



Chelsea Green Publishing

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New & Forthcoming | Fall 2023



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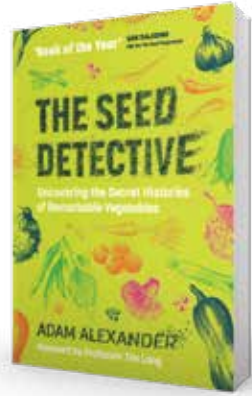
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# The Seed Detective

Uncovering the Secret Histories  
of Remarkable Vegetables

**Adam Alexander**

**NATURE & ENVIRONMENT,  
FOOD & DRINK**



**Radio 4's *The Food Programme*  
Book of the Year**

**Longlisted for The Art of  
Eating Prize 2023**

**“The writing is rich . . . [This book] is  
a clarion call to think about our food  
in new ways and carefully consider  
where it comes from.” —*New Scientist***

Meet the Indiana Jones of vegetables on  
his quest to save our heritage produce.

Have you ever wondered how every-  
day staples such as peas, kale, asparagus,  
beans, squash and sweetcorn ended up on  
our plates? Well, so did Adam Alexander.  
Adam's passion for heritage vegetables was  
ignited when he tasted an unusual, sweet  
and fiery pepper while on a filmmaking  
project in Ukraine. Smitten by its flavour,  
he began to seek out local growers of old  
and near-forgotten varieties in a mission  
to bring home seeds to grow and share—  
saving them from being lost forever.

Join *The Seed Detective* as he takes us on  
a journey that began when we left the life  
of hunter-gatherers to become farmers.  
Sharing stories of globalisation, political  
intrigue, colonisation and serendipity,  
Adam shows us the vital part vegetables  
have played in our food story—and how  
they are the key to our future.

**ADAM ALEXANDER** is a consummate  
storyteller thanks to forty years as an  
award-winning film and television pro-  
ducer, but his true passion is collecting  
rare, endangered but, above all, delicious  
vegetables from around the world.

**Publication Date:** September 2023

**Page Count:** 320

**Word Count:** 82,000

**Art Program:** None

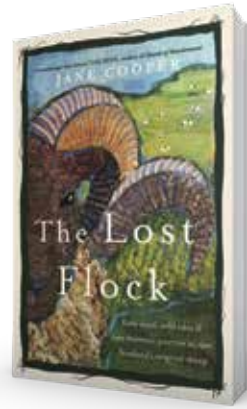
**Rights Available:** World,  
excluding Korean (Youngjin)

# The Lost Flock

Rare Wool, Wild Isles and  
One Woman's Journey to Save  
Scotland's Original Sheep

**Jane Cooper**

**NATURE & ENVIRONMENT,  
MEMOIR**



**“A windswept love letter.”**

—Cal Flynn, author of  
*Islands of Abandonment*

From Viking times to pastoral Highland crofts to odious research experiments, this is the untold, real-life detective story of the remarkable little horned sheep known as the Orkney Boreray and the determined woman who moved to one of Scotland's wildest islands to save them.

It was Jane Cooper's passion for knitting that led her to search for rare-breed sheep and their distinctive wool. When she found a 'lost flock' of Boreray sheep—the UK's rarest breed of sheep—it ignited a quest that would ultimately change her life. Uprooting her suburban existence in Newcastle, she embarked on a new adventure as a farmer and shepherd in the faraway Orkney Islands.

**“Jane Cooper combines intelligence, heart and passion to create a life of integrity not only for herself but for one of the rarest breeds of sheep on the planet. . . . Her trials and tri-**

**umphs offer a stellar example for others to follow in their own ways. Bravo!”** —Deborah Robson, author of *The Fleece and Fiber Sourcebook*

**JANE COOPER** grew up in North Warwickshire and learned to knit when she was very young. In 2013 Jane and her husband Paul moved to Orkney and in 2017, Jane discovered that she was the custodian of the last remnants of the 'Lost Flock' of Boreray sheep. To secure the long-term future of the Orkney Boreray, Jane established flocks with more (younger!) Orkney crofters and farmers. There are now eight flocks of Boreray sheep in Orkney.

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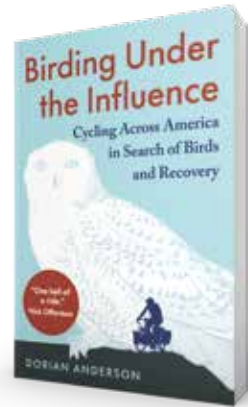


# Birding Under the Influence

Cycling Across America  
in Search of Birds and Recovery

**Dorian Anderson**

**NATURE & ENVIRONMENT**



At a personal and professional crossroads, a man resets his life and finds sobriety, love, and 618 bird species, cycling his way to a very Big Year.

A North American Big Year—a continent-spanning adventure in which a birder attempts to see as many species as possible in twelve months—is a massive undertaking under any circumstances. But doing it on a bike while maintaining sobriety? That's next level.

As Dorian pedals across the country, describing the birds he sees, he confronts the challenges of long-distance cycling: treacherous weather, punctured tires, speeding cars, and injury. He encounters eccentric characters, blistering blacktop, dreary hotel rooms, snarling dogs, and an endless sea of smoking tailpipes. He also confronts his past struggles with alcohol, drugs, and risky behaviors that began in high school and followed him into adulthood.

*Birding Under the Influence* is a candid, honest look at Dorian's double life of academic accomplishment and addiction. While his journey to recovery is simultaneously poignant and inspiring, it is ultimately his love of birds and nature that provides the scaffolding to build a new and radically different life.

An avid birder since childhood, **DORIAN ANDERSON** abandoned his hobby at age 15, focusing instead on a demanding scientific career while simultaneously struggling with substance abuse. He earned a degree in molecular and cellular biology from Stanford, conducted predoctoral research in molecular embryology at Harvard, and earned his doctorate in Developmental Genetics and Molecular Cell Biology at New York University. In 2014, he embarked on his Biking for Birds project, the first North American Big Year completed entirely by bicycle. During this incredible journey, he biked 17,830 miles (28,500 km) and observed 618 bird species while raising funds for bird habitat conservation. Since his cycling Big Year, he has transitioned to a professional life as a birding guide, writer, and public speaker.

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**Word Count:** 85,000

**Page Count:** 272

**Art Program:** none

**Rights Available:** World

# Field, Fork, Fashion

Bullock 374 and a Designer's Journey  
to Find a Future for Leather

**Alice V Robinson**

**NATURE & ENVIRONMENT,  
FARMING & HOMESTEADING,  
BUSINESS & ECONOMY**

**From one of the *Vogue Business*  
100 Innovators List—2023**

**“[T]his wonderful project and book,  
executed with great charm and  
creativity, is an important message.”**

**—Anya Hindmarch**

In this personal investigation into ethical and traceable leather, fashion designer Alice Robinson begins a ground-breaking journey into the origin story of leather and its connection to food and farming.

As a fashion student, Alice started to question the material she worked with. Leather is universally acknowledged as a luxury material, from which desirable bags, shoes and clothing are made. But how much do we know about where it comes from?

Alice's questions led back to her childhood home in rural Shropshire, where she decided to buy Bullock 374 and follow its journey from a local farm to the abattoir, then to the butchery and finally to the tannery. The journey culminates with Alice's own design practice as she creates a collection based on this single hide.

In doing so, Alice would begin to see the bigger picture—and connect farm, food and fashion for the first time to understand the true meaning of provenance, value and beauty.



**ALICE V ROBINSON's** work explores the relationship between food and fashion by connecting farming to the design of products, and revealing the story behind leather. Alice is an Alumna of the Royal College of Art. Her work has been shown at the London Design Festival, Victoria and Albert Museum and MAD, Brussels; her collection '11458' was acquired by the V&A in 2020.

Alice co-founded Grady + Robinson in 2020 with collaborator Sara Grady, to create British Pasture Leather, the first supply of leather made from the hides of animals raised on regenerative farms in the UK. Inspired by a belief that regenerative agricultural practices are a critical solution in renewing soils, stewarding land and reforming food and fashion systems, Grady + Robinson are linking leather with exemplary agriculture and forging new connections between farming, food and material culture.

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photographs throughout

**Rights Available:** World

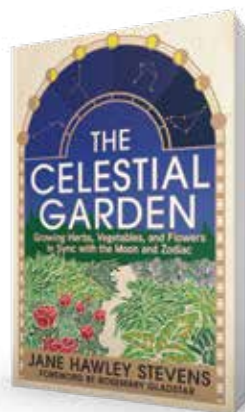


# The Celestial Garden

Growing herbs, Vegetables,  
and Flowers in Sync with  
the Moon and Zodiac

Jane Hawley Stevens

**GARDENING**



Insight, ideas, and inspiration abound in this highly practical guide to growing successfully in harmony with the moon, the Earth, and other planetary influences.

Planting by the moon is an age-old gardening tradition, but did you know that the cycles of the moon and the zodiac can be a powerful tool to improve your success with all kinds of gardening tasks? In *The Celestial Garden*, longtime gardener and herbalist Jane Hawley Stevens explains how the movement of the moon through the constellations of the zodiac provides a detailed calendar of optimal times for planting seeds, roots, and transplants, as well as for pruning, weeding, propagation, harvesting, and even starting new garden projects or throwing garden parties.

*The Celestial Garden* introduces and explains all aspects of astrological gardening.

Illustrations and charts help readers understand the lunar cycle and its influence on plants, the astrological rulers of the body, and the relationship between the signs of the zodiac and the four elements (earth, air, water, fire).

Gardeners of every level of experience will find new insights, ideas, and inspiration in this unusual, beautiful, and highly practical guide to the simple yet expansive art of consulting with the cosmos to inform our garden tasks on any given day, week, or month and enjoy greater gardening satisfaction and success.

**JANE HAWLEY STEVENS** plants, harvests, and creates herbal wellness products for her Four Elements Organic Herbs brand. With over thirty years of experience in designing herb gardens and growing herbs, she is an established figure in the herbal products industry.

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**Art Program:** Full-color  
photographs and illustrations  
throughout

**Rights Available:** World



# The Lean Micro Farm

How to Get Small, Embrace Local,  
Live Better, and Work Less

**Ben Hartman**

**FARMING & HOMESTEADING**



**“Ben Hartman is a true innovator for the small farm.”** —Curtis Stone,  
author of *The Urban Farmer*

Taking inspiration from the groundbreaking ideas of E. F. Schumacher and Mahatma Gandhi, *The Lean Micro Farm* shows how small, hyperlocal farms can be both ecologically and economically superior to industrial-scale operations geared toward export and commodity markets.

*The Lean Micro Farm* details the author’s remarkable journey to downsize his farm from one acre to a third of an acre in an effort to prioritize family and community over work, all without taking a pay cut. In addition, Hartman profiles six innovative farmers from across the globe who embody this “get small” mindset. These pioneering farmers show all of us a path toward resilience in the face of supply chain disruption, globalization, and climate change. They model a gentler, more ecological approach to farming that produces less waste *and* uses less plastic, petroleum, and fertilizer.

It’s time, Hartman makes clear, to pivot to a new kind of farming—one that builds upon ancestral knowledge, nourishes communities, and puts human joy, not technology, at its center.

**BEN HARTMAN** Ben and his wife own and operate Clay Bottom Farm in Goshen, Indiana, where they make their living growing and selling specialty crops on less than one acre. The farm has twice won *Edible Michiana’s* Reader’s Choice award. *The Lean Farm*, Ben’s first book, won the Shingo Institute’s prestigious Publication Award. In 2017 Ben was named one of Grist’s fifty emerging green leaders in the United States.

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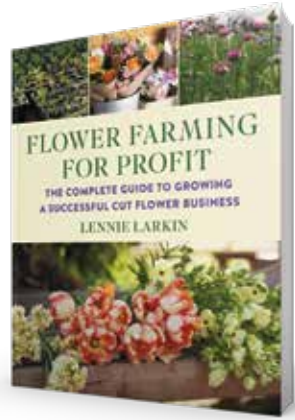


# Flower Farming for Profit

The Complete Guide to Growing a Successful Cut Flower Business

Lennie Larkin

**FARMING & HOMESTEADING,  
BUSINESS & ECONOMY**



With practical, step-by-step instructions and on-the-ground examples at every scale, *Flower Farming for Profit* is a comprehensive, beautiful guide to achieving profitability as a cut flower farmer.

How do you create efficient systems and adequately value your own time and effort through your pricing? When and how should you consider scaling up your farm? How can you make doing what you love support you financially?

In *Flower Farming for Profit*, Larkin answers these questions—and many, many more.

With instructive lessons and savvy business tips from her own and other successful farms around the world, *Flower Farming for Profit* is a one-of-a-kind guide to creating the type of numbers-driven business that will allow individual farms to prosper and local flower economies to thrive.

**LENNIE LARKIN** started B-Side Farm in Sonoma County, California, in 2014, and

has since moved the farm and settled on two beautiful acres outside of Portland, Oregon. B-Side has grown flowers for all kinds of retail and wholesale customers over the years and designed for hundreds of weddings. Through her research and educational business, *Flower Farming for Profit*, she teaches a business curriculum that she developed specifically for flower farmers, provides coaching and business advising, and conducts grant-funded research on cut flower cost of production and efficiency.

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**Page Count:** 288

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

**Rights Available:** World

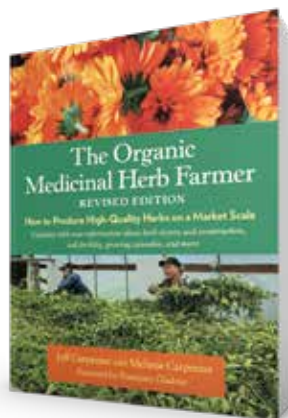
# The Organic Medicinal Herb Farmer

REVISED EDITION

How to Produce High-Quality Herbs on a Market Scale

Jeff Carpenter with Melanie Carpenter

FARMING & HOMESTEADING



**“Seasoned and novice growers alike will find a mother lode of information and wisdom packed into this gem of a book!”** —Nancy Phillips, author of *The Herbalist’s Way*

Updated with new information about herb dryers and construction, soil fertility, growing cannabis, and more

*The Organic Medicinal Herb Farmer* presents a comprehensive seed-to-bottle guide for aspiring and experienced growers alike, from basic business considerations to planting and propagation to creating value-added products.

*The Organic Medicinal Herb Farmer* is a one-of-a-kind resource, complete with detailed profiles of 50 medicinal herbs and over 200 color photographs. Whether you’re looking to grow an herb farm from the ground up, incorporate medicinal plants on an existing farm, or add tools to your belt as a seasoned grower, you’ll find the information you need in this volume.

**“[A] beautiful and informative book . . . A dirt-smudged copy should be within easy reach of every home gardener or farmer who grows—or wants to grow—medicinal plants.”**  
—Michael McGuffin, President, American Herbal Products Association

**JEFF CARPENTER** has farming in his blood. Descended from generations of Vermont farmers, Jeff deepened his love and understanding of plants through an apprenticeship with Rosemary Gladstar and as the former co-owner of Sage Mountain Herb Products and the International Herb Symposium. Since those early days, Jeff’s work as a farmer, agricultural consultant, author, educator, and researcher has focused on the cultivation, conservation, and marketing of medicinal herbs.

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

**Rights Available:** World

# Many Hands Make a Farm

47 Years of Questioning Authority,  
Feeding a Community, and Building  
and Organic Movement

**Jack Kittredge and Julie Rawson**

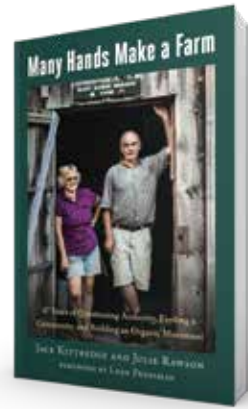
**FARMING & HOMESTEADING**

## **Recipients of the Northeast Organic Farmers Lifetime Achievement Award**

In this heartfelt and unflinching memoir, two activists recount the nearly half century they've spent questioning authority while raising a family, building a self-reliant community, starting an organic farm, leading a farming organization, and experiencing the struggles and joys of living a purposeful life.

*Many Hands Make a Farm* traces the journey of organic farming pioneers Julie Rawson and Jack Kittredge from their early years of bright-eyed excitement, through the long slog for economic stability, to the formation of a thriving community and a growing natural farming movement. Along the way, they established relationships with farming leaders across the country during the creation of the National Organic Program.

*Many Hands Make a Farm* will resonate with fans of original thinkers from Henry David Thoreau and Wendell Berry to Lynn Margulis and Adelle Davis. The book strongly conveys the message of finding roots in a community, respecting the Earth, and combining social justice work



with the joys and challenges of raising a family. These themes shine through on every page, making this memoir a must-read for anyone seeking inspiration and guidance on finding meaning in their life.

After moving from the Boston area to rural Massachusetts in the early 1980s, **JACK KITTREDGE** and **JULIE RAWSON** started and grew a CSA farming operation based on extensive community participation at Many Hands Organic Farm—a community still thriving 40 years later. Julie served for many years as executive director of NOFA-Massachusetts, and Jack edited *The Natural Farmer*, all while raising their four children. Each year, they share thousands of community meals made from farm-grown organic ingredients with their family, farm staff, and volunteers.

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**Art Program:** 8-page

full-color insert

**Rights Available:** World





# Salt and the Art of Seasoning

From Curing and Charring to Baking and Brining, Techniques and Recipes to Help You Achieve Extraordinary Flavours

James Strawbridge

FOOD & DRINK



“[The] recipe book that will make all your other recipe books taste better.”

—*The Telegraph*

“A paean to the transformative effects of natural salts.”

—*The Observer*

Understanding how to use salt can make or break a dish. *Salt and the Art of Seasoning* will not only help you master your use of seasoning, but it will allow you to reimagine how you cook, cure, and work with salt in your kitchen—elevating your flavors to a whole new level.

Includes over 100 salt-inspired recipes!

Salt is extraordinary. A fundamental, ancient resource used for thousands of years around the world, it is the one essential ingredient that transforms all cooking: elevating flavors from good to great, to unforgettable. In this stunning new cookbook, chef James Strawbridge shares with you the fundamentals of this artisan ingredient: from distinctive flavor notes and profiles of different salts found around the world, to brilliantly useful techniques—such as brining, baking, charring, fermenting, and preserving.

*Salt and the Art of Seasoning* will show you how to choose the right type of salt for the right type of dish, how to add it at the right time and in the right amount. James shares techniques such as using salt to pickle, cure and ferment as well as making your own flavored or smoked salts to bring out all sorts of previously hidden flavors. James has also crafted salt-inspired recipes to help you use salt in more creative, healthy and delicious ways.

**JAMES STRAWBRIDGE** is an award-winning development chef, photographer and sustainable living expert as well as the author of cookbooks including *The Complete Vegetable Cookbook*, *The Artisan Kitchen* and *Practical Self Sufficiency* with his father, Dick Strawbridge.

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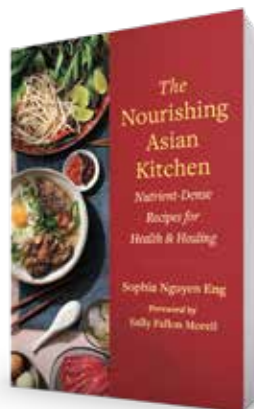
**Rights Available:** World except for Korean (Youngjin)

# The Nourishing Asian Kitchen

Nutrient-Dense Recipes for Health and Healing

Sophia Nguyen Eng

FOOD & DRINK



Featuring over 100 delicious recipes that utilize whole foods, classic ferments, hearty broths, and healing herbs and spices, *The Nourishing Asian Kitchen* presents an innovative approach to experiencing Asian cuisine while promoting nutritious, garden-to-plate meals that are easy to make.

Inspired by the nutritional research of Weston A. Price, the regenerative farming practices of Joel Salatin, and the traditional Asian recipes passed down through her family for generations, Sophia has curated a unique collection of wholesome dishes in *The Nourishing Asian Kitchen*. These recipes explore the proper preparation of grains, dairy, meats, and ferments, emphasizing fresh ingredients and traditional cooking methods while focusing on flavor, food quality, ingredient sourcing, seasonality, and eating nose-to-tail.

From hot pot to tempura, kimchi to pho, each recipe is designed to nourish the body and reconnect with tradition and heritage. And with beautiful photography

by David K. Peng, easy-to-follow instructions, and tips for sourcing high-quality ingredients, *The Nourishing Asian Kitchen* is a must-have for anyone seeking to explore the world of Asian cuisine through the lens of nourishing traditions.

**SOPHIA NGUYEN ENG** is a first-generation Vietnamese-American who left a successful career in growth marketing in Silicon Valley to start a five-acre permaculture farm in the Appalachian region of eastern Tennessee. She draws on her experiences speaking on stage and her knowledge of food, farming, and health to present at homesteading conferences.

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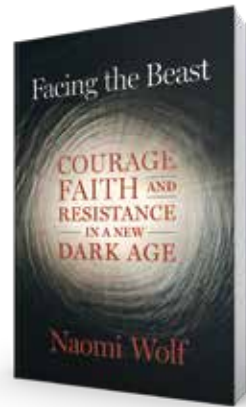


# Facing the Beast

Courage, Faith, and Resistance  
in a New Dark Age

**Naomi Wolf**

**POLITICS & PUBLIC POLICY,  
MEMOIR**



From *New York Times* bestselling author Naomi Wolf, *Facing the Beast* is a devastating, detailed account of wrongthink, deplatforming, and an unexpected political, personal, and spiritual transformation that followed during one of the most divisive times in American history.

In this uncompromising investigation into today's most urgent issues, Naomi Wolf uses her own wildly politicized pilgrimage—from *New York Times* bestselling author and high-level Democratic consultant to a journalist cast out from the elite political and social circles she once moved through—as a stunning narrative framework that is both chilling and incisive.

Unable to remain silent in the shadows and unwilling to collude with the mainstream, Wolf bravely covers topics that few other writers dare to address critically for fear of being deplatformed. *Facing the Beast* explores reproductive rights, medical freedom, the uncurious thought-policing of the “progressive” left, the Second Amendment, the criminal relationship between the FDA and Pfizer—Wolf's clear writing repeatedly shines light in the dark corners of our fractured society.

For readers of Matt Taibbi, Glenn Grenewald, and Bari Weiss, *Facing the Beast* is a fearless indictment of legacy media and the political class, as well as a brutal reminder that searching for and defending the truth can be dangerous.

**NAOMI WOLF's** most recent books include the *New York Times* bestsellers *Vagina*, *The End of America*, and *Give Me Liberty*, in addition to the landmark bestseller *The Beauty Myth*. A former Rhodes Scholar, she completed a doctorate in English language and literature from the University of Oxford in 2015, was a research fellow at Barnard College and the University of Oxford, and taught rhetoric at the George Washington University and Victorian studies at Stony Brook University.

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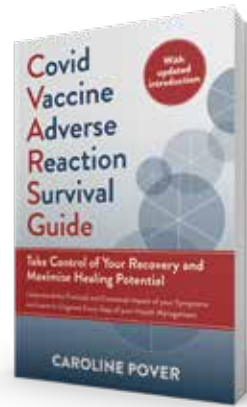


# Covid Vaccine Adverse Reaction Survival Guide

Take Control of Your Recovery  
and Maximise Healing Potential

**Caroline Pover**

**HEALTH & WELLNESS**



Understand the practical and emotional impact of your symptoms and learn to organize every step of your health management.

If you're dealing with a range of complicated and confusing health problems following a Covid vaccination, this guide is for you. An adverse reaction to a Covid vaccination can be a deeply distressing experience. It may leave you mystified as you attempt to deal with a range of physical, cognitive, and psychological symptoms that few seem able to explain, diagnose, treat, or even acknowledge.

The *Covid Vaccine Adverse Reaction Survival Guide* is here to help, taking you through this stressful experience in a way that will help you feel more in control of your life. The *CVARS Guide* addresses key areas of recovery to maximize your healing potential. It is also essential reading for anyone providing personal or professional support to someone who is dealing with an adverse reaction.

Packed with recipes, worksheets, symptom charts, appointment records, and diary pages, the *CVARS Guide* demystifies nutrition plans and advice and includes

ways of keeping track of symptoms so that you can tackle them without feeling overwhelmed, while you develop your own unique recovery plan.

**CAROLINE POVER** is an award-winning author, speaker, entrepreneur, and philanthropist. She was diagnosed with an adverse reaction to the Covid vaccine she received on March 3rd, 2021. Caroline has become a voice for the vaccine-injured and is known for her compassion and empathy for all parties involved in the Covid vaccine debate.

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**Rights Available:** World

