

# Rights Catalogue

Spring 2024



Franziska Stöckli

## Climate Pot

Future-compatible. Sustainable. Delicious.

978-3-03902-245-8

45.00 EUR

Cover: Hardcover

Extent: 340 pages

Format: 18 cm x 24 cm

Colour photos, ribbon

Available: 29/04/2024

Rights sold: All rights available

- After »Tip Pot« and »Green Pot« here comes »Climate Pot«
- Featuring exact calculations of nutritional values and CO2 levels
- Based on recipes from the world's oldest vegetarian restaurant

### Healthy and eco-friendly in the 21st century!

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



Lia Carlucci, Charoline Bauer

## The Green Cookbook for Kids

Green facts and colourful recipes

978-3-03902-228-1

35.00 EUR

Cover: Hardcover

Extent: 260 pages

Format: 19 cm x 25 cm

Colour photos

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



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**

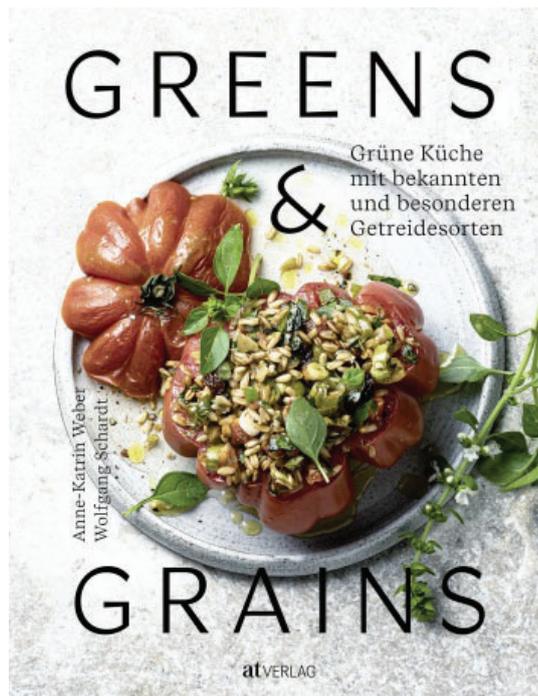
### **Cook with emotion, choose the best ingredients, take your time, and enjoy the process!**

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.



Anne-Katrin Weber

## **Greens & Grains**

Green cuisine with familiar and extraordinary crops

978-3-03902-169-7

34.00 EUR

Cover: Hardcover

Extent: 200 pages

Format: 19.5 cm x 26 cm

Colour photos

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!**

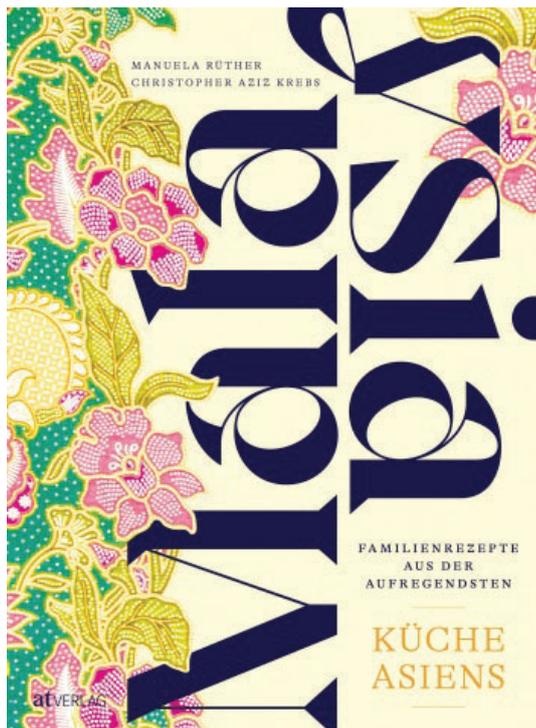
Flavourful, diverse, and nutritious: how could vegetarian and vegan cuisine do without crops and grains? Various types from all over the world, such as amaranth, bulgur, couscous, or quinoa have become essential ingredients of plant-based cooking – and with buckwheat, spelt, green spelt and the like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



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: 220 pages

Format: 20 cm x 27.5 cm

Colour photos

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



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: 280 pages

Format: 20 cm x 27.5 cm

Colour photos, ribbon

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



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: 27/05/2024

Rights sold: All rights available

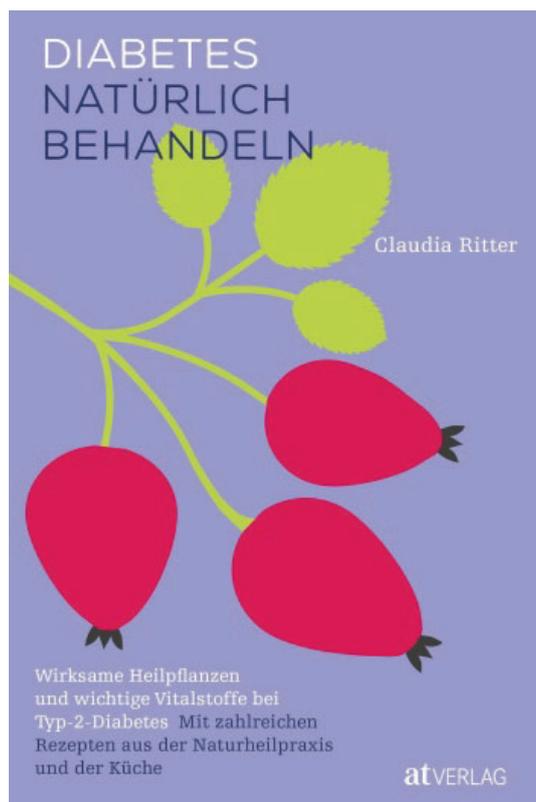
- **A comprehensive introduction to the basic rules of detoxification**
- **Portraits of the 35 most important detoxifying plants – with tips on matching plants to types of persons**
- **Healing herb recipes and practical guidelines for your individual path to detoxification**

### **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.



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

Colour photos

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**

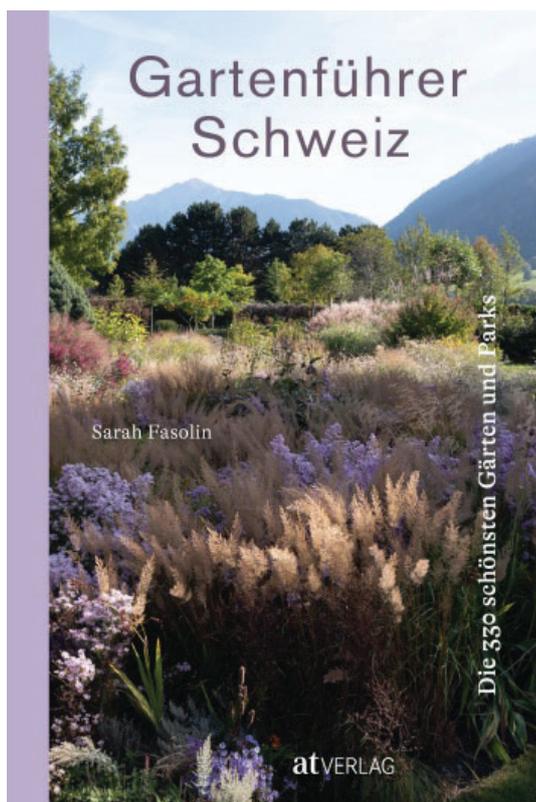
### **Quality of life and vitality – despite diabetes!**

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.



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: 400 pages

Format: 14.5 cm x 22 cm

Colour photos

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**

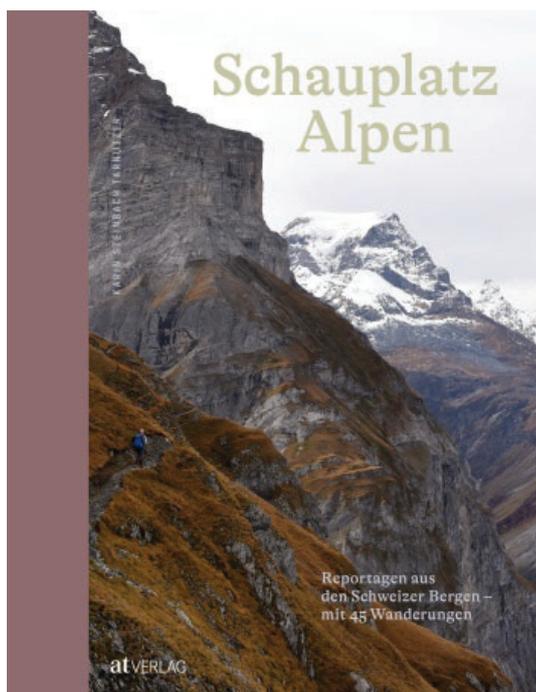
### **Paradise gardens of the Earth!**

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.



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

Colour photos

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.