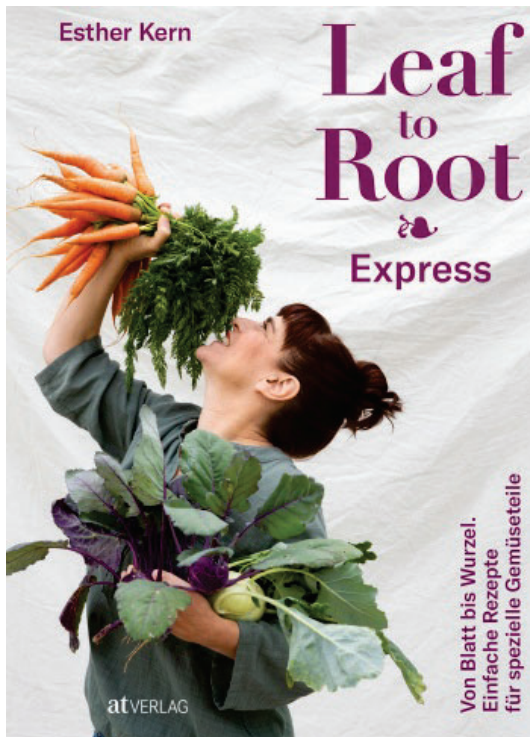


Rights Catalogue

Autumn 2025



Esther Kern

Leaf to Root – Express

From leaf to root. Simple recipes for extraordinary plant parts

978-3-03902-262-5

39.00 EUR

Cover: Hardcover

Extent: 296 pages

Format: 18 cm x 25 cm

193 colour photos

Word count: 41,034

Available: 15/10/2025

Rights sold: All rights available

- Eating vegetables leaf to root
- Extraordinary everyday recipes
- »Leaf to Root« is internationally acclaimed and a long-selling success.

Nose to Tail for vegetables

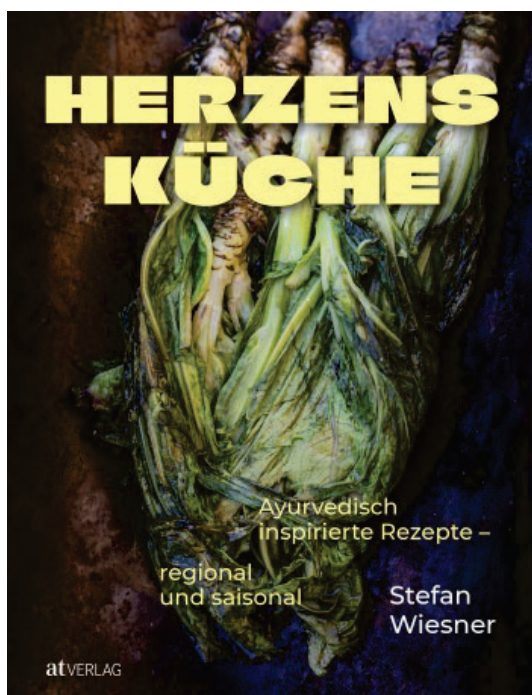
»Leaf to Root« is the »Nose to Tail« for vegetables. Just as with meat, where tenderloin is not necessarily the most delicious cut, we can explore entirely new dimensions of vegetables beyond the traditionally used parts.

Esther Kern, journalist and author, passionately explains how carrot and radish leaves or watermelon rind can make the most wonderful dishes. In her latest book she shares her tried and tested »best of« recipes for everyday cooking. She shows how to easily prepare fennel fronds pesto, cucumber peel lemonade, or kohlrabi leaf chips that will delightfully enrich your menu. On top of that, star chefs and experts from around the world reveal their personal tips and tricks. The required ingredients are readily available, and the recipes are easy to prepare with little effort and no hassle.

A book that allows anyone to immerse themselves in the »leaf to root« experience.

Esther Kern: is a food journalist, author, vegetable scout, as well as founder of »Aktion Leaf to Root®«. She is a sought-after expert who regularly delivers reports about vegetable topics for Radio SRF1. For her holistic projects she works with chefs from all over the world.

Photos: Linda Kastrati



Stefan Wiesner

Heart's kitchen

Ayurvedic inspired recipes – regional and seasonal

978-3-03902-259-5

39.00 EUR

Cover: Hardcover

Extent: 288 pages

Format: 19.5 cm x 25.5 cm

215 colour photos

Word count: 39,180

Available: 30/09/2025

Rights sold: All rights available

- **Delightful and healthy dishes**
- **Artful cuisine for body and soul**
- **Ayurvedic principles in regional & seasonal cooking**

Recipes for the flame of life

The topics of health and nutrition have accompanied Stefan Wiesner all his life. A conscious and well-balanced diet helps strengthen our health and creates an equilibrium between body and soul. Cooking is so much more than just preparing food – it can have lasting beneficial effects for our well-being and is an art that stimulates all our senses.

The focal point of this cookbook is fire – as a means for cooking, but also as a symbol of warmth and joie de vivre. The simple, ayurvedic inspired dishes such as beetroot gnocchi, tavolata with fire vegetables, wild garlic pizza, or baked apples are prepared on the stove, fire pit or open fire. They are based on regional and seasonal ingredients that nourish body, spirit, and soul alike.

A book full of inspiring ideas for healthy cooking and self-conscious living, always combined with culinary delight.

Stefan Wiesner: is one of the most inventive chefs of Switzerland: he is considered an »alchemist« and »wizard« in the kitchen, a tinkerer, poet, and sensual artist who stands out among Swiss star chefs. Until 2023, he ran the »Rössli« in Escholzmatt (17 Gault-Millau points), and currently heads the »Weitsicht« in Bramboden.

Photos: Maurice K. Grünig



Ralph Schelling

Simple is Best

Simply exceptional recipes

978-3-03902-282-3

36.00 EUR

Cover: Hardcover

Extent: 200 pages

Format: 19 cm x 25 cm

91 colour photos

Word count: 23,041

Available: 30/09/2025

Rights sold: All rights available

- **Individualistic interpretations of local everyday cuisine**
- **Favourite recipes of the renowned private chef – finally compiled in a book**
- **A unique combination of innovation and a down-to-earth approach**

The luxury of simplicity

Ralph Schelling knows how to pamper people who already have everything. The private chef travels to his rich clients all over the world and cooks for them. His heart belongs to local everyday cooking which he takes to an entirely new level with the help of innovation, lots of flavour, and a pinch of luxury, while always preserving its very heart and soul.

This way he creates a magical mixture of nostalgic comfort food and high-class cuisine – like his shortbread, that thanks to pre-roasted flour and selected mountain butter becomes a particularly delightful treat. Snacks, large and small meals, desserts, salty bites, beverages, accompanied by easy-to-use professional tips and anecdotes from his travels – the cookbook is a wish come true that allows the broad public access to Ralph Schelling's recipes. It is full of emotion and it carries a whiff of the big wide world into the kitchen.

Ralph Schelling: was the youngest participant to win the Swiss Culinary Cup. His work took the Swiss star chef from Catalonia to Tokyo, to legendary chefs such as Ferran Adrià, Heston Blumenthal, Andreas Caminada, and Seiji Yamamoto. Today he is a private chef who cooks for customers all over the world.

Photos: Markus Pritzi



Karoline Lawson

Pixie Jive & Candle Shine

Christmas in the crafting workshop

978-3-03902-270-0

29.00 EUR

Cover: Hardcover

Extent: 176 pages

Format: 20 cm x 27.5 cm

72 colour photos, numerous illustrations

Word count: 12,733

Available: 30/09/2025

Rights sold: All rights available

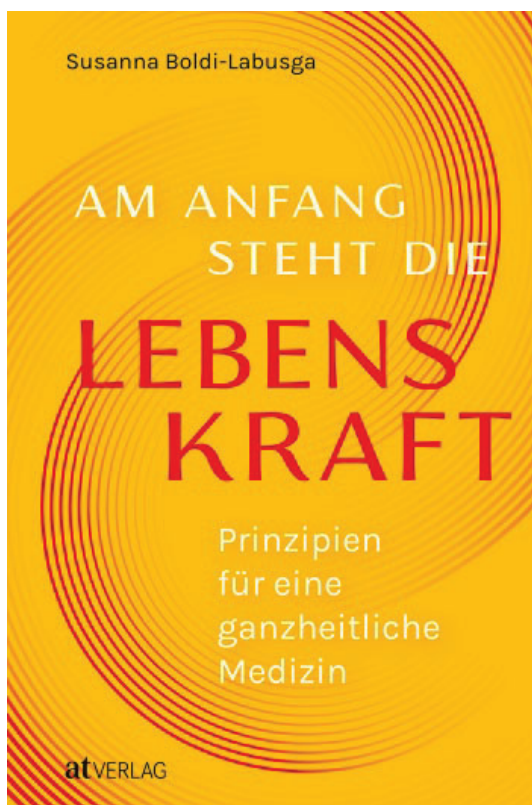
- **How to easily handcraft gifts and decoration**
- **Natural materials, paper, and glossy foil**
- **Refreshing, inspirational ideas for kids**

Festive crafting ideas

Be it small, artistic gift items or decoration for the holiday season and Christmas tree – this book offers festive projects from Advent to New Year. Just as in »Scissors Stone Paper« and »Berry Leaf Scissors«, the DIY expert and experienced author uses simple tools, natural, easily accessible materials, and a small selection of different types of paper. Sparkling foil imbues the projects with Christmas splendour.

Uncomplicated instructions illustrate how to make play dough or cold porcelain and use these in various creative ways. Illustrated crafting patterns help to optimize results. Advent calendars, delightful decorations, ideas for Christmas cards, and suggestions for sweeping New Year's Eve parties – to name but a few examples from »Pixie Jive & Candle Shine«, a book that rejuvenates classical Christmas crafting and transforms cute trinkets into lovely Christmas souvenirs. For children from the age of 5.

Karoline Lawson: is a graduate designer, DIY expert, and founder of the creative portal »our_wildhood« on Instagram. The bond between nature and design is her absolute passion.



Susanna Boldi-Labusga

In the beginning there is vitality

Principles of holistic medicine

978-3-03902-248-9

28.00 EUR

Cover: Hardcover

Extent: 224 pages

Format: 14.5 cm x 22 cm

Colour photos

Word count: approx. 56,132

Available: 26/11/2025

Rights sold: All rights available

- **A bridge between ancient wisdom and cutting-edge science**
- **Vitality as the foundation of a holistic life concept**
- **A plea for more health in our lives**

A matter of principle

Holistic medical practice searches and applies impulses that strengthen vitality. Far from being random and emotion-based, it is a systematically devised and tested approach, following a very precise set of rules that are interconnected and reflect the complexity of our existence.

In this book, the naturopath explains the basic principles of holistic medicine: with vitality as the starting point, it comprises a holistic approach, open-minded perception, the connection between energy and matter, the power of resonance and similarity, as well as a particular understanding of health, sickness, and healing. Boldi-Labusga describes what this implies via different forms of therapy and application in medical practice, while also highlighting how these principles build a bridge between ancient wisdom and modern sciences. There is no doubt that being mindful of these principles can significantly improve our quality of life.

A comprehensive overview on the principles of holistic medicine and an appeal for more health in our lives.

Susanna Boldi-Labusga: is a naturopath focusing on homeopathy, shiatsu, and breathing therapy. She is a meditation instructor trained in potential-oriented psychotherapy and orthomolecular medicine.



Wolf-Dieter Storl

Plants of the Celts

Healing Plant Magic Tree Calendar

978-3-03902-292-2

32.00 EUR

Cover: Hardcover

Extent: 336 pages

Format: 15.5 cm x 23.5 cm

33 colour photos

Word count: 115,832

Available: 27/08/2025

Rights sold: All rights available

- **Europe's cultural heritage**
- **Healing and magical plants in the annual cycle**
- **Celtic rituals and holidays**

The Celts were the prevalent culture in large parts of Europe for almost a thousand years. Even though druidism was destroyed, ordinary people clung to the wisdom of yore and passed it on in words and practice through proverbs, fairy tales, legends, seasonal rituals, and particularly through herb knowledge and folk medicine.

The author introduces us to healing practices that do not focus on healing agents, but on the magical powers of plants. He presents the most important healing and magical plants and trees of the Celts in their seasonal and cultural context, in folk medicine, and in witchcraft, while also explaining the meaning of the Celtic annual circle and tree calendar.

Along the eight Celtic annual celebrations and related rituals, he leads us through the annual cycle and shows us how to tune into the big rhythms of nature even in this day and age. With many practical recipes for ancient medicines and healing practices.

Wolf-Dieter Storl: is a cultural anthropologist and ethno-botanist. He lectured at various universities and published numerous books that became long-selling classics. He lives on a solitary farm in the Allgäu.

Photos: Lisa Storl



Roger Kalbermatten, Hildegard Kalbermatten

Plant-based mother tinctures Pocket Guide

Indicators – concise and compact

978-3-03902-288-5

14.00 EUR

Cover: Hardcover

Extent: 56 pages

Format: 16 cm x 11.5 cm

Word count: 5,096

Available: 30/06/2025

Rights sold: All rights available

- **A quick guide on plant indicators**
- **Vitality for body and soul**
- **Practical pocket format**

Plant power

Plants are the basis for human life. They serve not only to preserve life functions but are also a source of joy and energy. Especially healing plants harbour powerful potential that can grant humans recovery and vitality in days of sickness and health alike. These powers can be used to a very different extent. The particular method with which a healing plant is processed to create medication is a key factor. Mother tinctures, i.e. concoctions made of fresh plants, of high intrinsic quality are ideal to convey the nature and personality of a healing plant. Hence, mother tinctures can be used not only for bodily symptoms but on the mental level as well.

The study of plant nature allows therapists and patients to develop an inner relationship with plants, thereby releasing the maximum impact of their healing power.

This compact pocket guide allows to quickly peruse the detailed catalogue of indicators.

Roger Kalbermatten: doctorate in chemistry, more than 40 years of experience in medicinal plant research. Developed an effective procedure for the manufacturing of plant and homeopathic medicines. Founder of CERES Heilmittel AG that produces high quality mother tinctures.

Hildegard Kalbermatten: pedagogical training, systematic educational path in medical and psychological anthropology. Therapeutical experience with healing plants. Co-founder of CERES Heilmittel AG.