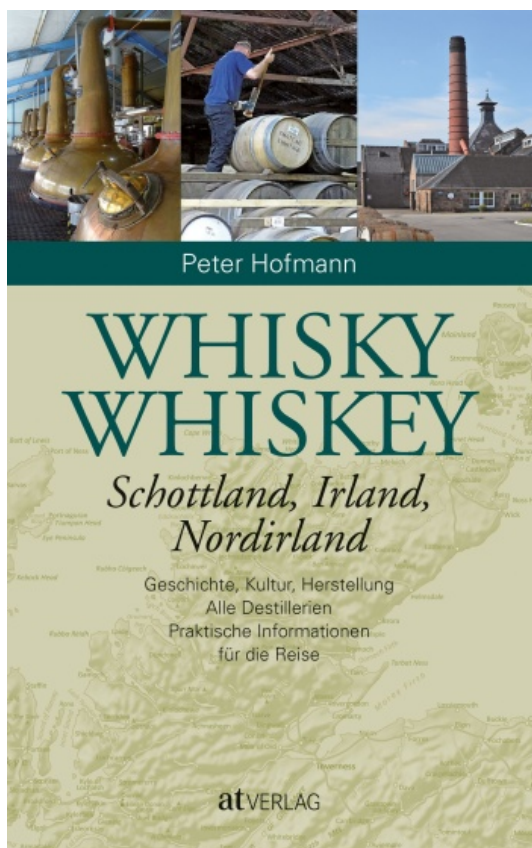
All recipes in this book are easy to prepare at home and hold the promise of an excellent feast – also for part-time vegans. The book contains lots of complementary knowledge on the most important ingredients of vegan cuisine and how to best prepare those. This book is a must-have for all those who love savoury vegan cuisine!

Reto Frei, tibits: Co-Founder of tibits together with his brothers Daniel and Christian Frei, as well as Rolf Hiltl. Vegetarian since the age of seven. He inherited his passion for cooking from his mother.

Rolf Hiltl, Hiltl: Head of both Hiltl AG and the oldest vegetarian restaurant in the world (est. 1898), representing the 4th generation of the family business. Also co-owner and board member of tibits AG. Together with his team he turned the »Haus Hiltl« into a hip place for healthy culinary adventures.

Texts: Christian Seiler

Photos: Juliette Chrétien



Peter Hofmann

Whisky

Scotland, Ireland, Northern Ireland: History, Culture, Production, and Distilleries

978-3-03800-064-8

59.00 EUR

Cover: Hardcover

Extent: 688 pages

Format: 13.5 cm x 21 cm

More than 500 colour photos

Available: 24/09/2018

Rights sold: All rights available

Awards for this book



- **Revised and enhanced edition of the ultimate whisky reference book**
- **All distilleries in Scotland and Ireland personally tried and tested**
- **History, culture, production**

In this comprehensive reference book and travel guide renowned expert and whisky connoisseur Peter Hofmann provides detailed and up to date presentations of all distilleries in Scotland, Ireland, and Northern Ireland. In addition, he offers all the information needed for trips to the various distilleries: notable sights, interesting events, recommended restaurants, pubs and whisky bars, accommodation options, and much more. With numerous photos and useful maps showing major routes of the whisky itinerary. And of course lots of interesting facts about distilling, history, production, and the various types of whisk(e)y.

Peter Hofmann: Intensive research on the topic of whisky for more than 25 years. Owner of the whisky shop »Angels' Share« in Oberentfelden near Aarau (Switzerland), selling whisky specialities from all over the world. Regular whisky tastings and whisky group travels to Scotland.

»The first complete and "genuine" travel guide to whisky on the British Isles.« – Whisky Time



Sibylle Hunger

Easy Fermentation of Vegetable and Fruit

Recipes and basic concepts for guaranteed success

978-3-03902-189-5

34.00 EUR

Cover: Hardcover

Extent: 248 pages

Format: 19.5 cm x 26.5 cm

132 colour photos, word count: 47.883

Available: 27/03/2023

Rights sold: All rights available

Awards for this book



- **Fermenting made easy: various tips and tricks for beginners and experts**
- **Smart recipes for everyday cooking with regional ingredients**
- **Featuring a useful seasonal calendar**

Fermenting vegetables and fruit has a longstanding tradition and is one of the most ancient, natural, and gentle ways of preserving food. Sibylle Hunger, the number one Bavarian »fermentista«, presents a healthy and sustainable diet with fermented food items.

Her introduction to basic concepts of the craft and simple step-by-step instructions are followed by a variety of delicious fermentation recipes. In addition, the author shares uncomplicated recipes for daily use – salads, wraps, souffles, or desserts – in which the fermented food items are the main attraction. Delicious taste is just as essential as the seasonal and regional character of the chosen ingredients: next to well-known fruits and vegetables she rediscovers almost forgotten types such as Jerusalem artichoke, savoy cabbage, or kale. A book that teaches a historical craft and enables the reader to eat much more consciously throughout the year.

Sibylle Hunger: Passionate fermentista for 30 years, known from public television (Bayerischer Rundfunk). She leads fermentation courses, runs a cooking studio in Stephanskirchen, Germany, and distributes products of her own brand »Manufaktur Gmiashunger«.

Photos: Esther Meinel-Zottl



Malte Härtig, Jule Felice Frommelt

The Joy of Simple Cooking

Kneading, grating, plucking, mixing – Cooking as a sensual handcraft

978-3-03902-049-2

33.00 EUR

Cover: Hardcover

Extent: 192 pages

Format: 18 cm x 25 cm

135 colour photos, half linen, ribbon, word count: 28,549

Available: 30/03/2020

Rights sold: All rights available

Awards for this book



- Let your hands help your heart flow into your food
- Cooking with hands and heart. The joy of cooking as handcraft
- 50 simple recipes with vegetables and crops

Kneading dough with your own hands releases energy and makes you happy – and handmade pastry does taste better. Koreans have an expression for this: «son mat», i.e. hand taste. It is the way a meal is prepared, defining its quality: with the help of the kneading, shaping hands, the cook inserts the personal bliss of cooking into the food. Our hands are not just tools, but also a means of perception and sensation. And as such they need to be compensated for the monotonous typing at work and daily routine. 50 recipes dedicated to domestic vegetables and crops present traditional modes of preparation without high-tech kitchen aids and open up a whole new approach to our eating habits. But most of all they are fun, taste delicious, and unite cook and eaters around the table in love. For the way to a person's heart is through their stomach – and to achieve this, love needs to flow through our hands right into our meal, via tasteful ingredients.

Malte Härtig: Chef, philosopher, and Japan expert with a fondness for unusual thoughts and the beauty and variety that lies in cooking and thinking. Japanese food culture and Zen Buddhism were also subject of his doctoral thesis.

Jule Felice Frommelt: A passionate gardener and freelance food photographer in Berlin. She loves uncomplicated dishes, photographed just as simply.



Malte Härtig, Jule Felice Frommelt

Of Zen and Celery

Our Japanese Cuisine – A Philosophical Cookbook

978-3-03800-052-5

32.00 EUR

Cover: Hardcover

Extent: 208 pages

Format: 19 cm x 26 cm

90 colour photos, word count: 34,960

Available: 25/03/2019

Rights sold: All rights available

Awards for this book



- **Japanese cuisine, inspired by Zen. Simple and light vegetarian East-West cuisine**
- **A journey through Japanese food culture**
- **Domestic vegetables and crops combined with Japanese ingredients and cooking techniques**

This cookbook is about the beauty of vegetables and the appreciation of food items that nourish us day by day. The Japanese way of cooking is based on the belief that everything is valuable, and that all things are unique. This thinking is reflected in the character of their dishes. This cookbook combines local vegetables and fruits, rice, and other crops with Japanese ingredients such as miso, soy sauce, sake, the sweet rice wine mirin, or the soup stock dashi. And it shows how to prepare these using Japanese cooking techniques such as tempura, fermentation, or Japanese-style barbecue. The vegetable and grain dishes created with this method build a bridge between East and West. They are simple and light, nurture body and soul, and open up new horizons for cooking and our relationship to food. Accompanied by short paragraphs that shed light on cultural backgrounds and tell entertaining stories from the land of the Rising Sun. A journey exploring the food culture of both Japan and our own home turf.

Malte Härtig: Chef, philosopher, and Japan expert with a fondness for unusual thoughts and the beauty and variety that lies in cooking and thinking. Japanese food culture and Zen Buddhism were also subject of his doctoral thesis.

Jule Felice Frommelt: A passionate gardener and freelance food photographer in Berlin. She loves uncomplicated dishes, photographed just as simply.



Peter Jauch

GIN - The Book

978-3-03902-152-9

65.00 EUR

Cover: Hardcover

Extent: 432 pages

Format: 25 cm x 28 cm

Approx. 500 color photos, word count: 129,798

Available: 29/11/2021

Rights sold: All rights available

Awards for this book



- **A comprehensive book on the hippest of drinks**
- **History, production, brands, and people**
- **Portraits of more than 300 types of gin and 50 types of tonic**

The Ultimate Book on Gin

Since it experienced a grand revival at the dawn of the millennium, the fan club of the clear juniper spirit has been growing continuously, and every year innumerable new brands appear on the market. In this book we present you the faces behind the brand names, the various people who are on the road promoting gin day by day. The author met with distillers, bartenders, cleaners, and chefs in order to assemble all there is to know about gin in one single book. From production and history to bottle design and the most extravagant types of gin – this book has it all. Discover more than 300 brands of gin, 50 types of tonic, and find the perfect gin for your taste!

Peter Jauch: Marketing manager for different print magazines. Passionate explorer of gin, co-initiator of the project »about GIN«, and co-founder of the first gin experience festival.

Photos: Anja Prestel



Lazaros Kapageoroglou

Sun and Sea on Your Plate

Modern Greek cuisine

978-3-03902-148-2

37.00 EUR

Cover: Hardcover

Extent: 320 pages

Format: 19.5 cm x 25.5 cm

201 colour photos, word count: 31.505

Available: 29/05/2023

Rights sold: All rights available

Awards for this book



- Fresh, modern Greek cuisine
- Brand-new surprising recipes
- With charming photos and short paragraphs about food culture

Lazaros knows how to make dishes taste like the sun and seaside. The cuisine of his native country, known mostly for moussaka or souvlaki, has much more to offer than the two classics. And even these are transformed into exciting novelties if prepared by the author. On a culinary journey through Greece he leads the way to many new discoveries: have you heard for instance of Karpouzopita Milou, Milo's watermelon cake?

Lazaros presents recipes from various regions all over Greece: spreads, salads, feta and yogurt dishes to share, classics, hotpots and soups complemented by sweet pastries, honey-based treats and fruit desserts. Always with a fresh, modern twist and easy to cook at home.

Lazaros Kapageoroglou: Chef and patissier who spoiled his guests on Mykonos, Santorini and Crete, later also in France. Since 2012 the Greek gastronome and entrepreneur lives in Zurich where he offers catering as well as cooking classes and events.

»Talking to Laz you can literally feel the sun rising. Even if it is raining like crazy, the energy Laz radiates lightens up everything and everyone around him. His recipes, ingredients, and hugs bring a taste of Greece straight into our home.« – Cathrin Michael, writer and editor for his two cookbooks



Karin Kaufmann, Karin Guldenschuh

Ms Kaufmann Cooks No-nonsense Recipes

978-3-03902-194-9

36.00 EUR

Cover: Hardcover

Extent: 256 pages

Format: 21 cm x 26.5 cm

146 colour photos, ribbon, word count: 19,971

Available: 25/09/2023

Rights sold: All rights available

- Down-to-earth, easy-to-prepare, no-nonsense recipes
- Seasonal, regional, and waste reducing
- Featuring a detailed spice table

Lots of fun doing it!

Karin Kaufmann, chef and food craftswoman from the Bregenz Forest, opens up her private recipe collection. Her creations impress with their cosmopolitan down-to-earth quality and make it really easy to cook with ingredients fresh from the market or garden following the cycle of the seasons. The luxury of a good meal on an ordinary day, gifts from the kitchen, the re-experiencing of a past vacation via culinary memories or a dish prepared on an old school wood fire, as well as the heartwarming power of eating rituals are all different expressions of joie de vivre and appreciation.

Straightforward recipes, easily available ingredients, uncomplicated and waste-free preparation, as well as an expert use of spices are the trademarks of the author, always adding that one subtle but sophisticated detail, Ms Kaufmann turns well-known, classical recipes into her very own unique creations.

Karin Kaufmann: raised on a farm and tavern in the Bregenz Forest, runs a cooking school and the spice workshop »Frau Kaufmann« in Egg in the Bregenz Forest.

Karin Guldenschuh: a former journalist at ORF Vorarlberg, currently works as a business consultant and author.

Photos: Veronika Studer



Esther Kern, Pascal Haag, Sylvan Müller

Leaf To Root

Eat all Parts of a Vegetable

978-3-03800-904-7

58.00 EUR

Cover: Hardcover

Extent: 320 pages

Format: 20 cm x 27.5 cm

126 colour photos, 23 illustrations

Available: 10/10/2016

Rights sold: All rights available

Awards for this book



- Eat all parts of a vegetable
- 70 vegetarian recipes, reports, and portraits
- The ultimate reference book on edible parts of 50 different vegetables

Why don't we eat carrot tops? Why is the rind of water melons a classical ingredient in the US, while we discard it in Europe? Why are tomato leaves said to be poisonous, yet many chefs use them as ingredient? And: how can we prepare soups, salads, and pesto made of radish leaves? »Leaf to Root« is the new »Nose to Tail« for vegetables. Just as with meat, where tenderloin is not necessarily always the tastiest treat, there is a culinary universe beyond the traditional use of vegetables. This book serves as inspiration for everyday cooks, vegetable gardeners, and professional chefs.

Esther Kern: Journalist and food critic, writes for newspapers and magazines such as Annabelle, Beobachter, Tagesanzeiger, Sonntagszeitung, Münchner Abendzeitung, GQ, and others. In 2002 she launched the online platform waskochen.ch.

Pascal Haag: One of the most prominent ambassadors of vegetarian cuisine in Switzerland. Freelance chef engaged in various projects.

Sylvan Müller: Born 1973, Sylvan Müller has worked as photographer for more than 20 years. His long-term projects such as »Japan – Cooking & Travel Photobook«, »Mom Cooks«, or »The Culinary Legacy of the Alps« are highly acclaimed. A calm and highly minimalist style are the trademark of his captivating photos.

»The thoroughness with which the three authors present the concept of 'everything is edible' is unrivalled to date. This makes 'Leaf to Root' a mandatory addition to the bookshelf of creative cooks aspiring to a higher level – even top chefs interested in vegetables will find precious ideas and taboo-breaking suggestions for how to use supposedly 'poisonous' but actually delicious vegetable parts.« – Peter Wagner, www.kochtext.de, Spiegel Online

»The book will initiate a rethinking process and maybe one or the other restaurant will pick up the ideas. A book that promotes sustainable use of the natural treats surrounding us.« – fachbuchkritik.de

»Leaf to Root is probably the most beautiful and important cookbook published this fall. It is an optical delight offering an abundance of information. It is a source of inspiration for any vegetarian cook open to experimenting and a useful compendium for every gardener. This book should be on every bookshelf.« – NZZ BELLEVUE

«Shortlist World Cookbook Award 2017 in its category: VEGETARIAN There is so much to learn from this book, once finished, the reader will never see vegetables in the same way. In fact, this book is one where you do not finish, but keep coming back.» – Edouard Cointreau, President of the Jury - Gourmand World Cookbook Awards



Ben Kindler

Bangkok Original Street Food

Authentic recipes from Thailand

978-3-03902-052-2

29.90 EUR

Cover: Hardcover

Extent: 240 pages

Format: 21 cm x 27.5 cm

134 colour and 23 b/w photos

Available: 23/09/2019

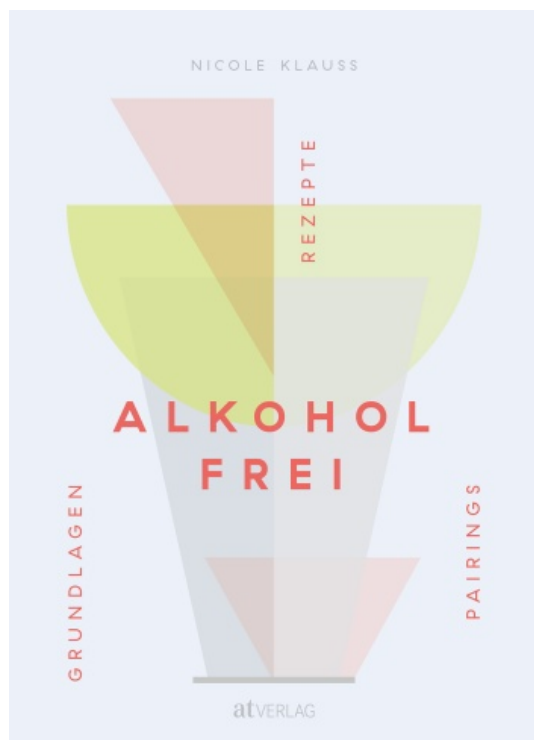
Rights sold: All rights available

- **Authentic recipes from Bangkok for home use**
- **A German Thai chef presents easy to cook original recipes**
- **Snacks, soups, wok dishes, and desserts from the streets of Bangkok**

For 20 years, Freiburg-born chef Ben Kindler has been traveling regularly to Bangkok, drawing inspiration from the street food cooked and consumed in the mega metropolis. The very best street food recipes are now presented in this extraordinary book. Quick snacks on the go and famous Asian soups, sophisticated wok dishes, and classical Thai curries are depicted and explained clearly and comprehensibly so anyone can cook them at home. With powerful photographs, this book is not only a culinary treasure for fans of Asian cuisine but also a beautiful picture and story book that is a pleasure to leaf through while rejoicing in the scent and vibe of South East Asia.

Ben Kindler: After 12 years in star cuisine, amongst others in André Jaeger's restaurant Fischerzunft, he has been chef and owner of a cooking school in Freiburg since 2010. Additional training as Thai chef.

Joss Andres: Experienced photo designer, food photographer, and filmmaker. Lives and works in Freiburg im Breisgau.



Nicole Klauß

Alcohol-free

Basics, recipes, pairings

978-3-03902-168-0

36.00 EUR

Cover: Hardcover

Extent: 336 pages

Format: 18 cm x 25 cm

73 colour photos, illustrations, word count: 74,224

Available: 27/11/2023

Rights sold: All rights available

- **The first comprehensive book on the subject**
- **Covering tea, juice, as well as fermented drinks and shrubs**
- **Tips for food and drink pairing**

Enjoyment without alcohol!

We all know: tea and cake match perfectly. But what effects does tannin have, and how does it get into non-alcoholic beverages? What do volume and viscosity mean? Why is salt almost always an ingredient, and how can fermented beverages add new, special tastes to your drink? More and more people choose not to drink alcohol for various reasons. In bars or restaurants they are usually referred to the soft drinks menu. Nicole Klauß proves that they are much better ways to cater for these needs. Her latest book is addressed to wine connoisseurs, sommeliers, caterers, and wine merchants, but first and foremost to foodies who like to explore and who expect more from a drink than just to quench their thirst. The author takes us to the wondrous world of non-alcoholic beverages and explains their preparation, taste, and what meals to match them with.

Nicole Klauß: Publicist, food consultant, cookbook reviewer, and drink scout. She gives lectures and conducts tastings as well as workshops.



Laura Koch

Eat, Relish, Stay Healthy

Food as Medicine – 70 Brilliantly Simple Recipes

978-3-03800-998-6

29.00 EUR

Cover: Hardcover

Extent: 208 pages

Format: 19.5 cm x 26.5 cm

93 colour photos, word count: 28,062

Available: 10/12/2018

Rights sold: All rights available

Awards for this book

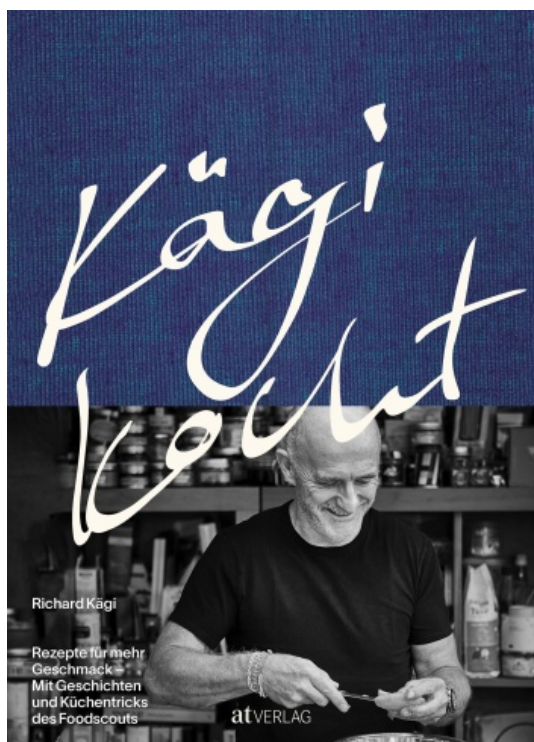


- **Food that prevents risks, heals, and keeps healthy**
- **The latest findings of nutritional medicine. 70 recipes: colon-friendly and anti-inflammatory**
- **New discoveries about the eating rhythm**

In our world full of myths about nutrition, special diets, and ever new types of highly praised superfoods, it is really easy to lose track. Yet it can be so simple to eat healthily. If you want to take charge of your own health, just get hold of a pot and spoon. This book presents the latest findings from nutritional medicine, wrapped in more than 70 savoury, easy to prepare recipes. Be it a heart-healthy smoothie or a bright green liver-friendly omelette for Sunday brunch, a Mediterranean vegetable fry, power energy balls, or anything else the colon might crave for. Because our health starts in the colon. And the precious bacteria in the colon are best kept alive and kicking with the help of unprocessed plant-based foods, combined with herbs, spices, and high-quality vegetable oils. This formula is not only colon-friendly, it also prevents inflammations, which makes it a tasty investment in our own health.

Laura Koch: Nutritionist at the NHK Institute for Integrative Naturopathy in Zurich, specializing in individualized nutrition therapy (genotyping), lecturer at the NHK campus as well as cooking instructor.

Photos: Veronika Studer



Richard Kägi

Kägi Cooks

Recipes for More Flavour. Stories and Kitchen Tricks of a Food Scout

978-3-03902-037-9

52.00 EUR

Cover: Hardcover

Extent: 336 pages

Format: 21 cm x 29.5 cm

177 colour photos, banderole, ribbon, word count: 47,948

Available: 17/10/2020

Rights sold: All rights available

Awards for this book



- **How to cook with confidence, simple yet special**
- **Professional kitchen tricks, the basics for hosting guests, and more than 200 recipes**
- **Shopping, basic supplies, and product know-how**

This kitchen manual will turn anyone into a confident cook and host – from shopping to entertaining guests. Richard Kägi presents sensational new interpretations of popular classics: Caesar Salad, the perfect steak, sugo pomodoro, and rösti – but also surprising combinations such as burrata with orange salad, homemade vanilla essence, smoked tomatoes, and extravagant desserts.

Kägi is not only familiar with a number of tricks from the repertoire of star chefs, but also knows their particular spices, sauces, and marinades that make all the difference. Most important ingredients? Most important kitchen utensils? Help with choosing the matching wine? Rules for successful invitations and the art of being a good host? Kägi knows it all. And in between he tells us interesting stories about his adventures as a food scout – about the never-ending search for the best salumi, a vanilla drama in Madagascar, and sushi bliss in Tokyo.

Richard Kägi: Food scout searching the globe for culinary peculiarities. Being a gifted cook himself, he develops recipes for Globus Delicatessa, the largest retailer for high class products in Switzerland. Kägi writes op-eds for the NZZ on Sunday, organises tavolatas, and offers insights into his exciting life as a food scout via his blog.

»Richard Kägi is a globetrotter of good taste. A tireless explorer of the world of flavours! I have great respect for his work, and I am happy that he chose to share his knowledge with us.« – TANJA GRANDITS



Maurice Maggi, Juliette Chrétien

Edible City

Wild Weeds on the Plate Recipes with Plants from the City

978-3-03902-005-8

32.00 EUR

Cover: Hardcover

Extent: 320 pages

Format: 16.8 cm x 23.6 cm

170 colour photos and illustrations

Available: 21/01/2019

Rights sold: FR

- **The first book by the pioneer of guerilla gardenin**
- **Simple and inventive recipes with wild plants from the city**
- **Vegetarian cuisine for city hikers**

Guerilla gardener and cook Maurice Maggi takes us on a culinary adventure to discover the edible treasures of the city. Cities offer a number of wild plants that are excellent for cooking. This book seduces us to collect these wild delights and indulge in some untamed and sensual cooking. Instead of collecting, the wild plants can just as well be replaced with purchased ingredients.

72 vegetarian recipes open up a forgotten world and show us how much taste, spice, and variety lies literally on our doorstep. They teach us to look at city nature with totally different eyes, and they invite us to experiment and playfully use the often unexpected treasures of nature.

The author places strong emphasis on handling these food sources carefully, to value and make the most out of them. A truly creative cooking experience where taste and flavour of seemingly unimpressive ingredients unfold and develop to perfection.

A book that allows us to see the city through a different lens and that takes fashionable wild plant cuisine and »urban gardening« to an even higher level of creativity.

Maurice Maggi: born and raised in Zurich, author, cook and one of the »pioneers of guerrilla gardening«. He is a trained landscape gardener and has been an active cook for over 20 years. Since 2006 he has been working for »Karls Kühne Gassenschau«. He is a fan of seasonal, regional, and vegetarian cuisine. He moves exclusively in urban areas, looking for anything green he can find. As »guerilla gardener« he has been actively involved in shaping the cityscape of Zurich with wild plants since 1984.



Nadja Mathis, Ina Steden

Healthy Food for My Baby

Baby Food – The Colourful World of Children's First Solid Food

978-3-03902-117-8

22.00 EUR

Cover: Hardcover

Extent: 168 pages

Format: 16 cm x 22 cm

Illustrations, word count: 22.343

Available: 28/04/2021

Rights sold: All rights available

Awards for this book



- Simple and quick baby meal recipes
- Practical information on healthy baby food
- The ideal gift for parents to be

Food should not only be saturating, it should also make you happy. This is particularly true for the little ones. And the most important elements for a tasty meal are wisely chosen, fresh ingredients. In this wonderfully illustrated book of ideas the author presents simple and quick recipes that are easy and not at all time-consuming to prepare even for the busiest parents. She focuses especially on questions such as: what type of food is appropriate for which age group, what particularities to watch out for with certain products, when is the right season for one or the other ingredient. Structured along age categories, Nadja Mathis explains several basic dishes that you may freely complement, and that can easily be prepared in larger portions for the freezer. Starting with the very first vegetable mash in the fifth and sixth month, moving on to vegetable, rice, and fish mash between month 6 and 9, all the way to smoothies and first finger food for babies aged 9 to 12 months, the book contains everything you need for the health and well-being of infants.

Nadja Mathis: Author, mother, food blogger, and elementary school teacher.

Ina Steden: Illustrator and environmental activist.



Martina Meier, Gerry Amstutz, Maurice Maggi,
Marionna Schlatter

Mushrooms from the Forest and from the City

Recipes and portraits

978-3-03902-223-6

39.00 EUR

Cover: Hardcover

Extent: 192 pages

Format: 19.5 cm x 26 cm

91 colour photos, 4 illustrations, ribbon, word count:
15,693

Available: 28/08/2023

Rights sold: All rights available

Awards for this book



- A hymn to wild and cultivated mushrooms
- Vegetarian recipes by creativity cook Maurice Maggi
- Artistic mushroom portraits and expert knowledge

The fascinating world of fungi!

Mushrooms are mysterious. Martina Meier and Gerry Amstutz set out to explore the beauty and aromatic possibilities of these wondrous organisms. Creativity cook Maurice Maggi has assembled a composition of Vegetarian and Vegan recipes sorted by seasons that can be prepared with wild as well as cultivated mushrooms. How about an oyster mushroom and peach skewer, or a forest risotto with blueberries?

Accompanied by the profound knowledge of mushroom expert Marionna Schlatter and biological background information by Franziska Witschi, this book is a multi-faceted homage to the mushroom.

Martina Meier: Freelance photographer focusing on the areas of food culture, still life, interiors, and portraits.

Gerry Amstutz: Freelance photographer in Zurich. Nature is one of his sources of inspiration.

Maurice Maggi: Cook and author, graduate landscape gardener, and world plant expert.

Marionna Schlatter: Sociologist, National Councillor of the Green Party, certified mushroom inspector since the age of 15, instructor at the Swiss Association of Certified Mushroom Inspection Authorities (VAPKO).



Martina Meier, Alexander Kühn

Schoggi

Swiss chocolate in stories and recipes

978-3-03902-138-3

38.00 EUR

Cover: Hardcover

Extent: 144 pages

Format: 19.5 cm x 26 cm

75 colour photos, ribbon; word count: 17,893

Available: 29/11/2021

Rights sold: All rights available

Awards for this book



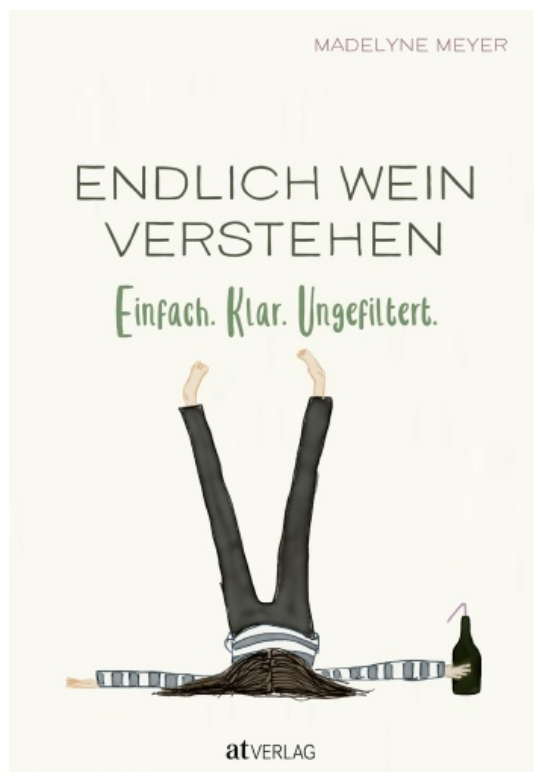
- **All about chocolate: manufacturing, history, culture**
- **More than 40 inspirations and sophisticated recipes**
- **Aroma science: what to combine chocolate with and why**

Quick snack or elegant closure of a gourmet dinner: chocolate makes your life sweet, or bitter, or nutty. The creamy melting style of the big chocolate producers has a growing number of competitors. This book portrays innovative Swiss chocolatiers and chocolate makers who are constantly looking for new procedures in their workshops in order to unveil the true potential of the cocoa bean. There is just as much diversity in the gastronomical use of chocolate as there is in its production: creative star chefs present their favourite recipes – from vegan pumpkin »Schoggi« dessert to Norway lobster with cocoa fruit juice and curry. Too complicated? With 21 recipes for cakes and creams, hot and cold dishes, your kitchen becomes a genuine chocolate workshop. A richly illustrated history of chocolate in Switzerland, a sensory journey exploring cocoa aromas, and a detailed glossary round off this delicious book.

Martina Meier: Still life, interior, and above all food photographer for magazines, cookbooks, and restaurants.

Alexander Kühn: Author, restaurant critic, and food journalist. Member of the testing team for »Falstaff« food magazine. Text writer for the books by Andreas Caminada.

Photos: Martina Meier



Madelyne Meyer

Understanding Wine, Finally

Simple. Clear. Unfiltered.

978-3-03902-023-2

25.00 EUR

Cover: Hardcover

Extent: 152 pages

Format: 16.5 cm x 24 cm

Colour illustrations, word count: 15,478

Available: 31/08/2019

Rights sold: USA

Awards for this book



- **A perky wine school for the curious. Profound wine expertise, seasoned with humour and a wink**
- **Important facts about types, wine regions, and quality, explained in a simple and straightforward way**
- **All you need to know about wine to join an expert conversation**

The world of wine has an air of exclusiveness to it. Vintages, classifications, denominations of origin, vineyard locations, appellations, and sometimes absurd taste descriptions are too much for many wine newbies. Such exaggerated seriousness can easily impair the fun and joy of tasting – says the young and unconventional wine blogger Madelyne Meyer, aka Edwin. She has made it her mission to share knowledge about wine in a totally relaxed way, with a good sense of humour and no constraints. Her funny illustrations help beginners find out more about wine in a cheeky and funny but also simple and honest way. She talks about various wine glasses, the importance of the terroir, about types of vine and flavours, about producing regions, and also about the characteristics of a good wine, covering the most important topics in a detailed and easy to understand way. With this book, anyone can instantly become a wine connoisseur and stand their ground in the wine community.

Madelyne Meyer: Following her bachelor's thesis on international wine trends she worked at vineyards in California and studied Wine Marketing & Management in Bordeaux. Today she runs basic wine courses, writes for her blog »edvin uncorked« and for magazines, and is responsible for marketing and communication in her family's wine business.



Madelyne Meyer

Find Your Wine

Simple. Quick. Competent.

978-3-03902-178-9

25.00 EUR

Cover: Hardcover

Extent: 152 pages

Format: 16.5 cm x 24 cm

Colour illustrations, ribbon

Available: 26/09/2022

Rights sold: All rights available

Awards for this book



- A light-footed and humorous way to acquire wine expertise
- Discover your new favourite wines
- Tips, tricks, and wine hacks for everyday use

A discovery tour through the world of wines!

After Madelyne Meyer's bestselling book »Understanding wine, finally« laid the foundation for a sound wine knowledge, her second book is all about confidently selecting wines – be it from a well-stocked store shelf, or from a detailed wine list. This practical true-to-life guide helps us learn more about our own wine taste, understand labels, and place a correct wine order. It shares plenty of useful hints and tricks for our next visit to the wine store and offers a number of wine hacks for everyday use. The professionalism and expertise of Madelyne Meyer's texts and illustrations are paired with sparkling wit and unique humour. Her second book remains true to her mission: to share wine expertise in a simple, clear, and unfiltered way. Once you read this book, you will be able to choose wines quickly and confidently, allowing you to focus on what really matters: enjoying wine.

Madelyne Meyer: Studied Wine Marketing & Management in Bordeaux and worked at vineyards in California. Today she runs wine courses, writes articles and blog posts, and works in wine trade. Her first book »Understanding wine, finally« has sold over 36,000 copies.



Sasa Noël, Heike Grein

Bread Craft

Bread recipes and bakery stories from Switzerland

978-3-03902-074-4

42.00 EUR

Cover: Hardcover

Extent: 224 pages

Format: 20 cm x 26.5 cm

209 colour photos, 29 b/w photos, ribbon; word count: 26,199

Available: 27/09/2021

Rights sold: All rights available

Awards for this book



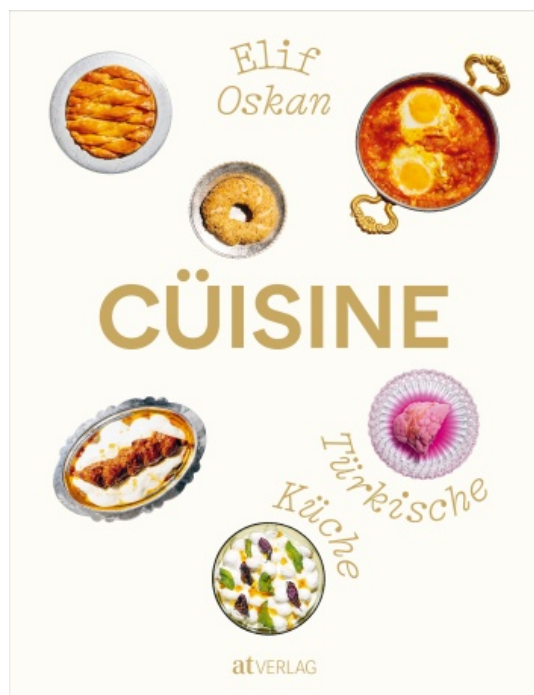
- **Switzerland's top bakers share their very best bread recipes**
- **Powerful personalities, powerful images**
- **Featuring easy to follow baking lessons**

A slice of fresh bread, and you forget all your cares. The ingredients are simple, yet it takes great skill to transform them into crisp and tasty bread. »Bread Craft« bows to one of the most ancient professions: it portrays 16 bakers who have found their way into the bakery from very different directions, and who proactively foster tradition and enhance their craft. They were so generous as to reveal the recipes of their trademark breads to the authors of this book. Fruitcake, spelt rolls, saffron bread – very soon the scent of such specialities will fill your home. In order to guarantee success, the book includes baking lessons sharing basic information about crops, equipment, and process steps. It guides us on the fascinating path from soaking, starter, or sourdough all the way to the accomplished loaf, making it very clear that it takes more than just flour, water, and salt: the most important ingredients are dedication and time.

With a preface by Christian Seiler.

Sasa Noël: Graphic designer, photographer, and stylist.

Heike Grein: Graphic designer and photographer.



Elif Oskan

Cuisine

Turkish kitchen

978-3-03902-182-6

42.00 EUR

Cover: Hardcover

Extent: 240 pages

Format: 20 cm x 26.5 cm

118 colour photos, 7 b/w photos, ribbon, word count: 18.514

Available: 27/02/2023

Rights sold: All rights available

Awards for this book



- **Recipes for home use from top-rated restaurant Gül**
- **Expert insights about culinary traditions and Turkish culture**
- **Complete with beautifully captured images**

Cuisine – Food culture and joie de vivre from Turkey!

Restaurant Gül in Zurich has rapidly become one of the favourite addresses for connoisseurs. Shortly after opening, Elif Oskan's cuisine obtained 14 Gault-Millau points. The passionate chef with roots in the South-Eastern part of Turkey specializes in the world-famous Gaziantep cuisine. And now this delightful cookbook affords a glimpse into Elif Oskan's »cuisine«. How to make a proper dough for pide? Or proper köfte, börek, and dolmas? How to prepare baklava? And not in the least, how to brew real Turkish coffee? Next to tips and tricks that will enable you to prepare the most popular recipes of restaurant Gül, this richly illustrated book portrays Turkish traditions and Mediterranean food culture. Snapshots from research trips and personal stories by Elif Oskan take us to a world where friendship, family, and gastronomy unite – delicious and full of love.

Elif Oskan: Chef and food entrepreneur, Zurich citizen with Turkish roots. After various positions all over Switzerland and a stage with Heston Blumenthal in London, she now runs restaurant Gül in Zurich.

Photos: Pascal Grob, Nonda Couticos



Manuela Rüther, Christopher Aziz Krebs

Malaysia

Family recipes from Asia's most exciting cuisine

978-3-03902-225-0

36.00 EUR

Cover: Hardcover

Extent: 224 pages

Format: 20 cm x 27.5 cm

112 colour photos Word count: 31,981

Available: 29/04/2024

Rights sold: All rights available

- **Asia's most diverse cuisine**
- **The first comprehensive Malaysian cookbook in German**
- **Including useful product details and supply sources**

Tasty Malaysia!

Malaysian cuisine is one of the last unexplored culinary territories of Asia, at least in German-speaking countries. But why is it so special? Thanks to its location, the country has been drawing from various different influences – which in food terms translates to aromas from all over Asia as well as influences from the colonial times, which create brand-new taste combinations.

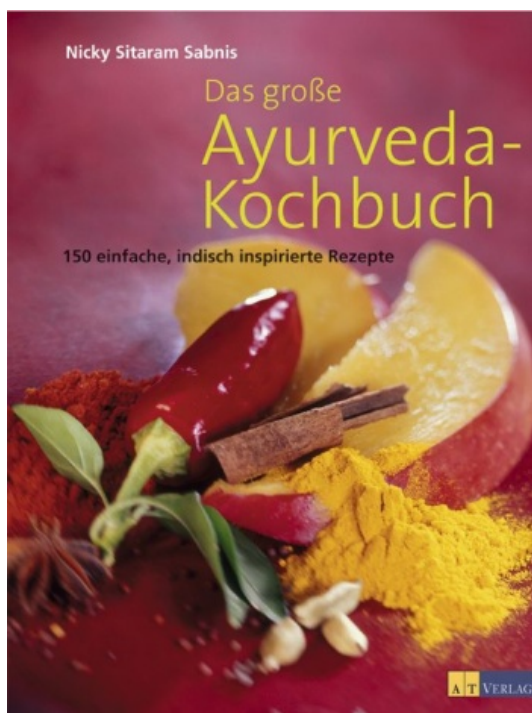
We join the photographer and the author in their travels through breathtaking landscapes, and visit kitchens, chefs, and producers in all parts of the country. The recipes range from traditional dishes to individual interpretations by Christopher Aziz Krebs, some of which contain neither fish nor meat. A comprehensive listing of Malaysian ingredients and where to procure them rounds off this unique book.

Just as thrilling as Malaysian cuisine itself, this cookbook breathes fresh air into your bookshelf.

Manuela Rüther: Chef, freelance photographer, and author. Her photos, stories, and recipes have received numerous awards and are published regularly in magazines and books as well as in her blog.

Christopher Aziz Krebs: Swiss citizen with Malaysian roots, owner and maitre de cuisine of »Abang Toto's«, a Malaysian deli in Cologne.

Photos: Manuela Rüther



Nicky Sitaram Sabnis

The Great Ayurvedic Cookbook

150 Simple, Indian-Style Recipes

978-3-85502-986-0

32.00 EUR

Cover: Hardcover

Extent: 160 pages

Format: 19.5 cm x 26.5 cm

70 colour photos

Subject areas: cooking, health, Ayurveda

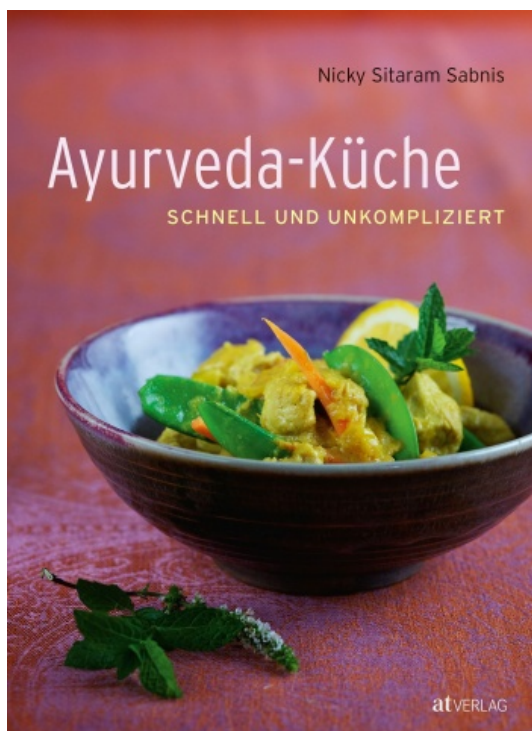
Available: 23/03/2004

Rights sold: All rights available

- **Practical advice, tips and tricks for ayurvedic cooking**
- **Short and concise overview of the basics of ayurvedic nutrition**
- **Instructions to determine one's individual constitutional type**

Ayurveda, the oldest naturopathic system of the world, is a comprehensive theory on how to lead a healthy and proper way of life. In Ayurveda, medicine and nutrition are not kept separate, food is seen as nourishment and remedy at the same time. The ayurvedic philosophy is based on the theory of the five elements, which in turn are associated with the three life forces – the three Doshas Vata, Pitta and Kapha. These three forces or bioenergies control all bodily and spiritual functions and determine a person's individual physical constitution. An imbalance of the Doshas can lead to physical disorders and illnesses as well as energetic disturbances (lethargy, poor concentration, nervousness, etc.). The aim of ayurvedic nutrition is to cure these imbalances and to restore and sustain the necessary balance that is the basis for a strong physical constitution. Depending on constitution, metabolism and way of living, each person requires a different, customized nutrition that brings the body back into balance, ensures a healthy metabolism and provides for the excretion of accumulated waste and toxins.

Nicky Sitaram Sabnis: Born 1959 in India. Hotelier and specialty cook. Worked several years as freelance restaurant and catering manager in Mumbai. Living in Germany since 1993, he has been managing the Ayurveda Cooking Seminar at the Abbey of Frauenwörth (Fraueninsel, Chiemsee) as well as the Ayurveda house »Haus Annapurna« in Sachrang/Chiemgau together with his wife since 1998. Author of books on ayurvedic nutrition and numerous articles in magazines, teaches in seminars and workshops. His style of ayurvedic cooking has been presented on various TV shows.



Nicky Sitaram Sabnis

Ayurvedic Cooking

Quick and Uncomplicated

978-3-03800-557-5

23.00 EUR

Cover: Hardcover

Extent: 128 pages

Format: 19.5 cm x 26.5 cm

50 colour photos

Subject areas: ayurvedic cuisine, Indian cuisine

Available: 02/03/2011

Rights sold: All rights available

- **Simple and quickly prepared dishes for a healthy way of life**
- **More than 120 recipes based on easily available ingredients**
- **Genuine, competent and entertaining instructions for anyone who loves to cook ayurvedic**

Nicky Sabnis, an Indian chef working in Germany, presents a cookbook featuring new Ayurveda recipes for everyday use which are quickly prepared and require only few, easily available ingredients. Nicky Sabnis will not allow cheap excuses such as »I don't have time for cooking«, or »Where on earth can I buy all the ingredients for ayurvedic dishes«. With his new book he shows how enthusiastic hobby chefs will always find a solution – even on the go or at work. The recipe mix offered by Nicky Sabnis includes simple basics, soups, pasta, cereals and legumes as well as vegetable dishes, ranging from recipes for workdays, for children and party catering to salad recipes, sandwiches and breakfast ideas, and even further to classical Indian-ayurvedic dishes and drinks such as pakoras, apple chutney, puri, Tandoori murg, Masala rice, raita, lassi and chai. On top of that he provides vivid explanations on basic ayurvedic principles and philosophical backgrounds. »Ayurvedic cooking: quick and uncomplicated« is a practical and inspiring book on ayurvedic cooking for everyone – elegantly captured by the photographs of Sabine Mader and Ulrike Schmid.

Nicky Sitaram Sabnis: Born 1959 in India. Hotelier and specialty cook. Worked several years as freelance restaurant and catering manager in Mumbai. Living in Germany since 1993, he has been managing the Ayurveda Cooking Seminar at the Abbey of Frauenwörth (Fraueninsel, Chiemsee) as well as the Ayurveda house »Haus Annapurna« in Sachrang/Chiemgau together with his wife since 1998. Author of books on ayurvedic nutrition and numerous articles in magazines, teaches in seminars and workshops. His style of ayurvedic cooking has been presented on various TV shows.



Claudia Schilling

Far and Away

170 Lunchbox Recipes for Picnic and Travel Including the Most Beautiful DIY Boxes

978-3-03902-016-4

39.00 EUR

Cover: Hardcover

Extent: 352 pages

Format: 20 cm x 25 cm

200 colour photos

Available: 06/12/2018

Rights sold: All rights available

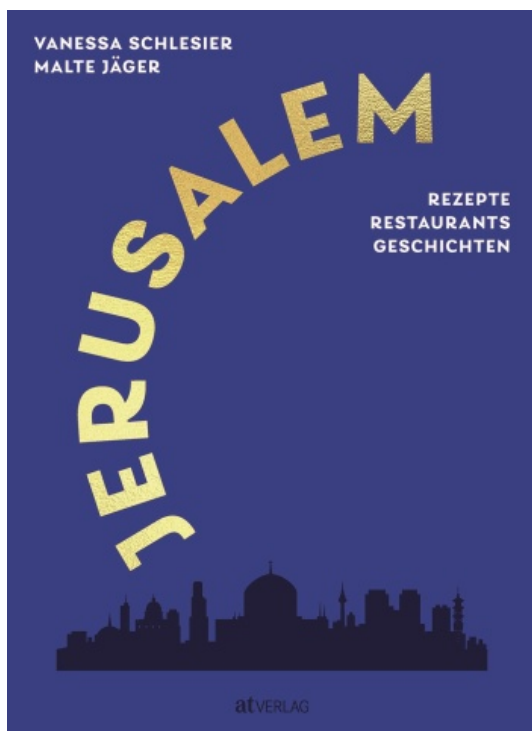
Awards for this book



- 170 lunchbox recipes for picnic and travel
- Featuring the most beautiful DIY boxes
- Sumptuous presentations with careful attention to detail - this book is a dream come true

A large variety of healthy food for the entire family can easily be offered not only at home but also on the road, in the schoolyard, at a picnic, or at the office. How to enjoy your favourite dessert on a hiking trip? Have a healthy lunch in the office? What snack to take to the beach? And how to prepare a birthday surprise for kids during a picnic? This book presents 170 recipes for an action-packed everyday life: simple and uncomplicated, tasty and healthy, and on top of that easy to transport. Packed in stylish vintage lunch boxes, many of them with a witty new design, or creative DIY containers that have nothing in common with boring Tupperware-style boxes. The recipes are accompanied by a number of useful tips, smart ideas, and well-illustrated instructions for your DIY workshop, so you will be able to pack and transport soups, salads, patties etc. conveniently and with style. Just perfect for your next hiking trip, holiday travel, or a hectic day at the office.

Claudia Schilling: Freelance food stylist and blogger. In her kitchen, healthy food variations and creativity play an important role. She lives in Basel with her family.



Vanessa Schlesier, Malte Jäger

Jerusalem

Recipes, restaurants, stories

978-3-03902-056-0

36.00 EUR

Cover: Hardcover

Extent: 256 pages

Format: 20 cm x 27.5 cm

178 colour photos, gold foil embossing, ribbon

Available: 09/03/2020

Rights sold: All rights available

Awards for this book



- **A culinary exploration of the holy city with plenty of insider tips**
- **The culinary heritage of three millennia and a variety of cultures**
- **That's the taste of Jerusalem! Cookbook, restaurant guide, and pleasure reading**

Jerusalem cuisine is colourful, dynamic, young, and creative. No matter what dishes visitors to the city decide to try, everything revolves around culinary delight and good-humoured company. The author presents selected restaurants, cafés, and bars, shares her recipes, tells us stories of how they came about and provides portraits of relevant chefs. Thanks to these short and fascinating stories the book is also a wonderful reader.

Tel Aviv may have been Israel's culinary hotspot until recently, but Jerusalem has become the toughest competitor of the white city on the seaside. No other place will impress us the way Jerusalem does when it comes to showcasing Israel's creative and diversified cuisine, as the city has always been a melting pot of various cultures. People from all over the world get together here: Israelis, Palestinians, Arameans, Moroccans, Ethiopians, Yemenites, people from Eastern Europe. The recipes of the Arabic-Levantine and classical European-Jewish cuisine are just as diverse as the backgrounds of the city's inhabitants.

Vanessa Schlesier: Works as investigative journalist in Berlin and travels to the Middle East as often as possible. She used to live in Israel for one and a half years.

Malte Jäger: Photographer of food, people, and landscapes all around the world.



Karola Bettina Schneider

Energy Cycles in Line with Chinese Medicine

140 Simple and Creative Recipes that Strengthen, Cleanse and Restore Inner Balance

978-3-03800-946-7

32.00 EUR

Cover: Hardcover

Extent: 272 pages

Format: 18.5 cm x 24.5 cm

77 photos and illustrations

Available: 18/04/2017

Rights sold: All rights available

- Recipes for health, balance and inner harmony
- A meal plan in tune with the five Chinese seasons
- Cleanse, relieve, and prevent – Recipes and health tips

Following the immense success of her book »Energy Soups«, Karola Bettina Schneider now presents a comprehensive cookbook for the five Chinese seasons. To eat in line with the seasons is crucial for health, vitality, well-being, and a strong immune system according to Chinese traditional medicine. The transition periods between seasons are particularly important in this context, the *dojo* time of four times eighteen days is considered the fifth season. Special cures composed of healing teas and simple dishes have a cleansing, relieving, and preventive effect, plus they energize, strengthen the immune system, and facilitate the transition from one period to the next. The recipes for the four main seasons are just as carefully selected and well adjusted to the requirements of each. 140 simple, light, yet strengthening recipes for an energetic, healthy year. With abundant practical tips and recommendations to enhance your health, balance, and inner harmony.

Karola Bettina Schneider: Lecturer, author, and naturopath running her own practice on Chinese medicine with focus on nutrition, acupuncture, and herbal therapy. She offers seminars on the topics of nutrition, conscious living, and meditation.

Photos: Alexandra Schubert



Claudia Seifert, Gesa Sander, Julia Hoersch, Nelly Mager

The Cooker is all Yours, Kids!

Let's Cook, Experiment, and Explore Together

978-3-03800-842-2

22.00 EUR

Cover: Hardcover

Extent: 184 pages

Format: 19 cm x 25 cm

200 colour photos

Available: 31/08/2015

Rights sold: All rights available

- **Quick and easy cooking, with many favourite recipes for children**
- **Featuring kitchen experiments, colourful illustrations, creative ideas, and activity pages**

Following the success of the first book »Let's cook, kids!«, the two funny illustrated characters Piet and Marie take children by the hand once again to give them cooking tips and to invite them to experiment and try new things in the kitchen. The book features roughly 70 recipes, all sharing the same motto: they are quick, easy, and uncomplicated. From fresh ideas for the lunch box, to the most popular children's classics like Nutella, fries & Co., to the best quickly and spontaneously prepared meals. All this is accompanied by a host of experiments for the kitchen that help children uncover the secrets of cooking in a playful way. The unique mix of meticulous illustrations, funny photos, creative ideas, as well as tips and suggestions for crafting and other activities stirs the joy of discovery and awakens children's interest for cooking and baking.

Claudia Seifert: Food stylist, author of cookbooks, and chef. She has loved cooking since her childhood and vividly remembers licking out pots and tasting dough. She is the author of various recipes published by AT Verlag.

Gesa Sander: Freelance illustrator and graphic designer in Hamburg. Her drawings are featured in books and magazines, on tableware and paper craft. Mother of two children.

Julia Hoersch: Freelance food and lifestyle photographer in Hamburg for renowned magazines and book publishers since 1991.

Nelly Mager: Freelance stylist for various publishing houses in the fields of decoration/living and food.

Photos: Julia Hoersch



Claudia Steinschneider, Ute Stückler-Sattler

Dig Them Up – Sweet Potatoe, Yacon & Co.

The ultimate gardening and cookbook

978-3-03902-108-6

36.00 EUR

Cover: Hardcover

Extent: 200 pages

Format: 19.5 cm x 26.5 cm

184 colour photos, word count: 57,549

Available: 31/01/2022

Rights sold: All rights available

Awards for this book



- Detailed guidelines from cultivation to preparation
- Recipes for meals and drinks
- Essential substances and use in folk medicine

Root vegetables: treasures from the earth

Be it in a flowerpot on the patio, in the family garden, or on the field: exotic root vegetables now also thrive in our latitudes thanks to warmer temperatures. The authors planted sweet potatoes, Jerusalem artichokes, yacon, crosne, oca, and taro in different locations. In this book they explain the nuts and bolts of cultivation, harvesting, reproduction, and storage. A number of practical tips make it easy to successfully grow them, both for amateur and for professional gardeners who are curious to discover new plant cultures. The recipe part offers creative ideas on how to prepare them. Jerusalem artichoke cream soup, tagliatelle with crosne, crispy yacon cookies – delicious root vegetables revive the autumn and winter meal plan. Next to the valuable substances they contain, they have several beneficial effects on our health. Things that have been long-known in the folk medicine of their countries of origin are now unveiled to us with the help of this book.

Claudia Steinschneider: Deputy division manager of the laboratory for special cultures in Wies, responsible for cultivation and experiment design in the areas of biological healing and spice plants, biological and conventional vegetables grown in the open air and in shielded areas, as well as ornamental plants. She delivers lectures and publishes in professional magazines.

Ute Stückler-Sattler: Works in quality assurance at a pharmaceutical company, graduate educationalist in herbalism. She delivers lectures and workshops on the topics of folk medicine and naturopathy.



Wolf-Dieter Storl

Common and Forgotten Vegetables

Botany, History, Alternative Medicine and Usage

978-3-03902-120-8

29.00 EUR

Cover: Hardcover

Extent: 288 pages

Format: 15.5 cm x 23.5 cm

62 colour photos

Available: 30/11/2020

Rights sold: All rights available

- **Botany, origin, healing powers, and recipes**
- **New edition featuring beautiful photos**
- **A collection of knowledge from the great plant expert**

Our everyday vegetables are far more than just sources of vitamins: they harbour secrets, colourful stories, and magic, while some of them even qualify as powerful healing plants with clinically proven medical effects. In this thrilling and easy to read book, Wolf-Dieter Storl, the great connoisseur and explorer of healing plants and crops, presents 50 garden vegetables, including some rare and forgotten vegetable and salad plants. A unique combination of gardening, ethno-botany, cultural history, and ancient as well as recent medical findings.

Wolf-Dieter Storl: Cultural anthropologist and ethno-botanist. He has lectured at various universities and is the author of several long-selling books. He lives on an isolated farm in the Allgäu.

Photos: Lisa Storl



Franziska Stöckli

Climate Pot

Future-compatible. Sustainable. Delicious.

978-3-03902-245-8

45.00 EUR

Cover: Hardcover

Extent: 384 pages

Format: 18 cm x 24 cm

173 colour photos, ribbonWord count: 53,632

Available: 29/04/2024

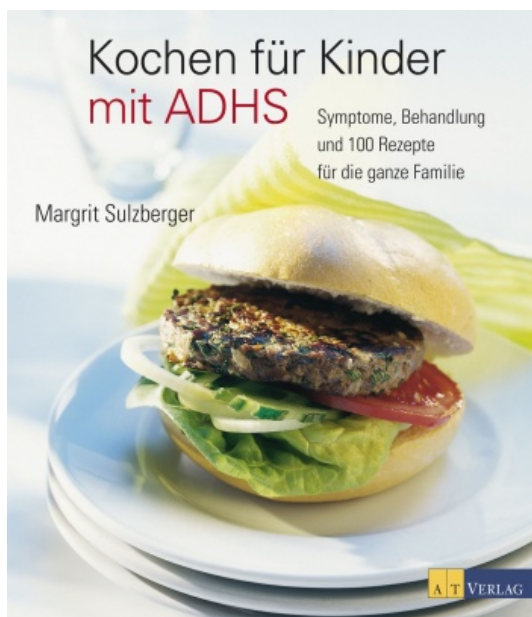
Rights sold: All rights available

- **Healthy and eco-friendly in the 21st century**
- **Featuring exact calculations of nutritional values and CO2 levels**
- **Based on recipes from the world's oldest vegetarian restaurant**

What is future-compatible cooking? What effects do food items have on our climate? And how can we adopt a sustainable and healthy diet at home and at the family table? That is what the »Climate Pot« is all about. The stunningly visionary yet pragmatic cookbook offers climate-friendly dishes for everyday cooking. The core of this book are easy to prepare, seasonal, and regionally focused recipes with the potential to become real classics. Developed in cooperation with the world's oldest vegetarian restaurant, Haus Hiltl, they show how easy it is to combine tastiness, health, and eco-friendliness. All recipes are based on the meal plan of the »Planetary Health Diet« and contain scientifically established calculations for nutritional values and CO2 levels. Including the most relevant basic information, practical tricks, as well as weekly plans with recipe suggestions.

Franziska Stöckli: Is a pedagogically and socially engaged primary and middle school teacher, a seminar facilitator for basic and advanced teacher training, as well as an expert in the field of school development. She is co-author of the educational cookbook »Green Pot«.

Photos: Tina Sturzenegger, Lukas Lienhard



Margrit Sulzberger

Cooking for Children with ADHD

Symptoms, Treatment, and 100 Recipes for the Whole Family

978-3-03800-852-1

27.00 EUR

Cover: Hardcover

Extent: 160 pages

Format: 17.5 cm x 24 cm

52 colour photos

Subject areas: ADHD, nutrition

Available: 19/01/2015

Rights sold: All rights available

- **Treating ADHD as food allergy and metabolic disorder**
- **A dietary change with 100 family-friendly recipes**
- **The right diet for ADHD**

For children with ADHD, an acid- and sugar-free diet is highly recommendable. A change of diet often leads to significant improvements of the symptoms. This book explains all the basics and answers the following crucial questions: Which treatment options make sense? Which diet helps to alleviate the child's symptoms best? Which types of food are allowed, which should be avoided? 100 appealing, family-friendly recipes show how a change of diet can be easy and delightful and how it can help reduce or even replace the use of medication like Ritalin.

Margrit Sulzberger is a nutritionist and vital substances therapist. She has served many years as president of the Swiss association of vital substances therapists and has held lectures for the Swiss association of naturopaths (Naturärzte Verband der Schweiz, NVS) and at various schools. A member of the Swiss trade association for nutrition and orthomolecular medicine (Fachverband Ernährung und Orthomolekulare Medizin Schweiz, FEOS), she is author of various books on nutrition as well as the treatment of different diseases with vital substances and specific diets.

Photos: Andreas Thumm, Claudia Albisser Hund



Daniela Taglialegne, Sven Oliver Neitzel

Pinsa

Italian lust for life on a crispy light dough

978-3-03902-177-2

26.00 EUR

Cover: Paperback with flaps

Extent: 216 pages

Format: 17.5 cm x 24 cm

111 colour photos

Available: 16/08/2022

Rights sold: All rights available

Awards for this book



- **The latest food trend from Italy**
- **Fluffy, light, and crispy – the dough makes all the difference**
- **With salty or sweet toppings: creativity without limits**

All roads lead to Rome – this one goes straight through the stomach!

Pinsa looks very much like her sister, pizza, but you will discover her unique character at first bite: it is the dough that makes all the difference. The savoury pastry was invented by a baker just outside Rome, is made with sour dough and a mixture of different types of flour, and needs to rest between 24 to 72 hours. True slow food. Daniela Taglialegne and Sven Oliver Neitzel show us how to convert an ordinary kitchen into a pinsa workshop. Toppings are added to the crispy, fluffy dough before or after baking. Few or many, classical or eccentric, salty or sweet ingredients – just as the fancy takes you. The book presents the classical dough and several of its variations, as well as a wide range of toppings. Portraits of signature ingredients and ambient snapshots from pinserias all around Rome set an authentic tone. Healthy, uncomplicated delight from Italy's flavourful kitchen – behold its secret recipe.

Daniela Taglialegne: Runs a family business manufacturing handmade pasta.

Sven Oliver Neitzel: Food entrepreneur and culinary consultant.

Photos: Jule Felice Frommelt



Violette Tanner, Laetizia Giannini-Studer

Kids' Workshop: Wild Plant Cuisine

Collecting, Cooking and Experiencing Nature With Children

978-3-03800-569-8

30.00 EUR

Cover: Hardcover

Extent: 200 pages

Format: 19.6 cm x 24.5 cm

150 colour photos

Subject areas: handicrafts with children, ecopedagogy

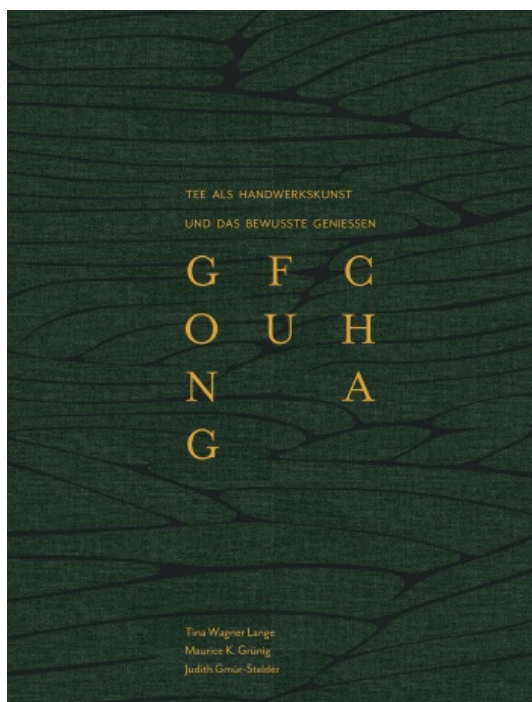
Available: 30/04/2013

Rights sold: All rights available

- **Cooking with kids in natural surroundings**
- **Getting acquainted with wild herbs and healing plants, Playful knowledge transfer**
- **Additional information for teachers and instructors**

The book presents twelve plant portraits spreading over the four seasons. Children get to know wild garlic, goutweed, dandelion, stinging nettle, daisy, ribwort, rose hip, elder, marigold, hazelnut, spruce and coltsfoot in a playful way while collecting, preparing and cooking them at the open fire. Alongside simple everyday recipes that kids love, the book also offers many suggestions on how to preserve wild herbs. It presents the traditional use of these herbs for seasonal celebrations such as Easter, summer solstice, Saint Nicholas and Christmas. A separate section provides details on particular botanical, naturopathic and also mythological characteristics of each plant. Useful hints on possible confusion with other plants and a collectors' guide allow for broader insights on the quality of the portrayed plants. The book is rounded off with songs, stories, fairy tales and handicraft instructions.

Violette Tanner: Born 1965, trained healing plant specialist, ecopedagogue, author and mother of three. Over the past 20 years she has focused specifically on domestic healing plants in folk medicine and wild herbs for kitchen use. She passes on her knowledge on domestic herb treasures in courses, herb walks, ecopedagogy seminars, lectures, newspaper op-eds and radio shows.



Tina Wagner Lange, Maurice K. Grünig, Judith Gmür-Stalder

Gong Fu Cha

Chinese Tea Ceremony. Tea as artisanship and Conscious Delight

978-3-03902-067-6

68.00 EUR

Cover: Hardcover

Extent: 416 pages

Format: 20.5 cm x 27 cm

265 colour photos Word count: 40,029

Available: 28/10/2019

Rights sold: All rights available

Awards for this book



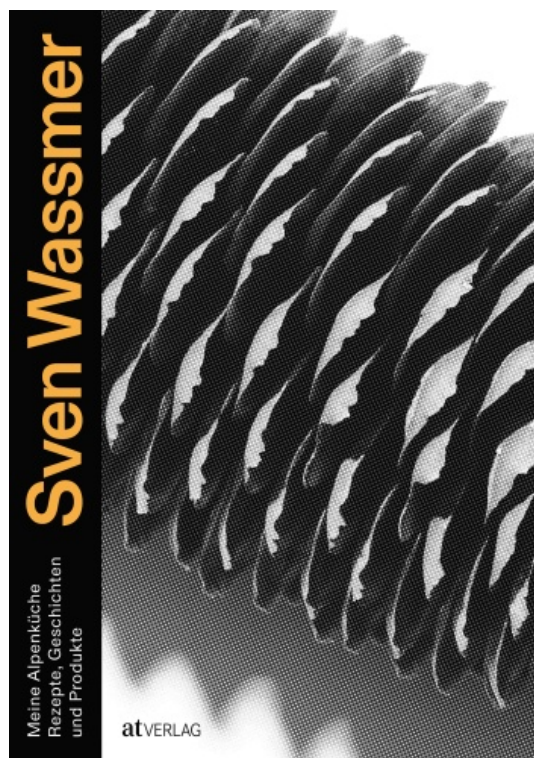
- **Comprehensive information on history, cultivation, production, types, and tea preparation**
- **A subtle portrait of China with breathtaking images**
- **Innovative recipes with tea**

This well-researched, detailed, and excellently illustrated book explores the roots of tea culture in China. It presents the history of tea, methods of cultivation and production, types, preparation, and the sophisticated art of savouring this unique beverage. Starting off with the ancient tea culture of China, the authors move on to sensory perception and conscious enjoyment, showcasing the fascinating interaction between humans, nature, and technology as well as related ecological, economical, and human aspects. The subtle photographs render a vivid impression of Chinese tea culture. 30 recipes presenting dishes and beverages enhanced with tea round off this remarkable book. A comprehensive reference and manual on Chinese tea. The high quality layout and design make it the perfect gift.

Tina Wagner Lange: Trained educationalist, works at Länggass-Tee in Bern since 2011, combining her two passions, tea and didactics, in her very own School of Tea.

Maurice K. Grünig: Photographer, art agent, and book author. Specializes in reports, culinary stories, and travel accounts. Publications in various media outlets. Student at the Bern School of Tea.

Judith Gmür-Stalder: Trained in home economics and gastronomy, contributed to culinary magazines and books. Works as a freelance recipe author, food stylist, writer, and culinary consultant.



Sven Wassmer

My Alpine Cuisine

Recipes, dishes, and ingredients

978-3-03902-151-2

54.00 EUR

Cover: Hardcover

Extent: 240 pages

Format: 21 cm x 28.5 cm

90 colour photos, 35 b/w photos, ribbon

Available: 30/11/2022

Rights sold: All rights available

Awards for this book

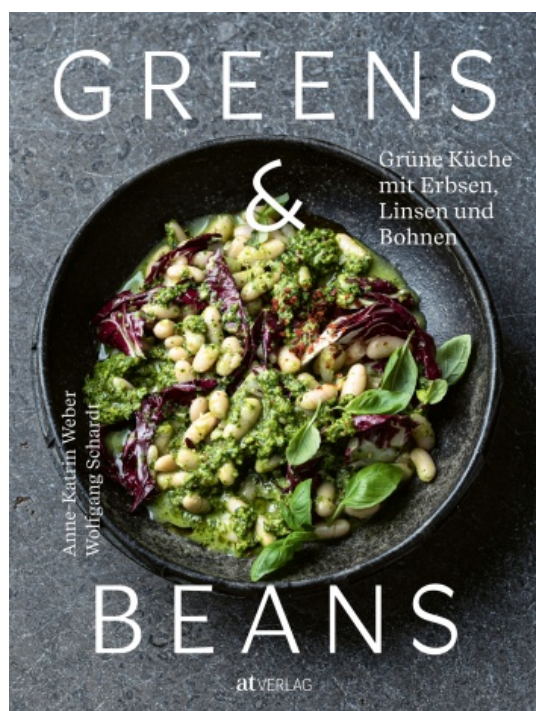


- A young maître de cuisine of a new generation
- High end cooking with unusual ingredients from the Alps
- More than 40 recipes, produce portraits, stories, and technical details

Sven Wassmer grew up in the Swiss lowlands but found his culinary home in the Alps. He celebrates the highest level of modern Alpine cooking at the restaurant »Memories« in Bad Ragaz. Char from Val Lumnezia, asparagus from Reichenau, or carrots from Domleschg – Sven Wassmer preferably works with ingredients from the Alpine region. His culinary art focuses on essentials, but with a broad horizon: he masterfully integrates ideas from the Far East or Scandinavia into his various dishes. This book presents Sven Wassmer's culinary art, his philosophy, and creative approach. It shows us what the word home means to him and focuses on the specialties of the Alps – from fir cone to mountain potato, from wagyu beef to capricorn. More than 40 recipes, rounded off by personal stories and technical specifications of various useful techniques that explain, among others, how to grow sourdough or how fermentation works.

Sven Wassmer: One of the most renowned chefs of a new generation. He earned 18 Gault-Millau points and 3 Michelin stars as maître de cuisine. Before Bad Ragaz Wassmer worked at top restaurants in London, Vitznau, and Zurich.

Photos: Lukas Lienhard



Anne-Katrin Weber

Greens & Beans

Green cuisine with peas, lentils, and beans

978-3-03902-160-4

34.00 EUR

Cover: Hardcover

Extent: 200 pages

Format: 19.5 cm x 26 cm

96 colour photos, word count: 28.135

Available: 27/03/2023

Rights sold: All rights available

Awards for this book



- **Pulses as protein boosters in a plant-based cuisine**
- **Fresh, green, creative recipes**
- **Background knowledge and reports**

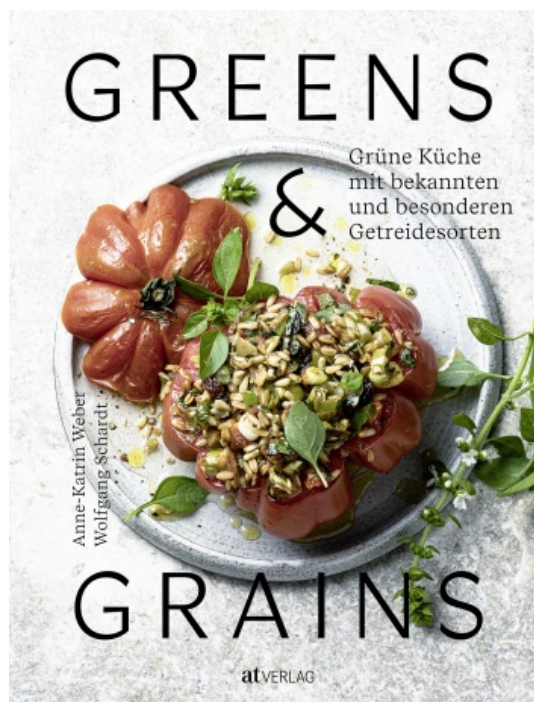
Green food for the blue planet!

Peas, lentils, and beans are vital ingredients for vegetarian and vegan cooking. They are healthy, easy to match and mix, and a natural source of valuable protein. Anne-Katrin Weber turns the spotlight on legumes with her fresh green food creations and international recipes for everyday use – be it tasty one-pot, wok, or pan dishes, recipes for the oven, or crisp salads. The useful kitchen tips offer insider knowledge about storage, soaking, and cooking times, utilisation of leftovers, as well as timesaving and nutrient-preserving preparation methods. Apart from a variety of recipes, we get information about cultivating legumes, product reviews, notes about the positive effects for biodiversity, climate and environment, and a seasonal vegetable calendar. A must-have if you like fresh and creative cooking and enjoy healthy yet delicious food.

Anne-Katrin Weber: Chef, nutritional scientist, freelance cookbook author, and food stylist. In the food blog »veggielicious« she celebrates her love of vegetable cuisine together with photographer Wolfgang Schardt.

Photos: Wolfgang Schardt

»The future of eating is plant-centric. With that we strengthen our health while also contributing to the health of our climate and of our planet.« – Anne-Katrin Weber



Anne-Katrin Weber

Greens & Grains

Green cuisine with familiar and extraordinary crops

978-3-03902-169-7

34.00 EUR

Cover: Hardcover

Extent: 208 pages

Format: 19.5 cm x 26 cm

104 colour photos Word count: 29,889

Available: 25/03/2024

Rights sold: All rights available

- **Crops and grains as the basis for plant-focused cooking**
- **Fresh, green, creative recipes**
- **Background knowledge and reports**

Millet, green spelt, buckwheat, amaranth – broaden your culinary horizon!

Flavourful, diverse, and nutritious: how could vegetarian and vegan cuisine do without crops and grains? Various types from all over the world, such as amaranth, bulgur, couscous, or quinoa have become essential ingredients of plant-based cooking – and with buckwheat, spelt, green spelt and the like we are about to rediscover the rich variety of domestic crops.

Anne-Katrin Weber presents the whole range of crops and pseudo-crops. Her recipes for pan, pot, and oven are suitable for everyday cooking but can also perform culinary magic. Like the nutty spelt salad with apple and fennel, the pearl barley risotto with cherry tomatoes, or eggplants stuffed with bulgur, feta, and olives. Practical tips, background knowledge and concise reports, product details, and a seasonal calendar complement this insightful and inventive cookbook.

A must-have if you love fresh, healthy cuisine and wish to expand your vegetarian repertoire.

Anne-Katrin Weber: is a chef, nutritionist, cookbook author, and food stylist. She shares her love for delicious vegetable dishes together with photographer Wolfgang Schardt on the food blog »veggielicious.de«.

Photos: Wolfgang Schardt



Stefan Wiesner, Monica Wiesner-Aureto

Sausage Workshop

Sausages – From Traditional to Avant-garde.

978-3-03800-882-8

39.00 EUR

Cover: Hardcover

Extent: 208 pages

Format: 21.5 cm x 27 cm

100 colour photos

Available: 19/10/2015

Rights sold: All rights available

Awards for this book



- Prepare your own favourite sausages
- Recipes for all types of sausages – from traditional to avant-garde
- Step-by-step instructions

No manufactured product beats the taste of homemade sausages. And they can be varied in endless different ways. This book explains all the basics and offers step-by-step instructions for the preparation of sausages: What tools and equipment are required? What types of intestines or other casings should be used? What is the right mixing ratio for meat and fat to reach optimum binding? How much salt is needed and what other spices should be used? Apart from classic sausages in animal intestines, Stefan Wiesner, the inventive-minded master of avant-garde natural cuisine, also presents unusual alternatives cased in woods, banana peels, dough, or bones as well as some vegan varieties.

Complemented by brilliant, enticing photos by Pia Grimbühler.

Stefan Wiesner: Runs, together with his wife Monica, the restaurant »Rössli« in Escholzmatt, Switzerland, that holds 17 GaultMillau points and one Michelin star. He is one of Switzerland's most original chefs and is often referred to as »kitchen alchemist and wizard«, tinkerer, or poetic and sensual artist. His first book »Gold Holz Stein« received several awards.

»Wiesner cooks in a league of his own. Points and stars alone do not do justice to his unique and unconventional art of cooking.« – GaultMillau



Lauren Wildbolz

Vegan Love

978-3-03902-119-2

24.00 EUR

Cover: Paperback with flaps

Extent: 240 pages

Format: 19.5 cm x 26.5 cm

118 colour photos

Available: 17/11/2020

Rights sold: All rights available

- **Cookbook and guide for pregnancy and nursing, babies, and infants**
- **Basic knowledge and over 80 vegan recipes for a balanced diet**
- **Including contributions from three medical specialists on wholesomeness and medical safety**

Observing a vegan diet is completely unproblematic both during pregnancy and infancy. By including lots of vegetables, fruit, nuts, pulse, and wholemeal products in the everyday meal plan, toddlers will be provided sufficient amounts of all the important nutrients they need. To safely exclude health risks, it is crucial to acquire some basic food expertise, consult a nutrition expert, and include vitamin B12, a crucial food supplement, in the diet. This book lays a comprehensive foundation. The 80 recipes are well-balanced, of the highest biological quality, and easy to prepare in only little time without using ready-made products. It starts with the ideal food plan when preparing for pregnancy, continues through pregnancy and nursing all the way to the solid food phase up until the age of three. Including valuable contributions of three recognized medical specialists as well as a number of practical suggestions and recommendations for everyday use. Lauren Wildbolz has been a vegetarian since the age of fourteen. Today she is vegan, and so are her husband and three-year-old daughter.

Lauren Wildbolz: Entrepreneur, food activist, artist, cookbook author, and – being the founder of the »vegan kitchen and bakery« launched in 2010 – one of the pioneers of vegan cuisine in Switzerland. Organizer of vegan cooking classes, blogger, and owner of a catering service.



Annemarie Wildeisen

Soul Warmers

Cooking and Relishing with Delight

978-3-03902-094-2

44.00 EUR

Cover: Hardcover

Extent: 336 pages

Format: 20 cm x 27.5 cm

172 colour photos, word count: 56,189

Available: 28/09/2020

Rights sold: All rights available

Awards for this book



- **The latest book by Switzerland's most famous cookbook author**
- **Food that brings happiness to heart and soul**
- **How to turn your daily routine into something special**

Soul Food for Every Day

There are recipes that accompany you throughout life and make you happy, even if you have cooked them a hundred times. Usually, they are incredibly simple and uncomplicated, in line with the motto »less is more«. The author's family used to cook many of these dishes in the exact same or just slightly different way, always with the same outcome: making everyone really happy. Because eating should be more than just satisfying a need, it should also make the soul rejoice. Apart from that, some recipes in this book were created to give us a break in our hectic everyday lives and to help us take our time to enjoy, even if we have little time at hand for shopping and cooking. Recipes for any given day, recipes for special »green« days, for relishing, baking, and »sweet« days, as well as special recipes for a beautiful summer with picnics on the balcony or in the garden - in this book you will find savoury ideas for any season.

Annemarie Wildeisen: Journalist, cooking instructor, and housewife. She is editor-in-chief of the cooking magazine »Kochen« and runs a private cooking school in Bern. 18 of her books are currently available at AT Verlag. Many of her cookbooks have become bestsellers.

Photos: Jules Moser



Annemarie Wildeisen

Together at the table

Treating family and friends to vegetarian delights.
130 recipes and menu suggestions

978-3-03902-137-6

44.00 EUR

Cover: Hardcover

Extent: 336 pages

Format: 23 cm x 27.5 cm

143 colour photos, 29 b/w wphotos; word count:
62,500

Available: 20/09/2021

Rights sold: All rights available

Awards for this book



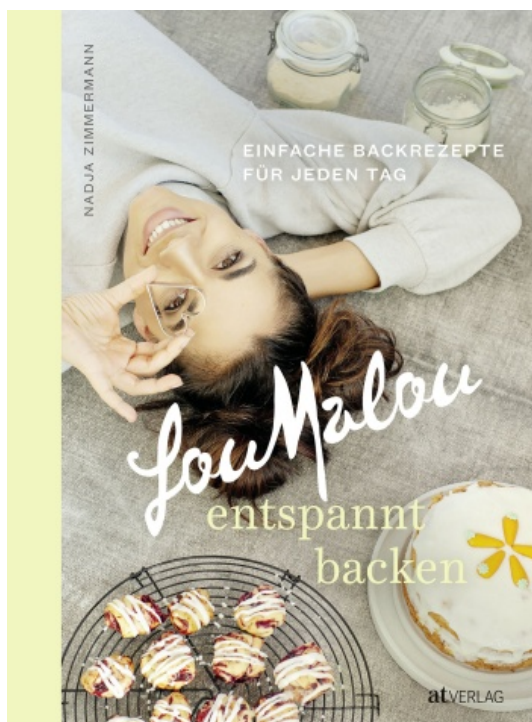
- **Annemarie Wildeisen's great vegetarian cookbook**
- **130 recipes for sharing delightful moments**
- **With tips on menu planning and preparation**

Are you expecting guests who shun meat? Or are you a vegetarian or flexitarian yourself? A creative idea and a handful of ingredients that you can find at any market or supermarket around the corner is all it takes to prepare multiple vegetarian courses.

Annemarie Wildeisen presents her long-awaited favourite vegetarian classics and novelties. Her recipes prove that vegetarian dishes are not only an enrichment of our everyday cooking. They can also amaze fans of fine dining. Be it quick after-work meals for the family or multiple courses for festive occasions with friends – nobody will miss meat with these recipes. They are easy to prepare and can be wonderfully matched and mixed into smaller or larger scale multicourse meals. Countless new delicious and colourful variations are possible.

Annemarie Wildeisen: Journalist, cooking instructor, and housewife. She is editor-in-chief of the cooking magazine »Kochen« and runs a private cooking school in Bern. 18 of her books are currently available at AT Verlag. Many of her cookbooks have become bestsellers.

Photos: Jules Moser



Nadja Zimmermann

LouMalou – Relaxed Baking

Simple baking recipes for every day

978-3-03902-216-8

32.00 EUR

Cover: Hardcover

Extent: 152 pages

Format: 19 cm x 26 cm

112 colour photos, ribbon, word count: 12,717

Available: 11/09/2023

Rights sold: All rights available

- **Baking for everyone – from singles to big families**
- **Recipes with less sugar and many healthy ingredients**
- **Featuring Vegan alternatives**

The joy of baking!

A baking book with laid back and uncomplicated recipes that are so easy to prepare, you will not have to sweat or freak out in the kitchen.

Nadja Zimmermann aka LouMalou, known since her days as a radio and television host, is now a renowned author and immensely successful blogger. Being a busy mother of two she knows all the tricks: she bakes snacks for on the go, pastries for breakfast, treats to enjoy on a break, but also more lavish, very popular cakes. From muffins and almond sticks, vanilla pastries and traybakes to cheesecake and no-bake recipes, she has everything you need to make young and old happy.

A chapter with speed recipes offers help if you are very much in a hurry. Vegan baking alternatives as well as recipes with an extra high number of healthy ingredients and less sugar allow for carefree pleasure.

Nadja Zimmermann: Former host and TV producer, now author of seven books, six of them cookbooks. She operates the successful food and lifestyle platform LouMalou.ch where she is passionately dedicated to easy-going everyday cuisine.

Photos: Adrian Portmann, Nadja Zimmermann



Nadja Zimmermann

LouMalou – Relaxed cooking

100 Simple Recipes for Every Day

978-3-03800-055-6

36.00 EUR

Cover: Hardcover

Extent: 224 pages

Format: 19 cm x 26 cm

125 colour photos, word count: 26,338

Available: 28/01/2019

Rights sold: All rights available

Awards for this book



- **TV personality Nadja Zimmermann can do the trick: minimal effort for maximum result**
- **How to create healthy quality dishes even if you can spare little time for cooking**
- **LouMalou's family cuisine for any occasion. 100 recipes for everyday use that suit super-busy parents**

Busy, hard-working, and multitasking parents rarely can afford leisurely spent hours in the kitchen. Nadja Zimmermann, well-known for her former role as radio and television host, publisher of a successful food blog, and herself a super-busy mother of two, offers relief through this book. 100 everyday recipes for situations we all know just too well: you are running late or do not feel like cooking at all, feel the need to urgently strengthen your immune system, or decide to cook more vegetarian food. The kids demand child-friendly dishes, while you are supposed to contribute with something homemade for the odd school event or barbecue with friends. The chapters focus on 10 real life situations of this kind and offer matching, uncomplicated recipes. True to the leitmotif of this book: minimal effort, maximum result. Simple, easy and healthy.

Nadja Zimmermann: Previously a Swiss radio host and TV producer. Author of four cookbooks. She operates the successful food and lifestyle platform LouMalou.ch where she is passionately devoted to the topic of stress-free cooking.

Photos: Adrian Portmann



Nadja Zimmermann

LouMalou – Relaxed Vegetarian Cooking

More than 80 simple and quick recipes for every day

978-3-03902-107-9

36.00 EUR

Cover: Hardcover

Extent: 232 pages

Format: 19 cm x 26 cm

110 colour photos; word count: 20,231

Available: 16/08/2021

Rights sold: All rights available

Awards for this book



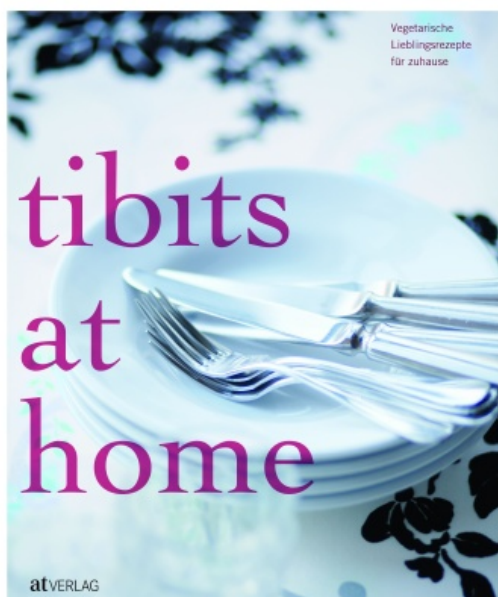
- **More than 90 quick vegetarian recipes**
- **Kitchen chores as me time, with music and culinary output**
- **Everyday meals by the popular blogger and author**

After a super busy workday, you do not feel at all like cooking dinner. Right. But what if cooking turns into a form of relaxation: with a little bit of planning, good music, and uncomplicated recipe ideas you can get through the week laid-back and without pressure. Nadja Zimmermann presents simple, quick, and meatless recipes for every day, spiced up with some music. Light pasta dishes, healthy and colourful salads, super quick soups, mix and match snacks, as well as numerous recipes for the oven that you can prepare in advance the evening before. For all those who cannot afford the time to do lavish cooking. And for those who want to get into the after-work mood with the help of easy-going cooking and food. Shop smart. Buzz around in the kitchen. Music on. Let's get started!

With LouMalou's personal playlist

Nadja Zimmermann: Previously a Swiss radio host and TV producer. Author of four cookbooks. She operates the successful food and lifestyle platform LouMalou.ch where she is passionately devoted to the topic of stress-free cooking.

Photos: Adrian Porter



tibits at home

978-3-03800-566-7
37.00 EUR

Cover: Hardback with jacket
Extent: 144 pages
Format: 21 cm x 25 cm
140 colour photos, 2 ribbon page markers
Subject areas: vegetarian recipes, healthy food
Available: 29/11/2010
Rights sold: All rights available

- **Vegetarian favourites to cook at home**
- **50 easy-to-cook vegetarian recipes - the very best from tibits' menu**
- **The first cookery book from the successful vegetarian restaurant chain**

Natalie Portman and Stella McCartney do it, Marc Forster, Nadine Strittmatter and Richard Gere as well. Eating vegetarian is trendy. And so are we. Cooking without meat is not an act of abstinence, it is just the opposite: it can be a luscious, savoury and genuinely culinary delight, as proved by the success story of the family enterprise »tibits«. In its four Swiss and one London-based restaurants, »tibits« offers the finest delicacies, both uncomplicated and vegetarian. For the first time ever this book presents 50 of the most popular recipes. Simply a must-have for lovers of savoury vegetarian cuisine.

»Vegetarian food on the highest level – from the stunning lentil salad to most delightful desserts.«
– NZZ, Neue Zürcher Zeitung

»I do love my Bratwurst, yet I cannot resist the food at 'tibits'. Creative recipes, easy to cook at home.« – Nik Hartmann, well-known Swiss TV and radio host

Topic

Experiencing



Helena Arendt

Plant-Based Paint Workshop

How to Prepare and Use Natural Paints

978-3-03800-407-3

33.00 EUR

Cover: Hardcover

Extent: 176 pages

Format: 21 cm x 22 cm

300 photos

Subject areas: handicrafts, natural paint, pedagogy

Available: 25/02/2009

Rights sold: All rights available

- **The first book ever on »plant-based paints«**
- **An overview on the development and relevance of paints especially in the Middle Ages**
- **Useful information and a number of recipes for preparing paints**

Plant-based paint goes back to ancient traditions. This book takes us on an expedition to the amazingly colourful world of natural and plant-based dyes and provides a detailed and practical description of how to prepare paint out of these. Unlike synthetic paint, natural paint has a matchlessly sensual and lively effect. Plant-based paints differ in particular due to their unique structure and composition. It is true that they have only limited durability, however they amaze us with their inimitable colour shades.

Comprehensive, richly illustrated, offering relevant background information and practical tips. A book for anyone interested in natural paint, suitable for schools, hobby painters and artists.

Helena Arendt: Studied art and art pedagogy, works as art pedagogue, since 1992 freelance artist focusing on painting with natural paints and plastic using the smoking technique. Since 1998 intensified work with plant paints, workshops and lectures on the subject in Germany and South Africa. Subject specialist. Contributions to professional books, numerous exhibitions.



Katharina Auerswald

From Perfect Chaos to Creative Tidiness

Recipes for a tidy home

978-3-03902-135-2

29.00 EUR

Cover: Hardcover

Extent: 304 pages

Format: 13.5 cm x 21 cm

8 illustrations; word count: 15,304

Available: 20/09/2021

Rights sold: All rights available

- A humorous cleanup coach
- Recipes for an inspiring and unique home
- Find your own strategy—dare to make profound changes

Junk and disarray are just as depressing as meticulous order and pedantic tidiness. How can we create a lively home that allows us to breathe and unfold? In this book, Katharina Auerswald shows us what to do. She developed and tested her recipes for creative tidiness during her many years as a cleanup coach. They help you right where you get stuck – on a general level but also with very concrete issues, like an ever-growing »dump« in the corridor. She gives the most practical answers to questions such as: How to prepare for decluttering? What to keep, what to dispose of? What if the others are reluctant to join in the effort, or worse, we cannot even bring ourselves to get started? Through a number of practical examples, thoughts on minimalism and sustainability, as well as a witty sense of humour she inspires and encourages us to let go and find our very own tidiness.

Katharina Auerswald: Freelance consultant focusing on office arrangement, cleanup coach. Various appearances on Bavarian television. Regular publications in professional journals. Teaches in seminars and lectures.

Illustrations: Iris Weidmann



Vanessa Blank

Free and Wild

Nature Experience and Bushcraft – Practical Guidelines for Your Adventures

978-3-03902-061-4

26.00 EUR

Cover: Hardcover

Extent: 208 pages

Format: 19.2 cm x 24.5 cm

372 colour photos, word count: 48,131

Available: 22/02/2021

Rights sold: All rights available

- **Adventures right outside our doorstep**
- **Outdoor experiences with the female star of the German bushcraft scene**
- **Practical knowledge from the renowned survival coach**

You do not need a wooden cabin far from civilisation to enjoy some time out in the forest. You can embark on adventures in nature right here and now, outside your doorstep. Those who say that there is no wilderness in Germany are thoroughly mistaken. If you are susceptible to it, you will find true treasures of nature around the corner. Pack your knapsack, immerse yourself into the forest, set up camp, cook something nice, and spend the night all by yourself. It is possible! But how? This book is a guide for anyone eager to explore nature on their own. It offers sound practical advice by famous survival coach Vanessa Blank on bushcraft, survival strategies, outdoor life in wild nature, equipment, possible dangers, natural medicine, wild cuisine, legal considerations, and much more. Off you go to the wilderness!

Vanessa Blank: Trained childcare worker and mother of three children. She publishes her outdoor adventures on YouTube with great success and has worked as a freelance survival coach for two years. She proves that outdoor activities are not just a man's thing.



Ruth Cortinas

Flower Rain and Leaf Dance

Delicate and Playful – Jewellery, Design Objects, and Paper Art Made from Natural Materials

978-3-03800-051-8

28.00 EUR

Cover: Hardcover

Extent: 144 pages

Format: 18.9 cm x 24.5 cm

85 colour photos, 48 illustrations, word count: 9,336

Available: 25/02/2019

Rights sold: All rights available

- Delicate jewellery, design objects and paper art
- How to turn natural materials into elegant treasures
- Detailed instructions and basic techniques

Nature is rich in hidden treasures: the nibbled on leaf on the bush, the wondrous seed capsule on the ground, the graceful poppy by the side of the road...

Unique natural materials play the leading role in this book, they undergo a fascinating transformation and become charming objects that deserve to be in the spotlight. Combined with origami paper or decorated with gold highlights they turn into astonishing jewellery, delicate little objects of art, and heart-warming gifts. The fragile little objects are stylish, playful, and elegant, and nothing like the rustic fir cone decorations of childhood days. Embossed gift-wrapping paper or fragile mobiles, delicate earrings or floral door curtains. With detailed instructions for each project and guidelines on the most common techniques for gold coating, origami, as well as for flower and leaf collection and pressing. A declaration of love to the beauty of small things and the abundance of nature.

Ruth Cortinas: Born in Monterrey, Mexico, since 2014 freelance illustrator. She draws for children's books and teaching materials, as well as for various magazines. Courses and workshops on creative design for children and adults.



Doris Fischer

Fibre Workshop

Traditional textile techniques with natural materials

978-3-03902-188-8

38.00 EUR

Cover: Hardcover

Extent: 304 pages

Format: 19.2 cm x 24.5 cm

382 colour photos, 6 b/w photos, word count:
63,328

Available: 24/04/2023

Rights sold: All rights available

- **For the first time ever: the most significant heritage textile techniques neatly explained**
- **Working with sustainable, long-lasting materials**
- **Easy to implement instructions, useful outcomes**

Experiencing the history of crafts, discovering cultural heritage!

Textiles »touch« us all. To manufacture and embellish them, appropriate crafting techniques such as twining, nalbinding, braiding, or tablet weaving were developed very early on. This historically reliable text- and workbook presents forgotten and rediscovered textile techniques from as far back as the Stone Age up until the 19th century from all over Europe, all of which are part of today's immaterial cultural heritage. The fascinating history of textile crafts encourages us to give it a try. There is a multitude of possibilities: preparing fibre and spinning yarn, twisting cord, making ribbons and braids, manufacturing and refining various fabrics. Introductions to different techniques are followed by detailed guidelines and creative ideas for projects, complemented by practical tips. Manufacture your own straw ropes, silk cords, ribbon belts, wool cuffs, or gloves made from simple, natural materials, using these ancient techniques. No expertise, special materials, or specific tools are required.

Doris Fischer: Archaeological excavation technician, author of workbooks, and workshop facilitator. Engaged in museum and environmental education, focus on historical crafting techniques and traditional plant usage.



Doris Fischer

Braid, Dye, Carve

Handicraft and Bushcraft with Forest and Meadow Plants

978-3-03800-955-9

33.00 EUR

Cover: Hardcover

Extent: 256 pages

Format: 19.2 cm x 24.5 cm

482 colour photos

Available: 28/08/2017

Rights sold: FR

- **Traditional crafts rediscovered**
- **Ancient handicraft techniques from the Middle Ages**
- **Working with wood, pith, bast, bark, resin, leaves, roots, and fruit. From maple to willow, from cane to cow parsley**

Ordinary plants found in towns, forests and on meadows are often ideal for dyeing, fabrics, and braiding and make excellent material for creative crafting and playing: charcoal, ink or torch, egg whisk or basket, even toys and simple musical instruments can be crafted this way. 30 short plant portraits explain their most important characteristics as well as their traditional and current use. Inspired by ancient crafting techniques, customs, and historical records, the author presents more than 200 simple instructions on how to create a vast number of practical, useful, and decorative objects. Apart from well known materials such as straws and willow rods some already forgotten ones like cane pith or lime bast are rediscovered. A treasure chest and inspiration for anyone interested in plants and passionate about outdoor and bushcraft fun, be it adults or children.

Doris Fischer: Archaeological excavation technician and author of three workbooks on medieval topics. She is devoted to the study of ancient crafting techniques and traditional plant usage, active in environmental education, and runs workshops on wool dyeing and spinning.



Mechtilde Frintrup

The Nettle Book

The Magical Food, Healing, and Fibre Plant.
Featuring Recipes and Practical Guidelines

978-3-03902-062-1

29.00 EUR

Cover: Hardcover

Extent: 192 pages

Format: 19.2 cm x 24.5 cm

260 colour photos and illustrations, word count
34,149

Available: 31/08/2020

Rights sold: All rights available

Awards for this book



- Recipes for health, kitchen, and garden
- Detailed guidelines on fibre manufacturing and creative ideas
- The nettle as protagonist in myths, folk tales, and rites

A Comprehensive Portrait of the Nettle

The nettle is used for healing and as food – in the past mostly during times of need, today even in fine dining – but also in gardening and pet care. Legends, magic spells, and ritualistic uses render ample proof of its importance in many cultures. Moreover, the author describes how to extract the fibres and use them as cords, for spinning and knotless knitting to manufacture handcrafted clothes, shoes, bags, and various other items. Uncomplicated instructions invite us to become creative and rediscover the nettle, a plant that grows everywhere around us. With the help of text, photos, and illustrations we get a thorough understanding of this ancient plant and its unique character.

Mechtilde Frintrup: Typographer, graphic designer, healing plant practitioner, and freelance (nature) artist. Offers courses, among others, on nettle fibre extraction.



Taro Gehrmann

Fire Starting

Tinder, Timber, Kindling Techniques, Fire Types

978-3-03800-978-8

27.00 EUR

Cover: Hardcover

Extent: 160 pages

Format: 19.2 cm x 24.5 cm

426 colour photos

Available: 22/02/2018

Rights sold: FR

- All you need to know about tinder, timber, kindling techniques, and fire types
- Ancient fire techniques without kindling help
- Various practical tips and tricks including all the necessary safety information

Humans have always been fascinated by fire. It offers light and warmth, serves to prepare food, provides shelter and protection, and plays an important role in rituals. Dominating fire was essential for survival and indispensable for numerous achievements and techniques of civilisation. So what do we need to start our own fire? How to properly prepare the fireplace? What type of fire is best for cooking, for fast heating, or to give light? What types of timber and fuel does nature have in store for us, and how to make our own tinder? How can we start a fire through friction, and which domestic tree types are suitable for this purpose? This comprehensive, practical, and wonderfully illustrated book explains all you need to know about fire making, presenting ancient as well as modern techniques and methods plus a number of useful tips and tricks along with all the necessary safety measures.

Taro (Ulf) Gehrmann: Gathered experience from bushcraft and on hiking tours in Northern Thailand, Sumatra, Australia, and New Zealand. Sought-after wilderness survival coach who shares his knowledge on ancient fire techniques, building emergency shelters, outdoor improvisation, and how to act in emergency situations in wild nature.



Annette Gröbly, Andrea Syz

Creative Kids

55 ideas for freestyle crafting

978-3-03902-183-3

27.00 EUR

Cover: Hardcover

Extent: 160 pages

Format: 19.5 cm x 24 cm

150 colour photos and illustrations

Available: 07/11/2022

Rights sold: All rights available

- **Incentives for limitless creativity**
- **Featuring 55 arts and crafts ideas**
- **Useful DIY tips**

Creativity starts in childhood!

Creativity is the key to personal growth, to boosting social and professional competencies. The ability to think creatively helps us cope with the challenges of everyday life. School education allows very little time to foster creativity that is not performance-focused. »Creative kids« shows parents, grandparents, and other caregivers how to playfully stimulate the creativity of children during their free time. All children inherently enjoy exploring, experimenting, and tinkering. By freely experimenting with a variety of materials children can benefit from a number of new experiences and make logical connections. Creative crafting opens the door to unleash their rich imagination and brings innumerable moments of joy. The book presents the six pillars that nurture uninhibited creativity as well as 55 practical examples that motivate young and old alike to start experimenting and become inventive.

Annette Gröbly: Founder of KILUDO, a Swiss creative magazine for children.

Andrea Syz: Preschool teacher as well as painting and art therapist at her own art studio.



Felix Immler

Outdoor Life with a Pocket Knife

63 Bushcraft Projects for Forest Camps and Life on the Road

978-3-03800-851-4

24.90 EUR

Cover: Hardcover

Extent: 208 pages

Format: 19.2 cm x 24.5 cm

695 colour photos, word count: 25,599

Subject areas: pocket knife, workshop

Available: 24/04/2015

Rights sold: FR, UK

- Building a wilderness camp with nothing but a pocket knife
- 63 new ideas for outdoor adventures
- Forest adventures on your doorstep

Following his highly successful first book, pocket knife expert Felix Immler's second book reveals how we can build a comfortable camp in the wilderness using nothing more than a pocket knife: Simple natural materials are used for making a waterproof roof, a chair, a bed, a table, a fridge, and an oven, as well as for carving spoons, knives, and bowls. A tasty chicken is grilled on a self-made, water-driven skewer. The book is full of ideas for exciting and thrilling activities right on our doorstep, for both children and teens.

Felix Immler: Born 1974, trained mechanic, social worker, and nature educator, now working full-time for Victorinox as pocket knife pedagogue. On his YouTube channel »Taschenmesserbuch« (Pocket Knife Book) he regularly posts pocket knife and bushcraft videos. He is father of three children.

Photos: Matthew Worden



Felix Immler

Crafting with Pocket Knives

26 Carving Instructions from Chime Bar to Sailing Boat

978-3-03800-665-7

26.90 EUR

Cover: Hardcover

Extent: 198 pages

Format: 19.2 cm x 24.5 cm

650 colour photos

Subject areas: crafting with children, crafting in nature

Available: 30/04/2012

Rights sold: FR

- **Plenty of exciting handicraft ideas, from flute to catapult**
- **Learn how to safely use a pocket knife**
- **Detailed step-by-step instructions**

Pocket knives put a spell on many people, especially youths. This book strives to enable parents, pedagogues and teachers to assist children with the proper use of pocket knives, setting a sensible and secure framework of activities. Through illustrated step-by-step instructions, the book presents 26 handicraft projects of multiple difficulty levels, yet each easy to carry out – flying objects, simple musical instruments, boats, wind wheels, catapults and blowtubes. All of these can be made using nothing but a pocket knife and wood saw. The book also covers basics such as safety rules, techniques how to use the most important tools as well as instructions how to appropriately clean pocket knives. A so-called »pocket knife exam« suitable for youth groups will show whether the children fully familiarized themselves with the basic techniques. This book was written in cooperation with Victorinox, the leading manufacturer of Swiss pocket knives.

Felix Immler: Born 1974, trained mechanic, social worker, and nature educator, now working full-time for Victorinox as pocket knife pedagogue. On his YouTube channel »Taschenmesserbuch« (Pocket Knife Book) he regularly posts pocket knife and bushcraft videos. He is father of three children.



Felix Immler

Outdoor Life with a Pocket Knife

A Compact Take-Along Handbook

978-3-03800-981-8

13.00 EUR

Cover: Paperback with flaps

Extent: 128 pages

Format: 13 cm x 19 cm

290 colour photos

Available: 29/01/2018

Rights sold: All rights available

- **How to set up a wilderness camp using one tool only: a pocket knife**
- **Various new ideas for outdoor adventures**
- **100,000 sold pocket knife books by Felix Immler**

With no less than 100,000 sold copies the books by pocket knife expert Felix Immler are really successful long sellers. In this little guide he shows us how to set up a comfortable wilderness camp with the help of only one pocket knife equipped with a saw. You can carve a chair, table and bench, spoons, knives, forks, and bowls or weave a plate simply from natural materials. And roast chicken with the help of a water-driven grill-spit. Plenty of practical ideas for exciting outdoor activities that will fascinate young and old.

Felix Immler: Born 1974, trained mechanic, social worker, and nature educator, now working full-time for Victorinox as pocket knife pedagogue. On his YouTube channel »Taschenmesserbuch« (Pocket Knife Book) he regularly posts pocket knife and bushcraft videos. He is father of three children.

Photos: Matthew Worden



Felix Immler

Carve it Yourself

The Latest Pet Projects Using a Pocket Knife

978-3-03800-980-1

25.00 EUR

Cover: Hardcover

Extent: 184 pages

Format: 19.2 cm x 24.5 cm

800 colour photos and illustrations, word count: 33,764

Available: 25/03/2019

Rights sold: USA

- **The latest book by the king of pocket knives, Felix Immler**
- **A pocket knife, natural wood, and a handful of household items. 30 new projects by the pocket knife expert**
- **30 new projects by the pocket knife expert. Including richly illustrated and detailed step-by-step instructions**

A simple pocket knife with a wood saw will enable you to make far more than just the usual arrow, hiking stick, or skewer. In his latest book, pocket knife expert and carving genius Felix Immler shows us how. He presents more than 30 new, innovative, and unique projects fascinating for young and old – many of them were developed and rendered pocket knife friendly over several months. Everything you need apart from a pocket knife can be found outdoors, in the household, or in the garbage can. And off you go crafting a balloon saxophone that sounds absolutely genuine, a crossbow that would have made William Tell proud, a parachute that can be shot up to the sky with an arrow, or a boat that happily chugs along the water. All projects and techniques have detailed instructions, explaining processes step by step with the help of about 800 photos and illustrations. In addition, the book presents basic techniques and mandatory safety rules.

Felix Immler: Born 1974, trained mechanic, social worker, and nature educator, now working full-time for Victorinox as pocket knife pedagogue. On his YouTube channel »Taschenmesserbuch« (Pocket Knife Book) he regularly posts pocket knife and bushcraft videos. He is father of three children.

Photos: Matthew Worden



Dieter Kaiser

The World of Plant Dyes

A colourful work and travel book about wool dyeing

978-3-03902-190-1

30.00 EUR

Cover: Hardcover

Extent: 224 pages

Format: 19.2 cm x 24.5 cm

271 colour photos, word count: 57.733

Available: 27/02/2023

Rights sold: All rights available

- The first comprehensive book on dyeing wool with plants
- Environmentally sustainable procedures
- Step by step guidelines for each plant

A universal, thousands-of-years old handcraft!

In this book, Dieter Kaiser gives a uniquely detailed and thorough illustration of the various techniques and methods for dyeing with plants, suitable for amateurs at home but also in support of a more successful professional outcome, for instance to ameliorate the life circumstances of people in developing countries. Plants can generate gorgeous colours while being 100% environmentally friendly. However only few of them are suitable to produce consistent results: with the help of meticulous basic recipes and detailed, well-illustrated step-by-step instructions the author shows us how to create an inexhaustible number of harmonizing colours using dyer's weed, indigo, catechu, wild madder, or cochineal.

Dieter Kaiser: Professional plant dyer for more than 40 years, working with wool and silk.

Together with his wife Christa Laiß he teaches techniques of natural dyeing in Germany and many other countries worldwide on behalf of various organisations. He holds courses and lectures on the topic of natural dyeing, and is also active in vocational training.

»For us as consumers, the perception of colours is a completely subconscious, self-evident act. The producers of consumer goods, however, are well aware of the power that colours have and how they can be used to seduce us. Colours are a fundamental component of how we perceive the world.«– Dieter Kaiser



Sonja Kägi

Creative Printing Techniques Workshop

978-3-03800-074-7

32.00 EUR

Cover: Hardcover

Extent: 176 pages

Format: 21 cm x 22 cm

more than 300 colour photos

Available: 18/12/2017

Rights sold: All rights available

- **Easy to use printing techniques**
- **Printing with or without press – a practical and creative workbook**
- **For beginners and experts, for kids, adults, and arts teachers**

Artistic print graphics can easily be created using simple everyday items, materials from your household or workshop, from the recycling bin or from nature, without etching and often not even using a printing press. This book provides a comprehensive overview of easy to use techniques. It shows us how to make our own tools and printing paints, and offers valuable tips and tricks. Simple instructions and plenty of helpful images make it easy for beginners to get started. Experienced printers will appreciate the variety of creative suggestions and the interesting alternatives to common printing techniques. A practical, creative workbook for beginners and experts, for kids, adults, and arts teachers.

Sonja Kägi: Studied at the College of (Applied) Arts in Zurich, artist and design pedagogue (IAC), owner of a studio since 1993. Numerous individual and group exhibitions.



Sonja Kägi

From Photo to Artwork

Printing, Painting, Crafting, Designing

978-3-03800-084-6

39.00 EUR

Cover: Hardcover

Extent: 224 pages

Format: 19 cm x 24.5 cm

300 colour photos, word count: 54,648

Available: 25/02/2019

Rights sold: All rights available

- **How to turn photographs into unique works of art**
- **Creative design and crafting with photos. Ideas and instructions for very special photo projects**
- **Experiments using a wide range of techniques**

Photos can be transformed into personal, unique works of art in various ways, using a number of techniques and materials such as brush, paint, and press. But what manual techniques can copy a photo on a canvas or as decoration on a piece of furniture? How can it be inserted into the composition of a painting, or serve as first print for lithography, gravure, or screen printing? This book offers plenty of ideas and suggestions for playful creations with photos, as well as for mixed media techniques, collage, and wax experiments. Some methods are uncomplicated, easy to try at home, and require only very basic resources. Others are more complex and call for specific materials and utensils, as well as a certain expertise. Wherever possible, the book provides alternatives for a simple homemade version. A practical crafting and creativity book for beginners and experts – and for all those who enjoy playful design projects with photographs.

Sonja Kägi: Studied at the College of (Applied) Arts in Zurich, artist and design pedagogue (IAC), owner of a studio since 1993. Numerous individual and group exhibitions.



Karoline Lawson

Berry, Leaf, Scissors

Crafting in the autumn forest

978-3-03902-218-2

29.00 EUR

Cover: Hardcover

Extent: 160 pages

Format: 20 cm x 27.5 cm

Numerous colour photos and illustrations, word count: 11,066

Available: 28/08/2023

Rights sold: All rights available

- For families, schools, and caregivers
- A perfect gift for anyone who spends time with children
- Featuring instructions that can be scanned, photocopied, or traced

Creative autumn and winter!

When rambling through the colourful autumn forest children always find extraordinary natural treasures. With Karoline Lawson's second book these treasures are put to good use: nuts, cones, leaves, and berries become personalized, joy-bringing works of art.

Lawson presents uncomplicated crafting tips for autumn and winter, and shows what tools and materials are required, and what to be mindful of with collection and storage. She provides patterns that children, parents, teachers, and caregivers can use many times over. From natural materials such as maple seeds and prickly chestnuts she creates leaf crowns, nut necklaces, and acorn deer.

Creative handcrafters will find wonderful inspirations in this lovingly illustrated book which will render forest walks even more unforgettable. For children from the age of 5.

Karoline Lawson: Fashion designer, founder, and manager of a creativity portal for crafting patterns and the Instagram channel »our wildhood«. The interplay of nature and design is her passion.



Karoline Lawson

Rock, Paper, Scissors

Crafting with treasures from nature

978-3-03902-164-2

28.00 EUR

Cover: Hardcover

Extent: 136 pages

Format: 20 cm x 27.5 cm

58 colour photos, illustrations, word count: 7,969

Available: 28/02/2022

Rights sold: KOR

- **Concise material indexes, virtually plastic free projects**
- **For families, children's birthday parties, kindergartens, and elementary schools**
- **Featuring a picking calendar and crafting guides**

Feather sail and spica tail – Crafting with treasures found in nature!

This one is a nose and that one is a ship: if you ever wandered through nature with children, you will know how versatile a root can be. This charmingly illustrated craft book focuses on the treasures found in nature. It invites anyone big or small to roam forests and meadows, fields and beaches to collect materials for future works of art. Back at home, thanks to the uncomplicated instructions of this book, you can start crafting, an activity that greatly benefits the development of children in various ways. Collecting, identifying, and storing natural materials helps them to perceive their natural surroundings more consciously. Threading, knotting, gluing, and cutting enhances their fine motor skills. Karoline Lawson shows us which tools and materials to use and what to be mindful of when gathering and storing raw materials. She provides templates that are easy to replicate or copy and hence can be used multiple times. The book helps to create design objects that will bring immense enduring joy. For children ages 3 to 10.

Karoline Lawson: Trained fashion designer, founder of a creativity site with crafting instructions and a popular Instagram platform for crafting ideas with natural materials as well as illustrations.



Sasa Noël

Hand Lettering

Inspirations and projects throughout the year

978-3-03800-063-1

28.00 EUR

Cover: Hardcover

Extent: 216 pages

Format: 18 cm x 24 cm

More than 100 colour photos

Available: 24/09/2018

Rights sold: All rights available

- A collection of ideas for hand lettering, for beginners and pros
- Creative suggestions all year round
- Surprisingly simple techniques with astounding results

Hand lettering is fun and so much easier than one would think. Hand lettering is a means to artfully decorate surfaces such as cloth, wood, ceramic, natural materials, and of course paper with little to no effort. Be it an individually labelled tea mug, printed cloth, or fashionably designed skateboard. Apart from a compact introduction to the basics of hand lettering, the book presents a variety of creative ideas for any occasion throughout the year. It offers various sources of inspiration for Christmas or Easter, birthdays or other festivities, for pictures, postcards, pillows, gift wrappers, or lovingly designed labels for jars of homemade jam. Using simple, clear, and, where necessary, step by step instructions, this repository of ideas for the whole family will help even lettering beginners to succeed. Including a complimentary exercise book.

Sasa Noël: Graphic designer, photographer, and stylist. Trained art and dance pedagogue. Numerous exhibitions with her own art projects. Mother of two children.



Mario Michael Rampitsch

Building an Ark

Construct your own self-sufficient tiny house

978-3-03902-141-3

22.00 EUR

Cover: Paperback

Extent: 200 pages

Format: 9.5 cm x 15.5 cm

116 colour photos, 17 b/w photos, 35 illustrations,
word count: 14,808

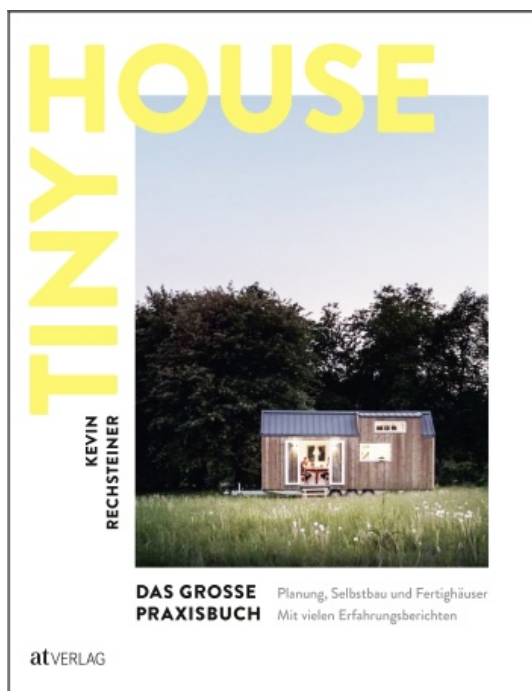
Available: 26/07/2021

Rights sold: All rights available

- **Building tiny houses: instructions and first-hand experience**
- **Your own tiny house for EUR 12,000**
- **Inspirations for an alternative lifestyle**

Do you dream of having your own little house, reduced to bare necessities and without maintenance costs? Your life becomes independent and close to nature, and if you feel like a change of scenery you take the privacy of your home with you. Mario Rampitsch has made this dream come true: for less than EUR 12,000 he built a resource preserving, mobile, and self-sufficient tiny house, an ark for himself and his family. The building process is thoroughly documented in this book. You will find sound responses to questions about planning, technical implementation, materials, tools, and site selection, with additional food for thought on alternative ways of life. Maybe your tiny house will only take shape in your mind. Or maybe you make it come true one day. Take this booklet with you on your journey, and it will inspire, give courage, and offer sound advice.

Mario Michael Rampitsch: Quit his job as managing director of a design and communications company to become a freelancer pursuing a path of responsible action and creation.



Kevin Rechsteiner

Tiny House - A comprehensive practical guide

Planning, do-it-yourself construction, and prefabricated houses. With numerous case studies

978-3-03902-050-8

39.00 EUR

Cover: Hardcover

Extent: 224 pages

Format: 19.5 cm x 25 cm

240 colour photos and illustrations, word count: 27,833

Available: 24/02/2020

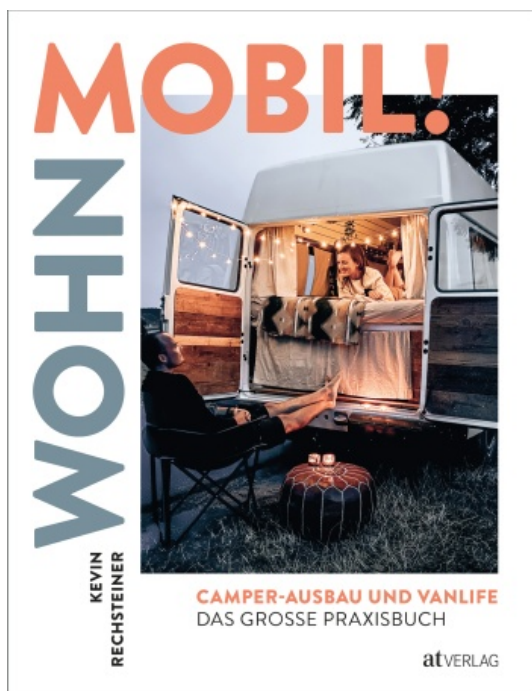
Rights sold: FR

- **Tiny House: The first comprehensive practical guide on a hot topic**
- **All you need to know, from the original idea to the assembled tiny house**
- **Inspirations and hands-on instructions. Experiences from Switzerland, Germany, and Austria**

The US hype around the tiny house movement has hit Europe as well. The cultural, legal, and geographical conditions for this type of living space differ significantly on the two continents. The author provides instructions and tips on how to build and maintain a tiny house in Central Europe and presents several different building projects. The informative texts are accompanied by reports and interviews with numerous tiny house owners as well as many beautiful images.

If you start thinking about tiny houses, you are bound to bump into the following questions: Where am I allowed to build such a house? Is it warm enough in winter? Is a solar installation sufficient for power supply? Where do I get water from, and how do I dispose of sewage water? When building or purchasing a tiny house, a number of aspects need to be considered that are not relevant for other types of houses. The author and expert who has built his own tiny house gives answers to all possible questions in this fabulous book, taking into account the different requirements and legal frameworks of Switzerland, Germany, and Austria.

Kevin Rechsteiner: Gave up his flat in 2016 and transformed a circus trailer into an apartment within a year. He has lived near Zurich since 2017 and shares his experiences in a blog.



Kevin Rechsteiner

Mobile Living!

Equipping camper vans and van life. The ultimate practical guide

978-3-03902-159-8

33.00 EUR

Cover: Hardcover

Extent: 192 pages

Format: 19.5 cm x 25 cm

213 colour photos, 8 illustrations; word count: 25,559

Available: 28/03/2022

Rights sold: All rights available

- How to equip your camper van DIY style and live in it
- Exciting tales of van life partisans
- Including a detailed practice guide on how to equip camper vans

Towards new horizons. At home on the road

Traveling the world free and light-hearted in your own little home on wheels is a dream that a growing number of people actually choose to live. In this book Kevin Rechsteiner describes how you can make it happen and spend time in the most beautiful spots, while feeling perfectly at home. He portrays people who spend a lot of time on the road in their camper vans as well as people who even gave up their permanent residence for the experience. Some of them fitted their camper vans entirely themselves. But he also presents tinkerers who will equip camper vans for others. In all, we get a lively account of the increasingly popular experience of life in a camper van also known as van life. In addition, the book offers practical guidelines on how to equip a camper van DIY style. Where to get electricity from? How to ensure you have well-functioning and safe gas and water installations or sufficient insulation for winter? Our camper van expert answers all relevant questions, often with the help of detailed illustrations. Embark on the adventure that is van life!

Kevin Rechsteiner: Transformed a circus trailer into his own tiny house. During the project he lived in his old VW van.



Gesa Sander, Julia Hoersch

KinderGarten

Plant Portraits, Recipes, Handicraft Projects, and Experiments – Also for Balcony Gardeners

978-3-03800-069-3

32.00 EUR

Cover: Hardcover

Extent: 184 pages

Format: 19 cm x 25 cm

157 colour photos and illustrations, word count: 20,764

Available: 25/02/2019

Rights sold: All rights available

Awards for this book



- How to make children discover the joy and fun of gardening
- Playful work activities in the garden, on the balcony, and on the window sill
- Including experiments, handicraft projects, and recipes

With loving attention to detail and beautiful photos, this book will make kids discover the joy and fun of gardening. It arouses their curiosity, makes them observe and wonder. Using thoroughly selected types of vegetable and fruit, herbs, and flowers, the book explains the life cycle of plants, their characteristics, and needs in a most entertaining and child-friendly way. It encourages kids to dig in the earth, sow and hack, multiply shoots, do dyeing experiments and handicrafts with natural materials, build a hotel for insects, and prepare delicious dishes from the fruits and vegetables they harvest with their own hands. You don't even need to have a garden, as most of the projects can be carried out with a flower pot on the balcony or the window sill. With a host of kids-friendly garden projects, creative ideas, as well as handicraft and DIY instructions this book helps young gardeners discover the exciting world of the garden.

Gesa Sander: Freelance illustrator and graphic designer in Hamburg. Her drawings are featured in books and magazines, on tableware and paper craft. Mother of two children.

Julia Hoersch: Freelance food and lifestyle photographer in Hamburg for renowned magazines and book publishers since 1991.



Sabine Simeoni

Wild Nature Crafting

Handicrafts, Plant Knowledge, and Wild Herb Cuisine with Children throughout the Seasons

978-3-03800-959-7

29.00 EUR

Cover: Hardcover

Extent: 160 pages

Format: 19.2 cm x 24.5 cm

208 colour photos

Available: 15/03/2017

Rights sold: All rights available

Awards for this book



- Handicrafts, plant knowledge, and wild herb cuisine for children
- Crafting aesthetic and practical items with children using natural materials
- Various practical guidelines for families, playgroups, and schools

Making syrup from the first blooming spring herbs and carving a pipe from young wood. Lighting a fire in the old way and preparing soup together. Cooking natural soap and felting with sheep's wool. Making primitive tools such as a stone knife or bow. Cooking a forest balm on the campfire for our green medicine chest. Chocolate bananas from the embers and stories by the campfire round off a fine day. Plenty of practical guidelines demonstrate how to meaningfully experience nature from very close while tracing the cycle of the changing seasons. With the help of very simple tools we can create beautiful and useful things from natural materials. Experiencing nature from a close range and learning about natural rhythms of life equips children with strength and focus, and helps them to reach their full potential. The ideal way to satisfy their longing for a true life experience by drawing from elementary values and allowing space for their very own intuitive character.

Sabine Simeoni: Forest and wilderness educationalist, nature coach and mentor, mother of three and grandmother. Together with her husband, she runs a nature and wilderness school in Upper Franconia, Bavaria.



Sabine Simeoni

Connected with Nature

Finding your own roots with the help of wild tools

978-3-03902-047-8

29.00 EUR

Cover: Hardcover

Extent: 176 pages

Format: 19.2 cm x 24.5 cm

200 colour photos, word count: 27, 412

Available: 30/03/2020

Rights sold: All rights available

Awards for this book



- **Tangible nature experience for everyday life**
- **Do-it-yourself toys, furniture, and cosmetics**
- **Useful, beautiful, and healing products made from natural materials**

If we experience nature with an open mind using all our senses, we can connect with it and draw from its abundant treasures. Materials offered to us by nature can be transformed into beautiful and useful objects, with only little preparation, low costs, and hardly any complicated technologies. The author presents materials such as various types of wood, wild plants, clay and stone, bone, horn, and feathers. Using ancient and modern techniques of craftsmanship, we can create simple furniture items, toys, musical instruments, tools, medicine, and cosmetics. Exercises enabling conscious nature perception allow us to connect with nature and closely experience its elementary effects. The profound understanding of nature expressed through handcraft activities in the projects presented enables us to create items which transpose nature into our everyday lives and are beneficial for our soul, spirit, and body.

Sabine Simeoni: Forest and wilderness educator, yoga instructor, and author, and is trained in traditional phytotherapy. Her vision is to strengthen people's individual abilities by emphatic guidance and deepen their relationship with nature in a sustainable way.



Violette Tanner, Laetizia Giannini-Studer

Kids' Workshop: Wild Plant Cuisine

Collecting, Cooking and Experiencing Nature With Children

978-3-03800-569-8

30.00 EUR

Cover: Hardcover

Extent: 200 pages

Format: 19.6 cm x 24.5 cm

150 colour photos

Subject areas: handicrafts with children, ecopedagogy

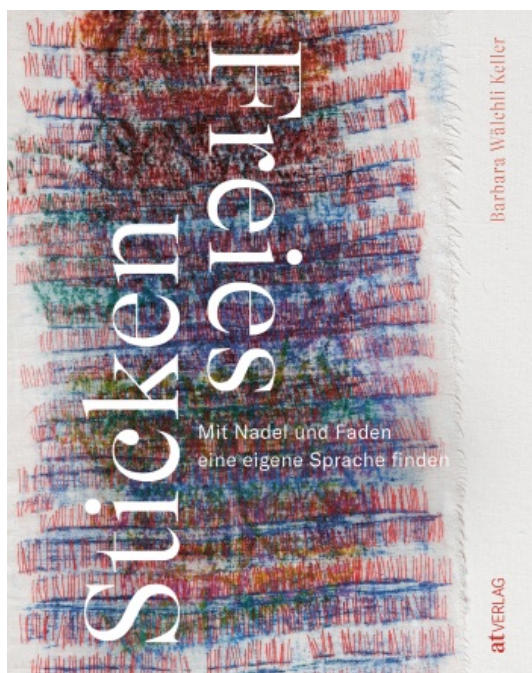
Available: 30/04/2013

Rights sold: All rights available

- **Cooking with kids in natural surroundings**
- **Getting acquainted with wild herbs and healing plants, Playful knowledge transfer**
- **Additional information for teachers and instructors**

The book presents twelve plant portraits spreading over the four seasons. Children get to know wild garlic, goutweed, dandelion, stinging nettle, daisy, ribwort, rose hip, elder, marigold, hazelnut, spruce and coltsfoot in a playful way while collecting, preparing and cooking them at the open fire. Alongside simple everyday recipes that kids love, the book also offers many suggestions on how to preserve wild herbs. It presents the traditional use of these herbs for seasonal celebrations such as Easter, summer solstice, Saint Nicholas and Christmas. A separate section provides details on particular botanical, naturopathic and also mythological characteristics of each plant. Useful hints on possible confusion with other plants and a collectors' guide allow for broader insights on the quality of the portrayed plants. The book is rounded off with songs, stories, fairy tales and handicraft instructions.

Violette Tanner: Born 1965, trained healing plant specialist, ecopedagogue, author and mother of three. Over the past 20 years she has focused specifically on domestic healing plants in folk medicine and wild herbs for kitchen use. She passes on her knowledge on domestic herb treasures in courses, herb walks, ecopedagogy seminars, lectures, newspaper op-eds and radio shows.



Barbara Wälchli Keller

Expressive Embroidery

Find your own voice with needle and thread

978-3-03902-212-0

29.00 EUR

Cover: Paperback with flaps

Extent: 144 pages

Format: 19.2 cm x 24.5 cm

Numerous colour photos, word count: 13,415

Available: 13/11/2023

Rights sold: All rights available

- **The one and only practical guide to expressive embroidery**
- **Develop and create your own themes**
- **For beginners and experienced embroiderers**

Painting with needle and thread!

Weaving makes warming cloth, knitting produces fluffy sweaters. And embroidery? It only serves one goal: to decorate and embellish. Ever since embroidered table and bedclothes largely disappeared from our households a new, exciting field has opened up: expressive embroidery.

This creative mode of expression has little in common with embroidering based on patterns, templates, or models. Embroidery can use different threads and a vast combination of stitches that offer endless creative possibilities. You can stitch practically anything!

This practical guide explains the most important types of stitches and raises the reader's awareness for the interplay of threads and colours, of materials and textures. The book is a »little school of creativity« that enables you to develop and craft your own ideas and themes.

Barbara Wälchli Keller: Offers creativity and embroidery workshops in her own textile studio in Central Switzerland as well as abroad. Author of books and teaching materials on fabrics.

Topic

The Natural World



Helena Arendt

Plant-Based Paint Workshop

How to Prepare and Use Natural Paints

978-3-03800-407-3

33.00 EUR

Cover: Hardcover

Extent: 176 pages

Format: 21 cm x 22 cm

300 photos

Subject areas: handicrafts, natural paint, pedagogy

Available: 25/02/2009

Rights sold: All rights available

- **The first book ever on »plant-based paints«**
- **An overview on the development and relevance of paints especially in the Middle Ages**
- **Useful information and a number of recipes for preparing paints**

Plant-based paint goes back to ancient traditions. This book takes us on an expedition to the amazingly colourful world of natural and plant-based dyes and provides a detailed and practical description of how to prepare paint out of these. Unlike synthetic paint, natural paint has a matchlessly sensual and lively effect. Plant-based paints differ in particular due to their unique structure and composition. It is true that they have only limited durability, however they amaze us with their inimitable colour shades.

Comprehensive, richly illustrated, offering relevant background information and practical tips. A book for anyone interested in natural paint, suitable for schools, hobby painters and artists.

Helena Arendt: Studied art and art pedagogy, works as art pedagogue, since 1992 freelance artist focusing on painting with natural paints and plastic using the smoking technique. Since 1998 intensified work with plant paints, workshops and lectures on the subject in Germany and South Africa. Subject specialist. Contributions to professional books, numerous exhibitions.



Martin Arnold, Urs Fitze

Wilderness Switzerland

Hiking in the most beautiful and untamed regions

978-3-03902-204-5

33.00 EUR

Cover: Paperback with flaps

Extent: 224 pages

Format: 14.5 cm x 22 cm

181 colour photos, 31 maps

Available: 24/04/2023

Rights sold: All rights available

- **Wilderness at our doorstep and in the mountains**
- **30 hikes along impressive nature reserves**
- **Including practical information and maps**

Switzerland is wilder than one might think. You can encounter untouched wilderness not only in remote mountain areas but sometimes practically at your doorstep, in the smaller and bigger nature reserves of the midlands or at the foothills of the Alps.

Martin Arnold and Urs Fitze present 30 fascinating wilderness regions all over the country, each of them with their own unique history: from the enchanted Doubs and Belpau with its beavers to the ice desert of the Aletsch glacier and the multicoloured shimmer of the Stelsersee to the forest reservations in the Onsernone Valley. Apart from numerous deserted nature reserves in the mountains we can also discover smaller, generally less known locations in our close vicinity.

A hiking guide that shows us hidden gems worth protecting. Including access to digital hiking maps and GPS coordinates.

Martin Arnold: Freelance journalist, publisher, and author. He writes for newspapers, magazines, and various information platforms.

Urs Fitze: Freelance journalist and author.



Rudi Beiser

Forgotten Medicinal Plants

Botany, Folk Medicine, Utilisation

978-3-03800-888-0

36.00 EUR

Cover: Hardcover

Extent: 240 pages

Format: 15.5 cm x 22 cm

139 colour photos

Available: 19/09/2016

Rights sold: All rights available

- **Rediscovering forgotten medicinal plants**
- **A treasure from the past: folk magic and folk medicine**
- **Scientific facts confirm experience-based medicine**

An adventurous expedition to discover domestic wild plants at our doorstep that have completely disappeared from modern phytomedicine, while they used to play a significant role a long way back, in medieval healing practices. The book portrays about 25 selected ancient medicinal plants, such as purple loosestrife, prunella, ajuga, or avens. Next to traditional healing practices, the book also focuses on modern scientific approaches. Bioactive plant substances along with a number of recent studies reconfirm the amazing effectiveness of our ancestors' experience-based medicine. The book emphasizes how healthy and valuable these plants are for human nutrition, and highlights their widespread use as food plants in ancient times. Practical tips and recipes complement every plant description, inviting the reader to start collecting them and prepare effective remedies.

Rudi Beiser: has worked with wild herbs and healing plants for 40 years, ran his own herb manufactory La Luna producing high quality herbal teas for 20 years. Today, lecturer at various institutions and successful author.



Vanessa Blank

Free and Wild

Nature Experience and Bushcraft – Practical Guidelines for Your Adventures

978-3-03902-061-4

26.00 EUR

Cover: Hardcover

Extent: 208 pages

Format: 19.2 cm x 24.5 cm

372 colour photos, word count: 48,131

Available: 22/02/2021

Rights sold: All rights available

- **Adventures right outside our doorstep**
- **Outdoor experiences with the female star of the German bushcraft scene**
- **Practical knowledge from the renowned survival coach**

You do not need a wooden cabin far from civilisation to enjoy some time out in the forest. You can embark on adventures in nature right here and now, outside your doorstep. Those who say that there is no wilderness in Germany are thoroughly mistaken. If you are susceptible to it, you will find true treasures of nature around the corner. Pack your knapsack, immerse yourself into the forest, set up camp, cook something nice, and spend the night all by yourself. It is possible! But how? This book is a guide for anyone eager to explore nature on their own. It offers sound practical advice by famous survival coach Vanessa Blank on bushcraft, survival strategies, outdoor life in wild nature, equipment, possible dangers, natural medicine, wild cuisine, legal considerations, and much more. Off you go to the wilderness!

Vanessa Blank: Trained childcare worker and mother of three children. She publishes her outdoor adventures on YouTube with great success and has worked as a freelance survival coach for two years. She proves that outdoor activities are not just a man's thing.



Markus Bühler

Forest Images

With an essay by Peter Stamm

978-3-03902-193-2

39.00 EUR

Cover: Hardcover

Extent: 272 pages

Format: 19 cm x 25 cm

129 colour photos, word count: 4,257

Available: 28/08/2023

Rights sold: All rights available

- A photographic approach to the woods
- Forest realms from the Plains to the Alps
- With an essay by Peter Stamm

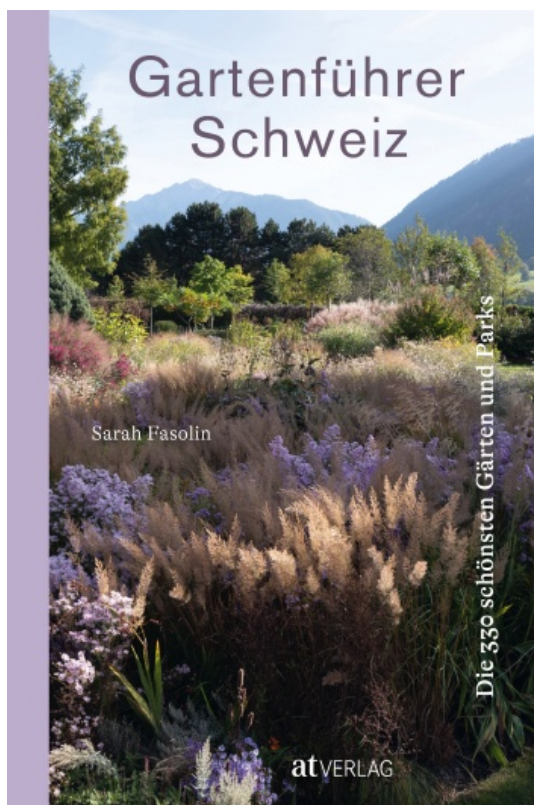
The forest is everywhere, the forest is wonderful!

Photographer Markus Bühler's work had repeatedly led him into various woods and forests. So he started capturing their soothing atmosphere and beauty with his camera, as well as all the small and big cycles of life that they harbour. Gradually the imagery of the forest pictures became more intense, and an idea for a project was born.

»The camera is able to document the powers of nature,« says Markus Bühler. »Every moment is irretrievable. This is topped by the calm and inner peace you feel in the woods. And by the long wait for the perfect light – sometimes wild and powerful, sometimes gentle and quiet – that will often come completely unexpected.«

This picture book presents the many faces of our woods: from intertwined mixed forests with deadwood and vines to prominent mountain forests with arollas and larches. The interplay of various plants creates wonderful backdrops and unique sceneries. A book that opens up the senses to the fascinating world of the forest.

Markus Bühler: Freelance photographer. Works for agencies, companies, and for newspapers and magazines such as NZZ, Zeit, Time Magazine, Stern, Geo. Regularly publishes books on photographic long-term projects.



Sarah Fasolin

Garden Guide Switzerland

The 330 most beautiful gardens and parks

978-3-03902-227-4

38.00 EUR

Cover: Paperback with flaps

Extent: 464 pages

Format: 14.5 cm x 22 cm

335 colour photos, 23 maps Word count: 112,829

Available: 25/03/2024

Rights sold: All rights available

- **Discover the 330 most beautiful gardens and parks of Switzerland**
- **Multifaceted garden culture that delights, inspires, and invites us to dream**
- **With practical tips to plan your visits**

Paradise gardens of the Earth!

Farm and monastery gardens that are several hundred years old, representative parks, extraordinary villas, and private gardens or gardens in the High Alps: Switzerland is a country of gardens. Its diverse garden culture should be experienced with all the senses.

This garden guide offers a comprehensive overview of the most attractive gardens and parks between Lake Constance and Lake Geneva, some famous, others practically unknown. It takes you to enchanting places and hidden gems of nature. Brief introductions explain regional garden cultures as well as botanical and design particularities of the gardens and parks and tell the story of their creation and ownership.

A section with practical tips provides useful information for visitors. Addresses, important dates, and festivals for garden lovers along with a comprehensive bibliography round off this competent and practical guide.

Sarah Fasolin: is a garden journalist, contemporary historian, and freelance biographer. She writes for various magazines, newspapers, online portals and holds lectures about gardens in Switzerland. She loves to spend her free time in her own garden near Bern.



Doris Fischer

Braid, Dye, Carve

Handicraft and Bushcraft with Forest and Meadow Plants

978-3-03800-955-9

33.00 EUR

Cover: Hardcover

Extent: 256 pages

Format: 19.2 cm x 24.5 cm

482 colour photos

Available: 28/08/2017

Rights sold: FR

- **Traditional crafts rediscovered**
- **Ancient handicraft techniques from the Middle Ages**
- **Working with wood, pith, bast, bark, resin, leaves, roots, and fruit. From maple to willow, from cane to cow parsley**

Ordinary plants found in towns, forests and on meadows are often ideal for dyeing, fabrics, and braiding and make excellent material for creative crafting and playing: charcoal, ink or torch, egg whisk or basket, even toys and simple musical instruments can be crafted this way. 30 short plant portraits explain their most important characteristics as well as their traditional and current use. Inspired by ancient crafting techniques, customs, and historical records, the author presents more than 200 simple instructions on how to create a vast number of practical, useful, and decorative objects. Apart from well known materials such as straws and willow rods some already forgotten ones like cane pith or lime bast are rediscovered. A treasure chest and inspiration for anyone interested in plants and passionate about outdoor and bushcraft fun, be it adults or children.

Doris Fischer: Archaeological excavation technician and author of three workbooks on medieval topics. She is devoted to the study of ancient crafting techniques and traditional plant usage, active in environmental education, and runs workshops on wool dyeing and spinning.



Susanne Fischer-Rizzi, Peter Ebenhoch

The Leaves of Trees

Healing Powers and Myths of Indigenous Trees

978-3-03800-343-4

36.00 EUR

Cover: Hardcover

Extent: 176 pages

Format: 21 cm x 28 cm

Subject areas: Phythomedicine, trees, leaves

Available: 27/04/2007

Rights sold: All rights available

- **Healing powers and myths of indigenous trees**
- **Since ancient times roots, resin, sprouts and leaves have been used to prepare valuable cures and potions**
- **Susanne Fischer-Rizzi presents a collection of ancient tales, legends, myths, songs and rites that have accompanied us for thousands of years**

The tree is one of the most ancient symbols of mankind. The symbol of the tree of life can be found in all cultures. Just as ancient is the knowledge about the healing powers of trees. Through all ages, people have prepared valuable medicine from roots, resin, sprouts and leaves. Susanne Fischer-Rizzi has collected ancient tales, legends, myths, songs and rites that have accompanied us throughout the ages of time and live on even today: the Christmas tree, the blessing of palm leaves on Palm Sunday, maypoles and roofing ceremonies. Drawing from long years of experience with plant healing she added to each tree a chapter on its healing effects, along with tried recipes for home-made teas, ointments, tinctures, compresses etc. These are complemented by recipes for delicious dishes and drinks such as maple ice cream, fir honey, blackthorn liqueur, elder cake or quince bread. The perceptively captured illustrations by Peter Ebenhoch underline the individual characteristics and personality of each tree. A rich and impressive book full of precious information. A must-have for tree lovers.

Susanne Fischer-Rizzi: Born 1952, naturopath, graduate of the renowned Josef Angerer School, and trained by various specialists of naturopathy in Europe and Asia, pioneer of aroma therapy and author of 13 books to date translated into various languages. Seminars and lectures. She also founded the ARVEN School of naturopathy, aroma therapy, and wilderness knowledge.

Peter Ebenhoch: Born 1953, training as graphic designer at the University of Applied Sciences, followed by arts studies at the Academy of Fine Arts in Munich. Since 1982 freelance painter, book illustrator and graphic designer. Together with 3 colleagues he runs a graphic studio called vierpunkt-Grafik Design gbR since 1992. Numerous art exhibitions in Germany and abroad. Lives

with his wife, the artist Sabeth Lichtblau, and their two sons on a farm in Allgäu in the south of Germany.



Susanne Fischer-Rizzi, Peter Ebenhoch

The Book of Incense

978-3-03800-429-5

39.00 EUR

Cover: Hardcover

Extent: 228 pages

Format: 21 cm x 28 cm

205 colour photos

Subject areas: Incense, smoking agents

Available: 28/11/2005

Rights sold: FR, IT

- The first comprehensive book on the art of burning incense
- Including detailed descriptions of each substance's history
- Featuring previously unpublished recipes for preparation at home

What was the secret of the precious incense mixtures the Egyptian priests used? What scents helped the seeress at the oracle of Delphi foretell the future? Which incenses are capable to intensify our dreams? The author presents the first comprehensive book on the art of burning incense using scents – from the Stone Age, the high cultures of Egypt, Mesopotamia and Greece to the roots of incense culture in the Far East and the rites of native Americans still in use today.

Burning incense is the act of slowly burning special resins and parts of plants on smoking coal. For thousands of years, the rising smoke was considered by many peoples to be a message to heaven. Including detailed descriptions of each smoking agent, its history and practical use today along with previously unpublished recipes for home use.

Susanne Fischer-Rizzi: Born 1952, naturopath, graduate of the renowned Josef Angerer School, and trained by various specialists of naturopathy in Europe and Asia, pioneer of aroma therapy and author of 13 books to date translated into various languages. Her teaching activities include seminars and lectures both within Germany and abroad. She also founded the ARVEN School of naturopathy, aroma therapy, and wilderness knowledge.

Peter Ebenhoch: Born 1953 in Oberstaufen in Allgäu, training as graphic designer at the University of Applied Sciences in Munich, followed by arts studies at the Academy of Fine Arts in Munich. Since 1982 freelance painter, book illustrator and graphic designer. Together with 3 colleagues he runs a graphic studio called vierpunkt-Grafik Design gbR since 1992. Numerous art exhibitions in Germany and abroad since 1982. Lives with his wife, the artist Sabeth Lichtblau, and their two sons on a farm in Allgäu in the south of Germany.



Susanne Fischer-Rizzi, Peter Ebenhoch

Heavenly Scents

The Great Book on Aromatherapy

978-3-03800-579-7

39.00 EUR

Cover: Hardcover

Extent: 166 pages

Format: 21 cm x 28 cm

200 colour pictures

Subject areas: Aromatherapy, essences, therapy

Available: 15/04/2011

Rights sold: IT

- **The book presents the various methods of application and gives in-depth descriptions of the most important essences**
- **Featuring details on botany, ingredients, their effects on body and soul**
- **A valuable therapeutic index helps with choosing the right essence**

This book is a classic in the field of aromatherapy and invites you on a journey to the realm of plant scents. The depicted essential oils have a holistic effect on body and soul alike and stimulate the powers of self-healing. The book shows the different modes of use and provides detailed descriptions of the most important essential oils including information on botany, ingredients and healing effects. It contains a number of tried recipes for wellness, body care and therapy. The author, who introduced aromatherapy in the German-speaking region, draws from her wealth of experience and shares her expertise in an easily understandable way for beginners as well as for professional use in the areas of body care and healing.

Susanne Fischer-Rizzi: Born 1952, naturopath, graduate of the renowned Josef Angerer School, and trained by various specialists of naturopathy in Europe and Asia, pioneer of aroma therapy and author of 13 books to date translated into various languages. Her teaching activities include seminars and lectures both within Germany and abroad. She also founded the ARVEN School of naturopathy, aroma therapy, and wilderness knowledge.

Peter Ebenhoch: Born 1953 in Oberstaufen in Allgäu, training as graphic designer at the University of Applied Sciences in Munich, followed by arts studies at the Academy of Fine Arts in Munich. Since 1982 freelance painter, book illustrator and graphic designer. Together with 3 colleagues he runs a graphic studio called vierpunkt-Grafik Design gbR since 1992. Numerous art exhibitions in Germany and abroad since 1982. Lives with his wife, the artist Sabeth Lichtblau, and their two sons on a farm in Allgäu in the south of Germany.



Susanne Fischer-Rizzi, Nomi Baumgartl

Bonding with Animals

The Mysterious Relationship Between Man And Animal

978-3-03800-916-0

40.00 EUR

Cover: Hardcover

Extent: 220 pages

Format: 21 cm x 28 cm

300 Photos

Available: 01/04/2016

Rights sold: All rights available

- **Towards a new bond between man and animal**
- **A journey to the fascinating and magic world of animals**
- **Mythology, scientific facts, and personal experience**

Animals can be our true companions, allies, and soul mates. As known from ancient tradition and increasingly recognized these days, animals have great healing powers for us humans. In this exceptional book complemented by striking photos, Susanne Fischer-Rizzi takes us on a journey to the animal world and through human history from prehistoric times to the current day. In the animal descriptions mythology, psychological archetypes, personal experiences, and biological knowledge interweave to shape astounding images of our European power and soul animals. A book that allows for a new healing bond to grow between man and animal.

Susanne Fischer-Rizzi: Born 1952, naturopath, graduate of the renowned Josef Angerer School, and trained by various specialists of naturopathy in Europe and Asia, pioneer of aroma therapy and author of 13 books to date translated into various languages. Her teaching activities include seminars and lectures both within Germany and abroad. She also founded the ARVEN School of naturopathy, aroma therapy, and wilderness knowledge.

Photos: Nomi Baumgartl



Susanne Fischer-Rizzi

The Great Book of Floral Waters

Care, Heal, and Stay Healthy with Hydrolates

978-3-03800-699-2

42.00 EUR

Cover: Hardcover

Extent: 400 pages

Format: 21 cm x 28 cm

188 colour photos

Subject areas: naturopathy, healing plants, aroma therapy

Available: 08/04/2014

Rights sold: CHN, IT

- Detailed portrays of 80 floral waters
- A number of practical suggestions from naturopathy; including do-it-yourself instructions
- The latest reference book by No. 1 plant expert and bestselling author Fischer-Rizzi

Floral waters, also called hydrolates, are – similar to essential oils – produced through steam distillation of healing plants. They are gentle yet highly effective and can be used in a variety of ways. In this first comprehensive German reference book on floral waters the author shares her vast knowledge accumulated over many years of plant distilling. Moreover she outlines the history of floral waters, all the way from ancient times to current scientific findings.

The book portrays 80 floral waters. A subtle presentation is dedicated to each plant, describing its very own characteristics. Numerous examples and recipes document the practical use of hydrolates not only for individual use but also in nursing care, health care, and social work. In addition, we find out about their practical use in cosmetics through a number of do-it-yourself recipes. A book of basics, stories, and instructions for amateurs and professionals alike. Including a collection and distillation calendar as well as a comprehensive index of indications. Richly illustrated with beautiful floral photos conveying the nature and strength of the plants.

Susanna Fischer-Rizzi: Born 1952, naturopath, graduate of the renowned Josef Angerer School, and trained by various specialists of naturopathy in Europe and Asia, pioneer of aroma therapy and author of 13 books to date translated into various languages. Her teaching activities include seminars and lectures both within Germany and abroad. She also founded the ARVEN School of naturopathy, aroma therapy, and wilderness knowledge.

Martina Weise: Devoted landscape and creative plant photographer. She conducts workshops and writes for several publishing houses.



Susanne Fischer-Rizzi

Trees of Hope

Trees and humans during climate change

978-3-03902-077-5

36.00 EUR

Cover: Hardcover

Extent: 320 pages

Format: 19.5 cm x 25.5 cm

115 colour photos, 9 illustrations

Available: 26/09/2022

Rights sold: All rights available

Awards for this book



- **Comprehensive portraits of the 20 most important climate trees**
- **Botany, ecology, history, and healing power**
- **Including cooking recipes**

Establish a new relationship with nature!

In the age of climate change people and trees are under heavy stress. What is it that connects the two in this particular situation? Can they try and overcome it together? In her latest book, a tour guide about new climate trees in the city, Susanne Fischer-Rizzi provides answers to these questions. Trees such as ginkgo, paulownia, and liquidambar that were originally classified as invasive in Western Europe, can endure the altered climatic conditions. On top of that, they help our psyche to regenerate and strengthen our immune system. Susanne Fischer-Rizzi combines the latest scientific findings with fascinating and magical stories. Eccentric recipes such as hackberry milk, black walnut cake, and mulberry omelette round off this amazing book. The renowned naturopathy expert presents a holistic view on climate change and the bond between nature and humans. Learn to see the trees that surround you with new eyes!

Susanne Fischer-Rizzi: Alternative practitioner, pioneer of aromatherapy and naturopathy, expert on permaculture and agroforestry. Author of 15 reference books translated into numerous languages. International teaching activity, as well as at her school ARVEN.

Photos: Gabriela Lagrange, Jonas Frei

Illustrations: Rosy Jungbluth



Steffen Guido Fleischhauer

Little Encyclopedia of Edible Wild Plants

Chart Featuring 1000 Plants, with 300 Colour Photos

978-3-03800-492-9

20.00 EUR

Cover: Paperback with flaps

Extent: 216 pages

Format: 13.5 cm x 21 cm

300 photos

Subject areas: edible wild plants, wild herbs

Available: 30/03/2010

Rights sold: All rights available

- **Vast and compact knowledge on 1000 edible wild plants**
- **Swift orientation thanks to graphic representation, charts and icons**
- **A precious pocket-size reference book with 300 plants on colour photos**

Today edible wild plants have been rediscovered and are immensely trendy. After his best-selling work »Edible wild plants« containing the 200 most important edible plant types and the reference work »Encyclopedia of edible wild plants«, Steffen Guido Fleischhauer now presents a reasonably-priced pocket encyclopedia. The book offers a concise and handy presentation of all relevant information on the 1000 most important edible wild plants of Central Europe. It comprises information on the traditional ways the different plant parts can be used, on times for collecting as well as general use of edible wild plants. Brief explanatory texts, use of icons as well as colour and graphic highlighting allow for quick orientation and easy consultation. The plants are in alphabetic order according to the most common German plant names, the index lists all botanical names and known name synonyms with corresponding page numbers. The 300 most prominent edible types are additionally captured on excellent colour photos.

Steffen Guido Fleischhauer: Graduate engineer in landscape architecture, College of Higher Education Weihenstephan. Lectures at universities and colleges in Germany, Austria, and Switzerland. Publisher of the »Wild Plant Magazine«.



Steffen Guido Fleischhauer, Roland Spiegelberger,
Jürgen Guthmann

Encyclopedia of Edible Wild Plants

2000 Plants of Central Europe

978-3-03800-752-4

69.00 EUR

Cover: Hardback with jacket

Extent: 688 pages

Format: 19.5 cm x 26.5 cm

650 colour photos, hardcover with jacket

Available: 30/04/2013

Rights sold: All rights available

Awards for this book



- **The latest edition of the classic: now even more comprehensive and practical to use**
- **New feature: identification key based on leaf shape. New chapter: rare and endangered edible plants**
- **Newly added topic: poisonous plants, confusable edible plants and differentiating features**

Wild plants secured the survival of mankind over thousands of years. These days they experience an exceptional renaissance and are widely used among top chefs due to their various and intense flavours. Rich in vitamins, mineral and micronutrients they offer valuable help in protecting health and are therefore significantly superior to cultivated vegetables. The book describes more than 2000 plant types of Central Europe that have all been used as food at some point in time. The authors evaluate all the studies, research and experience currently available. Classified based on their leaf shape, there are descriptions of each plant type including occurrence, blooming period and nutritional use along with detailed guidelines for preparation. Each plant portrait lists and explains currently known content substances and healing effects, possible dangerous confusion with poisonous plants as well as effects of toxic content elements. Including about 650 excellent colour photos and 450 plant drawings to facilitate identification.

Steffen Guido Fleischhauer: Graduate engineer for landscape planning. Lectures at the Universities of Zurich, Weihenstephan and St. Gallen on edible wild plants. Over many years, he has gathered experience all over Central Europe on edible wild plants. He offers guided hiking tours, nature adventure trips, lectures and seminars on edible wild plants.

Jürgen Guthmann: Graduate engineer for physical chemistry. Laboratory supervisor for food chemistry at the University of Applied Sciences Weihenstephan. Many years of experience with nutrition and health issues, specialized on healing plants and fungi.

Roland Spiegelberger: Landscape gardener and graduate engineer for landscape architecture and environmental planning. Since 1986 focus on domestic wild plants, conveying botanical knowledge to interested wild plant gardeners and collectors.



Steffen Guido Fleischhauer, Jürgen Guthmann,
Roland Spiegelberger

Edible Wild Plants

How to Recognize and Use 200 Species

978-3-03800-886-6

20.00 EUR

Cover: Paperback with flaps

Extent: 256 pages

Format: 13.5 cm x 21 cm

300 colour photos and illustrations

Subject areas: edible plants, wild plants

Available: 31/05/2015

Rights sold: FR, NL, PL, SLO

- **How to recognize and use 200 species**
- **Edible wild plants in words, drawing and image: Botany, usage and further information**
- **Overview table on the best collecting times for the presented edible wild plants**

Collecting and relishing edible wild plants is a sheer wonder of nature, inspiring more and more people these days. Wild plants are rich in vital substances and offer a variety of special aromas, also they are easy to find and readily available for just anyone. Apart from basic botanical data (botanical name, family, life form, height of growth, blooming season, blossom colour) this practical identification guide focuses on the plants' most important features of recognition that are reproduced by detailed illustrations and excellent colour photos. Poisonous plants liable to cause confusion are illustrated as well. For each plant, there is a detailed description when to harvest their different parts. Next to suggestions on how to prepare the wild plants for cooking purposes there is always a description of their basic taste as well as information on their most important content substances and health effects. In order to allow orientation throughout the whole vegetation period the edible wild plants are sorted according to leaf shape – for the first time in a German publication. The book is rounded off by a table of harvesting times and an index of name synonyms. The practical pocket size renders the book an ideal companion for outdoor walks to the edible wild plants.

Steffen Guido Fleischhauer: Graduate engineer for landscape planning and landscape architecture, College of Higher Education Weihenstephan. Concentrated for long years on edible wild plants. Gathered experience all over Central Europe in alimentation with plants from wild nature. Today offers guided walking tours, nature adventure trips, lectures and seminars on the topic of edible wild plants.

Jürgen Guthmann: Graduate engineer for technical chemistry. Worked for many years in the area of food chemistry, nutrition and health issues. Editor of a guide on vital fungi.

Roland Spiegelberger: Landscaper and graduate engineer for landscape architecture and environmental planning, Höxter Polytechnic. Since 1986 he has studied indigenous wild plants and recently also communicates botanical knowledge to interested wild plant gardeners and collectors.



Steffen Guido Fleischhauer, Jürgen Guthmann,
Roland Spiegelberger

How to Easily Identify Edible Wild Plants

The 50 Most Popular Plants on More than 400
Colour Photos Including Recipes and Useful Kitchen
Tips

978-3-03800-912-2

20.00 EUR

Cover: Paperback with flaps

Extent: 256 pages

Format: 13.5 cm x 21 cm

440 colour photos, 60 drawings

Subject areas: edible plants, wild plants

Available: 23/02/2016

Rights sold: FR

- **The 50 most popular plants, including recipes and useful kitchen tips**
- **For beginners with little plant knowledge**
- **Culinary highlights from nature's cuisine**

The bestselling »Edible Wild Plants« has familiarized a wide audience with the topic. Yet many people lack the confidence to clearly identify the various plants. This book equips amateurs with a sound understanding of wild plants. The 50 most popular edible wild plants along with their poisonous look-alikes are presented on more than 400 colour photos and detailed plant sketches highlighting all their relevant features. Complemented by indications of ideal collection periods and a nice recipe for each plant, this book is the perfect guide for amateurs with an interest in gastronomy.

Steffen G. Fleischhauer: Graduate engineer in landscape architecture, Weißenstephan College. Many years of experience with edible plants from wildlife, his course »Edible Wild Plants« is offered at various colleges in Germany, Austria and Switzerland.

Jürgen Guthmann: Graduate engineer for technical chemistry. Worked for many years in the area of food chemistry, nutrition and health issues. Editor of a guide on vital fungi.

Roland Spiegelberger: Graduate engineer in landscape architecture and environmental planning, Höxter College. Works freelance in biotope mapping since 2009.



Steffen Guido Fleischhauer, Astrid Süßmuth,
Roland Spiegelberger, Claudia Gassner, Viola
Nehrbaß

How to Easily Identify Wild Healing Plants

The 50 Most Popular Plant Types

978-3-03902-122-2

23.00 EUR

Cover: Paperback with flaps

Extent: 288 pages

Format: 13.5 cm x 21 cm

400 colour photos, 50 illustrations, word count:
44,926

Available: 22/02/2021

Rights sold: FR, PL

- **How to Identify, Collect and Use Healing Plants**
- **Including recipes and easy instructions to enrich your medicine chest**
- **More than 400 photos and plant sketches**

A number of plants that grow in our immediate environment contain valuable substances and are highly effective healing plants. The book offers a very detailed and thorough presentation of the 50 most popular wild plants that makes them easily identifiable even for beginners. With more than 400 colour photos, meticulous sketches and drawings for each plant type, as well as elaborate information about poisonous or ineffective look-alikes. Simple applications and recipes tested in naturopathic practice demonstrate how wild healing plants can become part of your medicine chest. Including explanations about active substances and their subgroups, a straightforward harvesting chart, as well as descriptions for basic preparations: decoctions, gels, lotions, macerates, medical wine, but also oil extracts, unguents, syrups, tinctures, and wet packs. A perfect guide to assemble a wild plant medicine chest, even for beginners with little plant knowledge.

Steffen Guido Fleischhauer: Graduate engineer in landscape architecture, College of Higher Education Weihenstephan. Lectures at universities and colleges in Germany, Austria, and Switzerland. Publisher of the »Wild Plant Magazine«.

In cooperation with Astrid Süßmuth, naturopath, and Roland Spiegelberger, graduate engineer for landscape architecture and environmental planning.



Steffen Guido Fleischhauer, Roland Spiegelberger,
Claudia Gassner

Leaf by Leaf

More than 800 plants easily identified based on leaf shapes and blossoms

978-3-03902-175-8

32.00 EUR

Cover: Paperback with flaps

Extent: 452 pages

Format: 14.5 cm x 23 cm

1100 colour photos, illustrations; word count:
141,102

Available: 11/04/2022

Rights sold: All rights available

- **Recognize plants in any season**
- **With an index on leaf shapes as well as blossom colours and shapes**
- **More than 800 species, including plant photos, detailed close ups, and scientific sketches**

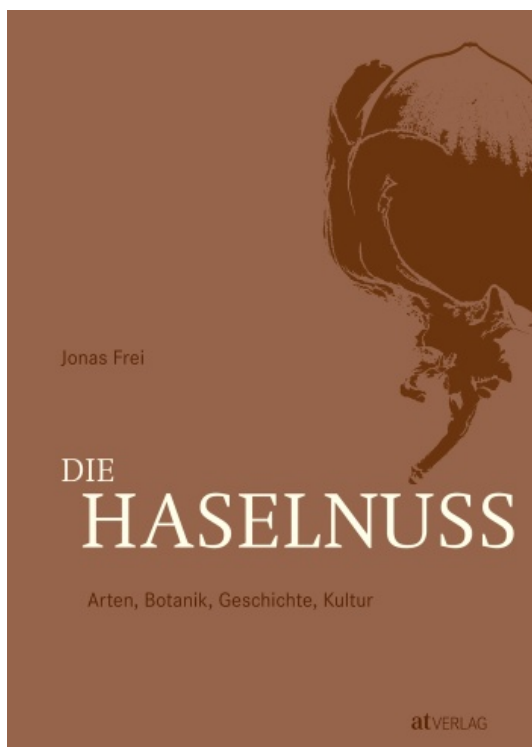
How to easily identify plants

How to reliably identify plants if they are not in bloom? Very simple: check the shape of their leaves. With this practical book you can recognize plants with zero effort almost throughout the entire growing season. It presents the most important flowering plants, ferns, horsetails, grasses, and subshrubs of Central Europe in 1,100 colour photos, 2,000 scientific drawings and descriptive texts. Exact location data, common neighbouring plants, and name synonyms complement the botanical depictions. Basic symbols give information about toxicity, geographic distribution, conservation status, and type of use (healing, spice, or food plant). The perfect companion for outdoor walks in the wild.

Steffen Guido Fleischhauer: Graduate engineer for landscape planning, lectures at universities and colleges.

Roland Spiegelberger: Graduate engineer for landscape architecture and environmental planning.

Claudia Gassner: Many years of experience in wild plants and plant illustrations.



Jonas Frei

The Hazelnut

Types, botany, history, culture

978-3-03902-181-9

49.00 EUR

Cover: Hardcover

Extent: 256 pages

Format: 21.1 cm x 29.7 cm

Numerous colour photos and illustrations, word count: 52,600

Available: 28/08/2023

Rights sold: All rights available

Awards for this book



- **Botany, history, culture, and gastronomy – a reference guide**
- **Portraits of all cultivated types and hybrids, richly illustrated**
- **With a supplementary chapter on culinary aspects by Dominik Flammer**

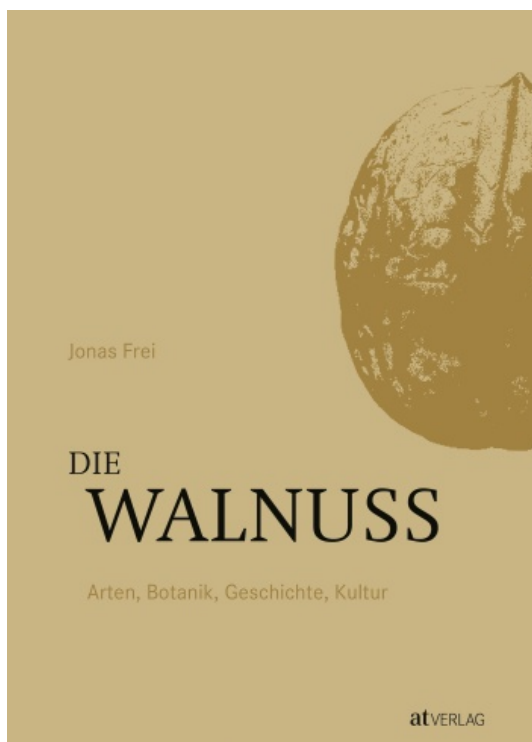
66 million years from a hazelnut's perspective!

The hazelnut is one of the first woods that spread in Europe after the Ice Age – and nourished the ancient peoples of the European continent. Hence the close cultural ties with the hazelnut and its importance in gastronomy.

Nowadays many different varieties of hazelnut are produced around the globe, for nut harvesting, as street trees, hedges, and decorative plants. In its uncultivated form it marks the edge of forests, grows along water shores, and even in elevated locations.

The common hazelnut is only one type among many different kinds that comprise a total of about twelve pure types and several hybrids. This book is the first to present all cultivated types and hybrids through detailed portraits. Wonderfully illustrated and photographed, it offers comprehensive knowledge about the hazelnut and its exciting culture, history, and tradition - complemented by a chapter highlighting its culinary aspects.

Jonas Frei: Landscape architect and city ecologist from Zurich. His areas of expertise are botany, photography, documentary films, illustrations, as well as the creation of free spaces.



Jonas Frei

The Walnut

Types, botany, history, culture

978-3-03902-211-3

49.00 EUR

Cover: Hardcover

Extent: 272 pages

Format: 21.1 cm x 29.7 cm

Numerous colour photos and illustrations, word count: 48.582

Available: 29/05/2023

Rights sold: All rights available

Awards for this book



- **A comprehensive portrait of the walnut**
- **Detailed descriptions of all types**
- **Botany, history, and culture – richly illustrated**

The new edition – featuring all cultivated types and hybrids!

The walnut tree is one of the most picturesque trees of our landscape, its wood is among the most precious in our climate zone, and its nuts are delicious and healthy. This book compiles ample knowledge about the walnut, as well as its surprisingly interesting culture and tradition. The common walnut, *Juglans regia*, is only one among many in this rich plant family that stretches across four continents. From a total of 60 types, 30 plus some hybrids can be found in our surrounding parks. Among these are hickory, wingnut, but also botanical rarities such as the *Platycarya strobilacea* or the *Pterocarya*. In dedicated chapters on culture, history, biology, and landscape architecture the plant family is examined from different angles. The revised edition also includes tropical types and offers insights into North American walnut culture.

For the first time ever, all cultivated types and hybrids are presented via richly illustrated portraits. This makes it easy to identify even exotic types such as black walnut, Manchurian walnut or pignut that we encounter in parks, tree nurseries, or gardens.

Jonas Frei: Landscape architect and city ecologist from Zurich. His areas of expertise are botany, photography, documentary films, illustrations, as well as the creation of free spaces.



Jonas Frei

City Wild Plants

52 trips exploring the realm of urban plants.

Includes background information on city vegetation

978-3-03902-133-8

36.00 EUR

Cover: Hardcover

Extent: 352 pages

Format: 14.8 cm x 21 cm

391 colour photos, illustrations; word count: 42,609

Available: 31/01/2022

Rights sold: All rights available

- **Biodiversity in the city: natural adventures on the way to work**
- **Every week another trip exploring urban vegetation**
- **Cities as an opportunity for plant diversity**

Sprouting from the cracks!

Be it a plain leaf rosette or a mighty tree of heaven: plants conquer the city. Like a magnet, the city climate attracts wild plants that are pushed away from the surrounding areas. In the city they sprout from cracks and make themselves at home in derelict building sites, railway lines, overgrown plant beds. And as cities around the globe provide increasingly similar conditions, many species are not only found in European cities, but also in the USA and China. This book is our ticket to the world of urban plants. In 52 chapters Jonas Frei leads the way through urban vegetation and shows us week by week what types may be discovered at what stage. Starting with a small encyclopaedia of buds in January and finishing with the second bloom of dandelion in November. A storybook and companion for city walks full of stories, botany, and astounding facts on »flora urbana«. An invitation to discover and admire the wonders of nature lying at our doorstep.

Jonas Frei: Landscape architect and city ecologist from Zurich. His areas of expertise are the creation of free spaces, botany, photography, documentary films, and illustrations.



Mechtilde Frintrup

The Nettle Book

The Magical Food, Healing, and Fibre Plant.
Featuring Recipes and Practical Guidelines

978-3-03902-062-1

29.00 EUR

Cover: Hardcover

Extent: 192 pages

Format: 19.2 cm x 24.5 cm

260 colour photos and illustrations, word count
34,149

Available: 31/08/2020

Rights sold: All rights available

Awards for this book



- Recipes for health, kitchen, and garden
- Detailed guidelines on fibre manufacturing and creative ideas
- The nettle as protagonist in myths, folk tales, and rites

A Comprehensive Portrait of the Nettle

The nettle is used for healing and as food – in the past mostly during times of need, today even in fine dining – but also in gardening and pet care. Legends, magic spells, and ritualistic uses render ample proof of its importance in many cultures. Moreover, the author describes how to extract the fibres and use them as cords, for spinning and knotless knitting to manufacture handcrafted clothes, shoes, bags, and various other items. Uncomplicated instructions invite us to become creative and rediscover the nettle, a plant that grows everywhere around us. With the help of text, photos, and illustrations we get a thorough understanding of this ancient plant and its unique character.

Mechtilde Frintrup: Typographer, graphic designer, healing plant practitioner, and freelance (nature) artist. Offers courses, among others, on nettle fibre extraction.



Andrea Frommherz

Nature Workshop: Seeds and Vegetables

Win Seeds and Grow Vegetables with Children

978-3-03800-789-0

24.90 EUR

Cover: Hardcover

Extent: 216 pages

Format: 19.2 cm x 24.5 cm

377 colour photos, illustrations

Subject areas: gardening, vegetables, workshop

Available: 16/03/2015

Rights sold: All rights available

Awards for this book



- A playful introduction to the world of seeds and vegetables
- Collecting vegetable seeds and cultivating plants with children, teens, and adults
- Interesting facts about seeds, plants, harvesting, and biodiversity

This book takes children, teens, and adults on a journey to discover the world of seeds and vegetables. In a very playful and simple way, vegetable seeds are collected and sown in the garden or on the balcony. They are cultivated, nurtured, and harvested once they have turned into full grown plants. Original recipes show how the home-grown vegetables can be prepared in open nature. At the same time, the book offers a host of useful information about seeds and biodiversity, and how this diversity can be rediscovered and preserved by our own actions. This book was written in cooperation with ProSpecieRara.

Andrea Frommherz: Environmental consultant, trainer, and remedial teacher. Since 1992, she offers courses for children, adolescents, and adults. She designs training concepts for environmental education and is also involved in teacher training. She is fascinated by ecological diversity and loves to experiment with all things nature. Frommherz is author of several books published by AT Verlag.

Photos: Patrick Weyeneth, the author, and others



Chrischta Ganz, Louis Hutter

Gemmotherapie

978-3-03800-844-6

34.00 EUR

Cover: Hardcover

Extent: 272 pages

Format: 17 cm x 24 cm

163 colour photos

Available: 15/09/2015

Rights sold: CZ

- **The vital energy of buds, shoot tips, and seedlings**
- **With step-by-step instructions on how to produce gemmomacerates**
- **a guide for experts and amateurs in naturopathy**

Gemmotherapy uses the great vital energy of the embryonic plant tissue in buds, shoot tips, and seedlings. The extracts of this tissue possess extraordinary healing and regenerative powers and are used successfully for many acute and chronic diseases. For the first time in the German-speaking region, this book offers a comprehensive overview of gemmotherapy, including aspects of humorism as well as the connections with planetary forces. More than 50 buds and their possible applications are described in detail, and there are step-by-step instructions on how to produce gemmomacerates. A comprehensive indication section as well as treatment suggestions for common afflictions serve as a guide for experts and amateurs in naturopathy alike.

Chrischta Ganz: A naturopath running her own practise. She is also a lecturer for phytomedicine, general naturopathy, and traditional European naturopathy.

Louis Hutter: A naturopath running his own practise. He is a lecturer for phytotherapy, gemmotherapy, traditional European naturopathy, and traditional Chinese medicine.

Photos: Adrian Gerber



Chrischta Ganz, Louis Hutter

Gemmotherapy in Paediatrics

978-3-03800-966-5

36.00 EUR

Cover: Hardcover

Extent: 208 pages

Format: 17 cm x 24 cm

80 colour photos, 4 illustrations

Available: 25/09/2017

Rights sold: All rights available

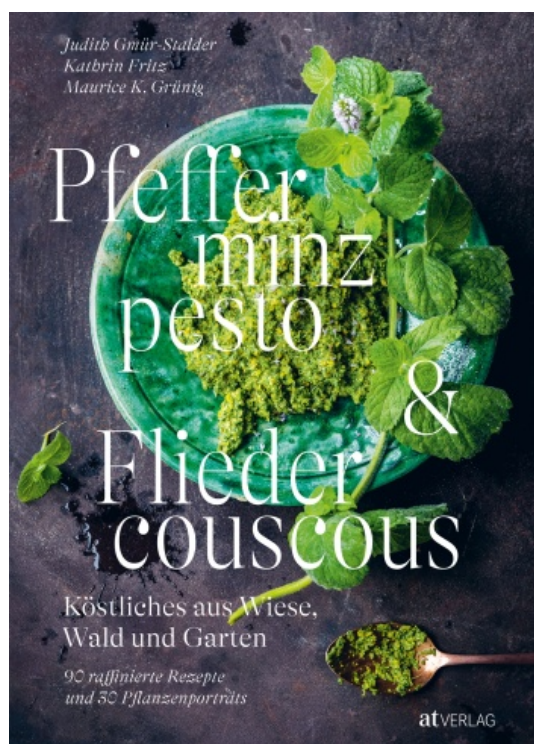
- The extraordinary power of buds in paediatrics
- 50 reliable cures for acute and chronic diseases
- comprehensive guide not only for therapists - With a useful index of indications, suggested treatments, and instructions on how to prepare bud extracts

Gemmotherapy makes use of the powerful vital energy found in buds, shoot tips, and seedlings. The extracts made from these have amazingly strong healing powers. Bud extracts are particularly popular in paediatrics. They prove effective both with acute and chronic illnesses, foster development, offer protection, and serve as companions. Children happily take plant extracts as they taste slightly sweet – and probably also because children intuitively feel that this type of medication has exceptional beneficial healing and regenerating powers. The authors, both of them experienced naturopathic practitioners, present about 50 buds relevant for paediatrics. Including a practical index of indications, treatment suggestions for the most common types of complaints, as well as instructions on how to prepare extracts.

Chrischta Ganz Naturopath running her own practice. Lecturer on phytomedicine, general naturopathy, and traditional European naturopathy.

Louis Hutter Naturopath running his own practice. Lecturer on phytotherapy, gemmotherapy, traditional European naturopathy, and traditional Chinese medicine.

Photos: Adrian Gerber



Judith Gmür-Stalder, Kathrin Fritz, Maurice K. Grünig

Peppermint Pesto & Lilac Couscous

Gourmet dishes from meadow, forest, and garden 90 sophisticated recipes and 30 plant portraits

978-3-03902-203-8

44.00 EUR

Cover: Hardcover

Extent: 344 pages

Format: 19.5 cm x 27 cm

207 colour photos, word count: 23.231

Available: 27/02/2023

Rights sold: All rights available

Awards for this book



- A modern approach to nature's cuisine – in enchanting pictures
- 90 new, simple, and astonishing recipes
- A sensual combination of nature experience and food culture

Eat the gifts of nature. This ancient principle was the leitmotif of the authors. Outdoors amidst nature they opened all their senses to anything that grows, smells, and blooms. And just like in their first volume, »Dahlia Crisps & Barberry Rice«, they harvested, collected, and then experimented in their kitchen. The result: 90 new, delicious recipes that are easy to prepare and will certainly surprise and delight all your guests. Moreover the authors share interesting knowledge and poetic thoughts on 30 plant types.

This book is an inspiration inviting us to seek a unique connection with nature. When we start collecting, cooking, and even prior to that, when looking at the charming photos, we cannot help ourselves but to marvel at the treasures of nature.

Judith Gmür-Stalder: Freelance recipe author, food stylist, book author, and culinary consultant.

Kathrin Fritz: Food editor for a famous Swiss magazine and book author.

Maurice K. Grünig: Photographer, art agent, and book author.



Judith Gmür-Stalder, Kathrin Fritz, Maurice K. Grünig

Dahlia Crisps and Barberry Rice

Delicacies from meadow, forest, and garden. 90 sophisticated recipes and 30 plant portraits

978-3-03902-161-1

44.00 EUR

Cover: Hardcover

Extent: 352 pages

Format: 19.5 cm x 27 cm

212 colour photos; word count: 22,945

Available: 28/02/2022

Rights sold: FR

Awards for this book



- **Modern nature food captured in breath-taking photographs**
- **90 simple and astonishing recipes**
- **A sensual combination of wildlife adventures and culinary art**

The cornucopia of nature. Paying tribute to nature and to our senses

Eating whatever nature provides for us. This ancient principle was the starting point and leitmotif of the authors. They ventured outside into nature and opened all their senses to anything that grows, scents and blooms. They gathered and harvested blossoms, herbs, roots, resin, then started their sophisticated kitchen experiment. The result: 90 delicious recipes, easy to cook at home and guaranteed successes with astonished guests, starting from daisy crackers all the way to primrose spring rolls and sage nut tart. For some of the plants the authors have added interesting and poetic portraits. This book is an inspiration that invites us to reconnect with nature in a wonderfully unique way. Once we start to gather and cook, and even before that, when looking at the lovely photos in this book, we will be amazed by the wonders of nature.

Judith Gmür-Stalder: Freelance recipe author, food stylist, book author, and culinary consultant.

Kathrin Fritz: Food editor for a big Swiss magazine and book author.

Maurice K. Grünig: Photographer, art agent and book author.

»We discovered dead-nettles, violets, and hawthorn blossoms where we had suspected to find nothing but green thickets. Tiny chickweed was hiding amid the gravel, and when the wind was blowing, we saw burnets swaying in the grass. The sensuality of the experience captivated us and inspired a wealth of new creations. It prompted us to experiment with recipes, images, and texts that all had the same goal: to capture and share this beauty.« Judith Gmür-Stalder, Kathrin Fritz, Maurice K. Grünig



Felix Immler

Outdoor Life with a Pocket Knife

A Compact Take-Along Handbook

978-3-03800-981-8

13.00 EUR

Cover: Paperback with flaps

Extent: 128 pages

Format: 13 cm x 19 cm

290 colour photos

Available: 29/01/2018

Rights sold: All rights available

- How to set up a wilderness camp using one tool only: a pocket knife
- Various new ideas for outdoor adventures
- 100,000 sold pocket knife books by Felix Immler

With no less than 100,000 sold copies the books by pocket knife expert Felix Immler are really successful long sellers. In this little guide he shows us how to set up a comfortable wilderness camp with the help of only one pocket knife equipped with a saw. You can carve a chair, table and bench, spoons, knives, forks, and bowls or weave a plate simply from natural materials. And roast chicken with the help of a water-driven grill-spit. Plenty of practical ideas for exciting outdoor activities that will fascinate young and old.

Felix Immler: Born 1974, trained mechanic, social worker, and nature educator, now working full-time for Victorinox as pocket knife pedagogue. On his YouTube channel »Taschenmesserbuch« (Pocket Knife Book) he regularly posts pocket knife and bushcraft videos. He is father of three children.

Photos: Matthew Worden



Roger Kalbermatten, Hildegard Kalbermatten

Herbal Mother Tinctures

Essence and Use

978-3-03800-601-5

19.00 EUR

Cover: Hardcover

Extent: 104 pages

Format: 22.5 cm x 23 cm

100 colour photos

Subject areas: naturopathy, healing plants

Available: 31/08/2011

Rights sold: All rights available

- **A practical and compact manual of phytotherapy**
- **Revised and expanded new edition**
- **50,000 sold copies**

Healing plants carry a large potential of powers that bestow convalescence and vitality on humans during periods of illness and health alike. Ancient tinctures – made from fresh plants and bearing extraordinary inner quality – are ideal to convey the nature and personality of a healing plant. This way they can take effect not only on the body but also the soul. The book offers colourful presentations of 47 well-known healing plants. By means of studying its nature the therapist or patient is enabled to establish an inner relationship with the plant, and so its healing powers can abundantly unfold.

Roger Kalbermatten: Chemist, 25 years of experience in medicinal plant research. Developed an effective procedure to manufacture plant-based and homeopathic medicine. Founder of CERES Heilmittel AG which produces high quality ancient tinctures.

Hildegard Kalbermatten: Trained pedagogue, systematic further training in medicinal and psychological anthropology. Therapeutic experience with plant remedies. Co-founder of CERES Heilmittel AG.



Bernd Kröplin, Regine C. Henschel

The Secrets of Water

Latest Astonishing Results From Water Research

978-3-03800-903-0

29.00 EUR

Cover: Hardcover

Extent: 136 pages

Format: 21.4 cm x 26.2 cm

250 colour photos

Available: 17/10/2016

Rights sold: All rights available

- The latest findings in water research
- Profound insights into the nature of water
- Fascinating water drop images under the microscope

Water reacts to outside influences in a sensitive way and it stores information in nature as well as in us. Water communicates over long distances. Evidence stems from fascinating water drop images which capture these memory phenomena. It goes to show that water is much more significant than anyone assumed so far. For the first time ever researchers from Stuttgart have managed to systematically unveil this secret. Easily reproduced experiments with fascinating images offer deep insights on the effects of e.g. mobile radio, ultrasound, music, vibration therapy, and thought power. The results are the outcome of 15 years of research on the basis of which the authors completely reassess the role of water in nature as well as in the human body. It marks the beginning of a new understanding of the world and of ourselves.

Bernd Kröplin: Professor and graduate engineer, until 2010 professor and director of the Institute for Statics and Dynamics of Aeronautics Constructions at the University of Stuttgart. 2001 he founded the TAO Group, a research company for forward-thinking technologies. Recipient of renowned science awards. Lectures, exhibition »The World in a Water Drop«.

Regine C. Henschel: Studies in philosophy and literature. TV editor among others for Arte, ZDF, and 3Sat. Since 2001 joint projects with Bernd Kröplin. Lectures and seminars.



Margret Madejsky

Healing Plants for Women

A Practical Guide

978-3-03800-129-4

26.00 EUR

Cover: Paperback with flaps

Extent: 248 pages

Format: 16.8 cm x 23.6 cm

155 colour photos, word count: 68,432

Available: 04/04/2019

Rights sold: All rights available

- **The ultimate guide on healing herbs for women. Based on the latest research findings**
- **120 herbs for women, featuring 200 recipes and numerous practical tips**
- **Health guide and reference book for any woman – comprehensive, practical, compact**

Over the past decades, a number of healing plants have found their way to gynaecologist and midwife practices. Antibiotic herbs such as camomile and nasturtium or hormone-like plants such as agnus castus and silver torch have secured their spots in women's medicine and midwifery. But the realm of plants harbours many more healing herbs that offer relief and healing effects for several women's diseases. This book is a thorough introduction to naturopathic medicine for women. It explains the most interesting hormone-like effects of healing plants, portrays 120 women's herbs, and offers over 200 reliable recipes and numerous practical hints. Also, it combines more than 25 years of practical experience in women's healing with recent findings of plant research. A valuable reference book for therapists and an indispensable practical guide for women of all age groups who suffer from various diseases or who are interested in naturopathic medicine.

Margret Madejsky: Naturopathic therapist and co-founder of Natura Naturans, a working group for traditional occidental medicine. Naturopathic treatments for women are focal points of her practice and teaching activity. Author of several reference books on healing herb medicine for women.



Felicia Molenkamp

Plant Whispers

How and why plants communicate. A brief history of plant evolution

978-3-03902-029-4

26.00 EUR

Cover: Hardcover

Extent: 168 pages

Format: 13.5 cm x 22 cm

7 colour photos, word count: 37,639

Available: 30/03/2020

Rights sold: All rights available

Awards for this book



- **On the »intelligence« and unexpected capabilities of plants**
- **All about plant symbiosis, cooperation, and communication**
- **Their survival strategies as a model and resource for environmental and climate issues**

Since the turn of the Millennium, there has been a steadily growing interest in exploring the abilities of plants. Their capabilities often equal, and at times even exceed, those of humans or animals. Plants cannot change their location therefore they change the environment around them if necessary. They stand still next to their peers and make no sound, but their inner life is full of secrets. This book unveils some of these plant secrets. Starting with the single-cell organisms of the primeval ocean, the author takes us on a journey exploring the evolution of the plant realm. She talks about the skills and capabilities the green beings needed in order to survive, their ground-breaking achievements in repopulation, their methods of symbiosis, cooperation, and communication with each other, about the constantly renewing survival strategies they develop, and how they pass on life information to their descendants. The realm of plants is also a valuable resource in the context of current issues such as climate change or soil and air pollution.

Felicia Molenkamp: Graduate biologist. In her »KräuterSchule« (School of Herbs) she offers herb and tree walks, wilderness cooking classes, lectures on the pharmacology of domestic plants, and seminars for naturopaths.



Ralph Müller

The Secret Language of Birds

Listen to Birds, Let Them Touch You and Learn From Them

978-3-03800-488-2

39.00 EUR

Cover: Hardcover

Extent: 256 pages

Format: 17.5 cm x 25 cm

150 photos, 40 drawings

Subject areas: nature, birds

Available: 11/05/2010

Rights sold: All rights available

- **Practical guidelines to understand the message of birds: their voices, body language, behavioural patterns**
- **Thrilling adventures and real life reports from expeditions to the wilderness**
- **What you always wanted to know about birds**

Birds have something to say to us. It is an ancient, almost forgotten art to make use of the alert senses of animals, especially birds. Through their song and behaviour they provide us thrilling and ultimately even vital information on the subtle and deep interrelations in nature. Birds draw our attention to the fierce hunt of hawk and golden eagle, they show us where puma and lion are hiding, and are capable even of giving warning of big dangers such as a tsunami. This book very vividly depicts the fascinating life of birds, the art of connecting with birds and understanding the messages that lie hidden in their voices, their body language and their behavioural patterns. It offers many practical guidelines and inspires you to go out and let yourself be touched in a most peculiar way by our feathered friends.

Ralph Müller: Born 1961, he founded his own Nature and Wilderness School in 1999. He did numerous trips of several months to the wilderness of remote areas in Europe, North Africa, North and South America. He intensely studied ornithology with special attention to environmental protection and communication structures in nature as well as to the knowledge of indigenous peoples. His course offerings comprise seminars, trainings and wilderness expeditions, ritualistic shaping of life transitions, nature mentoring, quest for visions, apart from that he is active as falconer, hunter and archer.



Christian Rätsch

The Sacred Grove

Germanic Magic Plants, Sacred Trees and Shamanic Rituals

978-3-03800-204-8

26.00 EUR

Cover: Hardcover

Extent: 120 pages

Format: 17.5 cm x 25 cm

80 colour and b/w photos

Subject areas: magic plants, shamanism, rituals

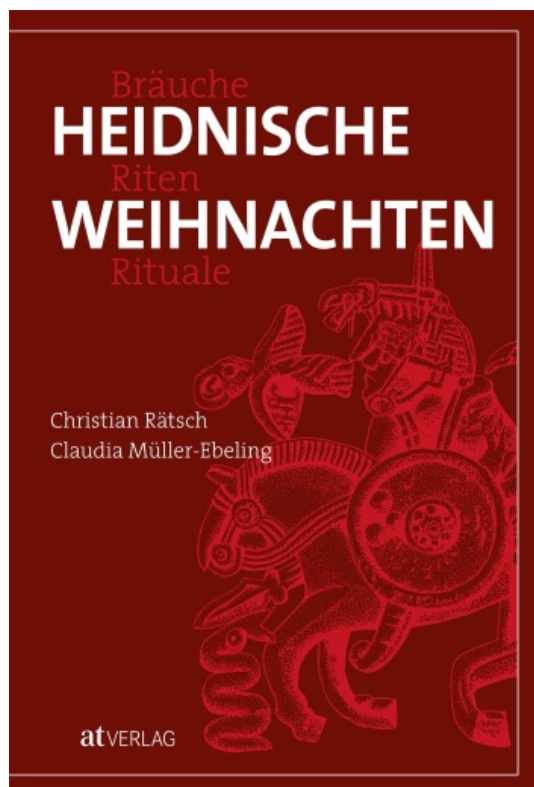
Available: 07/04/2005

Rights sold: CZ

• **The shamanic roots of the Germanic people**

The Germanic culture was carried by shamanic mythology, its spirituality was inspired by entheogenes, holy plants, smoking of psycho-active agents and intoxicating drinks. The Germanic Temple was not an artificial building but a forest, the sacred grove. The trees were gods and the plants had magic powers. Germanic shamanism was characterized by alrunas, the wise seers, berserks, the cultic warriors, brewing women experienced with herbs and enthusiastic skalds. In Germanic mythology we have direct access to shamanism. The god Wotan is the primal shaman, the most shamanic of all Indo-Germanic gods. Wotan is the marshal of the universe, the ecstatic striving for knowledge and cognition, the soul companion, master of entheogenes, the big magician and protecting warrior. This book tells us about Germanic world trees, fool punks, magic plants, oracle flowers, smoking agents, intoxicating drinks and rune magic. It opens up the almost forgotten gates to the sacred grove and its wonder plants. It depicts rituals, shamanic practices, the use of indigenous magic plants. It offers access to our pagan heritage and shamanic roots.

Dr. Christian Rätsch: Ancient American studies, ethno-pharmacologist and ethno-botanist. Worldwide field studies, especially in the rainforest and the Himalayan regions. Editor, speaker and author of various books, including the standard works »Enzyklopädie der psychoaktiven Pflanzen« (Encyclopedia of Psychoactive Plants) published by AT Verlag.



Christian Rätsch, Claudia Müller-Ebeling

Pagan Christmas

Customs, rites, rituals

978-3-03800-042-6

28.00 EUR

Cover: Hardcover

Extent: 320 pages

Format: 15.5 cm x 23 cm

300 colour photos and illustrations

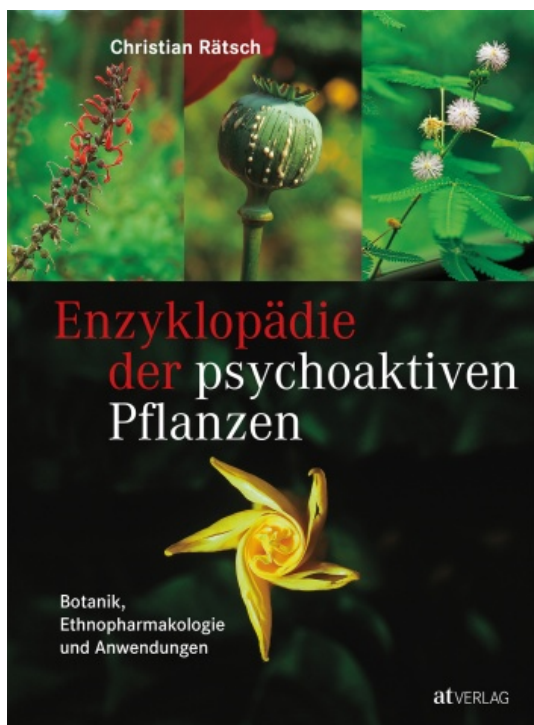
Available: 23/09/2019

Rights sold: CZ

- **The archaic, pagan roots of Christmas**
- **Origin and significance of typical Christmas plants and traditions**
- **Recipes for rituals, incense rites, spices, and beverages**

Christmas is originally a pagan feast, that was gradually transformed by late antique, ancient Oriental, and catholic liturgical rituals. It celebrates the rebirth of the sun, the Twelve Days, the turn of the year, various gods and ghosts. Christmas rituals use a colourful variety of domestic and exotic plants, spices from the Orient and the New World, oriental and nordic incense, Northern and tropical fruits, flowers and ornamental plants from the Rainforest, desert, or mountains. The mythology of typical Christmas plants dates back to the early cultures of Shamanism, to the sacred botany of the Elders, to Medieval rites and witchcraft, to the banishing of demons, and to rituals of fertility and sacrifice. Featuring numerous recipes for incense, smokable herb mixtures, spices, and beverages.

Christian Rätsch: Ethnologist and ethno-pharmacologist, lecturer, and author, studied Native American Studies, ethnology, and folklore. Many years of research on Shamanic cultures worldwide and their use of psychoactive plants.



Christian Rätsch

Encyclopedia of Psychoactive Plants

Botany, Ethno-Pharmacology, and Use

978-3-03800-995-5

139.00 EUR

Cover: Hardback with jacket

Extent: 944 pages

Format: 19.5 cm x 26.5 cm

More than 800 colour photos

Available: 02/01/2018

Rights sold: CZ, USA

- The brand-new revised edition of the world's most comprehensive book on natural psychoactive substances
- 17 editions – more than 50,000 copies sold to date

The updated and revised new edition of the renowned classic. This book is the first ever to provide a comprehensive and systematic overview of psychoactive plants around the globe, based on the latest scientific findings. Monographs for every single plant provide relevant information on botany, shape, cultivation, preparation and dosage, history, ritual and medical use, substances contained, effects, retail information, and applicable regulations. All plants are illustrated with pictures. An indispensable book for those with a particular interest in psychoactive plants, and also for those who conduct more advanced plant research.

Christian Rätsch: Ethnologist and ethno-pharmacologist, lecturer, and author. Researcher of shamanic cultures and their use of psychoactive plants all around the globe. Author of numerous books at AT Publishing House.

»Rätsch's comprehensive encyclopedia is based on meticulous research, supported by various sources, user friendly, authoritative, and beautifully illustrated. It is a must for the bookshelf of anyone interested in psychoactive plants.« – Rick Strassman, M. D., University of New Mexico

»This encyclopedia is destined to become the number one reference on all natural psychoactive substances.« – Mark Blumenthal, American Botanical Council

»Christian Rätsch is the most knowledgeable person in the world when it comes to psychoactive plants. This is his opus magnum, a true treasure chest of information about the most fascinating members of the global plant family. (...) Anyone interested in the natural ways of expanding consciousness must get hold of this magnificent book.« – Ralph Metzner, Ph.D., psychologist and author



Christian Rätsch, Markus Berger

Encyclopaedia of Psychoactive Plants - Volume 2

New plants, fungi, bacteria, Usage, Cultural history

978-3-03902-084-3

129.00 EUR

Cover: Hardback with jacket

Extent: 800 pages

Format: 19.5 cm x 26.5 cm

Numerous colour photos, ribbon

Available: 29/08/2022

Rights sold: All rights available

Awards for this book



- **Volume 2 of the masterpiece by Christian Rätsch**
- **New plants, new research**
- **All you need to know about botany, cultivation, dosage, substance, usage, and effects**

The world-class reference manual on psychotropic ethnobotany further expanded: volume 2 of the »Encyclopaedia of Psychoactive Plants« comprises more than 500 new plants, fungi, lichen, and bacteria in more than 140 monographs – from acacia to zornia, from agrocybe to xanthoparmelia – as well as the latest research results on plants presented in volume 1. It includes a listing of more than 350 additional psychoactive plants the potential of which still needs to be explored. In addition, the author explains the cultural history of psychoactive plants as well as their influence on the visual arts, music, and literature. The masterpiece is rounded off with recently indexed plant and fungus products along with explanations about their most important secondary metabolites, plus a comprehensive bibliography. A must have for anyone interested in psychoactive agents.

Christian Rätsch: PhD, ethnologist and ethno-pharmacologist, lecturer and author. Studies in ancient American studies, ethnology, and folklore. Many years of research on Shamanic cultures worldwide and their use of psychoactive plants.

Markus Berger: Creative artist, ethno-pharmacologist, and drug researcher.



Gesa Sander, Julia Hoersch

KinderGarten

Plant Portraits, Recipes, Handicraft Projects, and Experiments – Also for Balcony Gardeners

978-3-03800-069-3

32.00 EUR

Cover: Hardcover

Extent: 184 pages

Format: 19 cm x 25 cm

157 colour photos and illustrations, word count: 20,764

Available: 25/02/2019

Rights sold: All rights available

Awards for this book



- How to make children discover the joy and fun of gardening
- Playful work activities in the garden, on the balcony, and on the window sill
- Including experiments, handicraft projects, and recipes

With loving attention to detail and beautiful photos, this book will make kids discover the joy and fun of gardening. It arouses their curiosity, makes them observe and wonder. Using thoroughly selected types of vegetable and fruit, herbs, and flowers, the book explains the life cycle of plants, their characteristics, and needs in a most entertaining and child-friendly way. It encourages kids to dig in the earth, sow and hack, multiply shoots, do dyeing experiments and handicrafts with natural materials, build a hotel for insects, and prepare delicious dishes from the fruits and vegetables they harvest with their own hands. You don't even need to have a garden, as most of the projects can be carried out with a flower pot on the balcony or the window sill. With a host of kids-friendly garden projects, creative ideas, as well as handicraft and DIY instructions this book helps young gardeners discover the exciting world of the garden.

Gesa Sander: Freelance illustrator and graphic designer in Hamburg. Her drawings are featured in books and magazines, on tableware and paper craft. Mother of two children.

Julia Hoersch: Freelance food and lifestyle photographer in Hamburg for renowned magazines and book publishers since 1991.



Sabine Simeoni

Wild Nature Crafting

Handicrafts, Plant Knowledge, and Wild Herb Cuisine with Children throughout the Seasons

978-3-03800-959-7

29.00 EUR

Cover: Hardcover

Extent: 160 pages

Format: 19.2 cm x 24.5 cm

208 colour photos

Available: 15/03/2017

Rights sold: All rights available

Awards for this book



- Handicrafts, plant knowledge, and wild herb cuisine for children
- Crafting aesthetic and practical items with children using natural materials
- Various practical guidelines for families, playgroups, and schools

Making syrup from the first blooming spring herbs and carving a pipe from young wood. Lighting a fire in the old way and preparing soup together. Cooking natural soap and felting with sheep's wool. Making primitive tools such as a stone knife or bow. Cooking a forest balm on the campfire for our green medicine chest. Chocolate bananas from the embers and stories by the campfire round off a fine day. Plenty of practical guidelines demonstrate how to meaningfully experience nature from very close while tracing the cycle of the changing seasons. With the help of very simple tools we can create beautiful and useful things from natural materials. Experiencing nature from a close range and learning about natural rhythms of life equips children with strength and focus, and helps them to reach their full potential. The ideal way to satisfy their longing for a true life experience by drawing from elementary values and allowing space for their very own intuitive character.

Sabine Simeoni: Forest and wilderness educationalist, nature coach and mentor, mother of three and grandmother. Together with her husband, she runs a nature and wilderness school in Upper Franconia, Bavaria.



Sabine Simeoni

Connected with Nature

Finding your own roots with the help of wild tools

978-3-03902-047-8

29.00 EUR

Cover: Hardcover

Extent: 176 pages

Format: 19.2 cm x 24.5 cm

200 colour photos, word count: 27, 412

Available: 30/03/2020

Rights sold: All rights available

Awards for this book



- **Tangible nature experience for everyday life**
- **Do-it-yourself toys, furniture, and cosmetics**
- **Useful, beautiful, and healing products made from natural materials**

If we experience nature with an open mind using all our senses, we can connect with it and draw from its abundant treasures. Materials offered to us by nature can be transformed into beautiful and useful objects, with only little preparation, low costs, and hardly any complicated technologies. The author presents materials such as various types of wood, wild plants, clay and stone, bone, horn, and feathers. Using ancient and modern techniques of craftsmanship, we can create simple furniture items, toys, musical instruments, tools, medicine, and cosmetics. Exercises enabling conscious nature perception allow us to connect with nature and closely experience its elementary effects. The profound understanding of nature expressed through handcraft activities in the projects presented enables us to create items which transpose nature into our everyday lives and are beneficial for our soul, spirit, and body.

Sabine Simeoni: Forest and wilderness educator, yoga instructor, and author, and is trained in traditional phytotherapy. Her vision is to strengthen people's individual abilities by emphatic guidance and deepen their relationship with nature in a sustainable way.



Christian Sollmann

The Do-It-Yourself of Ancient Tinctures and Homeopathic Medicaments

978-3-03800-698-5

36.00 EUR

Cover: Hardcover

Extent: 296 pages

Format: 19.5 cm x 26.5 cm

285 colour photos

Subject areas: healing plants, homeopathy

Available: 29/04/2014

Rights sold: All rights available

- 80 plant portraits with details on active agents, preparation, usage, and lead symptoms
- Systematic instructions for the preparation of cures; an easy way to make your own plant medicine
- From plant to primordial tincture to homeopathic medicament

If you are fed up with the industrially produced phytotherapeutic and homeopathic standard products, why not prepare your own homeopathic cures made of healing plants from your garden. The first book ever in German to explain in detail technical basics, list the required tools, disclose the exact formula, and describe the procedure: from the selection and harvesting of the plants to manufacturing the primordial tinctures and homeopathic medicaments – gently processed high quality cures made from untreated, unfertilised premium plants free from any unsolicited additives. Portrays of 80 healing plants suitable for home use, including information on occurrence, relevant plant parts, harvesting time, active agents contained, tips on their preparation, as well as usage and lead symptoms. Complemented by numerous floral pictures, a harvesting calendar, and a potentisation chart.

A precious and useful guide and a thorough handbook for professionals and amateurs alike who want to take charge of their own health. »The do-it-yourself process outlined by Christian Sollmann is useful, instructive, and a lot of fun. This book is an inspiration for everyone working with plants and homeopathy.« – Olaf Rippe

Christian Sollmann: Born 1961, naturopath. Has been involved in astrology, homeopathy, spagyric, alchemy, and plant healing for 30 years. Runs a private practice in Munich, delivers courses and lectures on various topics in these fields.



Cornelia Stern, Helga Eil-Beiser

Theory and Practice of Phytotherapy

Understanding active substances - Meaningful use of medical plants. Featuring 120 plant monographs

978-3-03800-870-5

98.00 EUR

Cover: Hardcover

Extent: 680 pages

Format: 17 cm x 24 cm

222 colour photos, 21 mind maps/illustrations, ribbon; word count: 198,808

Available: 27/06/2022

Rights sold: All rights available

- **From healing plant to cure**
- **Instructional and reference manual for medical experts and amateurs**
- **120 detailed plant monographs, recipes, and recommended medication**

What is it that renders a simple plant suitable for medical use? And how can its healing potential fully unfold? This comprehensive manual offers a well-structured and scientifically grounded presentation on the basics of phytotherapy. The authors show us the meaningful use of plants and their active substances. Thoroughly tried and tested recipes and medication suggestions complement each and every indication. Mind maps allow for a quick overview and make it easy to confidently identify a suitable medical plant. Excellent photographs help us recognize the plants in their natural surroundings. »Theory and Practice of Phytotherapy« is an indispensable reference for medical experts and interested amateurs who wish to acquire or deepen their knowledge about phytotherapy.

Cornelia Stern: Pharmacist specialized in naturopathy. Director of the »Freiburger Heilpflanzenschule« and lecturer on phytotherapy, paracelsianism, gemmotherapy, and classical homeopathy.

Helga Eil-Beiser: Alternative practitioner running her own practice since 1997 with focus on phytotherapy, healing of women and children, psychosomatic medicine. Lecturer at the »Freiburger Heilpflanzenschule«.



Wolf-Dieter Storl

Plants of The Celts

Healing, Plant Magic, Tree Calendar

978-3-85502-705-7

32.00 EUR

Cover: Hardback with jacket

Extent: 368 pages

Format: 13.5 cm x 22 cm

Richly illustrated

Subject areas: Healing, celts, rituals

Available: 18/10/2000

Rights sold: CZ, J

- **With practical recipes of ancient cures and healing methods**
- **Including the most important healing and magical plants and trees of the Celts**

The Celts used to be the prevalent culture in large parts of Europe for almost a thousand years. Even though druidism was destroyed, ordinary people clung to the wisdom of yore and passed it on in words and practice through proverbs, fairy tales, legends, seasonal rituals, and particularly through herb knowledge and folk medicine. The author introduces us to healing practices that do not focus on healing agents, but on the magical powers of plants. He presents the most important healing and magical plants and trees of the Celts in their seasonal and cultural context, in folk medicine, and in witchcraft, while also explaining the meaning of the Celtic annual circle and tree calendar. Along the eight Celtic annual celebrations and related rituals, he leads us through the annual cycle and shows us how to tune into the big rhythms of nature even in this day and age. With many practical recipes for ancient medicines and healing practices.

Wolf-Dieter Storl: Cultural anthropologist and ethno-botanist. Lectured at various universities and published numerous books that became long selling successes. He lives on a solitary farm in the Allgäu.



Wolf-Dieter Storl

Nature Rituals

Find your own roots with the help of shamanic rituals

978-3-03902-206-9

29.00 EUR

Cover: Hardcover

Extent: 280 pages

Format: 15.5 cm x 23.5 cm

37 colour photos, word count: 89.942

Available: 29/05/2023

Rights sold: All rights available

- **Nature rituals: companions of our personal development**
- **Essential knowledge about nature spirituality**
- **Shamanic wisdom for people who feel part of nature**

The urge to open your soul in rituals and create an inner bond with nature is as ancient as humankind itself. Even in this day and age rituals are a path to stable footing and self-awareness. Wolf-Dieter Storl focuses on the traditions of European forest peoples – Celtic, Germanic, and Slavic groups – and on various rituals from America, Asia, Australia, and Africa. What is the right time and place for a ritual? Why to perform one at all, and what aspect of life does it relate to? Practical questions that will be answered in this book. It showcases ritualistic objects, smoking and auxiliary agents but also plants and animals that are relevant for shamanic nature experiences. Wolf-Dieter Storl shares essential background knowledge on shamanic nature and self-perception.

Wolf-Dieter Storl: Cultural anthropologist and ethno-botanist. Lectured at various universities and published numerous books that became long-selling successes. He lives on a solitary farm in the Allgäu.

Photos: Lisa Storl



Wolf-Dieter Storl

The Wise Man from Mont Aubert

Remembering Arthur Hermes. A life in harmony with nature

978-3-03902-222-9

24.00 EUR

Cover: Hardcover

Extent: 152 pages

Format: 15.5 cm x 23.5 cm

Numerous colour photos, word count: 41,263

Available: 28/08/2023

Rights sold: All rights available

- **Memories of a pioneer in biodynamic agriculture**
- **Insights into the life of Wolf-Dieter Storl and his spiritual roots**
- **Storl – a very personal account**

An extraordinary friendship and fateful encounter!

There is a recurrent, mysterious figure in Wolf-Dieter Storl's books – Arthur Hermes. This book tells us who he was, what he taught and how he influenced the plant expert from the Allgäu.

Storl's memories of his mentor take us to the world of farmers, of traditional country folk whose knowledge of how to deal with animals and plants goes back to ancient times. Their lives were determined by an invisible energetic (ethereal), mental, and spiritual environment. And the »farmer philosopher« Hermes lived in exactly this world. In the 1950s he was capable of convincing farmers to switch to biodynamic agriculture, the foundation of many of today's Demeter farms. The fact that there are currently more than 7000 organic farms in Switzerland is partly owed to this almost forgotten pioneer.

A book about a time of new beginnings and about an extraordinary personality who significantly influenced the life of the famous author Storl.

Wolf-Dieter Storl: Cultural anthropologist and ethno-botanist. He has lectured at various universities and published numerous books that have been long-sellers. He lives on an isolated farm in the Allgäu.



Wolf-Dieter Storl

The Bear

Animal of Strength of the Shamans and Healers

978-3-03800-245-1

29.00 EUR

Cover: Hardcover

Extent: 288 pages

Format: 13.5 cm x 22 cm

Illustrations

Subject areas: bear, shamanism

Available: 09/08/2005

Rights sold: CZ, USA

• **The fascinating relationship between man and bear**

Anywhere the bear lives, i.e. in the entire Northern hemisphere, he was considered an animal of strength. He was not an ordinary animal but a kind of »forest man« whose shaggy fur was hiding a human or even godly soul. He could understand men's thoughts and had healing powers. Whoever dreams of a bear or has a strong encounter with a bear becomes a herbal healer and is summoned to heal with plants. Besides the bear dreamer is the mightiest among medicine men according to North America's natives. The Germanic people called their most efficient and reliable healing plants »bear herbs« and sent their youngsters into the forest to experience their true nature as »bear skimmers«. Wolf-Dieter Storl, cultural anthropologist and ethno-botanist, lived himself in bear habitats in the Rocky Mountains for many years and had frequent – sometimes dramatic – encounters with bears. In this book he depicts the relationship between man and bear. The journey leads into the bear caves of the Neanderthals, the bear cults of Siberian tribes of today, to cave bears and teddy bears and last but not least to the bear city Bern where the author himself used to live for several years. We find out about the bear goddess Artemis and the medicine bear of Indian shamans and find numerous bear tales and stories from all over the world.

Wolf-Dieter Storl: Born 1942, cultural anthropologist and ethno-botanist. Former Fulbright scholar of the University of Bern, lectured at different universities. Study trips, ethnographical and ethno-botanical field research – in a traditional spiritualist settlement in Ohio, with old and experienced farmers in the Emmental, with medicine men of the Northern Cheyenne, with Shiva Sadhus in India and Nepal – are depicted in numerous articles and books. Since 1988 he lives with his family on a solitary farm in the Allgäu where he is occupied with gardening and investigating the secrets of healing herbs and wild plants.



Wolf-Dieter Storl

Plant Devas

The Spiritual-Mental Dimensions of Plants

978-3-03800-846-0

26.00 EUR

Cover: Hardcover

Extent: 264 pages

Format: 13.5 cm x 22 cm

44 illustrations

Subject areas: plants, meditation

Available: 25/08/2014

Rights sold: All rights available

- **Featuring practical instructions for plant meditation**
- **New, special-priced edition**

Plants are more powerful than we commonly think. Being macroscopic creatures they communicate the light forces of the cosmos and enliven the earth matter. All cultures, except the one we are living in today, are aware of the psycho-spiritual dimensions of plants. In dreams or ecstatic visions of shamans, plants appear as deities, Devas, or light angels who actively and consciously interfere in earthly events and human history. Wolf-Dieter Storl, the distinguished plant expert, demonstrates how the disrupted communication between human beings and plants can be restored. An appendix featuring practical instructions for plant meditation helps to re-establish contact with the plant Devas.

Wolf-Dieter Storl: Cultural anthropologist and ethno-botanist. He has lectured at various universities and is the author of several long-selling books. He lives on an isolated farm in the southern German Allgäu with his family.



Wolf-Dieter Storl

Common and Forgotten Vegetables

Botany, History, Alternative Medicine and Usage

978-3-03902-120-8

29.00 EUR

Cover: Hardcover

Extent: 288 pages

Format: 15.5 cm x 23.5 cm

62 colour photos

Available: 30/11/2020

Rights sold: All rights available

- **Botany, origin, healing powers, and recipes**
- **New edition featuring beautiful photos**
- **A collection of knowledge from the great plant expert**

Our everyday vegetables are far more than just sources of vitamins: they harbour secrets, colourful stories, and magic, while some of them even qualify as powerful healing plants with clinically proven medical effects. In this thrilling and easy to read book, Wolf-Dieter Storl, the great connoisseur and explorer of healing plants and crops, presents 50 garden vegetables, including some rare and forgotten vegetable and salad plants. A unique combination of gardening, ethno-botany, cultural history, and ancient as well as recent medical findings.

Wolf-Dieter Storl: Cultural anthropologist and ethno-botanist. He has lectured at various universities and is the author of several long-selling books. He lives on an isolated farm in the Allgäu.

Photos: Lisa Storl



Wolf-Dieter Storl

The Cosmos in our Garden

Gardening based on biological principles of nature for a better harvest

978-3-03902-154-3

28.00 EUR

Cover: Hardcover

Extent: 352 pages

Format: 15.5 cm x 23.5 cm

50 colour photos, 1 b/w photo, 32 illustrations; word count: 111,626

Available: 04/04/2022

Rights sold: All rights available

- Gardening based on biological principles of nature
- With practical ideas and garden calendar
- More than 20,000 copies sold

Garden secrets of the great plant connoisseur

If you understand your garden and grasp its superior order, you will experience fulfilment and you will also achieve a richer harvest. In his book about the garden's microcosm Wolf-Dieter Storl shows us how to get there. A comprehensive, holistic nature and garden encyclopaedia that examines not only planetary influences but also soil bacteria and fertilizing substances. Storl's knowledge-base comprises the findings of the Rosicrucians and Neoplatonists, the experiences of native Americans and Chinese healers as well as the wisdom of Paracelsus and Agrippa von Nettesheim. Apart from that, the renowned self-supporter offers practical hints, guidance, and advice for any type of garden work throughout the year, based on his organic gardening expertise. The influence of the weather, the right method of composting, ideal plant neighbours and crop rotation, the coexistence of insects and small animals, and the proper handling of seeds – Wolf-Dieter Storl shares with us small and big secrets for a lively natural garden.

Wolf-Dieter Storl: Cultural anthropologist and ethno-botanist. He has lectured at various universities and published numerous successful long-selling books. He lives on an isolated farm in the Allgäu.

Photos: Lisa Storl



Wolf-Dieter Storl

Essence and Secrets of Invasive Plants

Healing plants, food plants, economic plants

978-3-03902-170-3

29.00 EUR

Cover: Hardcover

Extent: 344 pages

Format: 15.5 cm x 23.5 cm

120 colour photos, 24 b/w photos; word count: 95,369

Available: 28/02/2022

Rights sold: All rights available

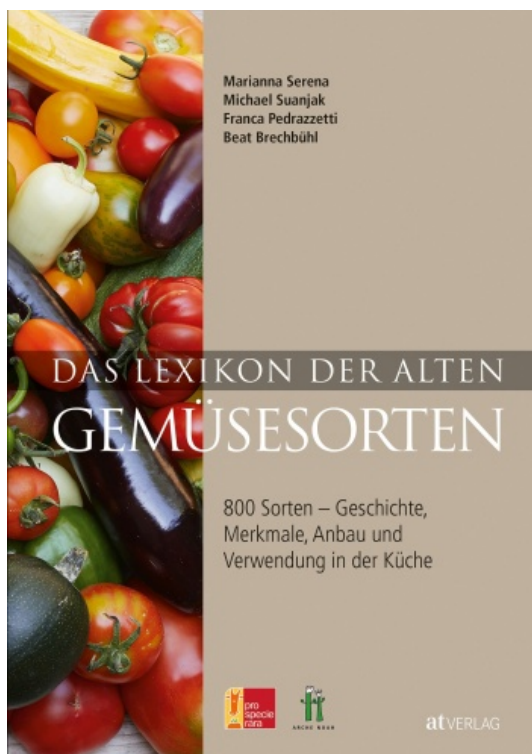
- **Insights about invasive plants from the great plant connoisseur**
- **Hidden benefits of alleged adversaries**
- **Psychological and philosophical aspects**

Invasive plants: threat or bee pasture?

Invasive plants are often considered evil intruders in our natural environment. They are said to eliminate domestic plants and to be worthless for wildlife. But is this really true? In this book Wolf-Dieter Storl shows us how to become friends with invasive plants. Based on sound facts and evidence he proves that plants such as giant hogweed, Canada goldenrod, or Himalayan balsam are not in the least a problem. In the countries they originate from, many of them are considered precious food, economic or healing plants, and some are even valued as sacred plants used for Shamanic or other rituals. This book offers a totally new perspective on »wandering« plants and helps us to understand and make good use of them.

Wolf-Dieter Storl: Cultural anthropologist and ethno-botanist. He has lectured at various universities and published numerous successful long-selling books. He lives on an isolated farm in the Allgäu.

Photos: Frank Brunke



Michael Suanjak, Beat Brechbühl, Franca Pedrazzetti

The Encyclopedia of Ancient Vegetables

800 Types – History, Characteristics, Cultivation, and Kitchen Use

978-3-03800-620-6

79.00 EUR

Extent: 672 pages

Format: 19.5 cm x 26.5 cm

1044 colour photos

Subject areas: vegetables, garden

Available: 09/04/2014

Rights sold: All rights available

Awards for this book



- **The new and comprehensive encyclopedia with over 800 ancient vegetable types**
- **Precious information on history, characteristics, cultivation, and kitchen use**
- **An indispensable reference book for hobby gardeners and dedicated vegetable cooks; including more than 800 excellent photos and source indications**

With over 800 vegetable types and 60 vegetable species this encyclopedia sets completely new standards. It takes us on a journey to discover the world of crops and presents hardly known types such as Safier potatoes, ox heart tomatoes, Maikönig lettuce, German giant grapes (cherry tomatoes), the Rhineland Glory tomato or the Znaim cucumber – vegetables that once used to be widespread in Central Europe but have been forgotten since. Many of these vegetables, such as strawberry spinach, chervil beet, asparagus bean, sugar and oat root, are worth being rediscovered in both garden and kitchen. Background stories tell us their history, where they come from, how old they are, where they were grown, who developed and cultivated them, complemented by portraits of people who work with these rare treasures today. For each vegetable a reference source is indicated. The types presented can be grown in any garden, on the balcony, or in flower pots. An indispensable manual for hobby gardeners and dedicated vegetable cooks.

Marianna Serena: Engineer for horticulture and domestic science teacher. At ProSpecieRara she designs the vegetable gardens of Wildegg and Brüglingen, supervises the vegetable seed production and the section on preservation of vegetables, crops, and decorative plants.

Michael Suanjak: Biologist. At the Arche Noah Association he heads the seeds archive. He currently runs an organic fruit tree nursery and vegetable seed production plant in the Austrian Waldviertel.

Franca Pedrazzetti: Has been working as a freelance portrait and news coverage photographer for newspapers, magazines, and companies for eleven years.

Beat Brechbühl has been a freelance photographer for many years, with focus on still life, food, and architecture photography.

Editor: ProSpecieRara, ProSpecieRara Germany, Arche Noah, Hortus

With the cooperation of: Nicole Egloff, Iris Förster, Deborah von Arx, Susi Wyden



Violette Tanner, Laetizia Giannini-Studer

Kids' Workshop: Wild Plant Cuisine

Collecting, Cooking and Experiencing Nature With Children

978-3-03800-569-8

30.00 EUR

Cover: Hardcover

Extent: 200 pages

Format: 19.6 cm x 24.5 cm

150 colour photos

Subject areas: handicrafts with children, ecopedagogy

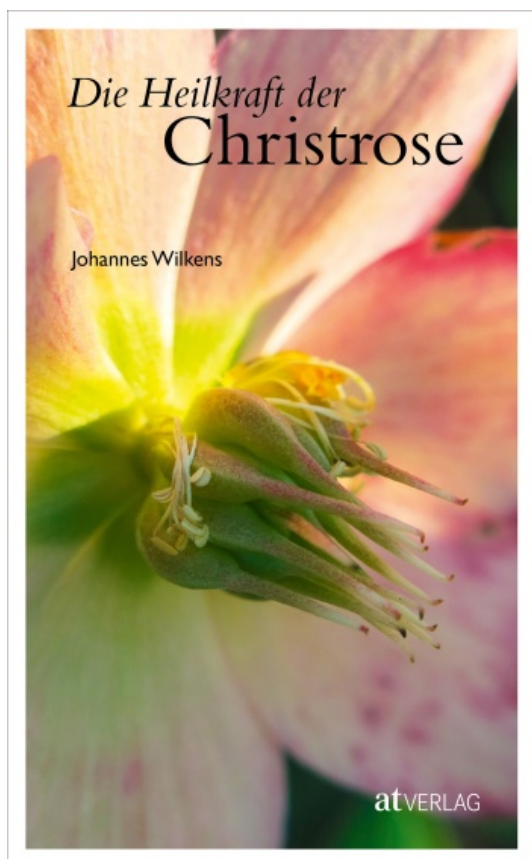
Available: 30/04/2013

Rights sold: All rights available

- **Cooking with kids in natural surroundings**
- **Getting acquainted with wild herbs and healing plants, Playful knowledge transfer**
- **Additional information for teachers and instructors**

The book presents twelve plant portraits spreading over the four seasons. Children get to know wild garlic, goutweed, dandelion, stinging nettle, daisy, ribwort, rose hip, elder, marigold, hazelnut, spruce and coltsfoot in a playful way while collecting, preparing and cooking them at the open fire. Alongside simple everyday recipes that kids love, the book also offers many suggestions on how to preserve wild herbs. It presents the traditional use of these herbs for seasonal celebrations such as Easter, summer solstice, Saint Nicholas and Christmas. A separate section provides details on particular botanical, naturopathic and also mythological characteristics of each plant. Useful hints on possible confusion with other plants and a collectors' guide allow for broader insights on the quality of the portrayed plants. The book is rounded off with songs, stories, fairy tales and handicraft instructions.

Violette Tanner: Born 1965, trained healing plant specialist, ecopedagogue, author and mother of three. Over the past 20 years she has focused specifically on domestic healing plants in folk medicine and wild herbs for kitchen use. She passes on her knowledge on domestic herb treasures in courses, herb walks, ecopedagogy seminars, lectures, newspaper op-eds and radio shows.



Johannes Wilkens

The Healing Power of the Hellebore

978-3-03800-831-6

24.00 EUR

Cover: Hardcover

Extent: 144 pages

Format: 13.5 cm x 22 cm

30 colour photos

Subject areas: Hellebore, healing,

Available: 14/10/2014

Rights sold: UK

- **The first book on the healing power of the hellebore; Authored by an experienced physician and specialist**
- **A promising cure for Alzheimer, stroke, and ADD/ADHD**
- **Ample evidence from medicinal history followed by most recent case studies**

The hellebore has played a crucial role for the most renowned doctors in occidental medicinal history. Hippocrates, but even more so Paracelsus and Samuel Hahnemann have praised its powers. In recent times the hellebore is once again in the spotlight, as it has proved particularly effective in clinical cell tests as well as with concrete cases of the serious sicknesses, the new millennium is experiencing. It has proven its worth in geriatrics, with Alzheimer, strokes, but also with cancer – all of which quite frequently require hellebore treatment based on anthroposophic medicine. Another area, where it is intensely used, is with attention disorders of children such as ADD and ADHD as well as general brain development disorders. Against the background of medicinal history and using various case studies, this book documents the essential role of the hellebore with numerous sicknesses of the modern age.

Johannes Wilkens: Born 1962. Medical Director of the geriatric rehabilitation clinic Alexander von Humboldt in Bad Steben. Also runs his own private practice. Extensive research in the area of homeopathy and anthroposophic medicine, numerous books and magazine articles.



Svenja Zuther

Flora's Language

Encounters with the plant spirit, Doctrine of signatures. Holistic phytomedicine

978-3-03902-230-4

39.00 EUR

Cover: Hardcover

Extent: 440 pages

Format: 15.5 cm x 23.3 cm

190 colour photos, word count: 115,752

Available: 27/11/2023

Rights sold: All rights available

- **The revised new edition of the ultimate reference book on plant communication**
- **Detailed and insightful plant portraits**
- **Perception exercises, recipes and instructions**

The classic of plant communication!

This book teaches us how to recognize ourselves through nature's mirror, to entertain a vivid exchange with plants and make use of their powers.

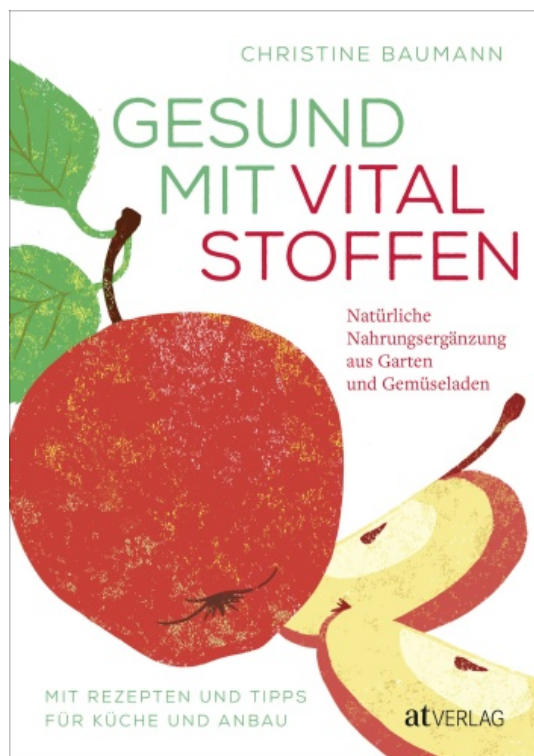
Detailed portraits of domestic healing plants describe their characteristic powers based on both modern research and traditional customs and traditions. With an introduction to the doctrine of signatures and practical guidelines for plant encounters, this book allows us to access the language of the plant realm.

An informative and touching practical guide for anyone who seeks to heal not only the body but also the soul with the help of healing plants. Featuring perception exercises, recipes, and suggestions for the creative use of healing plants.

Svenja Zuther: Graduate biologist, alternative practitioner, author. Has been researching communication with plants for 20 years, and developed spiritual plant healing and nature therapy. She offers individual training courses and delivers lectures both at home and abroad. In 2006 she founded the conference centre KUDRA NaturBewusstSein.

Topic

Health & Healing / Shamanism



Christine Baumann

Healthy with Vital Substances

Natural dietary supplements from the garden and greengrocer's

978-3-03902-068-3

32.00 EUR

Cover: Hardcover

Extent: 288 pages

Format: 14.5 cm x 22 cm

20 colour illustrations, ribbon; word count: 69,715

Available: 31/01/2022

Rights sold: All rights available

- The basics of healthy nutrition
- Natural vitamins, micronutrients, fatty acids
- With recipes, kitchen tips, and cultivation guidelines

There is no need for dietary supplements in the shape of capsules nor for exotic superfoods if you want to stay healthy. We can find valuable nutrients on our windowsill, in the garden, or at the greengrocer's. Featuring profiles for each single food item, starting with A for apple all the way to Z for zucchini, Christine Baumann shows us what vitamins, micronutrients, and minerals the different fruit and vegetable types supply us with. On the basis of both her therapeutic experience and scientific research she not only presents micronutrients that are essential for the human body in general, but highlights those that give support in extraordinary situations such as stress, pregnancy, or illness. Thanks to a number of recipes, preparation tips, and cultivation guidelines for self-supply, eating healthy in our everyday life becomes super easy.

Christine Baumann: Alternative healthcare practitioner focusing on plant healing, treatments from traditional occidental medicine, anthroposophic and orthomolecular medicine, as well as nutritional therapy. Consultant and author.

Illustrations: Iris Weidmann



Gabriela Baumgartner

Meditate. Find Peace. Draw Energy.

Meditation and Awareness Exercises for Everyday Life

978-3-03902-103-1

29.00 EUR

Cover: Hardcover

Extent: 256 pages

Format: 15.5 cm x 23.5 cm

35 colour photos, word count: 38,877

Available: 22/02/2021

Rights sold: All rights available

- **Meditation in daily life: transporting the spirit into the here and now**
- **Learn from the great Himalayan masters: meditation exercises explained step by step**
- **Including a training plan for day-to-day practice**

Never before has there been such a vivid interest in meditation and awareness. In our high speed and performance-oriented society many people start questioning the meaning of life. They long for inner peace and search for a path to find themselves. Meditation helps us calm down and get a better sense of our personality. The book by SRF editor Gabriela Baumgartner presents exercises that serve as a guide on the road to calmness. Almost all meditation and awareness methods originate in Buddhist teachings. They show the way out of the painful cycle of our existence – and the tool for this is meditation, i.e. training of the spirit. The book explains a variety of methods from simple breathing techniques to Tibetan meditations. All of these are explained in detail, step by step, and complemented with background information and tips on how to translate the effects of meditation into daily life.

Gabriela Baumgartner: Lawyer and editor for the programmes »Espresso« and »Kassensturz« by Swiss Radio and Television (SRF). She is trained in Buddhist psychology and spiritual coaching and used to work as a meditation instructor and teacher of Tibetan Lu Jong Yoga at Rikon Tibet Institute. She organises evening meditation sessions in Zurich.

Photos: Veronika Studer and others



Rudi Beiser

Forgotten Medicinal Plants

Botany, Folk Medicine, Utilisation

978-3-03800-888-0

36.00 EUR

Cover: Hardcover

Extent: 240 pages

Format: 15.5 cm x 22 cm

139 colour photos

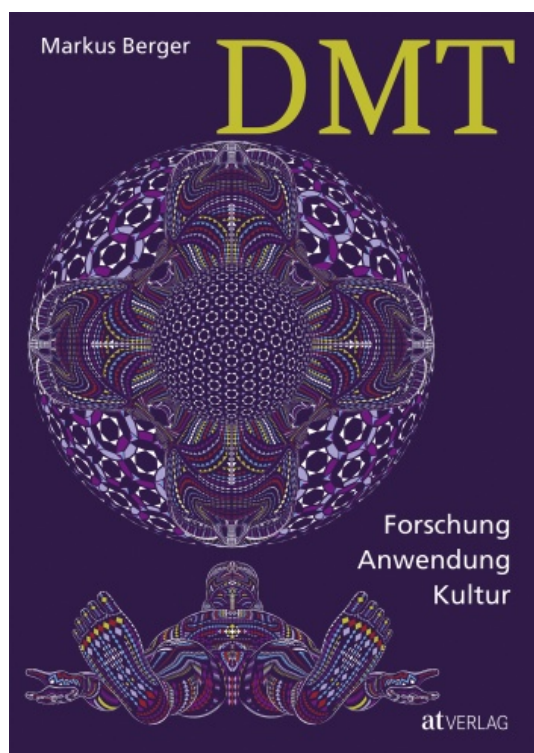
Available: 19/09/2016

Rights sold: All rights available

- **Rediscovering forgotten medicinal plants**
- **A treasure from the past: folk magic and folk medicine**
- **Scientific facts confirm experience-based medicine**

An adventurous expedition to discover domestic wild plants at our doorstep that have completely disappeared from modern phytomedicine, while they used to play a significant role a long way back, in medieval healing practices. The book portrays about 25 selected ancient medicinal plants, such as purple loosestrife, prunella, ajuga, or avens. Next to traditional healing practices, the book also focuses on modern scientific approaches. Bioactive plant substances along with a number of recent studies reconfirm the amazing effectiveness of our ancestors' experience-based medicine. The book emphasizes how healthy and valuable these plants are for human nutrition, and highlights their widespread use as food plants in ancient times. Practical tips and recipes complement every plant description, inviting the reader to start collecting them and prepare effective remedies.

Rudi Beiser: has worked with wild herbs and healing plants for 40 years, ran his own herb manufactory La Luna producing high quality herbal teas for 20 years. Today, lecturer at various institutions and successful author.



Markus Berger

DMT

Research, Use, Culture

978-3-03800-933-7

44.00 EUR

Cover: Hardcover

Extent: 400 pages

Format: 17 cm x 24 cm

Numerous colour photos

Available: 18/09/2017

Rights sold: All rights available

- All there is to know about the most effective psychedelic substance
- Scientific research, culture, consumption, and use then and now
- Practical guidelines and numerous personal stories

DMT (N,N-Dimethyltryptamine) is a psychoactive substance occurring naturally in humans and animals. It is one of the strongest psychedelics known so far. DMT is considered a »consciousness molecule«. It can trigger visionary states of mind and inspire artistic creation, while at the same time it is categorized as illegal »narcotic«. To some it is an »entheogen« and door opener, others consider it a dangerous »nightmare drug«. The book offers a comprehensive portrait of the entire DMT system with a focus on psychedelic substances. Next to an overview on related scientific research, its use in subcultures, as well as indigenous traditional use of DMT, it shows the various manifestations and therapeutic, spiritual, and recreational potential of DMT and DMT analogues. Including tips for practical use, numerous personal stories, and a rich bibliography.

Markus Berger: Ethno-botanist, drug researcher, author, and lecturer. Author of numerous books and professional publications on drug research and ethno-botany. Editor-in-chief of a magazine on psychoactive culture (»Lucy's Rausch«), associate of Nachtschatten Verlag publishing house, organizer of congresses and events on psychoactive culture.



Markus Berger

Hemp

Cure, Crop, Stimulating Herb

978-3-03902-085-0

26.00 EUR

Cover: Hardcover

Extent: 224 pages

Format: 16.5 cm x 24 cm

82 colour illustrations, word count 50,166

Available: 26/10/2020

Rights sold: All rights available

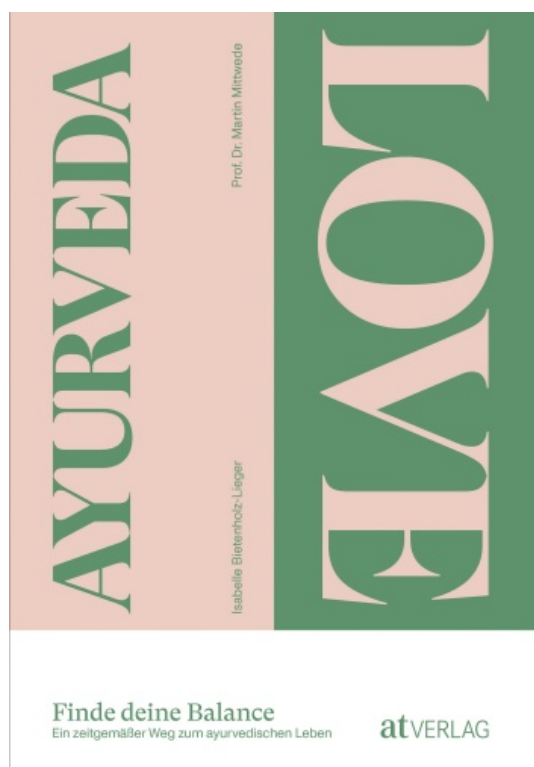
- **Hemp as a healing plant and crop, food and stimulant**
- **Scientific research, culture, and usage**
- **With humorous and perky illustrations**

All About Hemp

For decades hemp had a disastrous reputation that this versatile plant in no way deserves. Slowly but surely it has become clear that the negative image of hemp is light years away from reality. The various ways the cannabis plant can be used are a true enrichment to our world and can even help to solve environmental issues. The author provides simple and straightforward explanations on everything we need to know about hemp, and he shows us various ways to use it. It has medical and therapeutic effects, can be used as building material and fibre plant for textiles, but hemp is also an agricultural product and serves as food and stimulant.

Markus Berger: Ethno-botanist, drug researcher and cannabis patient. Author and lecturer. Author of numerous books and professional publications on drug research and ethno-botany. Editor-in-chief of a magazine on psychoactive culture (»Lucy's Rausch«), associate of Nachtschatten Verlag publishing house, organizer of congresses and events on psychoactive culture.

Illustrations: Monika Klars



Isabelle Bietenholz-Lieger, Martin Mittwede

Ayurveda Love

Find Your Balance

978-3-03902-114-7

26.00 EUR

Cover: Hardcover

Extent: 240 pages

Format: 13.5 cm x 19.5 cm

47 colour photos, word count: 27,258

Available: 25/01/2021

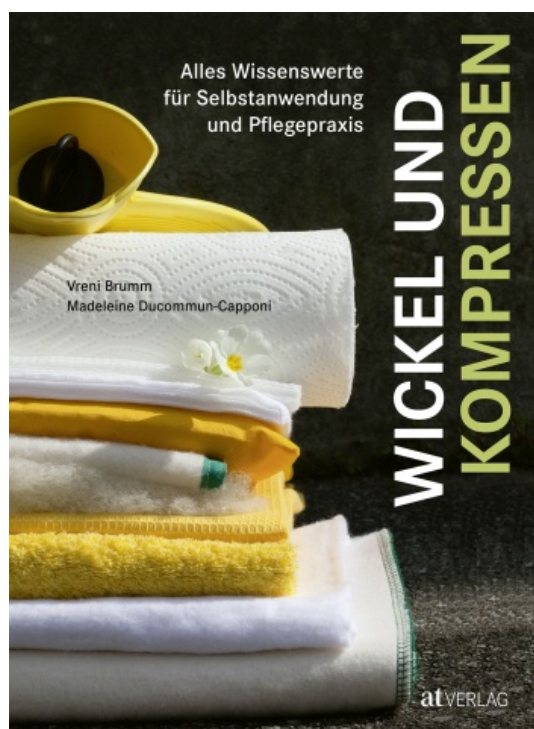
Rights sold: All rights available

- **How to simply integrate Ayurveda into everyday life**
- **Rediscover your inner balance**
- **Ancient wisdom to meet the needs of our time**

Ayurveda is more than just the use of exotic plants or wellness oil massages. It is not about following rigid rules, but about rediscovering our sensitivity for the needs of our body and psyche. There is scientific proof that our habits and lifestyle have an extraordinary impact on how healthy we feel. In this practical manual, the authors adjust the wisdom of traditional Indian medicine to the European lifestyle and explain simple measures that can positively affect your well-being. Tips for every day, simple exercises, and recipes help us find inner tranquillity, reach clarity about ourselves, and permanently strengthen our health. The book shows how easy it is to integrate Ayurveda into our daily routine and provides guidance to those who wish to sustainably change their way of life with only little effort.

Isabelle Bietenholz-Lieger: Marketing director and complementary Ayurveda therapist. She is founder of Jivita AG Komplementärmedizin Bethanien in Zurich.

Prof. Dr. Martin Mittwede: Holds degrees in Indology and religious studies. He is an internationally recognized expert for Ayurveda, Yoga, and Asian philosophy.



Vreni Brumm, Madeleine Ducommun-Capponi

Wet Packs and Compresses

Useful knowledge for self-treatment and professional care

978-3-03902-040-9

35.00 EUR

Cover: Hardcover

Extent: 256 pages

Format: 16.5 cm x 22.5 cm

150 colour photos

Available: 24/06/2019

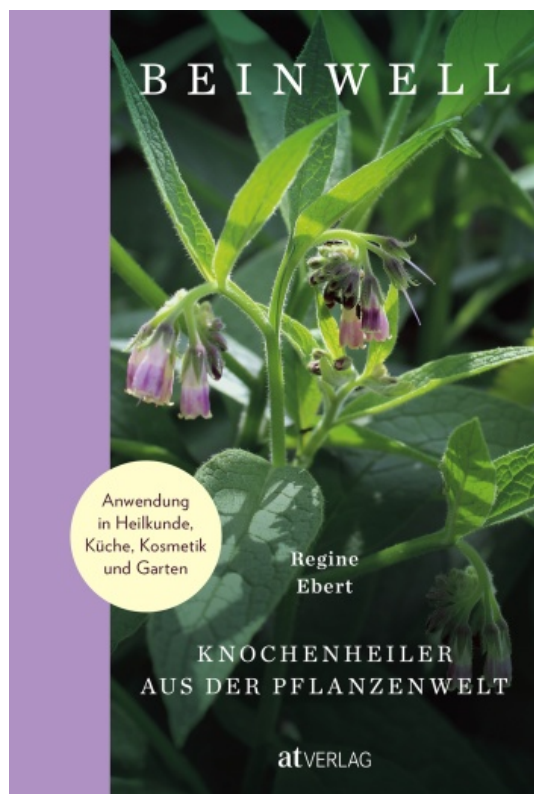
Rights sold: All rights available

- **Expanded new edition of the practical guide**
- **Practical experience for practical use, for experts and enthusiastic amateurs**
- **40 wet packs and compresses – basics, effects and application, including detailed descriptions and many images**

Wet packs and compresses are a reliable method offering gentle relief and support with many common conditions and illnesses. They foster our physical well-being and have positive effects on our mental state. The book covers all relevant basics and provides detailed and clear descriptions of more than 50 wet packs and compresses, including their particular effects, areas of use and contraindications, preparation techniques, required materials, correct application methods, duration of use, and, where required, post-treatments. With additional chapters about regenerative self-care, ways of usage in everyday family life with children as well as in ambulant, long-term and palliative care. A thorough, richly illustrated instructional manual for professionals and for home remedies.

Vreni Brumm: Graduate adult educator, care expert and Kneipp therapist. Director of an advanced training for wet pack experts, specialized lecturer for both basic and advanced training levels of school and complementary medicine.

Madeleine Ducommun-Capponi: Graduate adult educator, care expert, and lecturer. Initiator and long-time co-director of the advanced training for wet pack experts. Co-founder of the International Committee on Wet Packs and Compresses.



Regine Ebert

Comfrey

A bone healer from the world of plants. Practical use in healing and cosmetics, kitchen, and garden

978-3-03902-140-6

29.00 EUR

Cover: Hardcover

Extent: 208 pages

Format: 15.5 cm x 23 cm

117 colour photos, 1 b/w photo, 3 illustrations; word count: 51,803

Available: 07/02/2022

Rights sold: All rights available

Awards for this book



- A comprehensive portrait of the powerful healing plant for bones and joints
- How to collect, cultivate, process, and use comfrey
- Recipes and tips for your medicine chest, kitchen, and garden

Widely used in ancient times and scientifically endorsed in this day and age: the leaves and root of comfrey alleviate pain, heal wounds, and have anti-inflammatory effects. They help with contusions, bone fractures, and rheumatism. But not only that: thanks to silica, allantoin, and mucilage the versatile medical plant nurtures and regenerates the skin. It is also a fertilizer rich in nutrients that helps rejuvenating the garden. So it is high time we make use of the various capabilities of this exceptional plant, also known as knitbone. Regine Ebert presents different types of comfrey through detailed plant portraits, from wild and cultivated comfrees all the way to gourmet knitbone. She also shares a number of recipes for our medical supplies, for cooking, and gardening. And she offers tips and instructions how to collect, cultivate, process, and use this extraordinary plant. Discover the hidden talents of comfrey with the help of this book.

Regine Ebert: Wild herb and healing plant expert. Founder of the Kräuterschule Taunus in Hesse. Intensive seminar and training activity. Journalist and editor for nature and garden topics.



Susanne Fischer-Rizzi, Peter Ebenhoch

The Leaves of Trees

Healing Powers and Myths of Indigenous Trees

978-3-03800-343-4

36.00 EUR

Cover: Hardcover

Extent: 176 pages

Format: 21 cm x 28 cm

Subject areas: Phythomedicine, trees, leaves

Available: 27/04/2007

Rights sold: All rights available

- **Healing powers and myths of indigenous trees**
- **Since ancient times roots, resin, sprouts and leaves have been used to prepare valuable cures and potions**
- **Susanne Fischer-Rizzi presents a collection of ancient tales, legends, myths, songs and rites that have accompanied us for thousands of years**

The tree is one of the most ancient symbols of mankind. The symbol of the tree of life can be found in all cultures. Just as ancient is the knowledge about the healing powers of trees. Through all ages, people have prepared valuable medicine from roots, resin, sprouts and leaves. Susanne Fischer-Rizzi has collected ancient tales, legends, myths, songs and rites that have accompanied us throughout the ages of time and live on even today: the Christmas tree, the blessing of palm leaves on Palm Sunday, maypoles and roofing ceremonies. Drawing from long years of experience with plant healing she added to each tree a chapter on its healing effects, along with tried recipes for home-made teas, ointments, tinctures, compresses etc. These are complemented by recipes for delicious dishes and drinks such as maple ice cream, fir honey, blackthorn liqueur, elder cake or quince bread. The perceptively captured illustrations by Peter Ebenhoch underline the individual characteristics and personality of each tree. A rich and impressive book full of precious information. A must-have for tree lovers.

Susanne Fischer-Rizzi: Born 1952, naturopath, graduate of the renowned Josef Angerer School, and trained by various specialists of naturopathy in Europe and Asia, pioneer of aroma therapy and author of 13 books to date translated into various languages. Seminars and lectures. She also founded the ARVEN School of naturopathy, aroma therapy, and wilderness knowledge.

Peter Ebenhoch: Born 1953, training as graphic designer at the University of Applied Sciences, followed by arts studies at the Academy of Fine Arts in Munich. Since 1982 freelance painter, book illustrator and graphic designer. Together with 3 colleagues he runs a graphic studio called vierpunkt-Grafik Design gbR since 1992. Numerous art exhibitions in Germany and abroad. Lives

with his wife, the artist Sabeth Lichtblau, and their two sons on a farm in Allgäu in the south of Germany.



Susanne Fischer-Rizzi, Peter Ebenhoch

The Book of Incense

978-3-03800-429-5

39.00 EUR

Cover: Hardcover

Extent: 228 pages

Format: 21 cm x 28 cm

205 colour photos

Subject areas: Incense, smoking agents

Available: 28/11/2005

Rights sold: FR, IT

- The first comprehensive book on the art of burning incense
- Including detailed descriptions of each substance's history
- Featuring previously unpublished recipes for preparation at home

What was the secret of the precious incense mixtures the Egyptian priests used? What scents helped the seeress at the oracle of Delphi foretell the future? Which incenses are capable to intensify our dreams? The author presents the first comprehensive book on the art of burning incense using scents – from the Stone Age, the high cultures of Egypt, Mesopotamia and Greece to the roots of incense culture in the Far East and the rites of native Americans still in use today.

Burning incense is the act of slowly burning special resins and parts of plants on smoking coal. For thousands of years, the rising smoke was considered by many peoples to be a message to heaven. Including detailed descriptions of each smoking agent, its history and practical use today along with previously unpublished recipes for home use.

Susanne Fischer-Rizzi: Born 1952, naturopath, graduate of the renowned Josef Angerer School, and trained by various specialists of naturopathy in Europe and Asia, pioneer of aroma therapy and author of 13 books to date translated into various languages. Her teaching activities include seminars and lectures both within Germany and abroad. She also founded the ARVEN School of naturopathy, aroma therapy, and wilderness knowledge.

Peter Ebenhoch: Born 1953 in Oberstaufen in Allgäu, training as graphic designer at the University of Applied Sciences in Munich, followed by arts studies at the Academy of Fine Arts in Munich. Since 1982 freelance painter, book illustrator and graphic designer. Together with 3 colleagues he runs a graphic studio called vierpunkt-Grafik Design gbR since 1992. Numerous art exhibitions in Germany and abroad since 1982. Lives with his wife, the artist Sabeth Lichtblau, and their two sons on a farm in Allgäu in the south of Germany.



Susanne Fischer-Rizzi, Peter Ebenhoch

Heavenly Scents

The Great Book on Aromatherapy

978-3-03800-579-7

39.00 EUR

Cover: Hardcover

Extent: 166 pages

Format: 21 cm x 28 cm

200 colour pictures

Subject areas: Aromatherapy, essences, therapy

Available: 15/04/2011

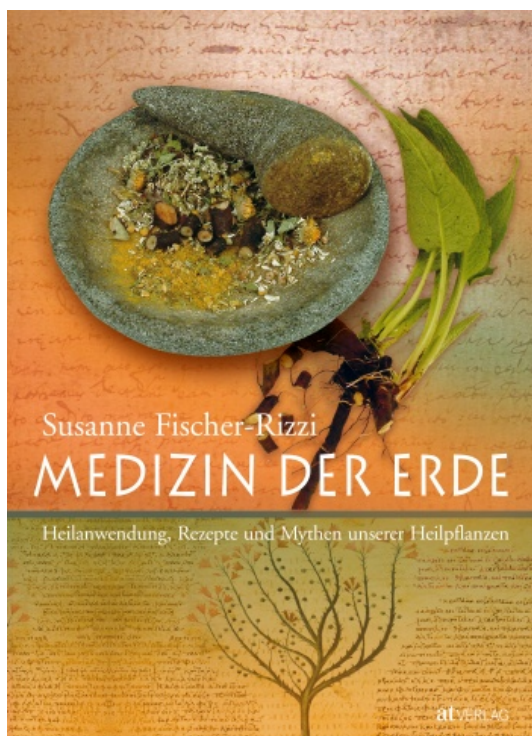
Rights sold: IT

- The book presents the various methods of application and gives in-depth descriptions of the most important essences
- Featuring details on botany, ingredients, their effects on body and soul
- A valuable therapeutic index helps with choosing the right essence

This book is a classic in the field of aromatherapy and invites you on a journey to the realm of plant scents. The depicted essential oils have a holistic effect on body and soul alike and stimulate the powers of self-healing. The book shows the different modes of use and provides detailed descriptions of the most important essential oils including information on botany, ingredients and healing effects. It contains a number of tried recipes for wellness, body care and therapy. The author, who introduced aromatherapy in the German-speaking region, draws from her wealth of experience and shares her expertise in an easily understandable way for beginners as well as for professional use in the areas of body care and healing.

Susanne Fischer-Rizzi: Born 1952, naturopath, graduate of the renowned Josef Angerer School, and trained by various specialists of naturopathy in Europe and Asia, pioneer of aroma therapy and author of 13 books to date translated into various languages. Her teaching activities include seminars and lectures both within Germany and abroad. She also founded the ARVEN School of naturopathy, aroma therapy, and wilderness knowledge.

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Susanne Fischer-Rizzi

Medicine of the Earth

Healing Practices, Recipes and Myths of our
Healing Plants

978-3-03800-523-0

36.00 EUR

Cover: Hardcover

Extent: 224 pages

Format: 21 cm x 28 cm

Subject areas: Phytomedicine, healing practices

Available: 31/08/2005

Rights sold: All rights available

- **Healing practices, recipes and myths of our healing plants**
- **Description, healing effects and myths of our most important indigenous healing plants**
- **Including instructions for preparing home-made herbal medicine**

With immense empathy and comprehensive knowledge the author guides us to the world of the most important indigenous healing plants. We learn all there is to know about occurrence, identifying features for collecting and cultivating, about the preparation of teas, ointments, tinctures and healing practices for man and animal. Susanne Fischer-Rizzi instructs us how to make our own herbal medicine. While most books on herbs remain purely descriptive, this book invites us to make our own experiences and hence create a vivid relationship with healing plants. Tales, mythology and drawings inspire us to become acquainted with the healing power and character of plants.

Susanne Fischer-Rizzi: Born 1952, naturopath, graduate of the renowned Josef Angerer School, and trained by various specialists of naturopathy in Europe and Asia, pioneer of aroma therapy and author of 13 books to date translated into various languages. Her teaching activities include seminars and lectures both within Germany and abroad. She also founded the ARVEN School of naturopathy, aroma therapy, and wilderness knowledge.

Peter Ebenhoch: Born 1953 in Oberstaufen in Allgäu, training as graphic designer at the University of Applied Sciences in Munich, followed by arts studies at the Academy of Fine Arts in Munich. Since 1982 freelance painter, book illustrator and graphic designer. Together with 3 colleagues he runs a graphic studio called vierpunkt-Grafik Design gbR since 1992. Numerous art exhibitions in Germany and abroad since 1982. Lives with his wife, the artist Sabeth Lichtblau, and their two sons on a farm in Allgäu in the south of Germany.



Susanne Fischer-Rizzi

The Great Book of Floral Waters

Care, Heal, and Stay Healthy with Hydrolates

978-3-03800-699-2

42.00 EUR

Cover: Hardcover

Extent: 400 pages

Format: 21 cm x 28 cm

188 colour photos

Subject areas: naturopathy, healing plants, aroma therapy

Available: 08/04/2014

Rights sold: CHN, IT

- **Detailed portrays of 80 floral waters**
- **A number of practical suggestions from naturopathy; including do-it-yourself instructions**
- **The latest reference book by No. 1 plant expert and bestselling author Fischer-Rizzi**

Floral waters, also called hydrolates, are – similar to essential oils – produced through steam distillation of healing plants. They are gentle yet highly effective and can be used in a variety of ways. In this first comprehensive German reference book on floral waters the author shares her vast knowledge accumulated over many years of plant distilling. Moreover she outlines the history of floral waters, all the way from ancient times to current scientific findings.

The book portrays 80 floral waters. A subtle presentation is dedicated to each plant, describing its very own characteristics. Numerous examples and recipes document the practical use of hydrolates not only for individual use but also in nursing care, health care, and social work. In addition, we find out about their practical use in cosmetics through a number of do-it-yourself recipes. A book of basics, stories, and instructions for amateurs and professionals alike. Including a collection and distillation calendar as well as a comprehensive index of indications. Richly illustrated with beautiful floral photos conveying the nature and strength of the plants.

Susanna Fischer-Rizzi: Born 1952, naturopath, graduate of the renowned Josef Angerer School, and trained by various specialists of naturopathy in Europe and Asia, pioneer of aroma therapy and author of 13 books to date translated into various languages. Her teaching activities include seminars and lectures both within Germany and abroad. She also founded the ARVEN School of naturopathy, aroma therapy, and wilderness knowledge.

Martina Weise: Devoted landscape and creative plant photographer. She conducts workshops and writes for several publishing houses.



Susanne Fischer-Rizzi

Trees of Hope

Trees and humans during climate change

978-3-03902-077-5

36.00 EUR

Cover: Hardcover

Extent: 320 pages

Format: 19.5 cm x 25.5 cm

115 colour photos, 9 illustrations

Available: 26/09/2022

Rights sold: All rights available

Awards for this book



- **Comprehensive portraits of the 20 most important climate trees**
- **Botany, ecology, history, and healing power**
- **Including cooking recipes**

Establish a new relationship with nature!

In the age of climate change people and trees are under heavy stress. What is it that connects the two in this particular situation? Can they try and overcome it together? In her latest book, a tour guide about new climate trees in the city, Susanne Fischer-Rizzi provides answers to these questions. Trees such as ginkgo, paulownia, and liquidambar that were originally classified as invasive in Western Europe, can endure the altered climatic conditions. On top of that, they help our psyche to regenerate and strengthen our immune system. Susanne Fischer-Rizzi combines the latest scientific findings with fascinating and magical stories. Eccentric recipes such as hackberry milk, black walnut cake, and mulberry omelette round off this amazing book. The renowned naturopathy expert presents a holistic view on climate change and the bond between nature and humans. Learn to see the trees that surround you with new eyes!

Susanne Fischer-Rizzi: Alternative practitioner, pioneer of aromatherapy and naturopathy, expert on permaculture and agroforestry. Author of 15 reference books translated into numerous languages. International teaching activity, as well as at her school ARVEN.

Photos: Gabriela Lagrange, Jonas Frei

Illustrations: Rosy Jungbluth



Steffen Guido Fleischhauer, Astrid Süßmuth,
Roland Spiegelberger, Claudia Gassner, Viola
Nehrbaß

How to Easily Identify Wild Healing Plants

The 50 Most Popular Plant Types

978-3-03902-122-2

23.00 EUR

Cover: Paperback with flaps

Extent: 288 pages

Format: 13.5 cm x 21 cm

400 colour photos, 50 illustrations, word count:
44,926

Available: 22/02/2021

Rights sold: FR, PL

- **How to Identify, Collect and Use Healing Plants**
- **Including recipes and easy instructions to enrich your medicine chest**
- **More than 400 photos and plant sketches**

A number of plants that grow in our immediate environment contain valuable substances and are highly effective healing plants. The book offers a very detailed and thorough presentation of the 50 most popular wild plants that makes them easily identifiable even for beginners. With more than 400 colour photos, meticulous sketches and drawings for each plant type, as well as elaborate information about poisonous or ineffective look-alikes. Simple applications and recipes tested in naturopathic practice demonstrate how wild healing plants can become part of your medicine chest. Including explanations about active substances and their subgroups, a straightforward harvesting chart, as well as descriptions for basic preparations: decoctions, gels, lotions, macerates, medical wine, but also oil extracts, unguents, syrups, tinctures, and wet packs. A perfect guide to assemble a wild plant medicine chest, even for beginners with little plant knowledge.

Steffen Guido Fleischhauer: Graduate engineer in landscape architecture, College of Higher Education Weihenstephan. Lectures at universities and colleges in Germany, Austria, and Switzerland. Publisher of the »Wild Plant Magazine«.

In cooperation with Astrid Süßmuth, naturopath, and Roland Spiegelberger, graduate engineer for landscape architecture and environmental planning.



Chrischta Ganz, Louis Hutter

Gemmotherapie

978-3-03800-844-6

34.00 EUR

Cover: Hardcover

Extent: 272 pages

Format: 17 cm x 24 cm

163 colour photos

Available: 15/09/2015

Rights sold: CZ

- **The vital energy of buds, shoot tips, and seedlings**
- **With step-by-step instructions on how to produce gemmomacerates**
- **a guide for experts and amateurs in naturopathy**

Gemmotherapie uses the great vital energy of the embryonic plant tissue in buds, shoot tips, and seedlings. The extracts of this tissue possess extraordinary healing and regenerative powers and are used successfully for many acute and chronic diseases. For the first time in the German-speaking region, this book offers a comprehensive overview of gemmotherapie, including aspects of humorism as well as the connections with planetary forces. More than 50 buds and their possible applications are described in detail, and there are step-by-step instructions on how to produce gemmomacerates. A comprehensive indication section as well as treatment suggestions for common afflictions serve as a guide for experts and amateurs in naturopathy alike.

Chrischta Ganz: A naturopath running her own practise. She is also a lecturer for phytomedicine, general naturopathy, and traditional European naturopathy.

Louis Hutter: A naturopath running his own practise. He is a lecturer for phytotherapy, gemmotherapie, traditional European naturopathy, and traditional Chinese medicine.

Photos: Adrian Gerber



Chrischta Ganz, Louis Hutter

Gemmotherapy in Paediatrics

978-3-03800-966-5

36.00 EUR

Cover: Hardcover

Extent: 208 pages

Format: 17 cm x 24 cm

80 colour photos, 4 illustrations

Available: 25/09/2017

Rights sold: All rights available

- The extraordinary power of buds in paediatrics
- 50 reliable cures for acute and chronic diseases
- comprehensive guide not only for therapists - With a useful index of indications, suggested treatments, and instructions on how to prepare bud extracts

Gemmotherapy makes use of the powerful vital energy found in buds, shoot tips, and seedlings. The extracts made from these have amazingly strong healing powers. Bud extracts are particularly popular in paediatrics. They prove effective both with acute and chronic illnesses, foster development, offer protection, and serve as companions. Children happily take plant extracts as they taste slightly sweet – and probably also because children intuitively feel that this type of medication has exceptional beneficial healing and regenerating powers. The authors, both of them experienced naturopathic practitioners, present about 50 buds relevant for paediatrics. Including a practical index of indications, treatment suggestions for the most common types of complaints, as well as instructions on how to prepare extracts.

Chrischta Ganz Naturopath running her own practice. Lecturer on phytomedicine, general naturopathy, and traditional European naturopathy.

Louis Hutter Naturopath running his own practice. Lecturer on phytotherapy, gemmotherapy, traditional European naturopathy, and traditional Chinese medicine.

Photos: Adrian Gerber



Karin Greiner

Trees – in Alternative Medicine and in the Kitchen

80 Recipes for Our Well-Being and Medicine Chest

978-3-03800-910-8

33.00 EUR

Cover: Hardcover

Extent: 264 pages

Format: 21 cm x 28 cm

242 colour photos

Available: 27/02/2017

Rights sold: FR

Awards for this book

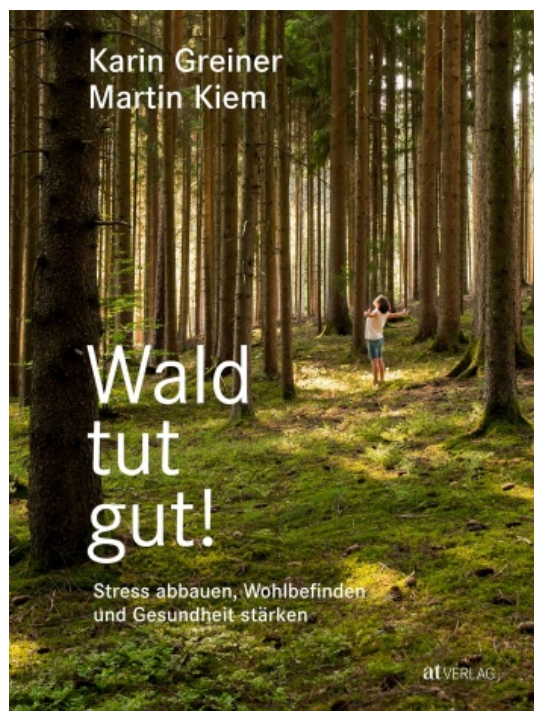


- **Native trees for medicine chest and kitchen**
- **80 healing recipes based on tree medicine, 180 cooking recipes from spicy to sweet**
- **Portraits of 28 tree types complete with high quality photos**

Trees have always been faithful companions of mankind. They serve not only as building material and fuel, but also as source of food and beneficial medicine. In the past it was quite common to use wild tree ingredients to prepare food and various types of medicines. And even today they can contribute in many ways to our health, our well-being, and also to our kitchen. Tree and alternative medicine specialist Karin Greiner unveils the treasures that domestic tree types have to offer, from apple to stone-pine. Recipes cover a wide range from traditional and simple to sophisticated and innovative, from acorn coffee and hawthorn bread, medlar liqueur, and rowan balsamic to clove cherry cakes and poplar frittelle. On top of that, the book offers a number of reliable ancient recipes for tree medicine, such as lime blossom tea, larch resin ointment, or whitethorn tincture, all of which make use of the healing powers found in trees.

Karin Greiner: Certified biologist, lecturer of herb pedagogy, folk medicine, and various nature topics. Longtime plant expert for Bayerischer Rundfunk (Bavarian Broadcasting) and author of numerous books on the topics of nature and gardening. Enthusiastic cook.

Photos: Martina Weise



Karin Greiner, Martin Kiem

Forest is good for you!

Reduce Stress, Restore Health and Wellbeing

978-3-03800-073-0

28.00 EUR

Cover: Hardcover

Extent: 264 pages

Format: 19.5 cm x 26.5 cm

261 colour photos, word count: 70,058

Available: 25/02/2019

Rights sold: All rights available

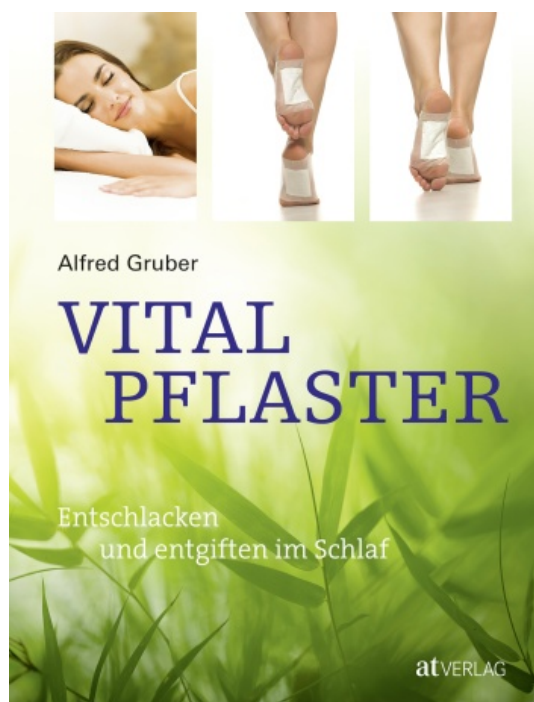
- **The forest: a source of energy. Relax, slow down, recharge, and sharpen the senses**
- **With numerous photos and practical exercises**
- **Karin Greiner is an expert for Bayerischer Rundfunk**

The forest is beneficial for us, we feel it intuitively. Why is that so? How come a walk in the forest is the best way to let go and recuperate? This book offers spectacular insights on forests and trees and explains the particularities of the forest atmosphere. Forest bathing – it means diving into the green ocean, swimming in blissful silence, immersing in the scent of resin, sinking into the depth of our inside, letting spirit and emotions drift, cleansing the psyche. The forest, our ancient home, is a wonderful place, stimulating to the senses and ideal for recreation. There is proof that even a short stroll through the forest will reduce stress, strengthen the immune system, and foster inner resilience. Accompanied by fascinating photos, numerous suggestions, and various exercises that teach us how to sharpen our senses in the forest, how to slow down and become attentive so the forest experience can unfold its holistic effects.

Karin Greiner: Certified biologist, lecturer of herb pedagogy, folk medicine, and various nature topics, longtime plant expert for Bayerischer Rundfunk (Bavarian Broadcasting). Author of numerous books, including »Trees – in Alternative Medicine and in the Kitchen«, published by AT Verlag.

Martin Kiem: Psychologist and coach in wellbeing. Training in nature and forest therapy, biofeedback, food coaching. Practitioner and lecturer in meditation and attentiveness.

Photos: Martina Weise



Alfred Gruber

Vitality Patches

Purge and detoxicate in your sleep

978-3-03902-070-6

22.00 EUR

Cover: Paperback with flaps

Extent: 144 pages

Format: 16.2 cm x 21.5 cm

70 colour photos, take-out supplement on reflex zones

Available: 24/02/2020

Rights sold: All rights available

- **A new trend: vitality patches. Detoxicate and purge in your sleep**
- **Bamboo against pain, skin irritations, and women's conditions**
- **Vitality patches for reversal and relaxation**

Vitality patches cleanse and have a regulating effect on the whole organism. Their major component, bamboo, helps finding healthy and deep sleep, purges, detoxicates, and dissolves pain. The development of vitality patches is based on traditional Chinese medicine that activates the body's self-healing powers. The longer and more regularly vitality patches are applied, the more harmonious the qi flow in the body. In this book, the author explains how and why vitality patches can be effective and how to use them in practice. He offers an introductory course on detoxicating and purging, as well as methods of usage with reflex zones and acupuncture points.

Alfred Gruber: Preventive medicine specialist and author, CAS University SG, TCM specialist, co-founder of the »Five Tibetans Association«. Three decades of studies, professional trainings, and specializations, amongst others with the Dalai Lama.



Roger Kalbermatten, Hildegard Kalbermatten

Herbal Mother Tinctures

Essence and Use

978-3-03800-601-5

19.00 EUR

Cover: Hardcover

Extent: 104 pages

Format: 22.5 cm x 23 cm

100 colour photos

Subject areas: naturopathy, healing plants

Available: 31/08/2011

Rights sold: All rights available

- **A practical and compact manual of phytotherapy**
- **Revised and expanded new edition**
- **50,000 sold copies**

Healing plants carry a large potential of powers that bestow convalescence and vitality on humans during periods of illness and health alike. Ancient tinctures – made from fresh plants and bearing extraordinary inner quality – are ideal to convey the nature and personality of a healing plant. This way they can take effect not only on the body but also the soul. The book offers colourful presentations of 47 well-known healing plants. By means of studying its nature the therapist or patient is enabled to establish an inner relationship with the plant, and so its healing powers can abundantly unfold.

Roger Kalbermatten: Chemist, 25 years of experience in medicinal plant research. Developed an effective procedure to manufacture plant-based and homeopathic medicine. Founder of CERES Heilmittel AG which produces high quality ancient tinctures.

Hildegard Kalbermatten: Trained pedagogue, systematic further training in medicinal and psychological anthropology. Therapeutic experience with plant remedies. Co-founder of CERES Heilmittel AG.



Roger Kalbermatten

Characteristics and Signatures of Healing Plants

Outward appearance as the key to the healing power of plants

978-3-03902-046-1

39.00 EUR

Cover: Hardcover

Extent: 160 pages

Format: 19.5 cm x 26.5 cm

138 colour photos

Available: 20/05/2019

Rights sold: FR

- **The ultimate reference on the teachings of signatures**
- **Outward appearance as the key to the healing power of plants**
- **With high quality colour photos for each plant**

Our ancestors had an intuitive insight into the healing power of plants and were able to recognize their nature and beneficial effects by studying their signatures, i.e. their specific outward appearance. Each plant possesses physical and spiritual healing powers, and only if these two components are in accordance with the patient's physical and spiritual state can we talk about a holistic healing effect. This reference manual for practical use will offer therapists and patients a deeper understanding of 45 commonly used healing plants of our region and help them choose the right plant treatment. With high quality colour photos for each plant.

Roger Kalbermatten: Chemist, 25 years of experience in medicinal plant research. Developed an effective procedure to manufacture plant-based and homeopathic medicine. Founder of CERES Heilmittel AG which produces high quality ancient tinctures.



Roger Kalbermatten, Hildegard Kalbermatten

Human Psyche and Healing Plant Signature

978-3-03902-063-8

39.00 EUR

Cover: Hardcover

Extent: 312 pages

Format: 13.5 cm x 22 cm

Photos and illustrations, word count: 70,664

Available: 04/05/2020

Rights sold: All rights available

- Explains the principles connecting information, psyche, and shape
- Portrays psychic processes and their corresponding healing plants

There is a network enveloping the entire planet and connecting all living creatures with the one big stream of life. Hence there is an analogy between the evolutions and transformations of the human psyche and the signatures of healing plants. Signatures are certain outward characteristics of plants that point to their essential nature and healing powers. Knowing these correlations can help dissolve blockades of psychical evolutionary processes and their translation into physical complaints with the help of the appropriate healing plants. The first part of the book explains the principles connecting information, psyche, and shape, while the second portrays psychic processes and their corresponding healing plants.

Roger Kalbermatten: Chemist, 25 years of experience in medicinal plant research. Developed an effective procedure to manufacture plant-based and homeopathic medicine. Founder of CERES Heilmittel AG which produces high quality ancient tinctures.

Hildegard Kalbermatten: Trained pedagogue, systematic further training in medicinal and psychological anthropology. Therapeutic experience with plant medicine. Co-founder of CERES Heilmittel AG.



Klaus Karsch, Rolf Bickelhaupt

Agile Joints

Simple Healing Techniques from Folk Medicine. The SKRIBBEN Concept, an Ultimate Success

978-3-03902-081-2

24.00 EUR

Cover: Hardcover

Extent: 144 pages

Format: 15.5 cm x 22 cm

colour photos, word count: 19,283

Available: 31/08/2020

Rights sold: PL

- **Ancient healing practices of bone doctors from the Alps**
- **Successfully self-treat pain in the joints and spine**
- **A practical guide with numerous step-by-step instructions**

Simple Yet Magical Techniques from Folk Medicine

Pain in the joints or the spine is often the reason why people need to seek help from a doctor or therapist. The causes for these types of pain are cramped, contracted sinews, and fascia. That is exactly where »Skribben« comes in. With the help of treatment methods that manually mobilize the sinews, Klaus Karsch alleviates and heals these complaints. From bone doctors, herbal healers and alpine dairymaids he learned various techniques that our ancestors were using for centuries to heal pain in the joints and bones. He compiled and adapted all this knowledge so it can be used in this day and age. The authors describe the basics of this unique treatment method and, with the help of a richly illustrated practical guide, provide step-by-step explanations on how to correctly apply it.

Dr. med. Klaus Karsch: Specialised general practitioner and doctorate in Kneipp medicine, further specialisation in naturopathy as well as spa and Mayr medicine. During his two-year hiking tour in the Alps he researched traditional treatment techniques of bone doctors and herbal healers.

Rolf Bickelhaupt: Graduated in public administration (technical college), health journalist, chief editor of »gesund & glücklich – Magazin für Körper, Geist & Seele«. Organiser of the fair »healthy & happy«.

Richard Kellenberger Christine Hug Friedrich Kopsche

Mineralstoffe nach Dr. Schüssler

Ein Tor zu körperlicher
und seelischer Gesundheit



Richard Kellenberger, Christine Hug, Friedrich Kopsche

Mineral Materials According to Dr. Schüssler

The Gate to Healthy Body and Soul

978-3-03800-511-7

33.00 EUR

Cover: Hardcover

Extent: 294 pages

Format: 16.5 cm x 22.5 cm

Subject areas: alternative medicine, Schüssler salts

Available: 10/08/2010

Rights sold: FR

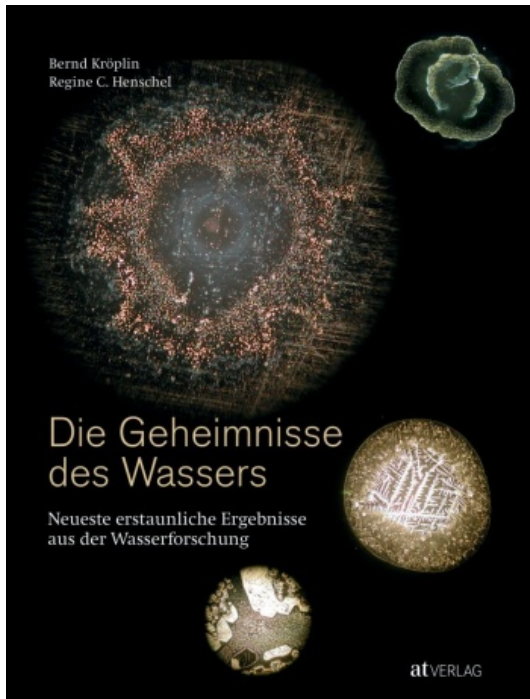
- **AT's top seller: 500,000 sold copies**
- **Adopting latest research results**
- **Updated and expanded edition**

Mineral material therapy is a simple and risk-free healing method anyone can apply. It is named after Dr. med. W. H. Schüssler who discovered that many diseases of body and soul can be traced back to a lack of inorganic materials in the body. The therapy centers around 12 mineral salts produced naturally in the body that can be purchased without prescription. In this book the authors pass on their experience gathered in long years of healing practice and seminars, taking into account their latest findings. Next to treating physical illnesses, the therapy also considers psychic conditions and behaviour patterns and provides dietary suggestions. Particular attention is dedicated to external use in the form of ointments, therapeutic baths, wet packs and compresses. Complementary materials are thoroughly discussed. With its clear structure including a detailed index of symptoms and easily comprehensible presentation this book is a valuable up-to-date practice guide.

Richard Kellenberger: Born 1949. After technical professional training studies in psychophysiology and training as face diagnostician and alternative practitioner. Seminars, lectures and counseling on mineral materials after Dr. Schüssler, face diagnostic, alimentation and holistic form of life. Runs his own naturopathy practice in Walzenhausen focusing on face diagnostic and mineral salts according to Dr. Schüssler, flower essence therapy, drainage, bowel remediation, isopathy and Jin Shin Jyutsu.

Christine Kellenberger: Lives and works in Walzenhausen. Since 1990 seminars, lectures and counseling on flower essences, mineral materials according to Dr. Schüssler (mostly external use), Jin Shin Jyutsu, spiritualism in everyday life and holistic form of life. Together with her husband Richard Kellenberger she built up the meeting center Löwen in Walzenhausen which allows more in-depth training.

Friedrich Kopsche: Born 1954. Training as alternative practitioner. Founded his own company in 1993, offering mineral material according to Dr. Schüssler and further health products.



Bernd Kröplin, Regine C. Henschel

The Secrets of Water

Latest Astonishing Results From Water Research

978-3-03800-903-0

29.00 EUR

Cover: Hardcover

Extent: 136 pages

Format: 21.4 cm x 26.2 cm

250 colour photos

Available: 17/10/2016

Rights sold: All rights available

- The latest findings in water research
- Profound insights into the nature of water
- Fascinating water drop images under the microscope

Water reacts to outside influences in a sensitive way and it stores information in nature as well as in us. Water communicates over long distances. Evidence stems from fascinating water drop images which capture these memory phenomena. It goes to show that water is much more significant than anyone assumed so far. For the first time ever researchers from Stuttgart have managed to systematically unveil this secret. Easily reproduced experiments with fascinating images offer deep insights on the effects of e.g. mobile radio, ultrasound, music, vibration therapy, and thought power. The results are the outcome of 15 years of research on the basis of which the authors completely reassess the role of water in nature as well as in the human body. It marks the beginning of a new understanding of the world and of ourselves.

Bernd Kröplin: Professor and graduate engineer, until 2010 professor and director of the Institute for Statics and Dynamics of Aeronautics Constructions at the University of Stuttgart. 2001 he founded the TAO Group, a research company for forward-thinking technologies. Recipient of renowned science awards. Lectures, exhibition »The World in a Water Drop«.

Regine C. Henschel: Studies in philosophy and literature. TV editor among others for Arte, ZDF, and 3Sat. Since 2001 joint projects with Bernd Kröplin. Lectures and seminars.



Werner Kühni, Walter von Holst, Bernhard Richter

Healthy with the Help of Essential Oils, Healing Stones, and Colloidal Silver

978-3-03902-205-2
25.00 EUR

Cover: Hardcover
Extent: 224 pages
Format: 16 cm x 22.8 cm
252 colour photos, word count: 69.211
Available: 20/12/2022
Rights sold: All rights available

- **A natural medicine chest of oils and healing crystals**
- **22 oils, 70 healing stones, and 180 types of therapy**
- **For amateurs and therapists**

Aromatherapy and crystal healing – a perfect match: essential oils lead to safe and quick recovery with acute illnesses, healing stones support and elaborate successful healing processes and have long-lasting effects. This book consistently and comprehensively translates the connection between the two healing methods into medical practices. Sorted alphabetically, it provides a quick overview of the different uses of aroma oils and complementary agents of physiological stone healing for the most common complaints. Even medical amateurs can rapidly learn this effective and harmless treatment method suitable for everyday use. This guide is intended for patients but also doctors and therapists in healing professions.

Werner Kühni: Alternative practitioner and psychotherapist, trained in homeopathy, mind control and hypnosis, intense studies in aromatherapy. Retail of and consulting on essential oils and healing stones, book author, and organizer of exhibitions. Lectures and seminars.

Walter von Holst: Co-founder of Steinheilkunde e. V., Stuttgart. Initiator of the research project Crystal Healing, lecturer at naturopathy schools. Runs »Steinkreis«, a seminar centre and shop specializing in healing stones, crystals and health products.

Bernhard Richter: Graduate in business administration, alternative practitioner, and author. For the past two decades focus on mineralogy and crystal healing.



Werner Kühni, Walter von Holst

Encyclopaedia of Stone Healing

978-3-03800-469-1

59.00 EUR

Cover: Hardcover

Extent: 552 pages

Format: 16.5 cm x 22.5 cm

More than 900 colour photos and illustrations

Subject areas: stone healing

Available: 20/10/2003

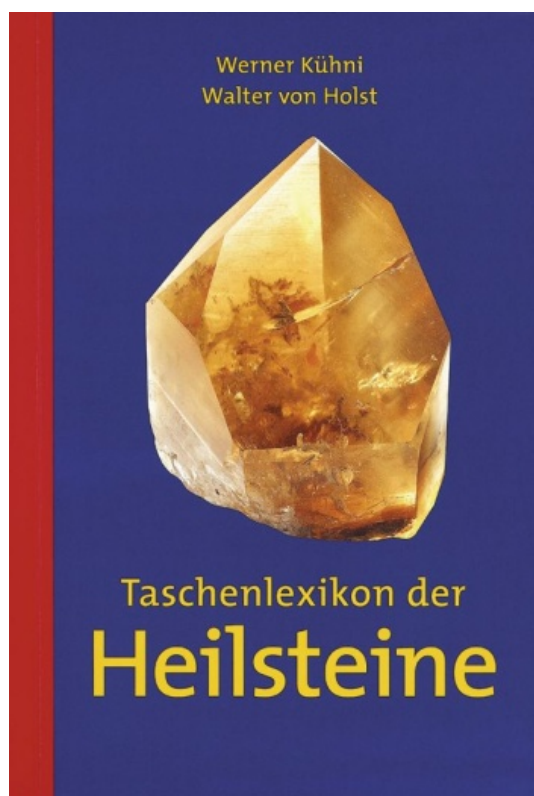
Rights sold: All rights available

- **The comprehensive book on stone healing methods and healing stones**
- **Completely revised and expanded new edition**
- **More than 900 colour illustrations**

Currently the most comprehensive book on stone healing – completely revised and updated, with 30 new healing stones. Based on the latest findings and most accurate knowledge, the book provides an illustration – accompanied by more than 900 colour photos – of all therapeutically relevant healing stones known today, including data on mineralogy, identifying characteristics, occurrence, commercial size and packaging and denominations. The effect of the stones on body, soul and spirit are described along with the various possibilities of use for health problems and personality development. Including a useful therapeutic index.

Werner Kühni: Born in Heidelberg/Germany in 1949, alternative practitioner and psychotherapist. Trained in homeopathy, mind control and hypnosis, intense studies in aroma therapy. Lecturer at the School for Alternative Practitioners as well as at adult education centers. Sale of high quality ethereal oils and selected minerals and healing stones with healing stone counseling and mineralogical determination. Chairman of Steinheilkunde e.V., Stuttgart. Author of books, various exhibitions, lectures and seminars.

Walter von Holst: Born in Stuttgart/Germany in 1969, private studies in analytic psychology, studies in anthroposophy in Stuttgart. Further education in tarot and kabbalah, trained in the use of healing stones by Michael Gienger. Co-founder of Steinheilkunde e.V., Stuttgart. Runs »Steinkreis«, a seminar centre and shop specializing in healing stones, crystals and health products. Numerous articles in professional magazines.



Werner Kühni, Walter von Holst

Pocket Encyclopaedia of Healing Stones

978-3-03800-968-9

15.00 EUR

Cover: Paperback

Extent: 208 pages

Format: 13 cm x 19 cm

595 colour photos

Available: 15/03/2017

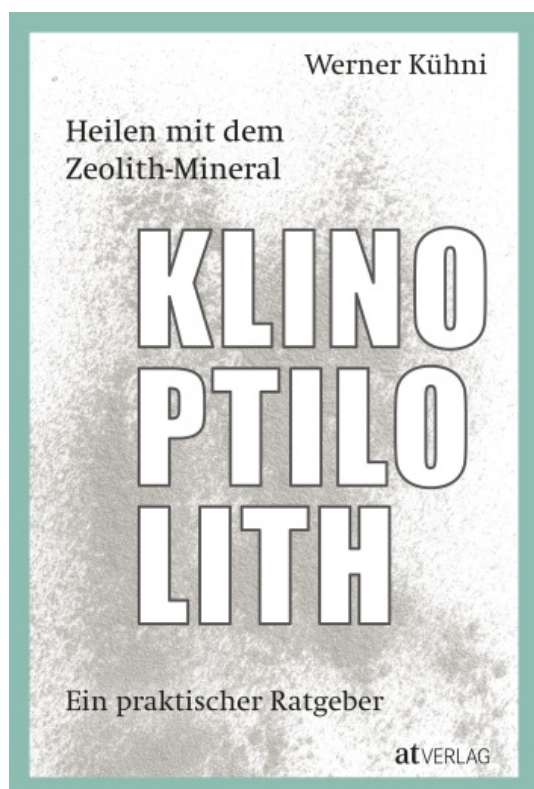
Rights sold: CZ, PL

- **New, expanded edition of the long-selling title**
- **compact pocket encyclopaedia**
- **covering over 500 minerals**

These two first-grade experts and authors of »Enzyklopädie der Steinheilkunde« (Encyclopedia of Healing Stones, AT Verlag) are now delivering a concise work for everyone. This pocket lexicon offers an easy introduction into the fascinating world of healing stones. More than 500 minerals and their colour varieties are described concisely and comprehensibly, and are illustrated with colour photos. The texts provide information on the main physical and mental indications and on the availability of the individual stones. Symbols point to appropriate methods of application, optimum healing methods and the crystalline system of the respective stone. A practical and colourful health guide for everyone. Concise, easily comprehensible and comprehensive.

Werner Kühni: Born 1949. Alternative practitioner and psychotherapist. Trained in alternative medicine, mind control, and hypnosis, intense studies in aroma therapy. Sale of ethereal oils and healing stones with healing stone counselling. Chairman of Steinheilkunde e.V., Stuttgart. Book author, various exhibitions, lectures and seminars.

Walter von Holst: Born 1969. Co-founder of Steinheilkunde e.V., Stuttgart. Initiator of the research project Crystal Healing, lecturer at alternative medicine schools. Runs »Steinkreis«, a seminar centre and shop specializing in healing stones, crystals and health products.



Werner Kühni

Healing with the Zeolite Mineral Clinoptilolite

978-3-03902-069-0

22.00 EUR

Cover: Hardcover

Extent: 216 pages

Format: 15.5 cm x 23 cm

word count: 53.333

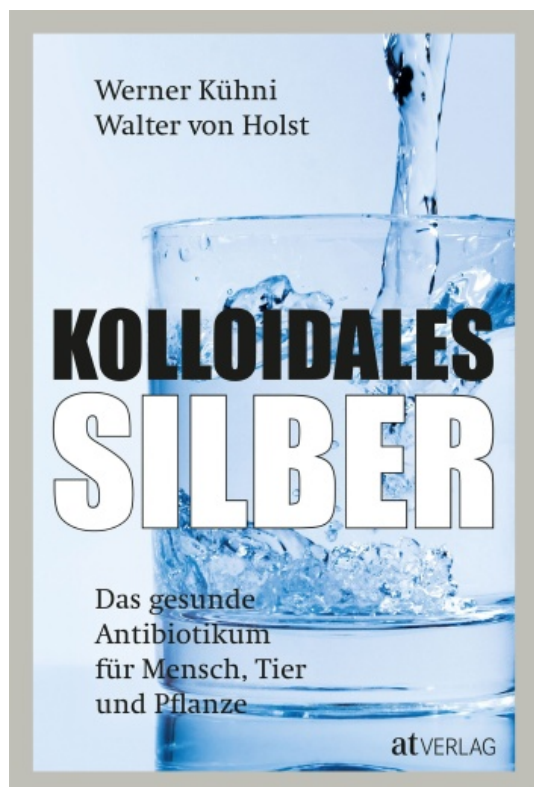
Available: 24/02/2020

Rights sold: All rights available

- **A detoxifying, healing, protecting, and strengthening mineral**
- **A guide for amateurs and experts**
- **Revised, extended, and redesigned edition of the bestselling book**

Clinoptilolite is used with great success in both naturopathy and agriculture. A multi-talent among minerals, it not only boosts the effects of other medicines, but also offers relief with illnesses that had limited therapy options to date, such as borreliosis, autoimmune diseases, chronic pain, and difficult-to-treat skin diseases, especially neurodermatitis and psoriasis. Clinoptilolite detoxicates and has effects on the immune system as well as on enzymatic processes in the body. It makes other medication more tolerable, reduces side effects of chemotherapy, and is a genuine fountain of youth. A guide for beginners and practitioners, hands-on and based on many years of research and a variety of practical experiences.

Werner Kühni: Born 1949. Alternative practitioner and psychotherapist, trained in homeopathy, mind control and hypnosis, intense studies in aroma therapy. Chairman of Steinheilkunde e.V., Stuttgart. Book author, various exhibitions, lectures and seminars.



Werner Kühni, Walter von Holst

Colloidal Silver

The Healthy Antibiotic for Humans and Animals

978-3-03902-001-0

22.00 EUR

Cover: Hardcover

Extent: 264 pages

Format: 15.5 cm x 23 cm

Richly illustrated

Available: 25/03/2019

Rights sold: CZ, PL, RO, USA

- **Colloidal silver as a healthy antibiotic for humans and animals**
- **Scientific principles and recent research results**
- **An easy to read practical guidebook for therapists and amateurs**

Colloidal silver functions like a broad-spectrum antibiotic and reliably fights viruses, bacteria and fungi, moreover it has anti-inflammatory effects, accelerates the healing of wounds and stabilizes the immune system. The world of science has recognized these effects which are put to use every day in specialized practices. This book gives the most comprehensive account ever of a widely discussed topic. In addition to scientific principles and the latest research developments it also contains hints on how to prepare, store, preserve and acquire colloidal silver. The main focus is devoted to 80 disease patterns and their treatment with colloidal silver, complemented by explanations for the treatment of sick animals with colloidal silver.

Werner Kühni: Born 1949, alternative practitioner and psychotherapist, trained in homeopathy, mind control and hypnosis, intense studies in aroma therapy. Chairman of Steinheilkunde e. V., Stuttgart. Book author, also various exhibitions, lectures and seminars.

Walter von Holst: Born 1969, co-founder of Steinheilkunde e. V., Stuttgart. Initiator of the research project Crystal Healing, lecturer at naturopathy schools. Runs »Steinkreis«, a seminar centre and shop specializing in healing stones, crystals and health products.



Margret Madejsky

Detoxifying with Healing Herbs

Healing herb recipes and detoxifying concepts

978-3-03902-246-5

36.00 EUR

Cover: Hardcover

Extent: 320 pages

Format: 17.5 cm x 25 cm

Colour photos

Available: 30/09/2024

Rights sold: All rights available

- **A comprehensive introduction to the basic rules of detoxification**
- **Portraits of the 35 most important detoxifying plants – with tips on matching plants to types of persons**
- **Healing herb recipes and practical guidelines for your individual path to detoxification**

From angelica to horsetail – plants as a pathway to detoxification!

Toxins in food, living spaces, and the environment are the source of many diseases. An individualized and targeted detoxification fights the causes at their roots. This guide provides the first comprehensive set of rules for detoxification, compares different methods, and describes the most important detoxifying plants in a way that allows us to find the most suitable individual detoxification path.

The author gives an outline of healing plants and herbs with blood-cleansing, organ-strengthening, or specifically detoxifying effects. A collection of healing herb recipes and practical tips for home use are also included, as well as a list of environmental toxins and concepts for diverting and detoxifying heavy metals, antibiotics, cortisone products, psychopharmaceuticals, and vaccination toxins. Interviews with experts offer further professional insights, and dedicated QR codes point to videos of the original full-length interviews.

Margret Madejsky: Naturopathic therapist and co-founder of Natura Naturans, a working group for traditional occidental medicine. Naturopathic treatments for women, phytotherapy, complex homeopathy, and Paracelsus medicine are the focal points of her practice and teaching activity. Author of several standard works on healing herb medicine for women.



Margret Madejsky

Encyclopaedia of Herbs for Women

Botany, Substances Contained, Effects, Signatures and Uses

978-3-03800-417-2

39.00 EUR

Cover: Hardcover

Extent: 320 pages

Format: 19.5 cm x 26.5 cm

300 colour photos

Subject areas: healing herbs

Available: 30/09/2008

Rights sold: All rights available

- **Featuring more than 150 recipes with healing herbs**
- **An indispensable, encyclopaedic reference book for everyone interested in natural women's health**
- **Recipes and therapy suggestions for each featured plant**

Plants have always formed the basis of naturopathy and over the past few years they have increasingly started to re-conquer the practices of gynaecologists and midwives. Antibiotic herbs such as bearberry, nasturtium and garlic or plants with hormone-like effects such as lady's mantle, chaste tree and bugbane have attained a firm status in women's naturopathy. The kingdom of plants however offers an even greater number of women's and mothers' herbs, with healing powers that can be helpful companions throughout a woman's whole life. Focus lies mainly on the healing plants used and available in German-speaking regions. Based on many years of research and practical experience, the author shows us how traditional plant knowledge can be integrated into a holistic concept of modern healing practices for women. Whether it is cystitis, endometriosis, the wish to have children, myoma, osteoporosis, menstrual cramps, mycosis, pregnancy or menopause symptoms – this book offers answers for therapists as well as women of all age groups. The encyclopaedia contains around 120 portraits of herbs featuring their name, botanical characteristics, signature and astrology, active agents, healing qualities and usage in healing practices for women. Additionally, each plant is accompanied by one or more recipes, valuable practical hints and therapy suggestions. References to trade products help finding the corresponding ingredients. With a comprehensive medicinal glossary.

Margret Madejsky: Naturopathic therapist and co-founder of Natura Naturans, a working group for traditional occidental medicine. Naturopathic treatments for women are focal points of her practice and teaching activity. Author of several reference books on healing herb medicine for women.



Margret Madejsky, Olaf Rippe

Sun Medicine

Myths, Plant Knowledge, Recipes, and Usage

978-3-03800-059-4

22.00 EUR

Cover: Paperback with flaps

Extent: 336 pages

Format: 15.5 cm x 22 cm

195 colour photos

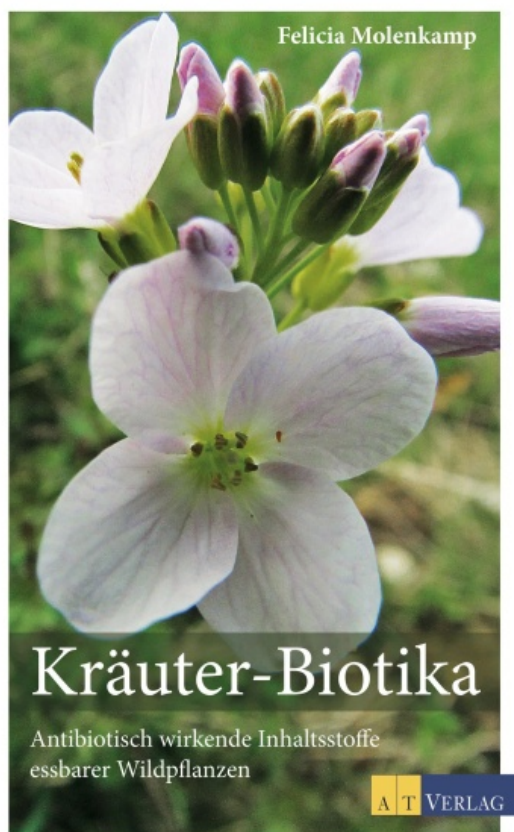
Available: 18/05/2018

Rights sold: All rights available

- **The sun: nature's energy source**
- **Sun effects in the annual cycle**
- **Remedies of the sun for preparation and use at home, including many recipes and usages**

The sun is the bright centre of our planetary system. Divine myths and seasons celebrations remind us of ancient sun worship rituals. They help us understand sun rhythms and show us how to live in harmony with them. Numerous healing plants such as St John's wort, arnica, goldenrod, or sunhat are bound to the sun and possess vast healing powers, and the same goes for some exotic spices, gold, a number of gemstones, and even some animals, for instance bees or snakes. Essentially all of these »sun medicines« warm up the soul, lighten up the spirit, or ignite the immune system. A variety of recipes and applications show us how to put to use the sun's energy.

Margret Madejsky and Olaf Rippe: Naturopathic therapists running their own practice, and co-founders of Natura Naturans, a working group for traditional occidental medicine. Their practice and teaching activity focuses on herbal healing, homeopathy, astral medicine, humoral medicine, and Paracelsus medicine. Authors of various books, regular publications in specialized magazines. Lectures and seminars in Germany and abroad.



Felicia Molenkamp

Herbal Antibiotics

Antibiotic Substances of Edible Wild Plants

978-3-03800-822-4

27.00 EUR

Cover: Hardcover

Extent: 174 pages

Format: 13.5 cm x 22 cm

44 Colour photos, illustrations

Subject areas: wild plants, herbs, healing

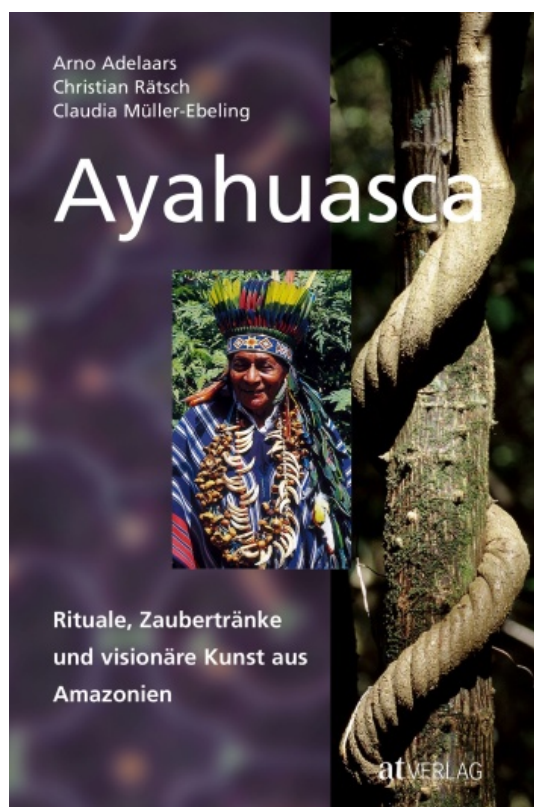
Available: 16/04/2015

Rights sold: All rights available

- **Edible wild plants and their antibiotic effects**
- **Using antibiotic plant substances instead of pharmaceutical antibiotics**
- **Medical knowledge and culinary delight**

Antibiotic substances are not only provided by the pharmaceutical industry. They are provided by nature itself. Essential oils, bitter substances, tannins, resins, and glycosides can indeed compete with synthetic substances and even surpass them: They fight harmful bacteria without damaging their beneficial counterparts, and they are often also effective against viruses, fungal infections, and other pathogens. In an entertaining and informative way the author compares natural with chemical substances, she describes their characteristics and modes of action, and she combines medical knowledge with practical use. Featuring a range of tips on how to use the natural ingredients as a tasty complement in everyday cooking.

Felicia Molenkamp: Graduate biologist. In her »KräuterSchule« (School of Herbs) she offers herb and tree walks, wilderness cooking classes, lectures on the pharmacology of domestic plants, and seminars for naturopaths.



Claudia Müller-Ebeling, Arno Adelaars, Christian Rätsch

Ayahuasca

Rituals, Potions and Visionary Art from the Amazonas

978-3-03800-270-3

32.00 EUR

Cover: Hardcover

Extent: 312 pages

Format: 14 cm x 21 cm

Numerous colour photos

Subject areas: rituals

Available: 29/08/2006

Rights sold: USA

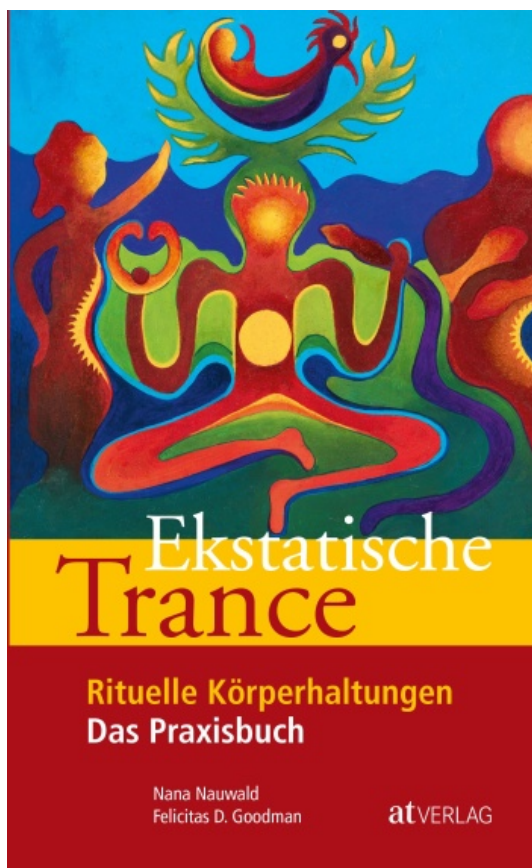
• Rituals, potions and visionary art from the Amazonas

Ayahuasca is one of the strongest shamanic cures. The drink brewed from several ethno-botanically significant plants of the Amazonas region has resounding physical and astounding psychical effects. Ayahuasca is the basis of culture for many peoples, an institution that creates and preserves culture. Ayahuasca is a means of cognition, showing humans their place in the universe and revealing true reality. Ayahuasca – when properly used – offers cure and health, grants personally relevant visions and stimulates active creativity. In this book the authors, designated experts in the fields of ethnology, anthropology and pharmacology, show the ritualistic usage of Ayahuasca in shamanic rituals. They plunge into a shamanic-visionary world, study plants and their souls and encounter the realities of Amazonian cultures and their artistic works.

Arno Adelaars: Born 1955, freelance journalist, author, worked as reporter for a Dutch news channel and ZDF's Auslandsjournal. As employee of the University of Amsterdam he conducted research on drug usage and addictive behaviour of drug addicts.

Dr. Christian Rätsch: Ancient American studies, ethno-pharmacologist and ethno-botanist. Worldwide field studies, especially in the rainforest and the Himalayan regions. Editor, speaker and author of various books, including the standard works »Enzyklopädie der psychoaktiven Pflanzen« (Encyclopedia of Psychoactive Plants) published by AT Verlag.

Dr. Claudia Müller-Ebeling: Art historian and ethnologist. Field studies in the Caribbean, on the Seychelles and Nepal. Various publications on art history. Lives and works in Hamburg as freelance art historian, author, editor and translator.



Nana Nauwald, Felicitas Goodman

Ecstatic Trance

A Guide to Ritual Body Postures

978-3-03800-610-7

24.00 EUR

Cover: Hardcover

Extent: 240 pages

Format: 13.5 cm x 22 cm

Numerous photos and illustrations, including audio CD

Subject areas: trance

Available: 28/09/2011

Rights sold: All rights available

- **The basic guide to ritual and therapeutic trance experience, latest scientific research results**
- **Detailed descriptions of 70 body postures illustrated with impressive photos**

When accompanied by sound and rhythm, ritual postures open the door to various layers of consciousness, they can lead the way to healing cognition which stimulates creativity as well as powers of self-healing. The anthropologist Felicitas Goodman (1914–2005) came to this conclusion after more than thirty years of research which Nana Nauwald has further pursued for another two decades. A work book and manual with detailed descriptions of about 70 ritual body postures, numerous illustrations and scientific background information. The complementing CD facilitates making first experiences with this technique.

Nana Nauwald: Artist, author, lecturer for rituals of perception. Co-founder of the Felicitas Goodman Institute, Germany. Conducts international seminars. www.ekstatische-trance.de www.visionary-art.de Nana Nauwald is available for lectures.

Dr. Felicitas D. Goodman: (1914–2005) anthropologist, linguist and professor at the University of Columbus, Ohio. Founder of the Cuyamungue Institute near Santa Fe, New Mexico, for teachings and research on ritual body postures and ecstatic trance. In Europe this work is carried on by the Felicitas Goodman Institute.



Nana Nauwald

Of Humans and Other Spirits

My journeys to shamanic worlds

978-3-03902-146-8

24.00 EUR

Cover: Hardcover

Extent: 232 pages

Format: 13.5 cm x 22 cm

72 colour photos, 5 illustrations

Available: 31/10/2022

Rights sold: All rights available

- **Unique encounters with shamanic cultures**
- **Many years of experience with awareness work**
- **Self- and nature-awareness on shamanic soul journeys**

A journey for all our senses!

For more than three decades, Nana Nauwald has dedicated herself to awareness work and the exploration of spiritual reality. In her latest book the Grande Dame of shamanism tells us about her adventures and experiences in shamanic cultures. Encounters with the last shaman of the Ocaina or the spirits of jaguar and anaconda during a visit to the Shipibo peoples in the Peruvian Amazonas region have had a profound influence on her – just as meeting a Siberian blacksmith connected with the fire spirit or the strengthening healing rituals of a Buryat shaman. The spirit of nature is not only present in rituals, but also in everyday life. The inward and outward journeys of Nana Nauwald will lead people who wish to step on the shamanic path to the following questions: what am I looking for in shamanism? What do I hope to find? The book is an invitation to question our world view and open our minds to the adventure of a new cognition of ourselves and the world around us.

Nanan Nauwald: Freelance artist, lecturer for rituals of perception, and author of eight books. Explorer of shamanic awareness realms of indigenous peoples as well as the roots of shamanic culture in Europe for more than 30 years. International seminars and lectures.



Jasmin Peschke

Straight from the Field onto the Plate

What Really Makes Food Healthy

978-3-03902-111-6

32.00 EUR

Cover: Hardcover

Extent: 256 pages

Format: 15.5 cm x 23 cm

70 colour photos, word count: 63,125

Available: 22/02/2021

Rights sold: IT

Awards for this book



- **A manifesto for future-oriented food production**
- **For consumers as well as professionals from manufacturing, trade, and agriculture**
- **Find out how health and resilience come about**

Can food items be considered healthy if they contain all required nutrients, while at the same time producers have to use an ever growing amount of fertilizers, pesticides, and additives during the production process? Eating is more than just absorbing nutrients. Growth and ripening energy is vital for the health of both humans and the planet. Authentic food items that grow in the field are a prerequisite to ensure decent quality of life as well as a sustainable future. For only a healthy soil can produce food that contributes to people's health and resilience. The author, holder of a doctorate in ecotrophology, writes about seeds, soils, farm animals, methods of quality control, alimentation for the future, but also about a cooking school for children and an integrated health concept with a view to intestinal microbiota. She offers well researched and easily comprehensible information about nutrition and explains why a state of health cannot be achieved without taking a thorough look at the system of nutrition.

Jasmin Peschke: Doctorate in ecotrophology, responsible for the field of nutrition in the agricultural section of the Goetheanum in Dornach (Switzerland).



Erich Renner

Healing and Helping with the Power of Magic

978-3-03902-171-0

27.00 EUR

Cover: Hardcover

Extent: 184 pages

Format: 13.5 cm x 21 cm

2 colour photos, 10 b/w photos, 1 illustration; word count: 44,358

Available: 28/03/2022

Rights sold: All rights available

- **Magic - a treasure chest of cultural experience**
- **The magic power of seers, healers, and weather makers**
- **Testimonies, dialogues, reports from eyewitnesses and observers**

The magical heritage of humanity

There is not only one type of magic. Magic grows from various sources and is used for different purposes. At times it stems from plants or chants, from ritualistic communities, dreams, or a trance. The author of this book presents the various forms of magic as well as the contexts and cultural circles using these. He contemplates the »other reality« from the perspective of parapsychology, anthropology, and ethnology. Renner studies supernatural phenomena both via the available literature on indigenous cultures and his own research conducted in various locations, with Sinti, Norwegian Sami, and Navajo communities. He witnessed a number of ceremonies and interviewed a medicine singer, an herb healer, and traditionalists. In the Western European cultural context, he took a close look at the biography of ghost healer Theo Bullinger as well as one spectacular incident that occurred in Germany. A collection of fascinating accounts about the magical heritage of humankind.

Erich Renner: Prof. em. Dr. phil., ethno-pedagogue and biography researcher. Numerous regional and international projects and publications.



Olaf Rippe

Healing Metals

Recipes and Therapy in the Spirit of Paracelsus

978-3-03902-035-5

34.00 EUR

Cover: Hardcover

Extent: 320 pages

Format: 17.5 cm x 25 cm

144 photos, 72 illustrations, word count: 92,280

Available: 12/10/2020

Rights sold: All rights available

- Ancient healing practices applied in modern therapy
- Therapeutic concepts and recipes from Paracelsus medicine
- Philosophy, astrology, and the art of healing

Healing Metals in Naturopathy

Metals are omnipresent in almost all aspects of our daily life. Their healing powers have been used for thousands of years. A prominent area of use is constitutional therapy and hence primarily the treatment of chronic diseases, but also the closely related spiritual imprinting of a person. In Paracelsus medicine metals are the basis for every type of therapy. This book relies on the four pillars of Paracelsus medicine. It is a comprehensive therapeutic compendium, allowing insights into cultural and medical history, alchemy, and astral medicine. The experiences of the author, from both his roles as therapist and lecturer, shape his therapeutic concepts and recipes and render this book an indispensable guide for everyday practical use.

Olaf Rippe: Naturopathic therapist running his own practice. For more than 30 years he has been offering seminars, especially on Paracelsus medicine and herbal healing, astral medicine, humoral medicine, and homeopathy. He writes regularly for naturopathy magazines.



Olaf Rippe, Margret Madejsky

Traditional Healing Plant Medicine and Phytotherapy

Herbal Medicine in the Spirit of Paracelsus

978-3-03902-006-5

48.00 EUR

Cover: Hardcover

Extent: 464 pages

Format: 19.5 cm x 26.5 cm

264 photos, 173 illustrations

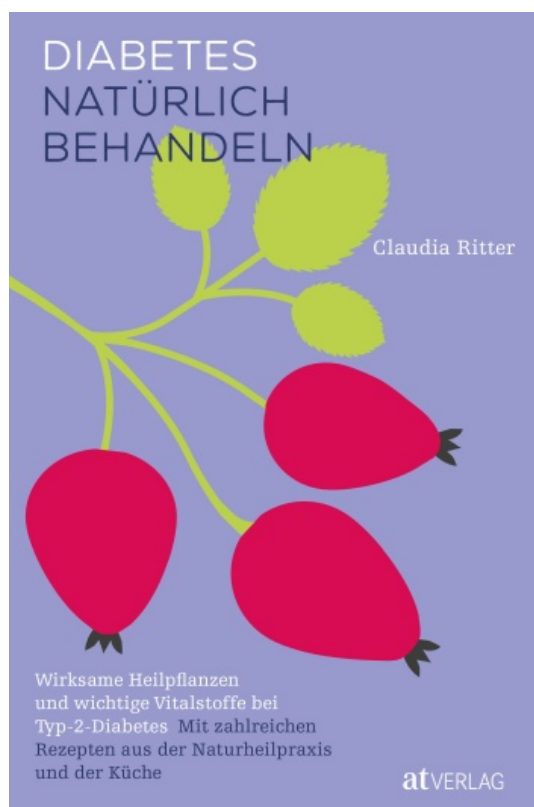
Available: 30/11/2018

Rights sold: All rights available

- **Traditional healing plant medicine for this day and age**
- **A comprehensive compendium for anyone**
- **Including charts, recipes, and background information**

One of the forefathers of modern phytomedicine and pioneer of ground-breaking new approaches in medicine and pharmacy was medical doctor and natural scientist Paracelsus. Thanks to his experience with healing practices as well as his philosophical depth, he remains an inexhaustible source of inspiration for naturopathy even 500 years later. His expertise in phytomedicine is based on the doctrine of signatures, on metaphysics, alchemy, and astrology, as well as on ancient folk medicine and witchcraft healing. This book shows us how to make use of the healing herb treasures compiled by Paracelsus in our modern age. A comprehensive compendium for anyone interested in phytomedicine and a valuable tool for everyday practice. With numerous illustrations, charts, recipes, and background information.

Margret Madejsky and **Olaf Rippe**: Naturopathic therapists running their own practice, and co-founders of Natura Naturans, a working group for traditional occidental medicine. Their practice and teaching activity focuses on herbal healing, homeopathy, astral medicine, humoral medicine, and Paracelsus medicine. Authors of various books, regular publications in specialized magazines. Lectures and seminars in Germany and abroad.



Claudia Ritter

Natural Treatment of Diabetes

Effective healing plants and essential vital substances for type 2 diabetes

978-3-03902-207-6

28.00 EUR

Cover: Hardcover

Extent: 272 pages

Format: 14.5 cm x 22 cm

25 colour photos Word count: 54,604

Available: 26/02/2024

Rights sold: All rights available

- **Naturopathic therapy for diabetes**
- **The most essential food and healing plants as well as vital substances**
- **With numerous recipes, both from kitchen and naturopathic practice**

Quality of life and vitality – despite diabetes!

Diabetes mellitus is a widespread disease all over the world. Sooner or later most patients are prescribed medication, as a lack of treatment may induce serious long-term effects. However, only few people are aware that especially those affected by type 2 diabetes can gain control of their blood sugar level by means of naturopathic therapy.

This book presents possibilities for self-treatment using the most important food plants (from avocado to walnut), healing plants (from artichoke to cinnamon), and vital substances (from vitamin B to zinc), complete with recipes and tips on preparation, usage, and dosage. Secondary diseases can thus be avoided with the help of natural means, while medication and adverse effects can be reduced to a minimum. Detailed explanations help to understand the illness, relevant technical terms, laboratory values, and effects.

A thorough and coherent guide for people affected by diabetes.

Claudia Ritter: is a naturopathic therapist and author. In 2020 she was asked to join the German »Kommission E«, a commission of experts on herbal medicine.



Claudia Ritter

Natural Treatment of Chronic Bowel Conditions

Healing plants for irritable bowel syndrome, morbus Crohn, colitis ulcerosa, and diverticula

978-3-03902-166-6

28.00 EUR

Cover: Hardcover

Extent: 272 pages

Format: 14.5 cm x 22 cm

19 colour photos, word count: 61.009

Available: 30/01/2023

Rights sold: All rights available

- Individualized, holistic therapies for chronic bowel conditions
- 22 healing plants that help with irritable bowel syndrome, morbus Crohn, colitis ulcerosa, and diverticula
- Numerous recipes and therapy suggestions

There is a plant-based cure for everything – even with bowel diseases!

Chronic bowel conditions are very common: many people suffer from food allergies, bowel mis-colonisations, leaky gut syndrome, chronic, phlogistic bowel diseases, or diverticula of the intestinal wall which are prone to inflammation. Healing plants such as tormentil, blueberry, turmeric, myrrh, centaury, or olibanum can serve as a valuable alternative or may complement a traditional medical treatment. Claudia Ritter explains how to use these most effectively. She presents disease patterns in a concise and informative way and renders portraits of numerous healing plants together with therapy suggestions and recipes. As chronic bowel conditions often cause a nutrient deficiency, she also dedicates a chapter to the manufacturing of probiotics, provides tips for dieting, and recipes that help with strongly damaged bowels. A comprehensive manual for people with chronic bowel conditions, easy to read and neatly structured.

Claudia Ritter: Alternative practitioner and author. In 2020 she was appointed a member of »Kommission E«, a commission of plant medicine experts.



Marianne Ruoff

Dandelion and Lion Power

The Portrait of a Forceful Healing Plant With Many Practical Applications and Recipes

978-3-03800-960-3

22.00 EUR

Cover: Hardcover

Extent: 160 pages

Format: 15.5 cm x 23 cm

124 photos

Available: 13/02/2017

Rights sold: All rights available

Awards for this book



- **Dandelion, the ultimate all-rounder among healing plants**
- **Flexible, strong, versatile, and a powerful healer: dandelion**
- **50 health, beauty, and gourmet recipes**

Dandelion is a true superhero and all-rounder compared to other plants. In ancient folk medicine this great healer has been widely used with complaints related to teeth, eyes, brain, liver, digestion, and skin. Its healing force is much more powerful and holistic than most of us know. It reaches deep down into hidden unconscious areas, releases blockades, and radiates its sun power all the way through body and soul. Dandelion seems to sense where it is needed the most: in places where there is a special demand for its blessing by man and animal, body and soul, soil and environment. It offers relief with infectious diseases and with the consequences of stress and environmental pollution, and is therefore one of the most sought-after plants of our time. 50 health, beauty, and gourmet recipes along with a number of practical applications demonstrate the versatility of this healing, food, and survival plant.

Marianne Ruoff MD: Specialist for general medicine, acupuncture, traditional Chinese herb medicine, and phytotherapy, runs her own practice in Berne since 1996. Wilderness educationalist. Lectures and seminars on healing herbs, frequently on the road with her camera roaming her home turf, the Swabian Alps, as well as the Swiss Alps, or the tundra of Greenland.



Marianne Ruoff

Horsetail

Dragon Medicine of Ancient Times With Lots of Recipes and Applications

978-3-03800-999-3

26.00 EUR

Cover: Hardcover

Extent: 224 pages

Format: 15.5 cm x 23 cm

148 colour photos, word count: 39,493

Available: 25/03/2019

Rights sold: All rights available

Awards for this book



- The first book ever about the healing plant horsetail and its multiple usages
- Horsetail in folk medicine and science, an ancient healing plant
- Healing and survival power from ancient times, with lots of recipes and applications

The archaic family of horsetail dates back to prehistoric times, it was among the first inhabitants of Earth. A peculiar, soothing healing power emanates from this plant, probably due to the fact that it has survived all natural disasters that ever occurred on Earth. It seems that by the force of its wise serenity, its simplicity and structure, it has the power to remedy even health issues. Horsetail contains a lot of silica and it supports the treatment of diseases of the skin, mucosa, hair, kidney and bladder, the gastrointestinal tract, as well as the musculoskeletal system. It is used in midwifery and can help alleviate mental stress. Based on both folk medicine and scientific research, this book provides a comprehensive description of the healing powers of each subtype, such as field, winter, forest, or giant horsetail and many others. A variety of naturopathic recipes and beneficial cosmetics preparations can be made not only from field horsetail, but also from the other types. Additionally, there are many interesting ways to use them in the kitchen as a superfood rich in minerals, or as practical helpers in the household.

Marianne Ruoff MD: Specialist for general medicine, acupuncture, traditional Chinese herb medicine, and phytotherapy, runs her own practice in Berne since 1996. Lectures and seminars on healing herbs. Wilderness educationalist.



Christian Rätsch, Claudia Müller-Ebeling

Encyclopedia of Love Potions

Plant, mineral, animal-based, and synthetic aphrodisiacs

978-3-03902-209-0

119.00 EUR

Cover: Hardcover

Extent: 784 pages

Format: 19.5 cm x 26.5 cm

Appr. 800 images, word count: 457.682

Available: 26/06/2023

Rights sold: All rights available

- **Finally available again**
- **The ultimate encyclopedia on aphrodisiacs**
- **400 detailed and comprehensive portraits of love potions**

Aphrodisiacs contribute to sex and eroticism the same way spices do to food!

This encyclopedia offers a comprehensive description of aphrodisiacs, love potions, and virility enhancers derived from the realm of plants, animals, and crystals but also based on chemistry and medicine – the result of 25 years of research.

Around 400 practical, well-illustrated monographs offer relevant information about history, cultural use, ritual practices, and personal experience. The book focuses mainly on love potions available in Central Europe but also explores exotic regions, examining both Western medical standpoints on aphrodisiacs and alternative world views and traditions. A comprehensive overview of the fascinating world of aphrodisiacs, virility enhancers, fertility medication, stimulants, love magic, love philtres, tonics, anaphrodisiacs, and lust-quenchers.

Dr. Christian Rätsch: (died in 2022) Ethnologist and ethno-pharmacologist, lecturer, and author. For several decades he conducted worldwide research on shamanic cultures and their use of psychoactive plants.

Dr. Claudia Müller-Ebeling: Art historian and ethnologist, works as freelance researcher, lecturer, and author.



Christian Rätsch

The Sacred Grove

Germanic Magic Plants, Sacred Trees and Shamanic Rituals

978-3-03800-204-8

26.00 EUR

Cover: Hardcover

Extent: 120 pages

Format: 17.5 cm x 25 cm

80 colour and b/w photos

Subject areas: magic plants, shamanism, rituals

Available: 07/04/2005

Rights sold: CZ

• **The shamanic roots of the Germanic people**

The Germanic culture was carried by shamanic mythology, its spirituality was inspired by entheogenes, holy plants, smoking of psycho-active agents and intoxicating drinks. The Germanic Temple was not an artificial building but a forest, the sacred grove. The trees were gods and the plants had magic powers. Germanic shamanism was characterized by alrunas, the wise seers, berserks, the cultic warriors, brewing women experienced with herbs and enthusiastic skalds. In Germanic mythology we have direct access to shamanism. The god Wotan is the primal shaman, the most shamanic of all Indo-Germanic gods. Wotan is the marshal of the universe, the ecstatic striving for knowledge and cognition, the soul companion, master of entheogenes, the big magician and protecting warrior. This book tells us about Germanic world trees, fool punks, magic plants, oracle flowers, smoking agents, intoxicating drinks and rune magic. It opens up the almost forgotten gates to the sacred grove and its wonder plants. It depicts rituals, shamanic practices, the use of indigenous magic plants. It offers access to our pagan heritage and shamanic roots.

Dr. Christian Rätsch: Ancient American studies, ethno-pharmacologist and ethno-botanist. Worldwide field studies, especially in the rainforest and the Himalayan regions. Editor, speaker and author of various books, including the standard works »Enzyklopädie der psychoaktiven Pflanzen« (Encyclopedia of Psychoactive Plants) published by AT Verlag.



Christian Rätsch

Smoking Agents – The Dragon's Breath

The Standard Work on Smoking Agents – Extended Reissue with More than 200 Colour Photos

978-3-03800-302-1

38.00 EUR

Cover: Hardcover

Extent: 238 pages

Format: 19.5 cm x 26.5 cm

250 colour photos

Subject areas: smoking agent

Available: 15/11/1996

Rights sold: CZ

- **The standard work on smoking agents**
- **Extended reissue with more than 200 colour photos**

Igniting smoking agents is one of mankind's oldest ritual practices. Shamans reach a state of trance with the help of smoke from certain woods, resins and leaves. Seeresses used to inhale the smoke of consciousness-altering materials in order to fall into ecstasy. Priestesses and priests burned resins to establish contact with gods and goddesses. Aromatic smoke has always been presumed to have magical or medicinal qualities. Following an introduction to the cultural history of incense, a comprehensive lexical chapter displays all smoking agents from aloe to cypress in detail with text and pictures: botanical descriptions of the main plant, history, ritual and custom, effects and ways of usage, chemistry and pharmacology, tips on harvesting and preparation. By means of the well-founded, ethno-botanical and ethno-pharmacological description of the smoking agents the book opens the door to nature's mysteries, allows insights and encourages individual creative interaction.

Dr. Christian Rätsch: Ancient American studies, ethno-pharmacologist and ethno-botanist. Worldwide field studies, especially in the rainforest and the Himalayan regions. Editor, speaker and author of various books, including the standard works »Enzyklopädie der psychoaktiven Pflanzen« (Encyclopedia of Psychoactive Plants) published by AT Verlag.



Christian Rätsch

Encyclopedia of Psychoactive Plants

Botany, Ethno-Pharmacology, and Use

978-3-03800-995-5

139.00 EUR

Cover: Hardback with jacket

Extent: 944 pages

Format: 19.5 cm x 26.5 cm

More than 800 colour photos

Available: 02/01/2018

Rights sold: CZ, USA

- The brand-new revised edition of the world's most comprehensive book on natural psychoactive substances
- 17 editions – more than 50,000 copies sold to date

The updated and revised new edition of the renowned classic. This book is the first ever to provide a comprehensive and systematic overview of psychoactive plants around the globe, based on the latest scientific findings. Monographs for every single plant provide relevant information on botany, shape, cultivation, preparation and dosage, history, ritual and medical use, substances contained, effects, retail information, and applicable regulations. All plants are illustrated with pictures. An indispensable book for those with a particular interest in psychoactive plants, and also for those who conduct more advanced plant research.

Christian Rätsch: Ethnologist and ethno-pharmacologist, lecturer, and author. Researcher of shamanic cultures and their use of psychoactive plants all around the globe. Author of numerous books at AT Publishing House.

»Rätsch's comprehensive encyclopedia is based on meticulous research, supported by various sources, user friendly, authoritative, and beautifully illustrated. It is a must for the bookshelf of anyone interested in psychoactive plants.« – Rick Strassman, M. D., University of New Mexico

»This encyclopedia is destined to become the number one reference on all natural psychoactive substances.« – Mark Blumenthal, American Botanical Council

»Christian Rätsch is the most knowledgeable person in the world when it comes to psychoactive plants. This is his opus magnum, a true treasure chest of information about the most fascinating members of the global plant family. (...) Anyone interested in the natural ways of expanding consciousness must get hold of this magnificent book.« – Ralph Metzner, Ph.D., psychologist and author



Christian Rätsch, Markus Berger

Encyclopaedia of Psychoactive Plants - Volume 2

New plants, fungi, bacteria, Usage, Cultural history

978-3-03902-084-3

129.00 EUR

Cover: Hardback with jacket

Extent: 800 pages

Format: 19.5 cm x 26.5 cm

Numerous colour photos, ribbon

Available: 29/08/2022

Rights sold: All rights available

Awards for this book

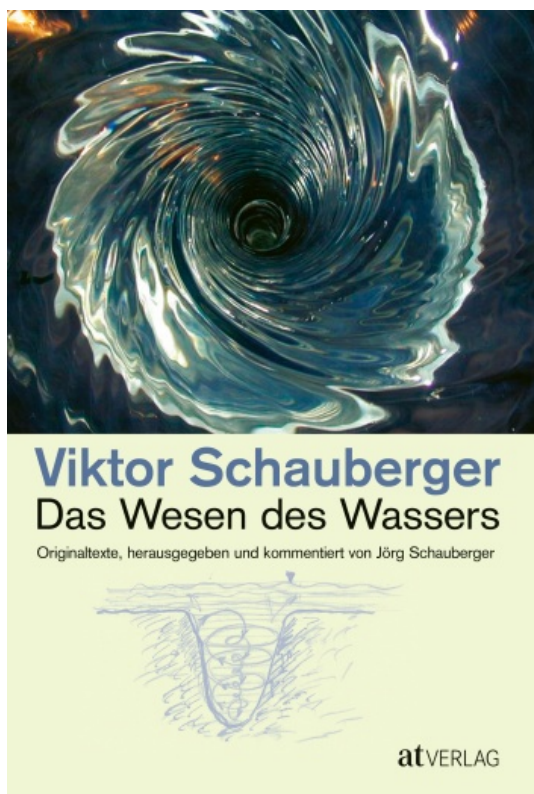


- **Volume 2 of the masterpiece by Christian Rätsch**
- **New plants, new research**
- **All you need to know about botany, cultivation, dosage, substance, usage, and effects**

The world-class reference manual on psychotropic ethnobotany further expanded: volume 2 of the »Encyclopaedia of Psychoactive Plants« comprises more than 500 new plants, fungi, lichen, and bacteria in more than 140 monographs – from acacia to zornia, from agrocybe to xanthoparmelia – as well as the latest research results on plants presented in volume 1. It includes a listing of more than 350 additional psychoactive plants the potential of which still needs to be explored. In addition, the author explains the cultural history of psychoactive plants as well as their influence on the visual arts, music, and literature. The masterpiece is rounded off with recently indexed plant and fungus products along with explanations about their most important secondary metabolites, plus a comprehensive bibliography. A must have for anyone interested in psychoactive agents.

Christian Rätsch: PhD, ethnologist and ethno-pharmacologist, lecturer and author. Studies in ancient American studies, ethnology, and folklore. Many years of research on Shamanic cultures worldwide and their use of psychoactive plants.

Markus Berger: Creative artist, ethno-pharmacologist, and drug researcher.



Viktor Schaubberger, Jörg Schaubberger

The Nature of Water

The Original Texts of Viktor Schaubberger, the Pioneer of Water Research

978-3-03800-272-7

30.00 EUR

Cover: Hardcover

Extent: 376 pages

Format: 15.7 cm x 23.3 cm

Numerous illustrations and sketches

Subject areas: Viktor Schaubberger, water research

Available: 27/04/2006

Rights sold: CZ

• **The original texts of Viktor Schaubberger, the pioneer of water research**

Hardly a water book that does not quote him: Viktor Schaubberger, the legendary water researcher. Though there are many books on Viktor Schaubberger, there is not one – except the republished note of caution »Our futile work« – that focuses on his writings. This book fills a gap. Jörg Schaubberger, grandson of the water researcher, selected the most important among the vast number of essays, articles, and letters by Viktor Schaubberger dating from the first half of the 20th century. Experiences and realisations of the visionary nature observer are thematically arranged. Over many decades he manages to gradually unveil the nature of water. Eloquently he develops a completely new concept of the primal matter and thereby lays the foundation stone of modern water research. Among the highly up-to-date topics features the proposal for an entirely new type of river regulation based on the extensive abolishment of solid embankments, as according to Viktor Schaubberger flowing water can be regulated from within, i.e. by influencing the medium itself. Basically it is all about perceiving water as what it really means for man, nature and the entire planet Earth: the source of all life and the basis of existence.

Viktor Schaubberger: 1885-1958, forest ranger, ingenious inventor, researcher and observer of nature. The pioneer of water research, immensely influencing the following generations of researchers. Groundbreaking research on soil composition and water quality, studies on the influence of temperature on the flowing behaviour of water, inventor of the first appliances to revive water and transform sea water into freshwater. Numerous contributions to scientific journals. His son Walter Schaubberger continued his research.

Jörg Schaubberger: Born 1954, grandson of Viktor Schaubberger. Mathematics studies in Graz. Until 1999 radio reporter and presenter with ORF. Today leader of the Pythagoras Kepler School (PKS) founded by his father in Bad Ischl in the Salzkammergut region of Upper Austria. He is dedicated to the propagation of Viktor and Walter Schaubberger's research results by means of seminars, lectures and publications.



Karola Bettina Schneider

Energy Cycles in Line with Chinese Medicine

140 Simple and Creative Recipes that Strengthen, Cleanse and Restore Inner Balance

978-3-03800-946-7

32.00 EUR

Cover: Hardcover

Extent: 272 pages

Format: 18.5 cm x 24.5 cm

77 photos and illustrations

Available: 18/04/2017

Rights sold: All rights available

- Recipes for health, balance and inner harmony
- A meal plan in tune with the five Chinese seasons
- Cleanse, relieve, and prevent – Recipes and health tips

Following the immense success of her book »Energy Soups«, Karola Bettina Schneider now presents a comprehensive cookbook for the five Chinese seasons. To eat in line with the seasons is crucial for health, vitality, well-being, and a strong immune system according to Chinese traditional medicine. The transition periods between seasons are particularly important in this context, the *dojo* time of four times eighteen days is considered the fifth season. Special cures composed of healing teas and simple dishes have a cleansing, relieving, and preventive effect, plus they energize, strengthen the immune system, and facilitate the transition from one period to the next. The recipes for the four main seasons are just as carefully selected and well adjusted to the requirements of each. 140 simple, light, yet strengthening recipes for an energetic, healthy year. With abundant practical tips and recommendations to enhance your health, balance, and inner harmony.

Karola Bettina Schneider: Lecturer, author, and naturopath running her own practice on Chinese medicine with focus on nutrition, acupuncture, and herbal therapy. She offers seminars on the topics of nutrition, conscious living, and meditation.

Photos: Alexandra Schubert



Christian Sollmann

The Do-It-Yourself of Ancient Tinctures and Homeopathic Medicaments

978-3-03800-698-5

36.00 EUR

Cover: Hardcover

Extent: 296 pages

Format: 19.5 cm x 26.5 cm

285 colour photos

Subject areas: healing plants, homeopathy

Available: 29/04/2014

Rights sold: All rights available

- 80 plant portraits with details on active agents, preparation, usage, and lead symptoms
- Systematic instructions for the preparation of cures; an easy way to make your own plant medicine
- From plant to primordial tincture to homeopathic medicament

If you are fed up with the industrially produced phytotherapeutic and homeopathic standard products, why not prepare your own homeopathic cures made of healing plants from your garden. The first book ever in German to explain in detail technical basics, list the required tools, disclose the exact formula, and describe the procedure: from the selection and harvesting of the plants to manufacturing the primordial tinctures and homeopathic medicaments – gently processed high quality cures made from untreated, unfertilised premium plants free from any unsolicited additives. Portrays of 80 healing plants suitable for home use, including information on occurrence, relevant plant parts, harvesting time, active agents contained, tips on their preparation, as well as usage and lead symptoms. Complemented by numerous floral pictures, a harvesting calendar, and a potentisation chart.

A precious and useful guide and a thorough handbook for professionals and amateurs alike who want to take charge of their own health. »The do-it-yourself process outlined by Christian Sollmann is useful, instructive, and a lot of fun. This book is an inspiration for everyone working with plants and homeopathy.« – Olaf Rippe

Christian Sollmann: Born 1961, naturopath. Has been involved in astrology, homeopathy, spagyric, alchemy, and plant healing for 30 years. Runs a private practice in Munich, delivers courses and lectures on various topics in these fields.



Cornelia Stern, Helga Eil-Beiser

Theory and Practice of Phytotherapy

Understanding active substances - Meaningful use of medical plants. Featuring 120 plant monographs

978-3-03800-870-5

98.00 EUR

Cover: Hardcover

Extent: 680 pages

Format: 17 cm x 24 cm

222 colour photos, 21 mind maps/illustrations, ribbon; word count: 198,808

Available: 27/06/2022

Rights sold: All rights available

- **From healing plant to cure**
- **Instructional and reference manual for medical experts and amateurs**
- **120 detailed plant monographs, recipes, and recommended medication**

What is it that renders a simple plant suitable for medical use? And how can its healing potential fully unfold? This comprehensive manual offers a well-structured and scientifically grounded presentation on the basics of phytotherapy. The authors show us the meaningful use of plants and their active substances. Thoroughly tried and tested recipes and medication suggestions complement each and every indication. Mind maps allow for a quick overview and make it easy to confidently identify a suitable medical plant. Excellent photographs help us recognize the plants in their natural surroundings. »Theory and Practice of Phytotherapy« is an indispensable reference for medical experts and interested amateurs who wish to acquire or deepen their knowledge about phytotherapy.

Cornelia Stern: Pharmacist specialized in naturopathy. Director of the »Freiburger Heilpflanzenschule« and lecturer on phytotherapy, paracelsianism, gemmotherapy, and classical homeopathy.

Helga Eil-Beiser: Alternative practitioner running her own practice since 1997 with focus on phytotherapy, healing of women and children, psychosomatic medicine. Lecturer at the »Freiburger Heilpflanzenschule«.



Wolf-Dieter Storl

Plants of The Celts

Healing, Plant Magic, Tree Calendar

978-3-85502-705-7

32.00 EUR

Cover: Hardback with jacket

Extent: 368 pages

Format: 13.5 cm x 22 cm

Richly illustrated

Subject areas: Healing, celts, rituals

Available: 18/10/2000

Rights sold: CZ, J

- **With practical recipes of ancient cures and healing methods**
- **Including the most important healing and magical plants and trees of the Celts**

The Celts used to be the prevalent culture in large parts of Europe for almost a thousand years. Even though druidism was destroyed, ordinary people clung to the wisdom of yore and passed it on in words and practice through proverbs, fairy tales, legends, seasonal rituals, and particularly through herb knowledge and folk medicine. The author introduces us to healing practices that do not focus on healing agents, but on the magical powers of plants. He presents the most important healing and magical plants and trees of the Celts in their seasonal and cultural context, in folk medicine, and in witchcraft, while also explaining the meaning of the Celtic annual circle and tree calendar. Along the eight Celtic annual celebrations and related rituals, he leads us through the annual cycle and shows us how to tune into the big rhythms of nature even in this day and age. With many practical recipes for ancient medicines and healing practices.

Wolf-Dieter Storl: Cultural anthropologist and ethno-botanist. Lectured at various universities and published numerous books that became long selling successes. He lives on a solitary farm in the Allgäu.



Wolf-Dieter Storl

Nature Rituals

Find your own roots with the help of shamanic rituals

978-3-03902-206-9

29.00 EUR

Cover: Hardcover

Extent: 280 pages

Format: 15.5 cm x 23.5 cm

37 colour photos, word count: 89.942

Available: 29/05/2023

Rights sold: All rights available

- **Nature rituals: companions of our personal development**
- **Essential knowledge about nature spirituality**
- **Shamanic wisdom for people who feel part of nature**

The urge to open your soul in rituals and create an inner bond with nature is as ancient as humankind itself. Even in this day and age rituals are a path to stable footing and self-awareness. Wolf-Dieter Storl focuses on the traditions of European forest peoples – Celtic, Germanic, and Slavic groups – and on various rituals from America, Asia, Australia, and Africa. What is the right time and place for a ritual? Why to perform one at all, and what aspect of life does it relate to? Practical questions that will be answered in this book. It showcases ritualistic objects, smoking and auxiliary agents but also plants and animals that are relevant for shamanic nature experiences. Wolf-Dieter Storl shares essential background knowledge on shamanic nature and self-perception.

Wolf-Dieter Storl: Cultural anthropologist and ethno-botanist. Lectured at various universities and published numerous books that became long-selling successes. He lives on a solitary farm in the Allgäu.

Photos: Lisa Storl



Wolf-Dieter Storl

Natural Healing of Borreliosis

978-3-03800-360-1

22.00 EUR

Cover: Hardcover

Extent: 264 pages

Format: 13.5 cm x 22 cm

Numerous illustrations

Subject areas: Lyme disease

Available: 06/07/2007

Rights sold: CZ, FR, NL, PL, USA

• A naturopathic approach to healing lyme disease

Not too long ago a tick bite merely caused a trifle irritation. Today however one fears that each tick contains borrelia eager to infect humans and animals with the nasty disease borreliosis, a multi-system illness which can affect any organ and sham any symptom. Borrelia are utmost cunning and versatile. They elude the immune system or manipulate it according to their needs, they constantly change shape, hence are often hard to recognize for the immunocytes. Antibiotics can hardly attack them, or they hide in nerves, cartilages or other less blood-supplied body tissues. Hence they unmistakably prove that we have reached the end of the antibiotics age. The author, himself an ethno-botanist, studies traditional Chinese medicine, the treasures of Indian healing knowledge, homeopathy and traditional Western healing herb medicine in order to find effective therapies. In China he finds the teasel, in the Carribeans the overheating therapy, diets and plants the locals used to heal syphilis, a disease closely related to borreliosis. Additionally he describes a number of other therapeutic approaches. The author experienced the healing effects of the presented treatments on his own body. Borreliosis can be healed, there is no need to be afraid.

Wolf-Dieter Storl: Born 1942, cultural anthropologist and ethno-botanist. Former Fulbrigh scholar of the University of Bern, lectured at different universities. Study trips, ethnographical and ethno-botanical field research – in a traditional spiritualist settlement in Ohio, with old and experienced farmers in the Emmental, with medicine men of the Northern Cheyenne, with Shiva Sadhus in India and Nepal – are depicted in numerous articles and books. Since 1988 he lives with his family on a solitary farm in the Allgäu where he is occupied with gardening and investigating the secrets of healing herbs and wild plants.

»In the German-speaking area Wolf-Dieter Storl is, along with Christian Rätsch, the unquestioned connoisseur in the fields of plants and plant mythology.« – Esotera



Wolf-Dieter Storl

The Bear

Animal of Strength of the Shamans and Healers

978-3-03800-245-1

29.00 EUR

Cover: Hardcover

Extent: 288 pages

Format: 13.5 cm x 22 cm

Illustrations

Subject areas: bear, shamanism

Available: 09/08/2005

Rights sold: CZ, USA

• **The fascinating relationship between man and bear**

Anywhere the bear lives, i.e. in the entire Northern hemisphere, he was considered an animal of strength. He was not an ordinary animal but a kind of »forest man« whose shaggy fur was hiding a human or even godly soul. He could understand men's thoughts and had healing powers. Whoever dreams of a bear or has a strong encounter with a bear becomes a herbal healer and is summoned to heal with plants. Besides the bear dreamer is the mightiest among medicine men according to North America's natives. The Germanic people called their most efficient and reliable healing plants »bear herbs« and sent their youngsters into the forest to experience their true nature as »bear skimmers«. Wolf-Dieter Storl, cultural anthropologist and ethno-botanist, lived himself in bear habitats in the Rocky Mountains for many years and had frequent – sometimes dramatic – encounters with bears. In this book he depicts the relationship between man and bear. The journey leads into the bear caves of the Neanderthals, the bear cults of Siberian tribes of today, to cave bears and teddy bears and last but not least to the bear city Bern where the author himself used to live for several years. We find out about the bear goddess Artemis and the medicine bear of Indian shamans and find numerous bear tales and stories from all over the world.

Wolf-Dieter Storl: Born 1942, cultural anthropologist and ethno-botanist. Former Fulbright scholar of the University of Bern, lectured at different universities. Study trips, ethnographical and ethno-botanical field research – in a traditional spiritualist settlement in Ohio, with old and experienced farmers in the Emmental, with medicine men of the Northern Cheyenne, with Shiva Sadhus in India and Nepal – are depicted in numerous articles and books. Since 1988 he lives with his family on a solitary farm in the Allgäu where he is occupied with gardening and investigating the secrets of healing herbs and wild plants.



Wolf-Dieter Storl

Plant Devas

The Spiritual-Mental Dimensions of Plants

978-3-03800-846-0

26.00 EUR

Cover: Hardcover

Extent: 264 pages

Format: 13.5 cm x 22 cm

44 illustrations

Subject areas: plants, meditation

Available: 25/08/2014

Rights sold: All rights available

- **Featuring practical instructions for plant meditation**
- **New, special-priced edition**

Plants are more powerful than we commonly think. Being macroscopic creatures they communicate the light forces of the cosmos and enliven the earth matter. All cultures, except the one we are living in today, are aware of the psycho-spiritual dimensions of plants. In dreams or ecstatic visions of shamans, plants appear as deities, Devas, or light angels who actively and consciously interfere in earthly events and human history. Wolf-Dieter Storl, the distinguished plant expert, demonstrates how the disrupted communication between human beings and plants can be restored. An appendix featuring practical instructions for plant meditation helps to re-establish contact with the plant Devas.

Wolf-Dieter Storl: Cultural anthropologist and ethno-botanist. He has lectured at various universities and is the author of several long-selling books. He lives on an isolated farm in the southern German Allgäu with his family.



Wolf-Dieter Storl

Primal Medicine

The True Origins of our Folk Medicine

978-3-03800-872-9

29.00 EUR

Cover: Hardcover

Extent: 304 pages

Format: 13.5 cm x 22 cm

Richly illustrated

Available: 15/09/2015

Rights sold: CZ

- **The true origins of our folk medicine**
- **Healing plants, shamanic healing, and spirits**
- **The new book from the famous Allgäu-based plant expert**

Besides academic medicine as practised by doctors and pharmacists, every people and every ethnic group has its very own functioning art of healing that is adjusted to the given ecological circumstances – such as certain healing plants that grow right outside the cabin or local climate conditions. This ancient knowledge of healing was usually treasured and passed on by women, since traditionally they were the ones taking care of children, the sick, and the elderly. Shamanic healing, excursions to the spirits of plants, confronting »worms« and other disease spirits, as well as overheating therapy (sweat lodge) are all part of this traditional knowledge about healing plants and their powers. Even the first farmers contributed to the ancient European art of healing by using weeds such as camomile or dwarf mallow as remedies or by producing herbal healing beer and herb bread. Cultural anthropologist and ethno-botanist Wolf-Dieter Storl describes all this in his well-known knowledgeable, profound, comprehensive, and at the same time entertaining manner.

Wolf-Dieter Storl: Cultural anthropologist and ethno-botanist. He has lectured at various universities and is the author of several long-selling books. He lives on an isolated farm in the southern German Allgäu with his family.



Wolf-Dieter Storl

Insights and Visions

The Wolf-Dieter Storl reader

978-3-03902-066-9

29.00 EUR

Cover: Hardcover

Extent: 304 pages

Format: 13.5 cm x 22 cm

8 colour photos, word count: 96,231

Available: 30/03/2020

Rights sold: All rights available

- **The big Wolf-Dieter Storl reader**
- **Bestselling author Wolf-Dieter Storl: the quintessence of his wisdom**
- **Indian mythology, plant power, the Earth's ecosystem, and Greta Thunberg**

We think we understand the world. Science has measured, dissected, and analysed it to the most minute detail. But what do we really know? Is existence not much vaster and more magical than we believe? If we stop and take a minute to put ourselves in the position of a flower, an animal, a cloud, or an event, we will dive into worlds of endless depth.

Wolf-Dieter Storl's latest book, a digest of his incredible vast knowledge, focuses primarily on plants, Shamanic plants, invasive neophytes, pyrrolizidine alkaloids, and on Hildegard of Bingen's dandelion. Storl also shares his views on contemporary issues such as climate change, ecology, and health. Further topics include the nature of animals, the meaning of fairy tales, as well as gardening, but also his magical trips to India, China, Mexico, South Africa, and other countries. A book full of clever thoughts and wisdom, and a source of orientation and guidance in restless times.

Wolf-Dieter Storl: Cultural anthropologist and ethno-botanist. Lectured at various universities and published numerous books that became long-selling successes. He lives on a solitary farm in the Allgäu.



Wolf-Dieter Storl

Wolf Medicine

A Journey to Plant Healers in Mongolia and Siberia

978-3-03800-058-7

29.00 EUR

Cover: Hardcover

Extent: 224 pages

Format: 15.5 cm x 23 cm

58 colour photos, 2 b/w photos, 2 illustrations

Available: 27/08/2018

Rights sold: CZ

- **Traditional plant knowledge from Siberia and Mongolia**
- **Animals, plants, and Shamanic practices**
- **What we have learned from indigenous peoples**

Mongolia and Buryatia (Siberia) are sparsely populated, nature is wild and untouched – at night wolves are howling, vultures and eagles are circling in the sky. To this day nomadic shepherds roam the grass steppe, they live in yurts and practice ancient Shamanic rituals. To the north, the endless forests of the Taiga spread out, home to the Buryatia and Evenki people. Together with a small group of naturopaths, the author set out to explore this secluded region and to learn about healing plants and Shamanic practices at close range. In this richly illustrated book he casts a thorough glance on fauna and flora, researches healing practices of indigenous peoples, and demonstrates the cultural continuity with both North American natives and our own ancestors, the European forest peoples. He tells the fascinating tale of rhubarb, roseroot, and willow herb, but also gives an account of the devastating effects caused by the search for raw materials and rare-earth metals.

Wolf-Dieter Storl: Cultural anthropologist and ethno-botanist. Lectured at various universities and published numerous books that have become successful long sellers. He lives on a solitary farm in the Allgäu.



Wolf-Dieter Storl

Healing Herbs and Magic Plants Between Front Door and Garden Gate

978-3-03800-060-0

24.00 EUR

Cover: Hardcover

Extent: 192 pages

Format: 15.5 cm x 23 cm

29 colour photos, 9 illustrations

Available: 27/08/2018

Rights sold: CZ, PL

- **Nine common wild herbs: A journey of discovery into the secret nature of plants**
- **Richly illustrated with wonderful photos**
- **Expanded and revised edition of the bestseller**

Ever since ancient times true herbalists have known that even the simplest, most common herbs are valuable, and that just a handful of these is sufficient to heal any type of sickness. It is important, however, not to consider the plants mere containers of chemical substances, but to respect their personality, character, and history. The author highlights nine common wild herbs that grow everywhere in our closest surroundings, yet they remain widely disregarded: stinging nettle, mugwort, ale-hoof, ground elder, plantain, horsetail, daisy, chickweed, and dandelion. He describes their characteristics and healing powers, their relevance in folk medicine, their role in legends, fairy tales, and superstitions as well as their planetary references. The new edition is larger in size and richly illustrated with wonderful photos.

Wolf-Dieter Storl: Cultural anthropologist and ethno-botanist. Lectured at various universities and published numerous books that have become successful long sellers. He lives on a solitary farm in the Allgäu.



Wolf-Dieter Storl

The Heart and its Healing Plants

978-3-03902-101-7

29.00 EUR

Cover: Hardcover

Extent: 232 pages

Format: 15.5 cm x 23.5 cm

58 colour photos and illustrations

Available: 26/08/2020

Rights sold: IT

- Plant cures for the heart in ancient and modern medicine
- A holistic view on cardiac diseases
- Drawing from the profound wisdom and experience of the renowned plant expert

Plants for the Heart

Cardiovascular diseases are among the most common causes of death in the Western world. Are these conditions caused by stress, wrong nutrition, faulty programming of the psyche, or maybe harmful microorganisms? Prior to industrialisation, cardiac diseases in the modern sense were practically unknown. In those days, plants with beneficial effects on the spirit and soul cheered up the heart and hence served as »heart medicine«. Apart from these ancient heart plants the book also presents medical plants used in modern cardiology, such as foxglove, lily of the valley, or strophanthus. A holistic insight into the hot topic of cardiac diseases, presented from an ethnographical, ethnomedical, ethnobotanical, and folkloristic perspective.

Wolf-Dieter Storl: Cultural anthropologist and ethnobotanist. Lectured at various universities and published numerous books, many of them long-selling classics. He lives on an isolated farm in the southern German Allgäu.

Photos: Frank Brunke



Wolf-Dieter Storl

Essence and Secrets of Invasive Plants

Healing plants, food plants, economic plants

978-3-03902-170-3

29.00 EUR

Cover: Hardcover

Extent: 344 pages

Format: 15.5 cm x 23.5 cm

120 colour photos, 24 b/w photos; word count: 95,369

Available: 28/02/2022

Rights sold: All rights available

- **Insights about invasive plants from the great plant connoisseur**
- **Hidden benefits of alleged adversaries**
- **Psychological and philosophical aspects**

Invasive plants: threat or bee pasture?

Invasive plants are often considered evil intruders in our natural environment. They are said to eliminate domestic plants and to be worthless for wildlife. But is this really true? In this book Wolf-Dieter Storl shows us how to become friends with invasive plants. Based on sound facts and evidence he proves that plants such as giant hogweed, Canada goldenrod, or Himalayan balsam are not in the least a problem. In the countries they originate from, many of them are considered precious food, economic or healing plants, and some are even valued as sacred plants used for Shamanic or other rituals. This book offers a totally new perspective on »wandering« plants and helps us to understand and make good use of them.

Wolf-Dieter Storl: Cultural anthropologist and ethno-botanist. He has lectured at various universities and published numerous successful long-selling books. He lives on an isolated farm in the Allgäu.

Photos: Frank Brunke



Anton Stucki

Hear Better – Live Lighter

How to Strengthen Our Faith in the Self-Healing Powers of Body, Spirit, and Soul.

978-3-03902-054-6

34.00 EUR

Cover: Hardcover

Extent: 360 pages

Format: 15.5 cm x 23.5 cm

colour photos and illustrations, word count 109,273

Available: 31/08/2020

Rights sold: All rights available

- The latest book about a reliable hearing treatment
- The natural laws of self-healing and the path to better hearing
- Improving your hearing ability with the help of simple exercises

The Advanced Version of the Bestseller

Self-healing is not coincidental but based on laws of nature. This applies also to our hearing ability. The ear is our gate both to the world and to our soul. In this day and age it has to endure quite a lot. Hearing impairment, tinnitus, or otitis are rather often the source of conflicts. Once we grasp the fundamental order of human perception and undergo a training based on this understanding, we are able to improve the auditory capacity of each and every living person. Detailed guidelines show us how to strengthen our hearing step by step. If we manage to consciously reinstate and organize the order in our auditory space we will learn how to detect sources of noise and hear very low sounds. This works even better if we, in parallel, process traumatic aspects of certain past experiences that have led to an actual hearing impairment.

Anton Stucki: Born in Zurich, lives in Brandenburg since 1995. Develops health technologies together with researchers from the fields of physics, biology, mathematics, and medicine. Since 2005 development of the natural sound converter and a therapeutic method to regenerate hearing. Seminars, lectures, trainings for therapists and physicians.



Anton Stucki

Hear better – live lighter

How to Regain Your Innate Hearing Capacity

978-3-03800-934-4

29.00 EUR

Cover: Hardcover

Extent: 240 pages

Format: 15.5 cm x 23.5 cm

numerous illustrations

Available: 05/03/2018

Rights sold: USA

- **Restore natural hearing capacity with 20 simple exercises**
- **A unique treatment, successfully applied to patients with hearing loss for more than ten years**
- **Based on clear physical principles and developed with the help of the latest research results from natural science and medicine**

Many, particularly older people have to experience that their hearing is worsening, especially in noisy surroundings, at a bar, or sitting in a bigger company of friends with continuous vivid conversation. Yet it is not normal for our hearing to worsen, not even with growing age. This book explains how hearing works and outlines a program of 20 interrelated exercises to improve and train our hearing step by step. Body geometry, spatial location, and perception processing play an essential role in this method. Adhering to the principle of self-regulation combined with targeted training will help to rebuild our innate hearing capacity step by step. The method presented in this book relies on well-known physical principles and the author's more than ten-year-long practical experience with people suffering from hearing problems. Simple exercises without hearing aid will lead to improvement, as demonstrated by impressive case studies.

Anton Stucki: Born in Zurich, lives in Brandenburg since 1995. Develops health technologies together with researchers from the fields of physics, biology, mathematics, and medicine. Since 2005 development of the natural sound converter and a therapeutic method to regenerate hearing. Seminars, lectures, trainings for therapists and physicians.



Bruno Vonarburg

Healing with Plant Essences

Human types and plant characteristics
Individual treatment of 100 illnesses

978-3-03800-977-1

44.00 EUR

Cover: Hardcover

Extent: 448 pages

Format: 19.5 cm x 26.5 cm

204 colour photos

Available: 16/10/2017

Rights sold: All rights available

- A brand new compendium on healing plants
- Individual treatment of 100 diseases and pains with plant essences
- A comprehensive reference book not only for therapists - Summarizing 30 years of experience in naturopathy

Renowned healing plant expert and alternative practitioner Bruno Vonarburg presents the synthesis of his practical experience gathered over more than 30 years. Thorough and reliable as usual, he shows us how to effectively treat more than 100 illnesses and pains with the help of plant essences – be it acne or arthrosis, bladder infection or diverticulitis, hay fever or migraine, prostate pain or irritable bowel syndrome, sleeping disorder, tennis elbow, or constipation. Special chapters are dedicated to paediatrics and female disorders, pregnancy and birth, as well as old age complaints and dementia prophylaxis. Checking the physique of the patient against the signature of a particular healing plant, new remedies are constantly being identified next to the main plant cure, depending on individual conditions. Choosing the right plant medicine based on individual needs can significantly contribute to a better healing process. A comprehensive guide and reference book for amateurs as well as therapists, naturopathic practitioners, and medical doctors focusing on naturopathy.

Bruno Vonarburg: One of the most renowned naturopaths in Switzerland running a practice in Teufen (Appenzell Außerrhoden). He is the author of several books that count as benchmarks in plant healing, and is a sought-after lecturer at naturopathy congresses inside and outside the country. He has made numerous appearances on radio and television.



Bruno Vonarburg

A Practical Guide on Healing Plants

Signatures and Healing with Blossom Essences

978-3-03902-115-4

36.00 EUR

Cover: Hardcover

Extent: 272 pages

Format: 17 cm x 24 cm

271 colour photos, word count: 78,597

Available: 29/03/2021

Rights sold: All rights available

- **Blossom essences for the healing of body and soul**
- **A practical manual for therapists and amateurs**
- **Featuring more than 300 colour photos**

Healing a disease is not only about alleviating physical symptoms, but also about replenishing the human psyche. Many years of experience in naturopathic practice led the author to the conclusion that a combined treatment based on fine matter vibration potential of blossom essences triggers a powerful effect that boosts health. Self-healing powers are lastingly activated, and the recovery process is built up from within – starting from the emotional level which is the source of many illnesses. Vonarburg portrays more than 90 healing plants that help with common health issues, among others menopause complaints, prostate adenoma, osteoporosis, but also heartburn and general performance decrease. This guide is suitable for alternative practitioners and interested amateurs alike.

Bruno Vonarburg: One of the most renowned naturopaths in Switzerland running a practice in Teufen (Appenzell Ausserrhoden). He is the author of several books that count as benchmarks in plant healing as well as a sought-after lecturer at naturopathy congresses inside and outside the country. He has made numerous appearances on radio and television.



Johannes Wilkens, Gert Böhm

Mistletoe – A Powerful Natural Cancer Cure

Prevent, Relieve, Heal

978-3-03800-891-0

28.00 EUR

Cover: Hardcover

Extent: 240 pages

Format: 13.5 cm x 22 cm

48 colour photos

Available: 25/02/2016

Rights sold: CZ, JPN

- **Prevention, relief, and healing with mistletoe**
- **Presents 13 types of mistletoe**
- **By Johannes Wilkens, an outstanding expert on the subject**

For many years, mistletoe extract from different trees has proven to be an excellent cure for cancer, as confirmed by dedicated research and case studies. In Germany, mistletoe is the most popular medical plant in cancer therapy. Mistletoe is most powerful when the tree on which it grows and draws its nutrients from is similar in character to the sick person. Johannes Wilkens, an outstanding expert on the subject, has significantly enhanced mistletoe therapy. In this book, he presents 13 types of mistletoe, each with its specific connection between tree and human, illustrating how a differentiated use of mistletoe supplements significantly increases the chances for healing. Mistletoe supplements are also successfully applied in cancer prevention and with various age-related diseases.

Johannes Wilkens: Born 1962. Medical Director of the geriatric rehabilitation clinic Alexander von Humboldt in Bad Steben. Also runs a private practice. Research activity in the fields of homeopathy and anthroposophic medicine, author of books and journal articles.

Gert Böhm: Formerly managing director for a newspaper publishing house, today freelance journalist and book author.



Johannes Wilkens, Frank Meyer, Ruth Mandra

Arnica – Queen of the Healing Plants

978-3-03800-081-5

29.00 EUR

Cover: Hardcover

Extent: 224 pages

Format: 13.5 cm x 22 cm

30 colour photos

Available: 26/03/2018

Rights sold: All rights available

- **All about arnica – the queen of healing plants**
- **The most popular healing plant in folk medicine, phytotherapy, and homeopathy**
- **The latest astonishing research results**

For all ages, arnica is the most popular healing plant. Though it has become rare in our natural environment, many of us are familiar with it in the shape of ointments and compresses, globules or drops. This book presents the healing plant arnica in its natural surroundings in the mountains and on forest clearings and describes its botanical characteristics as well as its use in folk medicine, phytotherapy, and homeopathy, complemented by astounding new approaches in the area of anthroposophic medicine. It demonstrates that arnica is not only helpful with injuries and joint pains, but can also be used as a viable alternative in the modern treatment of multiple sclerosis, that it contributes to the overall healing process after strokes, and that it has proven effective in emergency medical aid as well as in the treatment of cardiac conditions. Arnica offers relief with strains and also in the case of grave muscle disorders.

Dr. med. Johannes Wilkens: Medical director of the geriatric rehabilitation clinic Alexander von Humboldt in Bad Steben. Also runs a private practice.

Dr. med. Frank Meyer: Specialist for general medicine/naturopathic treatment, engaged in holistic trainings for medical doctors.

Ruth Mandra: Botanist, since 1998 freelance lecturer on botany and goethean observation of healing plants.



Johannes Wilkens, Frank Meyer

Natural treatment of corona

Holistic understanding, prevention, and treatment of COVID-19

978-3-03902-116-1

23.00 EUR

Cover: Hardcover

Extent: 216 pages

Format: 13.5 cm x 21 cm

27 colour photos, 7 b/w photos, 9 illustrations; word count: 42,384

Available: 25/01/2021

Rights sold: All rights available

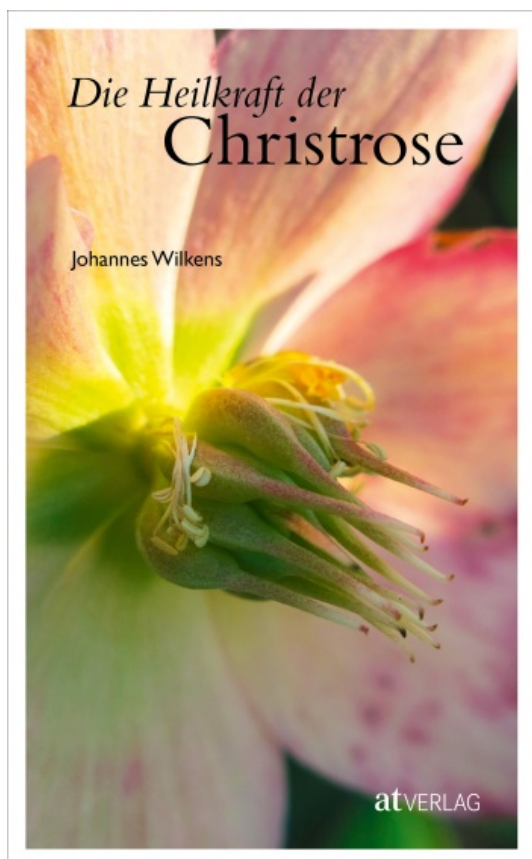
- **A holistic approach to understanding COVID-19**
- **Alternative healing concepts**
- **Approaches towards a solution based on anthroposophical and homeopathic medicine**

The coronavirus pandemic scares people all over the world and imposes grave restrictions in our social life. We repeatedly hear that only a vaccine will solve the problem of COVID-19. Politicians, media outlets, as well as health professionals, especially virologists, see no other way out. But what if there were methods of treatment other than classical medicine? The authors have been following the coronavirus pandemic and its consequences from a medical perspective, observing infected patients and the various stages of their disease at close range. They realized and experienced that there are a number of remedies for this illness which are currently not being perceived sufficiently. In this book they present the most important cures from anthroposophic and homeopathic medicine, enabling us to find our own way out of the coronavirus crisis.

Dr. med. Johannes Wilkens: Medical director of the geriatric rehabilitation hospital Alexander von Humboldt in Bad Steben. Also runs his own private practice.

Dr. med. Frank Meyer: Since 1994 general practitioner in Nuremberg. Focuses, among others, on naturopathic healing methods and anthroposophical medicine.

»Many experts agree that a vaccine will not make the virus go away for good. The need for treatment concepts from naturopathy will be immense. Whether we like it or not, we will have to learn to live with the virus.« – Dr. med. Johannes Wilkens, Dr. med. Frank Meyer



Johannes Wilkens

The Healing Power of the Hellebore

978-3-03800-831-6

24.00 EUR

Cover: Hardcover

Extent: 144 pages

Format: 13.5 cm x 22 cm

30 colour photos

Subject areas: Hellebore, healing,

Available: 14/10/2014

Rights sold: UK

- **The first book on the healing power of the hellebore; Authored by an experienced physician and specialist**
- **A promising cure for Alzheimer, stroke, and ADD/ADHD**
- **Ample evidence from medicinal history followed by most recent case studies**

The hellebore has played a crucial role for the most renowned doctors in occidental medicinal history. Hippocrates, but even more so Paracelsus and Samuel Hahnemann have praised its powers. In recent times the hellebore is once again in the spotlight, as it has proved particularly effective in clinical cell tests as well as with concrete cases of the serious sicknesses, the new millennium is experiencing. It has proven its worth in geriatrics, with Alzheimer, strokes, but also with cancer – all of which quite frequently require hellebore treatment based on anthroposophic medicine. Another area, where it is intensely used, is with attention disorders of children such as ADD and ADHD as well as general brain development disorders. Against the background of medicinal history and using various case studies, this book documents the essential role of the hellebore with numerous sicknesses of the modern age.

Johannes Wilkens: Born 1962. Medical Director of the geriatric rehabilitation clinic Alexander von Humboldt in Bad Steben. Also runs his own private practice. Extensive research in the area of homeopathy and anthroposophic medicine, numerous books and magazine articles.



Anne Katharina Zschocke

Natural Healing with Bacteria

For A Healthy Body And Soul

978-3-03800-902-3

32.00 EUR

Cover: Hardcover

Extent: 304 pages

Format: 13.5 cm x 22 cm

Available: 10/10/2016

Rights sold: ES, FR, IT, PL

- **For a healthy body and soul**
- **Bacteria as medicine of the future**

Bacteria are most often associated with diseases. Yet the truth is that without them there would be no state of health. Bacteria are vitally important »microbiomes« with an active role in the metabolism, hormone cycles, immune system activity, digestion, and food intake. Many illnesses are a result of microbiome disturbances: intolerances, gastric hyperacidity, irritable bowel syndrome, skin diseases, inflammations, ADHD, diabetes, overweight, and many more. Bacteria are the medicine of the future. For the first time ever, this book highlights the history, background, and development of bacterial and antimicrobial healing therapies. It explains function, diseases, and healing methods pertaining to the human body's microbiome. Next to ancient healing practices with bacteria and a list of commonly used microbiological therapies, the book also talks about probiotics and fibres. Including practical instructions, tips, and case studies on healing methods for physiological and psychological illnesses, better quality of life, or for preventive healthcare.

Anne Katharina Zschocke MD: Studied human medicine and naturopathic treatments, worked as physician and in applied horticulture, also internationally as consultant and freelance lecturer. She is considered one of the pioneers of holistic microbiology. Author of four bestsellers.



Anne Katharina Zschocke

EM – Effective Microorganisms

Bacteria - Sources and Guides of all Living Things

978-3-03800-600-8

38.00 EUR

Cover: Hardcover

Extent: 304 pages

Format: 15.5 cm x 23.5 cm

100 illustrations

Subject areas: Effective Microorganisms, alternative medicine

Available: 31/03/2012

Rights sold: All rights available

- **Instructions for practical everyday use of EM in garden, household, farming, water purification, stock breeding, energy balance, and construction**
- **After decades of worldwide use, finally the first comprehensive book on Effective Microorganisms**
- **A revolutionary concept of handling and healing resistant bacterial strains; Firsthand reports and studies on EM**

Anne Katharina Zschocke presents the first comprehensive book on »EM«, scientifically substantiated, clear, and systematic but also offering a number of practical hints. She takes us on a journey through the cultural history of man and microorganisms, disclosing the spiritual dimension of fermentation and the way bacteria control destinies. With tender affection she analyzes our attitude towards microbes and teaches us how to peacefully coexist. The book explains how practical usage of »Effective Microorganisms« can solve everyday problems in many areas of life fast and cost effectively. Floors can be enhanced, water purified, and smells neutralized with the help of »EM«. Garbage is being recycled into fertilizer, rot disappears, and diseases are healed. Bacteria are the first inhabitants of our planet, and ever since then they have been the basis of all life forms. They create balance, harmonize all processes, initiate metabolic functions, train the immune system and protect the body's frontiers. Anyone can use EM: in household, garden, farming and water management, stock breeding, hygiene, and trade. For decades, EM has been active in healing unsettled living spaces, harmonizing processes of transformation, and reconstituting equilibrium in the flux of life.

Anne Katharina Zschocke MD: Studied human medicine and naturopathic treatment, worked as physician and in applied horticulture, also internationally as consultant and freelance lecturer. In 2011, she developed the first seminars on Effective Microorganisms (EM) in Europe. She is considered one of the pioneers of holistic microbiology. Author of four bestsellers.



Svenja Zuther

Flora's Language

Encounters with the plant spirit, Doctrine of signatures. Holistic phytomedicine

978-3-03902-230-4

39.00 EUR

Cover: Hardcover

Extent: 440 pages

Format: 15.5 cm x 23.3 cm

190 colour photos, word count: 115,752

Available: 27/11/2023

Rights sold: All rights available

- **The revised new edition of the ultimate reference book on plant communication**
- **Detailed and insightful plant portraits**
- **Perception exercises, recipes and instructions**

The classic of plant communication!

This book teaches us how to recognize ourselves through nature's mirror, to entertain a vivid exchange with plants and make use of their powers.

Detailed portraits of domestic healing plants describe their characteristic powers based on both modern research and traditional customs and traditions. With an introduction to the doctrine of signatures and practical guidelines for plant encounters, this book allows us to access the language of the plant realm.

An informative and touching practical guide for anyone who seeks to heal not only the body but also the soul with the help of healing plants. Featuring perception exercises, recipes, and suggestions for the creative use of healing plants.

Svenja Zuther: Graduate biologist, alternative practitioner, author. Has been researching communication with plants for 20 years, and developed spiritual plant healing and nature therapy. She offers individual training courses and delivers lectures both at home and abroad. In 2006 she founded the conference centre KUDRA NaturBewusstSein.

Topic

Hiking / Switzerland



Martin Arnold, Urs Fitze

Wilderness Switzerland

Hiking in the most beautiful and untamed regions

978-3-03902-204-5

33.00 EUR

Cover: Paperback with flaps

Extent: 224 pages

Format: 14.5 cm x 22 cm

181 colour photos, 31 maps

Available: 24/04/2023

Rights sold: All rights available

- **Wilderness at our doorstep and in the mountains**
- **30 hikes along impressive nature reserves**
- **Including practical information and maps**

Switzerland is wilder than one might think. You can encounter untouched wilderness not only in remote mountain areas but sometimes practically at your doorstep, in the smaller and bigger nature reserves of the midlands or at the foothills of the Alps.

Martin Arnold and Urs Fitze present 30 fascinating wilderness regions all over the country, each of them with their own unique history: from the enchanted Doubs and Belpau with its beavers to the ice desert of the Aletsch glacier and the multicoloured shimmer of the Stelsersee to the forest reservations in the Onsernone Valley. Apart from numerous deserted nature reserves in the mountains we can also discover smaller, generally less known locations in our close vicinity.

A hiking guide that shows us hidden gems worth protecting. Including access to digital hiking maps and GPS coordinates.

Martin Arnold: Freelance journalist, publisher, and author. He writes for newspapers, magazines, and various information platforms.

Urs Fitze: Freelance journalist and author.



Hans Joachim Degen, Ragna Kilp

The most beautiful hikes along waters in the Swiss Alps

978-3-03902-109-3

33.00 EUR

Cover: Paperback with flaps

Extent: 272 pages

Format: 14.5 cm x 22 cm

197 colour photos, 50 maps

Available: 28/06/2021

Rights sold: All rights available

- **Invigorating relaxation at quiet lakes and rushing creeks**
- **50 well-researched routes**
- **Stories about people, culture, and historical backgrounds**

From thundering waterfalls to burbling mountain streams and quiet mountain lakes – hikes along the water hold the promise of relaxation and charm in all four seasons. Streams and rivers are most impressive in spring when the snow melts, while in midsummer small lakes invite you to take a plunge. During autumn, water reservoirs are brimful, and winter transforms waterfalls into ice sculptures.

Presenting 50 classics and numerous insider tips, this book takes us to various stretches of waters in the different regions of the Swiss Alps. Enchanting photos and stories about history, geology, culture, and food make us long for some lovely days of hiking. Thanks to detailed descriptions of all routes you are safe throughout. An indispensable book for hikers, nature lovers, and families who love water.

Hans Joachim Degen: In the author's view, the joy of hiking is not only about the walk itself, but also the stories along the way.

Ragna Kilp: Passionate traveller and hiker who explores different regions of the world.



Iris Kürschner

The Tour Matterhorn

Matterhorn trekking, hiking around the world's most beautiful mountain in 9 stages

978-3-03902-123-9

33.00 EUR

Cover: Paperback with flaps

Extent: 192 pages

Format: 14.5 cm x 22 cm

148 colour photos, 14 maps

Available: 14/06/2021

Rights sold: All rights available

- **9 meticulously planned day trips around the Matterhorn**
- **Thrilling background stories**
- **Including a service section and overview maps**

How can we get the best view of the Matterhorn? By hiking around it. The Tour Matterhorn follows breathtaking four-thousand-metre high mountains, lonely Alps, spectacular passes, and wild glacial streams. It leads us to homely mountain huts with astonishing views, romantic villages, six untouched valleys, and three different cultures.

Mountain expert Iris Kürschner reveals how to make the most of the roughly 160 kilometre long trekking route. The nine daily stages are well researched and richly illustrated and contain all the information you need about planning, accommodation, and variations. The length of the tour can be easily adjusted. Some stages are also suitable for weekend trips. Moreover, the author offers information on geology and mountain history, animals and plants, as well as the history and culture of the region.

A book that will quicken the pulse of passionate hikers. Off you go to the greatest landmarks of Switzerland!

Iris Kürschner: Photojournalist and author focusing on outdoor topics in the Alps and Himalayas.



Andreas Staeger

Caves and Holes

Hikes through the inside of Switzerland

978-3-03902-173-4

33.00 EUR

Cover: Paperback with flaps

Extent: 208 pages

Format: 14.5 cm x 22 cm

189 colour photos, 36 maps

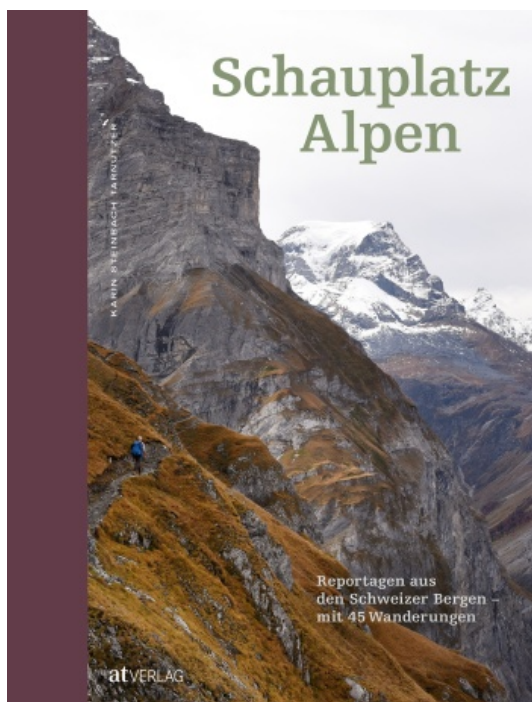
Available: 26/09/2022

Rights sold: All rights available

- **Epic caves all over Switzerland plus some insider tips**
- **35 hikes for nature lovers and families**
- **Featuring practical information and maps**

When you walk in a forest or meadow, through valleys or up the mountain, you take the solid ground beneath your feet for granted. But this perception can be deceiving. The work of glaciers, the powerful erosion brought about by water, as well as human activity were instrumental in creating hollows in various places that grant a fascinating view of the earth's inner life. This hiking guide presents the most beautiful tours to nature's most hidden spots. Apart from well-known cave systems with heavy tourist traffic such as the Saint Beatus cave or the grottos of Vallorbe, you will find many insider tips about ducts, balms, and tunnels that you can explore on your own. Each hiking route has a detailed description and explains the characteristic features of the given region.

Andreas Staeger: Journalist and passionate hiker. Author of several hiking guides. His hiking reports are published in various magazines and newspapers.



Karin Steinbach Tarnutzer

Paradise gardens of the Earth

Stories from the Swiss mountains – with 45 hiking trails

978-3-03902-185-7

39.00 EUR

Cover: Hardcover

Extent: 264 pages

Format: 19.5 cm x 25.5 cm

179 colour photos Word count: 67,659

Available: 25/03/2024

Rights sold: All rights available

- **A hiking and story book by an expert of the Alps: Karin Steinbach Tarnutzer**
- **Discover and experience modern Swiss Alpine culture**
- **A must-have for history, culture, and mountain lovers**

Hiking on the tracks of Alpine culture!

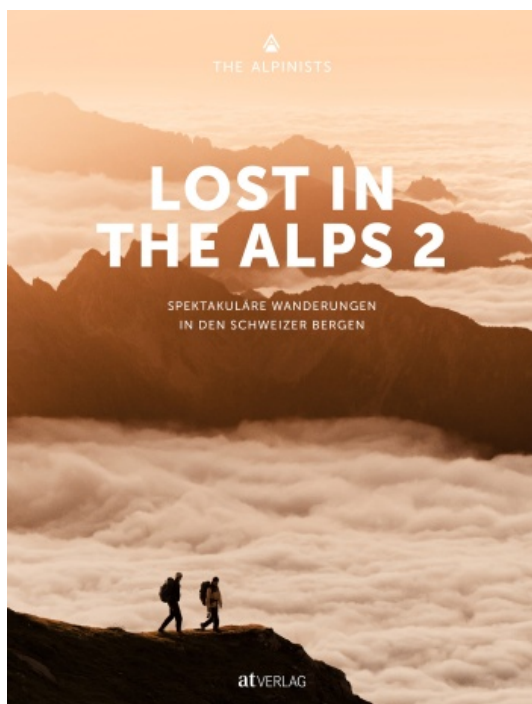
The Alps are a living and thrilling environment. Nature and tradition meet technology and modernity. With this hiking and story book the renowned expert of the Alps Karin Steinbach Tarnutzer offers fresh and authentic insights into the wonders of the Swiss mountains.

Inside a mountain we visit a subterranean chip factory, while in dizzy heights we behold the construction site of a hydropower plant or the highest place of pilgrimage in Europe. We get a glimpse of the everyday life of Wildheuer farmers, helicopter pilots, and Rheinholzer woodworkers, we visit permaculture projects in the Appenzell and the biodiversity paradise of Alp Flix. Every story features three different hikes in the given region, as it is best to explore the locations of each story on our own. Featuring practical information, and richly illustrated.

For anyone who longs to see the Swiss mountains from a different angle – and with their own eyes.

Karin Steinbach Tarnutzer: is a freelance journalist, author, lecturer. She writes for newspapers and magazines on the topic of mountains and nature and has co-authored numerous biographies of mountaineers. Being a passionate alpinist and climber herself she has been drawn to the mountains since her youth.

Photos: Karin Steinbach Tarnutzer, Robert Bösch et al.



The Alpinists, Marco Bäni, Nicola Bonderer, Roman Flepp, Kai Grossmann, Johannes Guler, Joni Hedinger, Valentin Manhart, Rami Ravasio, Jannis Richli, Silvan Schlegel, Fabio Zingg

Lost in the Alps 2

Spectacular hikes in the Swiss Mountains

978-3-03902-217-5

46.00 EUR

Cover: Hardcover

Extent: 312 pages

Format: 21 cm x 28 cm

260 colour photos, 71 maps, word count: 42,010

Available: 25/09/2023

Rights sold: All rights available

- **The mountaineering and hiking book for the Instagram generation**
- **More than 60 hikes with breath-taking photos of the Alps**
- **Eleven friends reaching more than a million people**

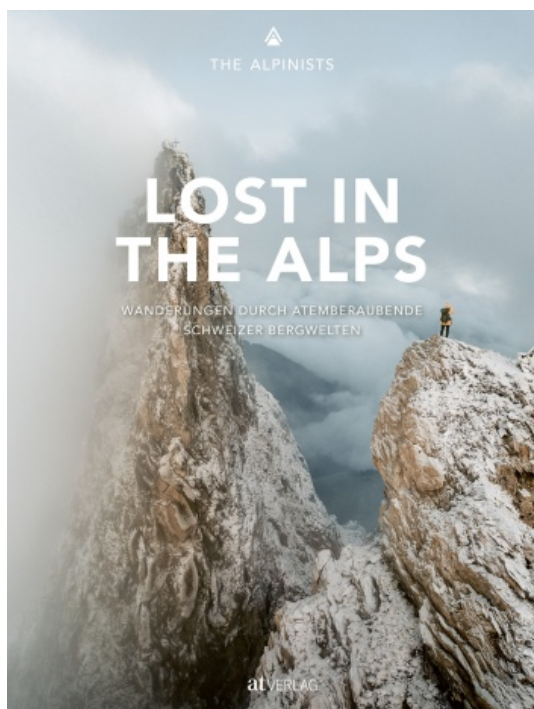
A declaration of love to the Swiss mountain ranges!

With their first book »Lost in the Alps« the Alpinists have very successfully shaken up the hype around the Swiss mountains. Now the collective of 11 friends once again answered the call of the mountains.

Through their spectacular outdoor photography the »young savages« discover vast landscapes where humans can feel wonderfully tiny. They provide tips for photographers and give an account of their adventures and highlights in the Swiss Alps. The more than 60 hiking trails, including some really demanding ones, are complemented by practical information and helpful maps, and take us to hidden mountain lakes, welcoming lodges, and peaks with breath-taking views.

In this book friends of the continuously growing community share their favourite hikes in the Swiss Alps. A delight for the eye that makes us long for adventures.

The Alpinists: are a collective of eleven friends who are passionate photographers, travellers, and adventurers. The group has become the biggest Swiss community for outdoor photography and reaches more than 1 million people via social media channels. Their aim is to inspire young people to go outdoors more often and explore nature.



The Alpinists, Marco Bäni, Nicola Bonderer, Roman Flepp, Kai Grossmann, Johannes Guler, Joni Hedinger, Valentin Manhart, Rami Ravasio, Jannis Richli, Silvan Schlegel, Fabio Zingg

Lost in the Alps

Hiking in the Breathtaking Swiss Mountains

978-3-03902-100-0

46.00 EUR

Cover: Hardcover

Extent: 312 pages

Format: 21 cm x 28 cm

358 colour photos, word count: 37,697

Available: 28/09/2020

Rights sold: All rights available

Awards for this book



- **The mountaineering and hiking book for the Instagram generation**
- **11 friends who reach more than 1 million people via social media**
- **66 hiking routes with accommodation options and maps**

Hiking Trips in the Breathtaking Swiss Mountain Ranges

Breathtaking pictures, incredible views, phenomenal sites – all you need to know about this book in a nutshell. The writer collective »The Alpinists«, known for spectacular photos on Instagram, inspires us to dive into the magical world of the mountains. The book is not only a feast for the eye and a great read, but also an invitation to pack our bags and get going. Maps, background information, and hiking tips complement the fantastic images. All members of the collective introduce themselves, including their favourite hiking routes and related stories. The photographs of the group offer various tips on how to take pictures and where to find the best spots for shooting. Throughout the book they put great emphasis on the importance of environmental consciousness and sustainable behaviour in the mountains.

The Alpinists: A collective of eleven friends, all of which are passionate photographers, travellers, and adventurers. The Swiss group has grown steadily and has by now developed into the biggest Swiss community for outdoor photography. It reaches around 1 million people via social media channels. Their aim is to inspire young people to go outdoors more often and explore nature. The collective and their projects support gentle tourism.