Rights Catalogue

Spring 2026

at VERLAG

Anne-Katrin Weber

My Green French Bistro Kitchen

Favourite Everyday Recipes

978-3-03902-286-1
36.00 EUR

Cover: Hardcover
Extent: 220 pages
Format: 19.5 cm x 26 cm
Colour photos
Available: 17/03/2026
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- **Fresh, green, effortless cooking**
- **Recipes and stories from every region in France**
- **Tradition and modernity on a single plate**

Gourmandise verte

France is discovering all things green: summer salads, courgettes, and figs are conquering bistro tables and home menus alike. In this personal cookbook, bestselling author Anne-Katrin Weber shares her passion for natural, seasonal cooking and guides readers through the rich and varied flavours of France.

At its heart is a healthy, uncomplicated cuisine full of everyday delights: a succulent Niçoise Salad from Provence, velvety garlic soup, rustic spreads, inventive cheese dishes, and crisp tartes. Complemented by a handful of carefully selected meat and fish recipes, as well as a few more elaborate dishes for special occasions, the book brings together classic French tradition with modern, sustainable cooking. Authentic stories and personal encounters turn every recipe into a small journey into the soul of the French way of everyday enjoyment – natural, uncomplicated and full of flavour. Bon appétit!

Anne-Katrin Weber: is a trained chef, nutritionist, freelance cookbook author and food stylist. Together with photographer Wolfgang Schardt, she shares her love of creative and delicious vegetable-based cooking on the food blog *veggielicious*.

Photos: Wolfgang Schardt

Lazaros Kapageoroglou

From Island to Island

The Flavours of Greece

978-3-03902-274-8
37.00 EUR

Cover: Hardcover
Extent: 300 pages
Format: 19.5 cm x 25.5 cm
Colour photos
Available: 21/05/2026
Rights sold: All rights available

- **Island recipes from Crete to Symi, from Santorini to Chios**
- **Old kitchen tricks and tips from locals**
- **Playlists with Greek music**

Culinary island hopping

Greece's legendary wealth of islands is legendary. Each island has its own traditions and bears the imprint of different cultural influences: in the Ionian Sea, dishes reflect the islands' proximity to Italy, in the Aegean, oriental spices and sweet pastries reveal the legacy of Asia Minor. Crete, the largest island and home to ancient myths, surprises with remarkable and unexpected dishes.

In *From Island to Island*, Lazaros Kapageoroglou travels across Greece's island groups, meeting people, cooking with them, talking, laughing, photographing, tasting, and learning. His recipes tell the story of aromas, simplicity, community, and joy. To enhance the authentic experience, Lazaros has included QR codes that link to playlists of Greek music.

The result is a culinary island journey that combines text, photography, and numerous authentic recipes, to invite readers to sit at a table filled with flavourful dishes and warm-hearted people, surrounded by the sea and the scent of olive oil.

Lazaros Kapageoroglou: was born in Greece and has lived in Zurich for many years, where he works as a chef, entrepreneur, and passionate host. Through his courses and his blog *Laz uns kochen*, he shares his enthusiasm for cooking and culinary enjoyment.

Judith Erdin

Your Best Secret Recipe

Perfected from Generation to Generation

978-3-03902-301-1
36.00 EUR

Cover: Hardcover
Extent: 196 pages
Format: 21 cm x 26.5 cm
Colour photos
Available: 18/02/2026
Rights sold: All rights available

- **A collection of treasured family recipes from the author's community and well-known Swiss personalities**
- **QR codes link to baking videos**
- **Recipes and stories**

Your favourite recipes

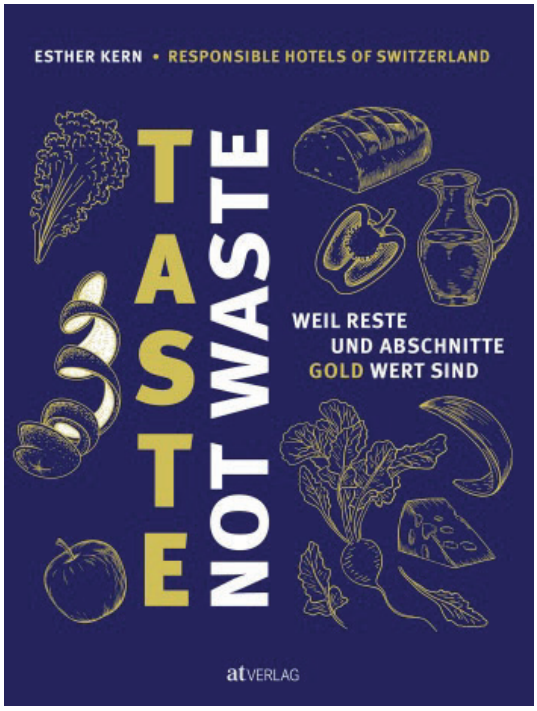
Every family has them: secret recipes passed down from one generation to the next. The cakes everyone asks about, the sweet treasures that only a few have known until now. Judith Erdin has gathered them all and is finally revealing them here.

In her fourth book, the baker, pastry chef, and popular food blogger presents the best-kept secret recipes submitted by her readers. From *Magenbrot* – with its wonderful fairground aroma – to the irresistible fake eggnog cake and traditional cinnamon flatbread, Judith has curated and carefully tested each recipe to ensure it works every time.

The book also tells the moving, funny, and surprising stories behind each recipe. Well-known Swiss personalities such as Stefanie Heinzmann and Nik Hartmann also make appearances. Their secret recipes are complemented by QR codes that link to exclusive baking videos featuring the author and the celebrities.

This is how new family traditions are born, recipe by recipe, story by story.

Judith Erdin: is a trained baker and pastry chef. In her books, on her blog *streusel.ch*, and across her social-media channels, she shares reliable, fool-proof recipes. Together with her co-host Simon Balissat, she also entertains listeners each week on the podcast *Uftischt – Sternstunde Kulinarik* and shares her expertise in live shows throughout the year.



Esther Kern

Taste not Waste

Because Leftovers and Trimmings Are Worth Their Weight in Gold

978-3-03902-271-7
59.00 EUR

Cover: Hardcover
Extent: 288 pages
Format: 21.5 cm x 27.5 cm
Colour photos
Available: 26/01/2026
Rights sold: All rights available

- **From the author of the internationally acclaimed long-seller Leaf to Root**
- **Valuable know-how about shelf life, storage, and preparation**
- **With recipes from chefs at Responsible Hotels of Switzerland**

Food savings from field to plate

Stale bread, vegetable scraps, and leftover bits of cheese – the things so often left lying around or discarded – become culinary gold nuggets in this book. Author Esther Kern explores the entire food cycle and presents compelling stories, facts, and recipes: from breadcrumb gnocchi and cheese-rind dashi to radish-leaf pesto. Food-saving pioneers transform old bread into fresh creations, distil exquisite cocktail ingredients from fruit peels, and demonstrate how local networks are winning the fight against food waste.

Initiated by Responsible Hotels of Switzerland – a collective of Swiss hotels committed to using resources responsibly – this book combines innovative ideas and genuine responsibility to show how these hotels are setting new benchmarks for future-focused culinary enjoyment in Switzerland.

Esther Kern: is a food journalist, author, vegetable scout, and founder of the Leaf to Root® initiative. A sought-after speaker, she regularly reports on vegetable-related topics on Radio SRF1. For her holistic projects she collaborates with chefs from around the world, and her book Leaf to Root has become an internationally awarded bestseller.

Photos: Linda Kastrati

Modesta Bersin

Baking with Buckwheat and Oats

Uncomplicated and Gluten-Free

978-3-03902-307-3
28.00 EUR

Cover: Hardcover
Extent: 140 pages
Format: 17 cm x 24 cm
Colour photos
Available: 17/03/2026
Rights sold: All rights available

- **Naturally gluten-free**
- **Healthy and tasty baking**
- **Sweet and savoury oat and buckwheat baked goods**

An unbeatable duo

Buckwheat has already made its mark on many kitchens and now it has a new partner: oats. This expanded new edition combines two of the most valuable gluten-free grains into an unbeatable duo for healthy cuisine.

Buckwheat is high in alkaline, has a low glycaemic index, and lends baked goods a delicate, nutty flavour. Oats provide a sense of fullness and support the cardiovascular and nervous systems. Both are high in protein and have a positive effect on cholesterol and blood sugar levels.

The wide variety of recipes in this book range from classic buckwheat cakes to new oat creations such as pizza bread with rosemary and tempting Mirabelle plum tarts. This book is ideal for health-conscious readers, athletes, people with allergies or intolerances, and anyone who wants to enjoy natural foods without sacrificing taste.

Modesta Bersin: is a trained nutritionist, diabetes assistant, and fasting coach with additional training in prevention and naturopathy. She leads fasting weeks, teaches courses, and gives lectures on nutrition and health promotion.

Photos: Guy Wolff, Noah Both

Mechtilde Frintrup

The Dandelion Book

The Edible and Medicinal Plant for more Creativity and Revitalization

978-3-03902-275-5
29.00 EUR

Cover: Hardcover
Extent: 200 pages
Format: 19.2 cm x 24.5 cm
Colour photos
Available: 17/03/2026
Rights sold: All rights available

- **From root to blossom: using the whole dandelion**
- **A botanical, medicinal, and cultural-historical portrait of the plant**
- **Dandelions in the kitchen with creative design**

A plant with unlimited possibilities

Coffee, medicine, weaving material, and oracles – all from a plant that grows right on your doorstep. Mechtilde Frintrup shows how to fully maximise the great potential of dandelions.

A scientific portrait of the plant presents the special characteristics and compounds of dandelions and highlights their traditional use as a medicinal plant. Dandelions have inspired many myths and stories and have always been a popular motif in art. A historical retrospective shows that their ingredients have also been of great importance in times of war. Numerous recipes for culinary dishes and medicinal remedies utilise every part of the dandelion, from its roots to its flowers. Rich in images and vivid illustrations, this book guides readers through imaginative craft and game ideas, from woven objects to dandelion oracles.

Practical instructions and recipes demonstrate how every part of the dandelion can be used throughout the year.

Mechtilde Frintrup: is a typographer, graphic designer, medicinal plant practitioner, wild herb educator, and freelance (nature) artist. Among other things, she offers courses on nettle fibre production and herbs.
Photos: Zam Helga

Christian Küchli

Trees that Move the World

Oak, Teak, Rubber, and Mahogany – a new perspective on globalisation

978-3-03902-302-8
39.00 EUR

Cover: Hardcover
Extent: 320 pages
Format: 15 cm x 22.5 cm
Colour photos
Available: 21/05/2026
Rights sold: All rights available

- **How oak, teak, mahogany, and rubber interact with our culture**
- **Biological, historical, economic, and political perspectives**
- **A look at the past, present, and future**

Trees and people: partners on this planet

Oak, teak, rubber, and mahogany: these four tree species have become important factors in global history and have influenced cultures, the map of the world, and political affairs.

This book illustrates why the oak is considered the tree of both farmers and kings, what teak has to do with the eastern expansion of the British Empire, why rubber – a key raw material in the industrialised world – is endangered, and how mahogany contributes to the preservation of the threatened Amazon rainforest.

The author looks back at the history of these trees, shows how they have significantly shaped globalisation, and looks ahead to their future, which is closely linked to human culture. At the intersection of ecology, economics, culture and politics, we gain the understanding necessary to promote these trees and their ecosystems, and thus our own future.

Christian Küchli: is a forestry engineer (ETH). He has worked as a consultant, author, and journalist. The author has travelled the globe and learned much of what is in this book from his own on-the-ground experience.

Wolf-Dieter Storl

Edward Bach’s spiritual herbs

Insights into the Bach Flower Remedies

978-3-03902-312-7
29.00 EUR

Cover: Hardcover
Extent: 270 pages
Format: 15.5 cm x 23.5 cm
Colour photos and illustrations
Available: 21/05/2026
Rights sold: All rights available

- **The Bach Flower Remedies Explained**
- **All 38 plants and their effects**
- **Beautifully illustrated and photographed**

The healing power of flowers

The Bach Flower Remedies were originally developed by the English physician Edward Bach. In very simple terms, they consist of flowering plants that are steeped in sun-drenched spring water and later administered in drop form. Although they were met with scepticism during Bach’s lifetime, treatments with Bach flowers are now a tried and tested remedy for mental and physical ailments.

Edward Bach's work was based on an ancient holistic healing tradition, according to which humans and plants are equal and in dialogue with each other.

In this book, Wolf-Dieter Storl provides a deep insight into the nature and effects of Bach flowers. He explains the origins of the therapy and portrays the 38 Bach flowers in terms of their botanical, medicinal and cultural significance. It contains comprehensive insights for both beginners and experts alike. The text is also enriched by numerous illustrations and photographs.

Wolf-Dieter Storl: is a cultural anthropologist and ethnobotanist. He has taught at various universities and published numerous books that have become successful long-sellers. He lives on a remote farm in the Allgäu region of Germany.

Wolf-Dieter Storl

Curing Lyme Disease Naturally

Ethnomedical Knowledge, Holistic Treatment, and Practical Applications

978-3-03902-308-0
29.00 EUR

Cover: Hardcover
Extent: 280 pages
Format: 15.5 cm x 23.5 cm
Colour photos
Available: 17/03/2026
Rights sold: All rights available

- **Holistic treatment methods for Lyme disease**
- **For patients and therapists**
- **Detailed description of symptoms and remedies**

New paths to healing

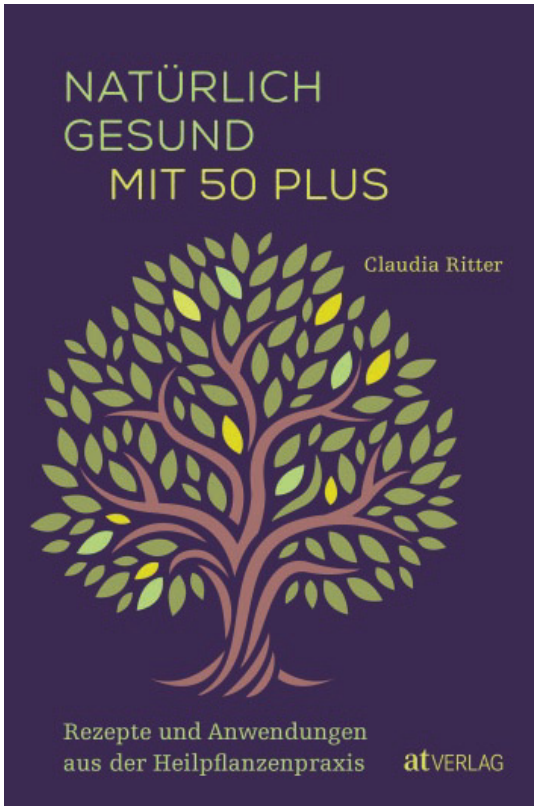
Ticks are widespread – and so is the disease they transmit, Lyme disease. Conventional therapies are increasingly proving ineffective, and growing resistance is complicating treatment. This is the starting point for Wolf-Dieter Storl's ethnomedical approach, which opens up new paths to healing.

This book combines traditional healing techniques with modern insights into the treatment of Lyme disease, drawing on traditional Chinese medicine, ancient Native American healing practices, homeopathy, and inherited Western herbal medicine. Against the backdrop of the biological, cultural and social aspects of the disease, the book presents a holistic approach to treating Lyme disease, focusing on the cardoon plant and hyperthermia therapy.

It is a well-grounded guide for both patients and therapists that deepens our understanding of complex chronic diseases. Includes recipes and practical applications.

Wolf-Dieter Storl: is a cultural anthropologist and ethnobotanist. He has taught at various universities and published numerous books that have become successful long-sellers. He lives on a remote farm in the Allgäu region of Germany.

Photos: Lisa Storl



Claudia Ritter

Naturally Healthy at 50 Plus

Recipes and Treatments from Herbal Medicine

978-3-03902-284-7
29.00 EUR

Cover: Hardcover
Extent: 304 pages
Format: 14.5 cm x 22 cm
Colour photos
Available: 18/02/2026
Rights sold: All rights available

- **Good health after 50**
- **Gentle treatments with medicinal plants**
- **Years of experience and expertise**

No longer young but not yet old

The current 50+ generation is considered healthier than previous generations, but sometimes 50 plus years of life do become noticeable. And our bodies undergo a number of changes during this time as well: our stress tolerance and overall fitness levels may decline, our blood pressure or body weight may increase, we may find it difficult to fall asleep and stay asleep, and our joints may creak here and there. But these common complaints do not necessarily have to be treated with conventional medicine and approaches.

Since the beginning of time, people have trusted in the healing power of plants, as they can provide gentle and reliable relief with few side effects when problems are not yet too severe. From artichokes to valerian, damiana, rose root, and hawthorn, this guide presents the best medicinal plants for self-therapy for people over 50. With comprehensive expertise and deep understanding, it will bring well-being and energy into your life.

Claudia Ritter: is a practitioner of alternative medicine and author. In 2020, she was appointed as a member of Commission E, an expert commission for herbal medicinal products in Germany. Her primary areas of interest are hormonal disorders, strengthening the immune system, and maintaining healthy intestines, skin, and nerves.

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