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New & Forthcoming | Fall 2021

# Rebugging the Planet

The Remarkable Things that Insects  
(and Other Invertebrates) Do—  
And Why We Need to Love Them More

Vicki Hird

Foreword by Gillian Burke

## NATURE & ENVIRONMENT

Meet the intelligent insects, marvelous minibeasts, and inspirational invertebrates that help shape our planet—and discover how you can help them help us by rebugging your attitude today!

We need to act now if we are to help the insects survive. *Rebugging the Planet* explains how we are headed toward “insectageddon” with a rate of insect extinction eight times faster than that of mammals or birds, and gives us crucial information to help all those essential creepy-crawlies flourish once more.

Author Vicki Hird passionately demonstrates how insects and invertebrates are the cornerstone of our global ecosystem. They pollinate plants, feed birds, support and defend our food crops, and clean our water systems. They are also beautiful, inventive, and economically invaluable—bees, for example, contribute as much as \$577 billion to the US economy annually, according to *Forbes*.

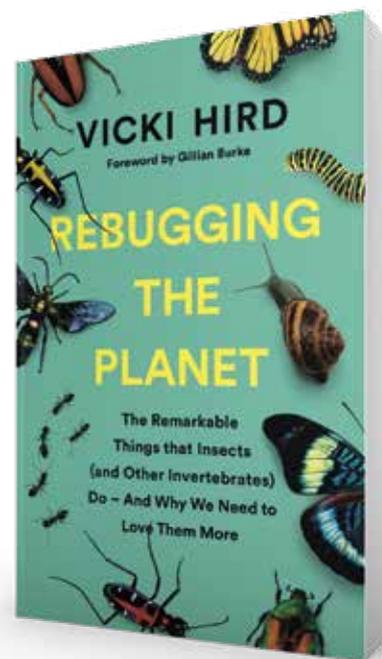
*Rebugging the Planet* shows us small changes we can make to have a big impact on our littlest allies. So do your part and start rebugging today! The bees, ants, earthworms, butterflies, beetles, grasshoppers, ladybugs, snails, and slugs will thank you—and our planet will thank you, too.

**Vicki Hird** is head of the sustainable farming campaign for Sustain: The Alliance for Better Food and Farming, and she also runs an independent consultancy. An experienced and award-winning environmental campaigner, researcher, writer, and strategist working mainly in the food, farming, and environmental policy arenas, Vicki has worked on government policy for many years and is the author of *Perfectly Safe to Eat?: The Facts on Food*. Vicki has a masters in pest management and is a fellow of the Royal Entomological Society (FRES).

“This is a lovely little book that  
could and should have a big impact. . . .

Let’s all get rebugging right away!”

—**HUGH FEARNLEY-WHITTINGSTALL**



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# Energetic Herbalism

A Guide to Sacred Plant Traditions  
Integrating Elements of Vitalism,  
Ayurveda, and Chinese Medicine

Kat Maier

Foreword by Rosemary Gladstar

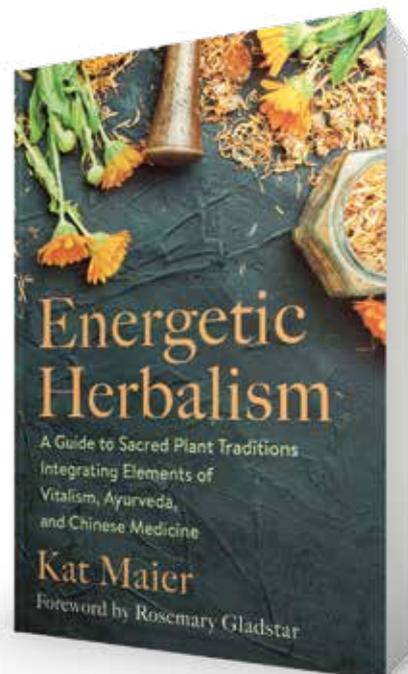
## HEALTH & WELLNESS

In this indispensable new resource both for the home apothecary and clinical practitioners, a celebrated herbalist brings alive the elemental relationships among traditional healing practices, ecological stewardship, and essential plant medicines.

By honoring ancient wisdom and presenting it in an innovative way, *Energetic Herbalism* is a profound and practical guide to family and community care for those seeking to move beyond symptom relief and into a truly holistic framework of health. Throughout, author Kat Maier invites readers to explore their personal relationships with plants and their environs as they discover diverse models of healing.

Through the rich herbal tradition of storytelling, Maier seamlessly blends theory and practice with her experience-tested herbal remedies and healing protocols. Maier stresses the critical message of how to address the challenge of threatened medicinal plant populations, offering practical and inspiring methods for ensuring their survival. Many herbals boast a *materia medica* of more than one hundred herbs, but in keeping with an emphasis on sustainable practice, Maier instead focuses in depth on twenty-five essential medicinal herbs that can be grown in most temperate climates and soils.

**Kat Maier**, RH, (AHG) is the founder and director of Sacred Plant Traditions, a center for herbal studies in Charlottesville, Virginia. In clinical practice for over thirty years, Kat teaches internationally at universities, conferences, and herbal schools. She began her study of plants as a Peace Corps volunteer, and her training as a physician's assistant allows her to weave the language of biomedicine into her practice of traditional energetic herbalism.



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# The Healthy Vegetable Garden

A Natural, Chemical-Free Approach to Soil, Biodiversity and Managing Pests and Diseases

Sally Morgan

## GARDENING

Whether you're an experienced gardener, homesteader, or market farmer, this A-Z, soil-to-table guide shows you how to reduce chemical inputs; naturally enrich your growing ecology; and create a hardy, nutrient-dense, and delicious crop.

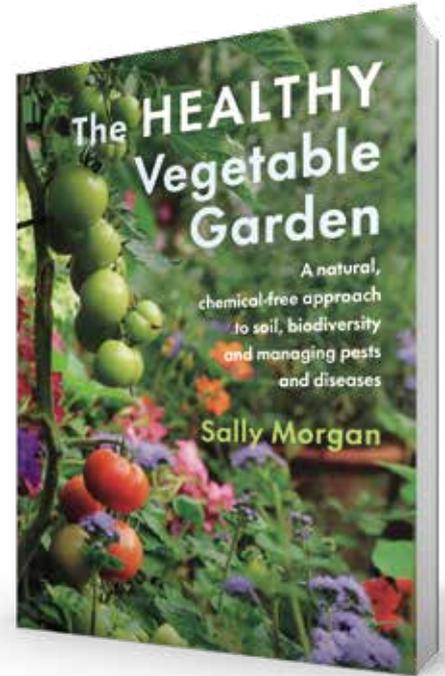
In *The Healthy Vegetable Garden*, expert organic gardener Sally Morgan explains how to use natural approaches to cope with the challenges of a changing climate through principles from regenerative gardening, agroecology, and permaculture—all to help your green space thrive.

*The Healthy Vegetable Garden* shows you how to:

- Combat disease and keep pests at bay with natural predators, companion planting, and trap and barrier crops
- Choose the right plants to attract pollinators and pest predators
- Build a healthy soil full of organic matter, earthworms, and mycorrhizal fungi
- Regenerate soil through no-dig practices, composting, cover crops, and mulching
- Boost biodiversity through the use of crop rotations and polyculture
- Rewild your garden by creating a range of habitats, making use of walls and fences, log piles, water features, and wild corners

A healthy, productive garden should work in harmony with nature to produce and protect delicious fruits and vegetables and build a rich soil that is full of life. With *The Healthy Vegetable Garden*, growers of all levels will start reducing incidents of pests and diseases while creating a verdant habitat—all without the need for fertilizers, pesticides, or weedkillers.

**Sally Morgan** is the editor of Soil Association's *Organic Farming* magazine, writes regularly for gardening and smallholding magazines, and is a member of the Garden Media Guild. Sally's blog was a finalist in the Garden Media Guild Award 2019, and she also runs smallholder courses on her organic farm in Somerset, UK.



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# The Woodchip Handbook

A Complete Guide for  
Farmers, Gardeners and Landscapers

Ben Raskin

## FARMING & HOMESTEADING

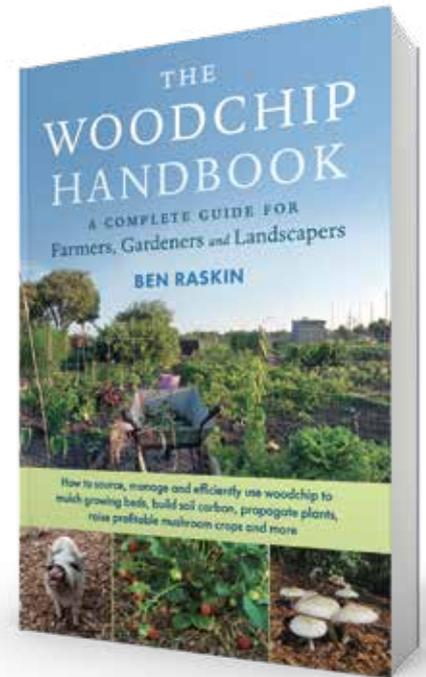
The first and only complete guide to sourcing and using woodchip—an abundant, inexpensive, and ecologically sustainable material—for savvy growers and landscapers at any scale, from farm to garden to greenhouse.

*The Woodchip Handbook* is the essential guide to the many uses of woodchip in both regenerative agriculture and horticulture. Author Ben Raskin, head of horticulture and agroforestry at the Soil Association UK, draws on his extensive practical experience using woodchip and provides the latest research from around the world.

This book explores and unlocks the tremendous potential of woodchip to enhance soil health and plant growth. In addition to time-honored techniques such as mulching and coppicing, Raskin explores new science, such as the role that salicylic acid from willow woodchip can play in preventing tree diseases or promoting livestock health when used as a bedding material.

Whether you are a commercial grower or farmer, a permaculture practitioner, or a serious home gardener producing your own fruit and vegetables, *The Woodchip Handbook* will show you how to get the most out of this readily available and renewable material.

**Ben Raskin** has worked in horticulture for more than twenty-five years, developing a wide range of experience in both practical commercial growing and wider policy and advocacy work. As the Soil Association's head of horticulture and agroforestry, he provides growers at all levels of production with technical, marketing, policy, supply chain, and networking support. Ben is the author of several previous books on gardening, co-chairs the Defra Edibles Horticulture Roundtable, and sits on the boards of the Organic Growers Alliance and Community Supported Agriculture Network UK.



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## Staff Picks

“Happy reading” from the employee-owners of Chelsea Green Publishing



“The news on climate change is not all doom and gloom, and Judy proves it in *The Reindeer Chronicles* by uncovering the inspirational stories of a passionate group of eco-restorers who are following nature’s lead to help revitalize some of the most degraded places on Earth—and succeeding. Restoration can truly begin anywhere, even in your own backyard!”

—CHRISTINA BUTT, Senior Publicist

“Growing up, I was surrounded by makers. My grandfather was an accomplished furniture maker and my grandmother was an incredible seamstress. Craft is in my bones, and *Material* is a moreish treat for anyone interested in making. Filled with stories of traditional crafting to modern makers, peppered with descriptions of rich landscapes—this is the perfect gift for anyone who has an interest in crafting.”

—ANNE BOWMAN, VP for Business Development and Global Sales



## Sneak Peeks

COMING SPRING 2022

### The Vertical Veg Guide to Container Gardening

How to Grow an Abundance of Herbs, Vegetables, and Fruit in Small Spaces

Mark Ridsdill Smith

The ultimate guide to designing, planning, and growing a container garden, including eight foolproof steps for success. This book is full of simple practical tips for maximizing your yield even when growing in the smallest of spaces. Mark’s work has been featured in publications in Japan, Germany, and Canada and his thriving *Vertical Veg* website boasts over 1.5 million visitors.

### The Virus and the Host

How to Get and Stay Healthy in the Age of Novel Infectious Diseases

Dr. Chris Chlebowski

While conventional medicine ground to a halt during the COVID-19 disaster, functional medicine practitioners were quietly healing patients. Survival rates and clinical data show that innovative, sustainable, and cutting-edge treatment techniques, as well as more traditional methods focused on supporting patients’ immune systems, are yielding impressive results. *The Virus and the Host* is the user-friendly must-have guide to give you the tools you need to fight infectious diseases.

# In Search of Mycotopia

Citizen Science, Fungi Fanatics, and the Untapped Potential of Mushrooms

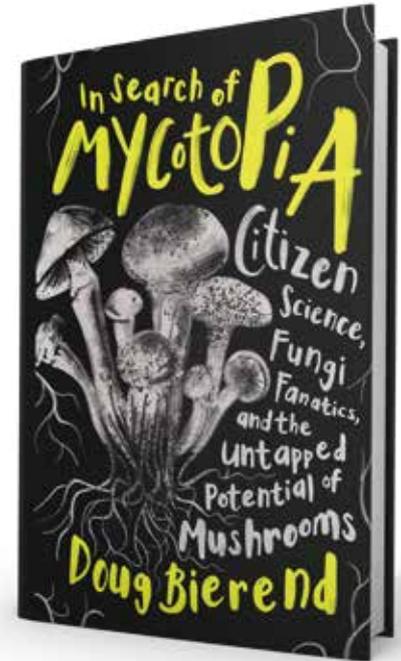
Doug Bierend

**NATURE & ENVIRONMENT**

*In Search of Mycotopia* introduces us to an incredible, essential, and oft-overlooked kingdom of life—fungi—and all the potential it holds for our future, through the work and research being done by an unforgettable community of mushroom-mad citizen scientists and microbe devotees. This entertaining and mind-expanding book will captivate readers who are curious about the hidden worlds and networks that make up our planet.

Bierend uncovers a vanguard of mycologists: growers, independent researchers, ecologists, entrepreneurs, and amateur enthusiasts exploring and advocating for fungi's capacity to improve and heal. From decontaminating landscapes and waterways to achieving food security, *In Search of Mycotopia* demonstrates how humans can work with fungi to better live with nature—and with one another.

**Doug Bierend** is a freelance journalist writing about science and technology, food, and education, and the various ways they point to a more equitable and sustainable world. His byline appears in *Wired*, *The Atlantic*, *Vice*, *Motherboard*, *The Counter*, *Outside Magazine*, *Civil Eats*, and numerous other publications.



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**SPRING  
2021**

“Mushrooms are having a moment. [A] natural sequel for the many readers who enjoyed Merlin Sheldrake’s *Entangled Life*.”—**LIBRARY JOURNAL**

“Bierend writes with sensual verve and specificity, enthusiasm, and humor. . . . [He] introduces us to the staggering variety of mushrooms, their mystery, their funk, and the way they captivate our imaginations.”—**THE BOSTON GLOBE**

“Comprehensive and enthusiastic. . . . This fascinating, informative look into a unique subculture and the fungi at its center is a real treat.”—**PUBLISHERS WEEKLY**

“In the vein of Louis Theroux, Bierend journeys deep in the wonderfully strange subculture of the mushroom-mad.”—**IDLER MAGAZINE**

# Wild Nights Out

The Magic of Exploring the Outdoors After Dark

Chris Salisbury

Foreword by Chris Packham

**NATURE & ENVIRONMENT**

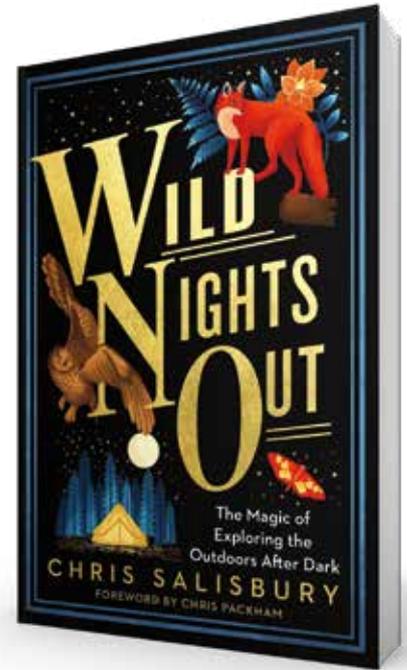
*The go-to guide for exploring nature at night, whether on summer holidays, weekends away, or even back garden adventures!*

Learn how to call for owls, walk like a fox, and expand your sensory perceptions. *Wild Nights Out* is a wonderful, new hands-on guide for those who wish to take kids (of all ages) outdoors for fun, thrilling nighttime nature adventures.

Parents, grandparents, teachers, and nature educators alike will discover a wealth of unique activities to explore the natural world from dusk till dawn. Alongside games, walks, and exercises to expand our senses, storyteller and outdoor educator Chris Salisbury will bring this unexplored nocturnal dimension to life with lore about badgers, bats, and minibeasts as well as tales of the constellations and planets to share around the campfire.

Nature has so much to offer at night, so let *Wild Nights Out* be your guide to the dark. It will boost the resilience and self-confidence of children and adults, and instill a lifelong love of having fun in the outdoors when the sun goes down.

**Chris Salisbury** founded WildWise in 1999 after many years working as an education officer for Devon Wildlife Trust. Chris directs the acclaimed Call of the Wild Foundation program for educators-in-training. He is also a professional storyteller and is the cofounder and artistic director for the Westcountry and Oxford Storytelling Festivals.



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**“The book gives adults ideas for activities to get kids outside after the sun goes down, from night hikes to trapping moths. It’s also a fascinating meditation on humans’ relationship with darkness.”**

**—OUTSIDE**

**“A fun, inventive adventure guide about helping children explore nature after dark. . . . Its activities are a great excuse to turn off the television, set down smartphones, and explore the rich, mysterious world just beyond the back door.”**

**—FOREWORD REVIEWS**

# Defending Beef

The Ecological and Nutritional Case for Meat,  
Revised and Expanded Edition

Nicolette Hahn Niman

**NATURE & ENVIRONMENT, FOOD & DRINK**

As the meat industry—from small-scale ranchers and butchers to sprawling slaughterhouse operators—responds to COVID-19, the climate threat, and the rise of plant-based meats, *Defending Beef* delivers a passionate argument for responsible meat production and consumption—in an updated and expanded new edition.

For decades it has been nearly universal dogma among environmentalists that many forms of livestock—goats, sheep, and others, but especially cattle—are Public Enemy Number One. They erode soils, pollute air and water, damage riparian areas, and decimate wildlife populations.

But is the matter really so clear-cut? Hardly. The impact of grazing can be either negative or positive, depending on how livestock are managed. In fact, with proper oversight, livestock can play an essential role in maintaining grassland ecosystems by performing the same functions as the natural herbivores that once roamed and grazed there.

With more public discussions and media being paid to connections between health and diet, food and climate, and climate and farming—especially cattle farming, *Defending Beef* has never been more timely. *Defending Beef* is simultaneously a book about big issues and the personal journey of the author, who continues to fight for animal welfare and good science.

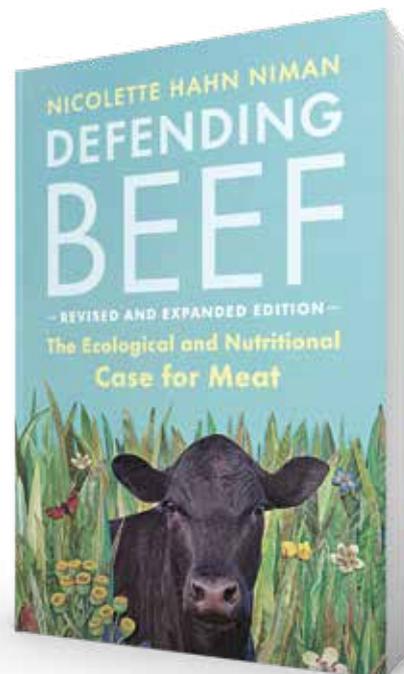
**Nicolette Hahn Niman** is an environmental attorney and rancher who in recent years has gained a national reputation as an advocate for sustainable food production and improved farm-animal welfare. She is the author of *Righteous Porkchop* and has written for numerous publications, including the *New York Times*, *Los Angeles Times*, *HuffPost*, and *The Atlantic*.

“Nicolette Hahn Niman sets out to debunk just about everything you think you know. . . . She’s not trying to change your mind; she’s trying to save your world.”

—**LOS ANGELES TIMES**

“Elegant, strongly argued.”

—**THE ATLANTIC** (named a “Best Food Book”)



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# Toxic Legacy

How the Weedkiller Glyphosate  
Is Destroying Our Health and the Environment

Stephanie Seneff

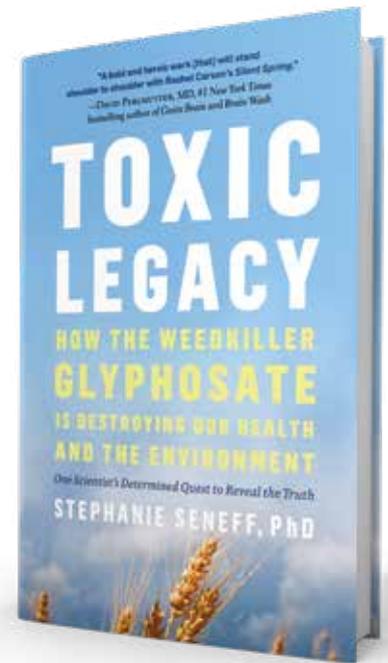
**NATURE & ENVIRONMENT, HEALTH & WELLNESS**

From an MIT scientist, mounting evidence that the active ingredient in the world's most commonly used weedkiller is contributing to skyrocketing rates of chronic disease

Glyphosate is the active ingredient in Roundup, the most commonly used weedkiller in the world. Nearly 300 million pounds of glyphosate-based herbicides are sprayed on farms—and food—every year. Agrochemical companies claim that glyphosate is safe for humans, animals, and the environment. But emerging scientific research on glyphosate's deadly disruption of the gut microbiome, its crippling effect on protein synthesis, and its impact on the body's ability to use and transport sulfur—not to mention several landmark legal cases—tells a very different story.

In *Toxic Legacy*, senior research scientist Stephanie Seneff, PhD, delivers compelling evidence based on countless published, peer-reviewed studies—all in frank, illuminating, and always accessible language. As Rachel Carson did with DDT in the 1960's, Stephanie Seneff sounds the alarm on glyphosate, giving you guidance on simple, powerful changes you can make right now and essential information you need to protect your health, your family's health, and the planet on which we all depend.

**Stephanie Seneff** is a senior research scientist at MIT. Since 2010, Dr. Seneff's research focus has been on effects of drugs, toxic chemicals, and diet on human health and disease. She has authored over three dozen peer-reviewed journal papers on topics relating human disease to nutritional deficiencies and toxic exposures. She has focused specifically on the herbicide glyphosate and the mineral sulfur.



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**“Toxic Legacy will stand shoulder to shoulder with Rachel Carson’s *Silent Spring*.  
[This is] unquestionably, one of the most important books of our time.”**

**—DAVID PERLMUTTER, MD, #1 New York Times bestselling author of *Grain Brain* and *Brain Wash***

**“Urgent and eye-opening, the book serves as a loud-and-clear alarm.”**

**—THE BOSTON GLOBE**

**“A game-changer that we would be foolish to ignore.”—KIRKUS REVIEWS (starred)**

# The Truth About COVID-19

Exposing The Great Reset, Lockdowns,  
Vaccine Passports, and the New Normal

Joseph Mercola and Ronnie Cummins

Foreword by Robert F. Kennedy, Jr.

**POLITICS & POLICY, HEALTH & WELLNESS**

A *Wall Street Journal* and *USA Today* national bestseller!

#1 Amazon Bestseller

Over 250,000 copies sold to date

Multiple *New York Times* best-selling author Dr. Joseph Mercola and Ronnie Cummins, founder and director of the Organic Consumers Association, team up to expose the truth—and end the madness—about COVID-19.

Since early 2020, the world has experienced a series of catastrophic events—a global pandemic caused by what appears to be an engineered coronavirus; international lockdowns and border closings causing widespread business closures, economic collapse, and massive unemployment; and an unprecedented curtailment of civil liberties and freedoms in the name of keeping people safe by locking them up in their homes.

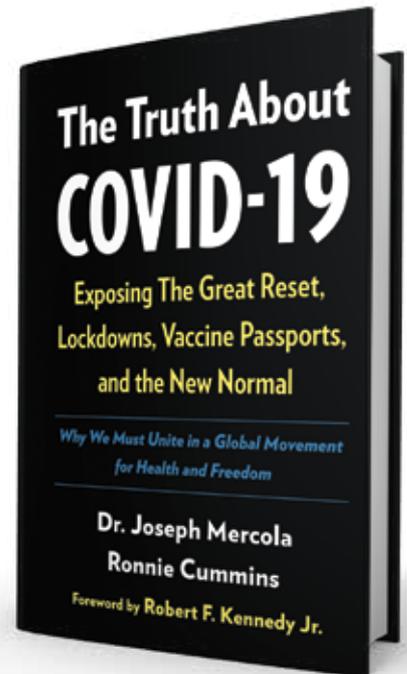
We are now living in a world that is increasingly ruled, not by our democratic systems and institutions, but by public health fiat, carried out by politicians who rule by instilling fear and panic. The time is now for a global awakening.

**Joseph Mercola** is the founder of Mercola.com. He is an osteopathic physician, best-selling author, and recipient of multiple awards in the field of natural health.

**Ronnie Cummins** is founder and director of the Organic Consumers Association (OCA), a nonprofit, US-based network of more than two million consumers dedicated to safeguarding organic standards and promoting a healthy, just, and regenerative system of food, farming, and commerce.

**“The most mind-blowing book I’ve read lately.”**

—**BEN GREENFIELD**, *New York Times* bestselling author



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