



K2 Literary *Spring 2023*

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nonfiction

DL Acken and Aurelia Louvet

Eat Me! A Quintessential Collection of Recipes for Aspiring Young Cooks

A colourful, comprehensive cookbook that introduces beginning chefs (ages 9+) to basic kitchen techniques, and guides them from easy snacks through to show-stopping feasts.

If the young gourmands on MasterChef Junior are anything to go by, lots of kids are eager to get into the kitchen. So why wait until they're off at college facing the (gross) communal microwave in their residence lounge? Seasoned cookbook author Danielle Acken, food stylist Aurelia Louvet, and their six proteges (age 7 to 17) are here to help. *Eat Me!* brings together kitchen basics, tools, terminology, and 60+ recipes with loads of variations to suit a range of tastes.

The book opens with a chapter of recipes to build basic techniques—making eggs, rice, pasta, salad dressing, mashed potatoes, bread, and roast chicken (what? Yes, really)—that will set kids up for culinary success, before branching into breakfasts, fresh snacks and sides, hot main courses, and desserts. Learn to make hits like:

- Sticky Soda Pop Ribs
- Spaghetti Bolognese
- Falafel Veggie Burgers
- Deviled Eggs
- Pulled Chicken Tacos
- Sweet Potato Curry
- Teriyaki Baked Salmon
- Oven Baked Doughnuts

Following this fun, choose-your-own-adventure style primer, with its bold, colourful photography, kids will soon advance from quick afterschool snacks and summer picnics to breakfasts in bed and full-course family dinners (with dessert, of course).



Publication: October 2023

Publisher: TouchWood Editions

Rights Sold:

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DANIELLE (DL) ACKEN is a Canadian-born international food writer and photographer who splits her time between London, UK and her farm studio on Canada's beautiful Salt Spring Island. See her work at dlacken.com.

AURELIA LOUVET is a dedicated home cook and food stylist based on Canada's gorgeous Salt Spring Island. Having lived and eaten around the world, Aurelia is known for her evocative style that combines modern North American sensibility and classic European beauty. Visit her at aurelialouvet.com.

Michelle Bilodeau and Karen Cleveland

The New Wedding Book: A Guide to Ditching All the Rules

“We’re in an age of redefinition, when so many “traditional” institutions are getting a much-needed update, and the wedding business is no exception. I’ve always been cringed out by the “classic” North American wedding standard, but this book takes an industry steeped in capitalist excess, heteronormativity, and conformism and shows skeptics like me that getting married can actually be an accessible, personal, and—*gasp*—romantic process, after all.”

—Amanda Montell, author of *Wordslut: A Feminist Guide to Taking Back the English Language* and *Cultish: The Language of Fanaticism*

“Relationships are not one-size fits all so why should weddings be? This book outlines the many ways you can make sure that your big day is not another generic pre-scripted event, but a dazzling reflection of your unique love.”

—Cynthia Loyst, bestselling author of *Find Your Pleasure: The Art Of Living A More Joyful Life*

“This book is mandatory reading for every modern woman who wants to actually enjoy her journey to marriage. It’s the best time in history to be a woman with ambition—and society’s wedding culture has some catching up to do. You are holding a hilarious and heart-felt permission slip and guide to plan your wedding and life on your terms.”

—Charreah K. Jackson, coach and author of *Boss Bride: The Powerful Woman’s Playbook for Love + Success*

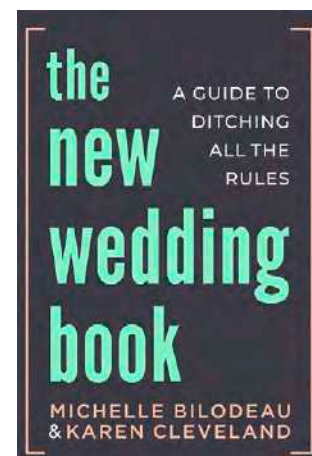
Plan your wedding without the weight of outdated customs and get hitched in a way that is authentic, fun, and true to who you are.

“But you’re getting married! You have to!”

That empty statement is on the other end of everything from jaw-droppingly expensive dresses, staged proposal engagement photo shoots, and reception selfie stations. From the minute they become engaged, there’s a script that couples are pressured to follow.

By breaking down the antiquated traditions of that #blessedweddingday, this book will help betrothed pairs throw the icky bridal traditions to the curb in honour of getting the wedding of their actual dreams—not the one we’ve been force-fed for decades by the wedding industrial complex.

Inspiring couples to plan their wedding in a way that is meaningful to them, *The New Wedding Book* debunks the “traditions,” makes sense of realistic budgets, offers brilliant advice from real-life couples, and confronts the crushing pressure for weddings to be perfect.



Subjects:

Marriage, feminism, humour

Agent: Kelvin Kong

Publication: April 2021

Publisher: Dundurn

Rights Sold:

-Tantor Media

(Audio, World English)

-Dundurn (North America, English)



MICHELLE BILODEAU and **KAREN CLEVELAND** are Toronto-based writers. They are friends, frequent collaborators and regular media contributors. They met as colleagues when working at a magazine. Karen asked Michelle to lunch for dating advice and the rest was history.

Between them, they have written for most of the major publications in Canada, including, the *Toronto Star*, *The Globe and Mail*, *Fashion Magazine*, *Refinery29* Canada and more. They have also both appeared on television, including *CP24*, *The Social*, *eTalk* and the like.

They allege to be clever, charming and (a little bit) funny.

Eden Boudreau

Crying Wolf

“Boudreau’s early passion for writing and reading turned out to be key to her recovery. On the advice of her therapist, she took up her pen and joined a writing retreat with a literary idol. In the end, she weighed the potential shame of going public with a trial against taking charge of her own story and how it would be told. *Crying Wolf* is the result of that choice: a battle cry for women who have survived assault.” –Suzanne Kamata, *Foreword Reviews*

“Eden Boudreau’s debut memoir is a searing and unflinching record of the assault and aftermath of sexual violence. Admirers of Alice Sebold and Sarah Polley should make room on their shelf for this evocative account of rape by a third partner within a polyamorous marriage—and the internal and systemic wounds which occur as a result. With her incisive wit, heartbreaking insight, and riveting storytelling, Boudreau has earned my admiration as both a talented writer and a steadfast survivor.” –Amber Cowie, author of *Last One Alive*

“*Crying Wolf* is a phoenix rising from the ash of Boudreau’s pain. In her stunning and eloquent debut, Boudreau takes readers on a harrowing journey through some of her darkest days, while holding a mirror to a society that perpetuates the shaming of those who live in the margins. Readers will close *Crying Wolf* with a sense of having been changed by the story of healing and returning to oneself, but most of all, will find themselves hopeful for the future.”

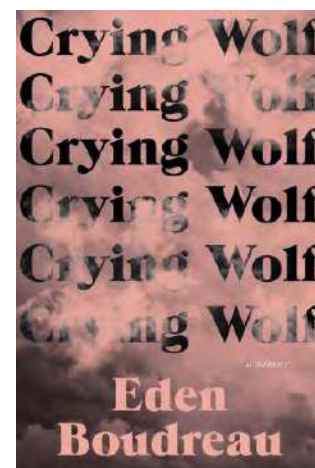
–Kelly S. Thompson, bestselling author of *Girls Need Not Apply* and *Still, I Cannot Save You*

It’s a tale as old as time. Girl meets boy. Boy wants girl. Girl says no. Boy takes what he wants anyway. After a violent sexual assault, Eden Boudreau was faced with a choice: call the police and explain that a man who wasn’t her husband, who she had agreed to go on a date with, had just raped her. Or go home and pray that, in the morning, it would be only a nightmare.

In the years that followed, Eden was met with disbelief by strangers, friends, and the authorities, often as a result of stigma towards her non-monogamy, sex positivity, and bisexuality. Societal conditioning of acceptable female sexuality silenced her to a point of despair, leading to addiction and even attempted suicide. It was through the act of writing that she began to heal.

Crying Wolf is a gripping memoir that shares the raw path to recovery after violence and spotlights the ways survivors are too often demonized or ignored when they belong to marginalized communities.

Boudreau heralds a new era for others who were dismissed for “crying wolf.” After all, women prevailing to change society for others is a tale as old as time, too.



Publication: March 2023

Publisher: Book*hug

Rights Sold:

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Photo credit: Eden Boudreau

EDEN BOUDREAU was born and raised in a small rural area just outside Halifax. In 2016, she relocated to Ontario with her husband and three sons. As a bisexual, polyamorous woman who has survived her fair share of adversity, Eden’s work draws on her life experiences to inspire vulnerable and relatable stories. Her essays have been featured in *Flare*, *Today’s Parent*, and *Runner’s World*, amongst others. She is the host and creator of The Lonely Writers Podcast, aimed at destigmatizing mental health struggles during the writing process. Boudreau lives in Georgina, Ontario. *Crying Wolf* is her first book.

Del Cowie

This is a Throwdown: A Toronto Hip-Hop History

Drake is one of the most popular and influential artists in hip-hop, the most listened to genre of music in the world, according to streaming giant Spotify. Yet, despite Drake's overwhelming influence beyond popular culture and his fervent championing of Toronto in his lyrics, music and album covers, very little is known or documented of Toronto's rich hip-hop history

This is A Throwdown: A Toronto Hip-Hop History seeks to change this reality. Spanning 30 years of music history in one of the world's most diverse and unique cities, *This Is A Throwdown* traces Toronto's early, overshadowed contributions to the global phenomenon of hip-hop culture and contextualizes its present-day position as a nexus point for creatives where Drake and other Toronto hip-hop acts articulate the musical present and hint at the world's sonic future.



Cover
to
come

Subjects:

Hip-hop, Toronto, history

Agent: Kelvin Kong

Publication: Fall 2024

Publisher: ECW Press

Rights Sold:

-ECW Press (World)



DEL COWIE is an Toronto-based music journalist and editor who has worked as an associate producer for CBC Music and the Peabody and International Emmy Award-winning Netflix series *Hip Hop Evolution*. He has appeared on CBC Radio's *q*, *Here and Now*, and *Big City Small World*

Cowie was assistant editor and writer for Canadian national music publication *Exclaim!* for over a decade and has contributed to *NOW*, *NOISEY*, *XXL* and the *National Post*, among other publications. Since 2015, he produced and presented *Before the 6ix*, an ongoing panel discussion focusing on Toronto hip-hop history in association with the Toronto Public Library.

Cowie has been a member of the Polaris Music Prize jury since its 2006 inception.

Christopher Dewolf

The New Flâneur

As Napoleon III sent his wrecking crews through the streets of Paris, ramming spiffy new boulevards through warrens of medieval streets, a strange new creature emerged: the flâneur. He walked the boulevards of this newly refashioned city, taking note of the changes, the people who embraced them and those who were left behind. Prototypically male, white, dandyish and fairly well-to-do, the flâneur was a curious but passive figure, keenly observing the city but never doing much about it.

Today, we all live in 19th century Paris. The pandemic, political conflict, economic stress, social revolutions—this is a time of great and profound upheaval. And the place to witness it is on the streets. *The New Flâneur* explores how urban wandering can open our eyes to the world around us and help us understand the changes it is going through. But it also challenges the idea of the flâneur itself, recasting it as an inclusive figure whose knowledge of the street is the key to becoming engaged, critical and outspoken.

The book opens in the midst of the Covid-19 pandemic. Our relationship to the city around us has been upended. Public space has become contentious: a place of joyous release in a time of invisible threat, and yet also a place subject to new controls and social pressures. In Montreal, a shadow city emerges as people overlooked by society reclaim streets abandoned by tourists, students and office workers. In Vancouver, the threat of racist attacks becomes an invisible minefield in a city that is ostensibly welcoming and diverse. In Hong Kong, pandemic restrictions are weaponized as a tool of political repression, and wandering alone—reconnecting with the city—becomes a form of silent resistance.

But this isn't just a book about the pandemic. It's a book about being a flâneur in a time of enormous change. It plunges into the streets of Shenzhen to understand how a city that emerged just 40 years ago has become a window into the complicated nature of modern China. It explores how online tools like Google Street View allow us to become digital flâneurs—global flâneurs—who transcend borders that are becoming ever more firm in real life. And it looks at how, from Paris to New York to Toronto, people are plunging into the streets of their city to understand what they have to say about the world.



CHRISTOPHER DEWOLF is a journalist who has always been fascinated by cities. He writes about architecture, urbanism, design, art and culture, and when he is not roaming the streets of his adopted home of Hong Kong, he is cycling around his other adopted home, Montreal. After getting his start with *Maisonneuve* magazine and the *Montreal Gazette*, he began writing regularly for the *South China Morning Post*, *Wall Street Journal* and other publications. His work has also appeared in *TIME*, *Roads & Kingdoms* and CNN, and he is the managing editor of *Zolima CityMag*, a magazine of Hong Kong arts, culture and history. His first book is *Borrowed Spaces: Life Between the Cracks of Modern Hong Kong*, published by Penguin in 2017.

Cover
to
come

Subjects: Current issues, cities, civic engagement

Agent: Kelvin Kong

Proposal available

River Halen

Dream Rooms

“These pages are like the best conversations I have had with poets, relentlessly pushing through the mystery together. There is no choice but to learn a new way to hold what we think we know or drop it on the ground. ‘When you hurt one of us you hurt us all,’ writes River Halen in a book I would buy for you if I knew you, driven to share this brilliant conversation.”

–CAConrad, author of *AMANDA PARADISE: Resurrect Extinct Vibration*

“A quick-witted, momentum-filled, tender rebellion of a book”

–Chase Joynt, director of *Framing Agnes* and co-author of *You Only Live Twice: Sex, Death and Transition*

Part essay, part poem, part fever dream journal entry, *Dream Rooms* is a book about personal revolution, about unravelling a worldview to make space for different selves and realities. Set in the years that led up to author River Halen coming out as trans, this collection concerns itself with what sits on the surface of daily life, hidden in plain view, hungry for address—what it means to take a stranger’s pet rabbit to the vet in a year of accelerating extinctions, to lose your clothes to a moth infestation then buy a duvet made of fossil fuels, to learn your bookshelf is full of work written by rapists and rape apologists, to consider a birth control device as a narrative about bodies and their possibilities, then pull the string. Deeply queer and trans not only in its content but in its thinking, *Dream Rooms* invites readers to that place in consciousness where fear and desire, hidden information and common knowledge brush up against each other and are mutually transformed.



Publication: October 2022

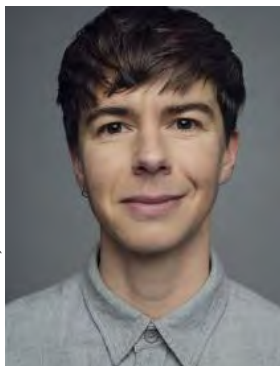
Publisher: Book*hug

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Photo credit: Justine Latour



RIVER HALEN is a non-binary transgender writer of Catalan and Danish descent born in Surrey, BC, on unceded Coast Salish land and now living in Tio'tia:ke (Montreal). Their poems and essays dealing with relation, ecology, transformation, and sexuality have been published widely in Canada, the U.S., Australia, and Japan. They have been shortlisted for the Trillium Book Award for Poetry and a National Magazine Award and selected for inclusion in *Best Canadian Essays*.

Jules Sherred

Crip Up the Kitchen: Tools, Tips and Recipes for the Disabled Cook

A comprehensive guide and recipe collection that brings the economy and satisfaction of home cooking to disabled and neurodivergent cooks.

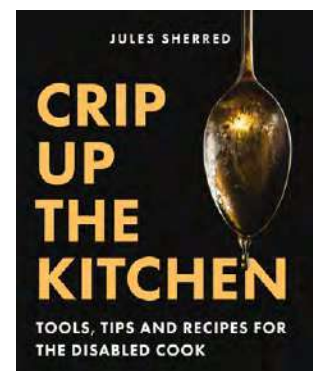
Crippling / Crip Up: A term used by disabled disability rights advocates and academia to signal taking back power, to lessen stigma, and to disrupt ableism as to ensure disabled voices are included in all aspects of life.

When Jules Sherred discovered the Instant Pot multicooker, he was thrilled. And incensed. How had no one told him what a game-changer this could be, for any home cook but in particular for those with disabilities and chronic illness? And so the experimenting—and the evangelizing—began.

The kitchen is the most ableist room in the house. With 50 recipes that make use of three key tools—the electric pressure cooker, air fryer, and bread machine—Jules has set out to make the kitchen accessible and enjoyable. The book includes pantry prep, meal planning, shopping guides, kitchen organization plans, and tips for cooking safely when disabled, all taking into account varying physical abilities and energy levels.

Organized from least to greatest effort (or from 1 to “all your spoons,” for spoonies), beginning with spice blends and bases, Jules presents thorough, tested, inclusive recipes for making favourites like butter chicken, Jules’s Effin’ Good Chili, Thai winter squash soup, roast dinners, matzo balls, pho, samosas, borshch, shortbread, lemon pound cake, and many more.

Jules also provides a step-by-step guide to safe canning and a template for prepping your freezer and pantry for post-surgery. With rich accompanying photography and food histories, complete nutritional information and methods developed specifically for the disabled and neurodivergent cook, *Crip Up the Kitchen* is at once inviting, comprehensive, and accessible. If you’ve craved the economy and satisfaction of cooking at home but been turned off by the ableist approach of most cookbooks—this one’s for you!



Publication: May 2023

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available



JULES SHERRED works as a commercial food photographer and stylist, writer, journalist, and outspoken advocate for disability and trans rights. His website Disabled Kitchen and Garden and his cookbook *Crip Up the Kitchen* were born out of the need to include disabled people in the conversation around food. Visit Jules at polariscreative.ca.

Julia Zarankin

Field Notes from an Unintentional Birder

—A *Globe and Mail* bestseller—

—A BC Books bestseller—

“Julia Zarankin is a delight, and so is her witty, charming, self-deprecating memoir, *Field Notes from an Unintentional Birder*. By turns hilarious and moving, it traces Julia’s journey—almost against her will—into the world of birds and birding, where she ultimately finds a reflection of herself in the feathered migrants to which she becomes enthralled.”

—Scott Weidensaul, author of *Living on the Wind*

“Everyone who loves birds has arrived at their interest by a unique route, but few can describe their journey with the eloquence that Julia Zarankin brings to this sparkling memoir. With humor and poignancy, she tells a deeply personal story that manages to shine a light on universal themes.” —Kenn Kaufman, author of *Kingbird Highway*

“This moving, quirky memoir isn’t about birds so much as falling in love with the world, its everyday wonders and absurdities. With refreshing candour and curiosity, Julia Zarankin shows us how to pay attention—to what we hope to see, and above all, to the unexpected.”

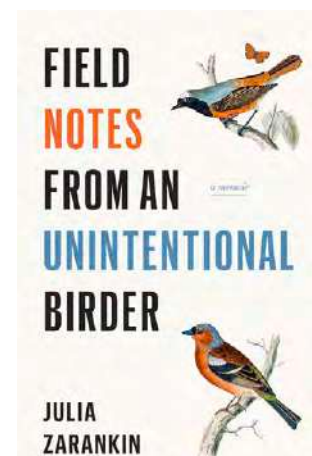
—Kate Harris, author of *Lands of Lost Borders*

“A love song to the beauty of birding and a reminder that we should all spend more time looking up.” —Anne Bokma, author of *My Year of Living Spiritually*

When Julia Zarankin saw her first red-winged blackbird at the age of thirty-five, she didn’t expect that it would change her life. Recently divorced and auditioning hobbies during a stressful career transition, she stumbled on birdwatching, initially out of curiosity for the strange breed of humans who wear multi-pocketed vests, carry spotting scopes and discuss the finer points of optics with disturbing fervour. What she never could have predicted was that she would become one of them. Not only would she come to identify proudly as a birder, but birding would ultimately lead her to find love, uncover a new language and lay down her roots.

Field Notes from an Unintentional Birder tells the story of finding meaning in midlife through birds. The book follows the peregrinations of a narrator who learns more from birds than she ever anticipated, as she begins to realize that she herself is as a migratory species: born in the former Soviet Union, growing up in Vancouver and Toronto, studying and working in the United States and living in Paris. Coming from a Russian immigrant family of concert pianists who believed that the outdoors were for “other people,” Julia Zarankin recounts the challenges and joys of unexpectedly discovering one’s wild side and finding one’s tribe in the unlikeliest of places.

Zarankin’s thoughtful and witty anecdotes illuminate the joyful experience of a new discovery and the surprising pleasure to be found while standing still on the edge of a lake at six a.m. In addition to confirmed nature enthusiasts, this book will appeal to readers of literary memoir, offering keen insight on what it takes to find one’s place in the world.



Subjects:

Memoir, nature, migration

Agent: Kelvin Kong

Publication: September 2020

Publisher: Douglas & McIntyre

Rights Sold:

-Dreamscape
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-Douglas & McIntyre
(North America, English)
-Translation/UK/ANZ rights available



Photo credit: Claire Sibonney

JULIA ZARANKIN is a Toronto-based writer and aspiring birdsplainer with a particular fondness for sewage lagoons. Her writing has appeared in *The Walrus*, *Orion Magazine*, *Threepenny Review*, *Antioch Review*, *Birding Magazine*, *Maisonneuve*, *The New Quarterly*, *Ontario Nature* and *The Globe and Mail*. Julia’s essays are also featured in several anthologies, including *The M Word* (Goose Lane), *The Unpublished City* (Book*hug), and *Body and Soul* (Caitlin Press). Julia won the Eden Mills Literary Festival Nonfiction Prize and has been first runner-up for *PRISM International’s* nonfiction prize, a finalist for the TNQ Edna Staebler Personal Essay Contest, and twice longlisted for the CBC Nonfiction Prize. When she isn’t writing, Julia lectures to lifelong learners about Russian culture and literature in venues across Toronto, and leads tours to Russia and the Caucasus with *Worldwide Quest*. Her birding/life aspirations: “To sport the hairdo of a Cedar Waxwing, acquire the wardrobe of a Northern Flicker, and develop the confidence of a Ross’s Goose.” Julia lives in Toronto.

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