



Foreign rights 2015 - 2016

ORGANIC GARDENING



Garden allies: how to attract, shelter and feed them

Topic : Organic gardening

Series : Easy and organic

Release date : 2015

21 x 21cm

132 pages CMYK

Public retail price : 14€

ISBN : 978-2-36098-163-2

The gardener has many allies and several enemies. It is important to be able to identify them. In this book, Blaise Leclerc provides a comprehensive illustrated list of garden fauna: from the very smallest (bacteria, worms, insects...) to the very largest (frogs, toads, hedgehogs, birds...). He describes their respective roles in the garden and gives advice on how to attract, shelter and feed them.

The gardens equilibrium is thus respected and it becomes full of life! Gilles Leblais's magnificent photos enliven the book.

THE AUTHORS

Blaise Leclerc is an agricultural engineer and has gardened for the past 30 years. He directs the research office "Orgaterre" specialized in the interactions between agriculture and the environment. He also expertises work for the ITAB (Institut Technique de l'agriculture biologique).

Gilles Leblais is an ornithologist, author, photographer, consultant and journalist on nature. He specializes in how to organize gardens to attract wildlife.



I weed without chemicals: paths, lawns, vegetable plots, flowerbeds...

Topic : Organic gardening

Series : Easy and organic

Release date : 2015

21 x 21cm

120 pages CMYK

Public retail price : 14€

ISBN : 978-2-36098-167-0

Chemical weedkillers pollute groundwater, harm health and endanger biodiversity. So how is it possible to avoid a weed invasion whilst gardening in an environmentally friendly way?

Solutions for paths, lawns, flowerbeds, orchards, and vegetable plots are detailed in this clear and complete book. Denis Pepin describes the different preventive methods (garden layout, mulching, green manure, etc.) and remedial methods (manual weeding, mechanical weeding, thermal weeding, etc...). The tools used, types of surfaces and obtained results are presented for each method. This book is THE book on the alternatives to phytosanitary products for both public policy and amateur gardeners.

THE AUTHOR

Denis Pepin, an ecological and agricultural engineer, is a garden consultant, trainer, conference-speaker and author. He has worked on alternatives to chemical pesticides over many years. He won the Jardiner Autrement prize (Alternative Gardening) and the French National Vegetable Garden competition.



I plant everything in pots, and it works! flowers, vegetables, herbs, shrubs...

Topic: Organic gardening

Series: Easy and organic

Release date: 2015

21 x 21 cm

132 pages CMYK

Public retail price: 14€

ISBN: 978-2-36098-165-6

Plants in pots can be used to enliven a balcony or a terrace, to define the garden's boundary, colour up certain parts of the garden, or simply to grow delicate varieties. Whatever the reason, this book gives the key to successful organic pot planting!

Brigitte Lapouge describes how to choose your pots and the soil, but more importantly the different varieties (annuals, herbs, vegetables, shrubs, climbers, roses etc.) She gives the necessary advice on how to layout the pots, associate different plants in them and look after them. A book for flowering every available corner, without chemicals!

THE AUTHORS

Brigitte Lapouge-Déjean, gardener and author, and **Serge Lapouge**, landscape architect and photographer, created the Jardins de l'Albarède, in Dordogne (France), which received a prize as "Remarkable Gardens". They also received the Coup de coeur award from the Association of garden and horticultural journalists (AJJH) in 2010.



I companion plant...and it works!

25 examples of companion planting

Topic: Organic gardening

Series: Easy and organic

Release date: 2015

21 x 21 cm

120 pages CMYK

Public retail price: 14€

ISBN: 978-2-36098-168-7

In the light of traditional know-how and the latest experimentations, this book proposes a selection of 25 different examples of companion planting and its many advantages: efficient use of soil, better disease and pest control...and prolific harvests! The book also gives precise information on 32 different vegetables: the family, the planting period, what to associate it with, etc. Claude Aubert also proposes 5 different models for companion planting vegetable gardens, from 5 m² to 200 m² and more, together with layouts and planting calendars.

THE AUTHOR

Claude Aubert, agronomist and pioneer on organic farming in France, is one of the founders of Terre vivante. He is the author of numerous books on organic agriculture, healthy eating and interactions between the environment and health. He regularly gives conferences on these subjects.



Produce your own seedlings without fail!

For a self-sufficient and productive garden

Topic : Organic gardening

Series : Easy and organic

Release date : 2014

21 x 21 cm

120 pages CMYK

Public retail price : 14€

ISBN : 978-2-36098-117-5

Growing your own vegetables can save a lot of money. One packet of lettuce seeds weighing 2 grams costs 2.50 euros and contains about 1 500 seeds, whereas one head of lettuce can cost up to two euros! Having your own garden also offers more choice. You can easily select varieties that are adapted to the region, climate and season, and be sure of where your organic seeds come from. However, in order to succeed from the start and avoid the common pitfalls, this book gives illustrated, step-by-step instructions that are easy to follow. Which varieties should you choose? How do you prepare good potting soil? Should you sow seed in warm conditions in the house, in a cold greenhouse, in pots or directly into the garden? When is the best time to transplant? What kind of natural treatment can you administer to ensure the best start? All the answers to these questions are presented in the book for 25 different vegetables and herbs. The book is perfect for succeeding a healthy, productive and economical garden.

THE AUTHORS

Brigitte Lapouge-Déjean, gardener and author, and **Serge Lapouge**, landscape architect and photographer, created the Jardins de l'Albarède, in Dordogne (France), which received a prize as "Remarkable Gardens". They also received the Coup de coeur award from the Association of garden and horticultural journalists (AJJH) in 2010.



I sow green manure for a healthy and productive vegetable garden

Topic : Organic gardening

Series : Easy and organic

Release date : 2013

21 x 21 cm

96 pages CMYK

Public retail price : 12€

ISBN : 978-2-36098-085-7

Green manures are quite the panacea of the organic gardener! Easy to grow, they protect, fertilise, loosen and clean the soil of weeds, as well as attracting vital pollinating insects. Pascal Aspe, head of the gardens at Terre vivante, explains step-by-step and with photos, which green manure to choose depending on the different soil-types. Different growing methods are proposed for each type of green manure (spring or autumn) with a focus on nine different green manures: phacelia, mustard, rye, vetch, oat, clover, buckwheat, sainfoin and lucerne.

THE AUTHOR

Pascal Aspe, doctor in biology, is head gardener at Terre vivante. Jean-Jacques Raynal is a photographer.



I multiply my garden plants: seedlings, division, cuttings

Topic : Organic gardening

Series : Easy and organic

Release date : 2011

21 x 21 cm

96 pages CMYK

Public retail price : 12€

ISBN : 978-2-36098-022-2

Multiplying your own plants is magical. With just a pinch of seeds, a small seed box placed on a window sill and a little water the whole family will be fascinated watching life bloom! This book provides the good advice that is needed, and shows that the different techniques are really not that complicated.

Sheer enjoyment is far from being the only advantage. In fact, multiplying plants is very economical, a guarantee to reproducing the same plants from the variety you want, the satisfaction of obtaining good quality and well-adapted organic plants whenever you want them. It is also the pleasure of offering yourself rare plants or saving old varieties in danger of extinction.

In this book, Brigitte and Serge Lapouge teach us to choose and prepare the material needed, incite us to use salvage material, to sow, to prick out seedlings, to cut, divide or layer. Each technique is described step-by-step and the authors give us their tips to succeed without fail! The book indicates a selection of plants that can be used for each technique. With this book in hand, all amateur gardeners can grow their own tomato plants from seed, initiate themselves to rose or lilac cuttings, or divide their dahlias. Pure pleasure on the horizon !

THE AUTHORS

Brigitte Lapouge-Déjean, gardener and author, and **Serge Lapouge**, landscape architect and photographer, created the Jardins de l'Albarède, in Dordogne (France), which received a prize as "Remarkable Gardens". They also received the Coup de coeur award from the Association of garden and horticultural journalists (AJJH) in 2010.



I prepare my own potions for the garden

Liquid manure, whitewashes and other treatments

Topic : Organic gardening

Series : Easy and organic

Release date : 2013

21 x 21 cm

120 pages CMYK

Public retail price : 12€

ISBN : 978-2-36098-088-8

Nettle, elderberry, wood ash, coffee grounds,...Brigitte Lapouge gives an inventory worthy of a spell-book! However there's no witches work here, but real-life recipes for home-made potions for treating the garden. With 12 essential plants (garlic, comfrey, dandelion, tansy...)and simple, easily-obtainable and reasonably cheap products (clay, coarse salt, soft soap...) the author explains how to prepare homemade treatments necessary for maintaining a healthy and productive garden. The reader will learn, step-by-step, how to make decoctions, liquid manures, macerations, but also whitewash, plasters...these plant-based potions have many different properties: repulsive, insect-repellent, stimulating, fertilising, healing,...a good way of taking care of your plants whilst saving the planet.

THE AUTHORS

Brigitte Lapouge-Déjean, gardener and author, and **Serge Lapouge**, landscape architect and photographer, created the Jardins de l'Albarède, in Dordogne (France), which received a prize as "Remarkable Gardens". They also received the Coup de coeur award from the Association of garden and horticultural journalists (AJJH) in 2010.



I mulch my garden plants : less watering, less weeds and clean vegetables

Topic : Organic gardening

Series : Easy and organic

Release date : 2013

21 x 21 cm

96 pages CMYK

Public retail price : 12€

ISBN : 978-2-36098-084-0

Every organic gardener has good reason to mulch: it leads to less watering, weeds, pests and disease, and the vegetables are also cleaner. Straw, grass, leaves, shreds and chips, vegetable tops...there are many types of mulch available however it is important to know how to choose and use them. When is a good time to mulch, how long must they be left in place, how should the plants be watered if mulched? ...this book does not leave any questions unanswered on the subject. And because mulching techniques are different depending on the type of plant (roses, tomatoes, lettuces...), the author proposes solutions for each.

THE AUTHORS

Blaise Leclerc is an agricultural engineer and has gardened for the past 30 years. He directs the research office "Orgaterre" specialized in the interactions between agriculture and the environment. He also expertises work for the ITAB (Institut Technique de l'agriculture biologique).

Jean-Jacques Raynal is a photographer.



Permaculture, how to create abundance in your garden

Topic : organic gardening

Series : Expert advice

Release date : 2014

15 x 21 cm

160 pages CMYK

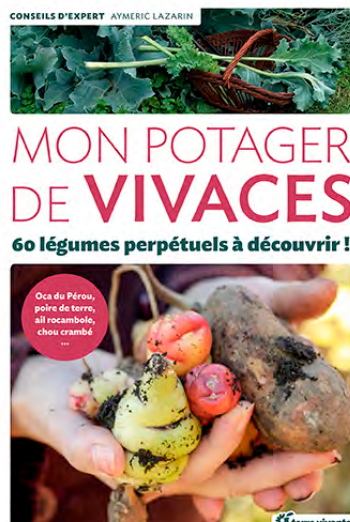
Public retail price : 22€

ISBN : 978-2-36098-125-0

Create an abundant garden that family, friends and neighbours can all enjoy! In a world becoming more and more artificial, permaculture is a new approach that is much more than just organic. First and foremost, permaculture is a way of gardening using nature as a model while respecting the relationships between species. Rich biodiversity is developed by creating ponds, hedges of fruit-bearing bushes and trees, and forest-gardens. Often surprising results can be observed such as red current and raspberry plants growing up the trunks of trees or vegetables and aromatic herbs flourishing under apple and plum trees. Permaculture means taking the time to understand your land and the interactions between all of the different components. It means not wasting time tilling the soil unnecessarily or weeding. It is also the starting point of an entire philosophy of life, promoted by many people around the world aiming to create a sustainable society. This approach is essential for all those interested in ecological transition and who would like to produce some of their own food.

THE AUTHOR

Carine Mayo is a journalist specialised in the environment. She gardens for pleasure in the city as well as in the country.



My perennial vegetable garden: 60 hardy vegetables to discover!

Topic : Organic gardening

Series : Expert advice

Release date : 02/2016

17 x 24,5 cm

224 pages CMYK

Public retail price : 24,90 €

ISBN : 978-2-36098-187-8

There are many other perennial vegetables than just asparagus or artichoke! This book unveils to the reader 60 different edible perennial vegetable varieties to cultivate without (hardly any) effort: plant, let them grow then harvest...take the opportunity to travel: Oca from Peru, spring onion from China, mallow from Mauritania...this book show you how to travel the world by a simple walk around the garden! With on top of that, new tastes to savour!

THE AUTHOR

Aymeric Lazardin has a passion for rare and unusual plants, and has spent much of his time working in market gardening, perfume plants and research. As a devoted partisan to agro diversity, he reveals the usefulness of plants.



RCW, Ramial Chipped Wood for a natural and productive garden

Le guide du BRF (Bois Raméal Fragmenté) : pour des jardins naturels et fertiles

Topic : Organic gardening

Series : Expert advice

Release date : 2014

15 x 21 cm

144 pages CMYK

Public retail price : 20€

ISBN : 978-2-36098-123-6

Pioneered in the 1970's in Quebec, the Ramial Chipped Wood (RCW) technique uses wood from tree branches cut into small chips and spread over cultivated soil. This technique stimulates the development of mushroom mycelium, the multiplication of worms, insects and micro-organisms, and fosters a vast network of "food chains". It imitates what happens naturally in a forest where wind, rain, snow and storms make leaves and branches fall to the ground. Cultivated soils generally lack the presence of trees. RCW gives new life to these soils by adding the living ecosystems which restore their original fertility. Vegetable gardens, fruit orchards and ornamental plants can all benefit from its surprising qualities. RCW acts over the long term to improve the structure of the soil, humus concentration and the physical properties, notably the plasticity, aeration and water management. As a natural resource, RCW is available in a wide variety of compositions for many different uses. Careful observation and adaptation to each type of soil is required to use this technique optimally. All gardeners will appreciate learning about the potential of RCW and its remarkable benefits.

THE AUTHOR

Bernard Mercier is an agricultural engineer and a professional journalist in the agricultural field. He advises the BRF Generation company on environmental issues.



55 medicinal plants in my garden!

How to grow, harvest and preserve them

Topic : Organic gardening

Series : Expert advice

Release date : 03/2016

17 x 24,5 cm

192 pages CMYK

Public retail price : 24,90 €

ISBN : 978-2-36098-194-6

This book gives the reader all the know-how needed to grow a garden full of medicinal plants depending on the garden type as well as the climate and geography. This book presents 55 medicinal plants or healing herbs to grow with a description of their properties and uses.

THE AUTHOR

Virginie Peytavi is a consultant in plant aromatherapy and is a graduate of the Paris School of Plants and of the Medicine Faculty of the University of Paris XIII.



The Terre vivante guide to gardening for food self-sufficiency : vegetable garden, raising chickens, bee-keeping

Topic : Organic gardening

Series : Terre vivante guides

Release date : 2015

19,5 x 24 cm

432 pages CMYK

Public retail price : 35 €

ISBN : 978-2-36098-166-3

Who has never dreamed of living off their own garden? This book assembles all the advice and know-how of a group of experts. The pillars of organic gardening are presented for obtaining a nourishing vegetable garden: compost, green manure, mulching, companion planting, garden allies, potions and seed production. Forty fact-sheets detail fruits and vegetables to grow (carrots, leeks, strawberries, etc...). Bee-keeping and raising chickens complete this guide to gaining self-sufficiency.

THE AUTHORS

Pascal Aspe, Claude Aubert, Michel Audureau, Rémy Bacher, Christian Boué, Brigitte Lapouge-Déjean, Blaise Leclerc, Gilles Leblais, Claude Merle, Jean-Paul Thorez a group of specialised gardeners, agronomists, and animal breeders.

ORGANIC COOKERY



I cook the wild plants I pick: 50 wild plant recipes

Topic: Health food

Series: Easy and organic

Release date: 2015

21 x 21 cm

144 pages CMYK

Public retail price: 12€

ISBN: 978-2-36098-156-4

Observe, pick and then cook! Amandine Geers and Olivier Degorce present 24 edible wild plants in this book: plantain, bear's garlic, ivy, mint, amaranth, etc. The plants have been chosen specifically as they are easy to identify. The book's numerous photos allow the reader to easily identify and pick the different plants without any danger. The book also gives the properties and benefits of each plant as well as picking advice. 50 sweet and savoury recipes are included.

THE AUTHORS

Amandine Geers and **Olivier Degorce** are culinary creators and photographers who manage What's for dinner?, an association offering workshops on healthy, organic cuisine.



I cook eggs: cheap but healthy protein for dinner!

Topic: Health food

Series: Easy and organic

Release date: 2015

21 x 21 cm

120 pages CMYK

Public retail price: 12€

ISBN: 978-2-36098-158-8

The French consume on average 130 eggs per year per person, and the figure goes up to 240 when including those incorporated into different preparations...however, the benefits and taste of eggs are still under-estimated. Eggs are not only economical protein concentrate, they can also be prepared in many different ways! Amandine Geers and Olivier Degorce propose 45 inventive and appetising recipes, from improved classic recipes, to deserts, via tarts and soups. Recipes that are gluten-free, lactose-free or vegetarian are identified with pictograms. A book for savouring eggs to no end!

THE AUTHORS

Amandine Geers and **Olivier Degorce** are culinary creators and photographers who manage What's for dinner?, an association offering workshops on healthy, organic cuisine.



My super-gourmet detox recipes!

Topic : Health food

Series : Easy and organic

Release date : 2015

21 x 21 cm

120 pages CMYK

Public retail price : 12€

ISBN : 978-2-36098-150-2

Fatigue, stress, excess weight,...our bodies need to rest and regenerate themselves. A detox diet can be carried out over just a day (after overindulging), or over a few weeks (to revitalise). Under the supervision of Doctor Guy Avril, this book permits the reader to undergo a detox diet without deficiency or fatigue. The author, Marie Chioca, who regularly follows a detox diet, provides the reader with 50 healthy recipes: soups, one plate meals, deserts, drinks...the book is a precious ally for keeping fit and healthy.

THE AUTHORS

Doctor Guy Avril is a general practitioner in alternative medicine. He is the author of numerous books on natural health.

Marie Chioca is an organic chef and culinary photographer. She shares her passion for healthy but gourmet food via her books and her blog "Saines gourmandises"



I make bread, yoghurt, cheese...without appliances : goodbye food processor,mixer, icecream maker...

Topic : Health food

Series : Easy and organic

Release date : 2015

21 x 21 cm

120 pages CMYK

Public retail price : 12€

ISBN : 978-2-36098-155-7

More and more small household appliances are sold on the pretext of simplifying cooking. These machines are sometimes expensive, often environmentally unfriendly and always in-the-way and yet they are considered to be accessories! Delphine Paslin gives 50 recipes and all the advice needed to rediscover the pleasure of authentic cuisine, without using appliances or any specialised machine. Breads, pasta, meat, fish, cheese, side dishes, ice-cream...all the preparations are explained step-by-step. The book tells you how to fill your cupboards with 100% home-made recipes, cooked using nothing more than a wooden spoon....more or less!

THE AUTHOR

Delphine Paslin, chef and photographer, also runs a blog "Le plaisir des mets" where she shares home-made pleasures made of simple, natural and tasty.



Delicious deserts made with natural sugars: acacia honey, agave or maple syrup, stevia

Topic: Health food

Series: Easy and organic

Release date: 2015

21 x 21 cm

120 pages CMYK

Public retail price: 14€

ISBN: 978-2-36098-109-0

Sugar harms our health in many ways, and still, we consume too much of it. Should we deprive ourselves of deserts because of this? This idea is out of the question for the authors of this book who propose tasty recipes thanks to eight healthy and natural alternatives to white sugar and other industrial sugars (saccharose, etc.). They invite the reader to play around with these “alternative natural sugars or sweeteners and enjoy their different tastes and health properties: low glycemic index of agave syrup, remineralising properties of brown sugar, antioxydising properties of coconut sugar. On top of all this, 56 delicious recipes (several without any added sugar) honey clafoutis, rustic tatin with muscovado caramel, or even spelt choux buns with coffee and hazelnut cream filling...

THE AUTHORS

Marie Chioca is an organic chef and culinary photographer. She shares her passion for healthy but gourmet food via her books and her blog “*Saines gourmandises*”. **Delphine Paslin**, chef and photographer, also runs a blog “*Le plaisir des mets*” where she shares home-made pleasures made of simple, natural and tasty.



My paleo cook-book

50 gluten and lactose-free recipes

Topic: Health food

Series: Easy and organic

Release date: 2014

21 x 21 cm

120 pages CMYK

Public retail price: 14€

ISBN: 978-2-36098-133-5

This book proposes quick recipes inspired by our ancestral palaeolithic diet. No dairy products are used because numerous studies have shown that lactose intolerance is a reality. Cereals containing gluten are also off the menu because gluten is known to provoke allergy and illness. And finally, refined and industrialised products, largely responsible for our unhealthy “junk food” diet, are avoided as well.

The recipes are two-thirds vegetables, fruits, berries, nuts and roots, and one-third animal protein from meat, fish, shellfish and eggs. It is important to use fresh, organic ingredients and to limit the consumption of animal protein to 70-90 grams of meat or fish per day or 5 eggs per week for an adult. The book prefers white meat to red and shows how to alternate oily and lean fish and to eat foods in season.

The cooking techniques use moderate temperatures (less than 110°C) or rapid stir-frying. Special emphasis is placed on raw ingredients for quick and simple meals that are rich in vitamins, calcium and proteins, with reduced quantities of fat and sugar with low glycemic index.

THE AUTHORS

Amandine Geers and **Olivier Degorce** are culinary creators and photographers who manage What’s for dinner?, an association offering workshops on healthy, organic cuisine.



I cook all kinds of rice dishes: risottos, paellas, salads and deserts

Topic : Health food
Series : Easy and organic
Release date : 2013
21 x 21 cm
120 pages CMYK
Public retail price : 12€
ISBN : 978-2-36098-099-4

Easy to digest as it is gluten-free, easy to cook, economical, rice is full of advantages. Rice is a universal ingredient, and is familiar to our kitchens. Round, long, red, white or black, whole grain or puffed, it allows for diversity in the kitchen and for the diet. From sage risotto to rice pudding, soups, salads, pancakes and pizza, this book lets the reader discover rice in many different ways: grains, flour, milk, cream...!)! What is more, rice does not contain fat, cholesterol and as for whole and semi-whole grain rice, it has a low glycemic index.

THE AUTHORS

Amandine Geers and **Olivier Degorce** are culinary creators and photographers who manage What's for dinner?, an association offering workshops on healthy, organic cuisine.



I spice up my cooking: aniseed, turmeric, nutmeg, saffron...

Topic : Health food
Series : Easy and organic
Release date : 2013
21 x 21 cm
120 pages CMYK
Public retail price : 12€
ISBN : 978-2-36098-092-5

Anti-inflammatory, anti-infectious, anti-cancer, rich in antioxidants....spices have a thousand properties. Mild or hot or discreet, they are used world-wide. With a focus on 24 different spices, this book proposes 60 healthy and delicious recipes, vegetarian or with meat, for starters, main courses, deserts, sauces and drinks. On the menu: baked eggs with saffron, chicken tandoori, spicy chocolate mousse, pear chutney, ginger cordial...with advice on buying and keeping spices and good utensils for using them. This book is a real culinary journey on a spice route that allows the reader to mix health with pleasure.

THE AUTHORS

Amandine Geers and **Olivier Degorce** are culinary creators and photographers who manage What's for dinner?, an association offering workshops on healthy, organic cuisine.



I cook using vegetable tops and fruit peel! (easy and organic)

Topic: Health food
Series: Easy and organic
Release date: 2011
21 x 21 cm
96 pages CMYK
Public retail price: 12€
ISBN: 978-2-36098-027-7

A great way to reduce household waste! Peeling fruit and vegetables, if organic, deprives us of precious micronutrients (vitamins, minerals, polyphenols...) and doing this fills our rubbish bins to the brim. This book provides a great solution, and teaches the reader to cook using peelings, tops, stalks and cores of fruit and vegetables!

Amandine Geers and Olivier Degorce, the very creative authors of the book, combine economy, ecology and gastronomy via 35 recipes! A feast for the palate and for the eyes! and a bit of relief for our planet! What would you say to a courgette-peel carpaccio, a cream of radish-top soup, chicken fajitas with carrot-tops and cider, a vegetable-top pesto or a chocolate and courgette flower cake? Altogether the book presents 6 starters, 5 soups, 12 main courses and side dishes, 4 sauces and 8 deserts and drinks! Brand new tastes, surprising ingredients, and amazing nutritional qualities...this book shows a fantastic way of reducing household waste and should soon find its way into all the good kitchens of France.

THE AUTHORS

Amandine Geers and **Olivier Degorce** are culinary creators and photographers who manage What's for dinner?, an association offering workshops on healthy, organic cuisine.



My organic drinks and buffets: with and without gluten and lactose

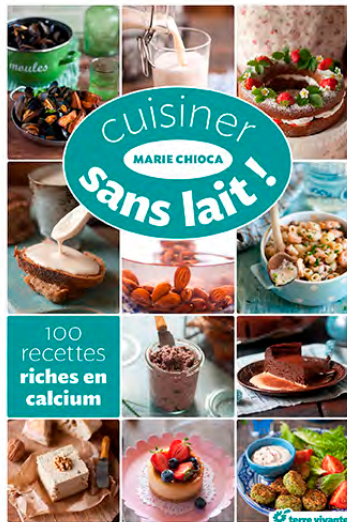
Topic: Health food
Series: Easy and organic
Release date: 2014
21 x 21 cm
120 pages CMYK
Public retail price: 12€
ISBN: 978-2-36098-132-8

When entertaining friends and family and other guests, dietary preferences and food intolerances must be taken into account. This book helps the organic cook to plan dishes for people who are lactose or gluten intolerant. It focuses on fresh fruits, vegetables and seasonal herbs whose variety and colour will naturally brighten up the dishes and guarantee great flavours. The book shows how to prepare these recipes into individual buffet portions that are easy to do and pleasing to the eye. It also shows how to reduce the amount of crockery used during a buffet by using the actual vegetable or fruit to present the portions.

The book proposes many inventive savoury and sweet recipe ideas as well as several amazing home-made drinks for the reader to organise delicious, healthy and original buffets!

THE AUTHORS

Anahid Bacher is an organic vegetable gardener specialising in perennial crops and healthy cuisine. **Delphine Paslin** has a passion for healthy cuisine and manages the blog *Le plaisir des mets*.



Cooking without milk: 100 calcium-rich recipes

Topic: Health food

Series: Expert advice

Release date: 01/2016

17x24,5 cm

224 pages CMYK

Public retail price: 22 €

ISBN: 978-2-36098-184-7

Many health problems (ear-nose-throat, digestion, eczema, acne, psoriasis, asthma, autoimmune diseases...) can be resolved by stopping the consumption of dairy products. It is then important to know how to avoid calcium deficiency in the diet. This book gives the reader 100 delicious and healthy gourmet recipes for every meal as well as a selection of vegetable and animal products that are rich in calcium: green vegetables, whole cereals, brown bread, fish

conserves or soups, shellfish, oleaginous fruit and seed, dried-fruit, seaweed...

THE AUTHOR

Marie Chioca is an organic chef and culinary photographer. She shares her passion for healthy but gourmet food via her books and her blog "saines gourmandises".



The secrets of organic patisserie : 130 healthy and gourmet recipes

Topic: Health food

Series: Expert advice

Release date: 2014

17x24,5 cm

288 pages CMYK

Public retail price: 22€

ISBN: 978-2-36098-134-2

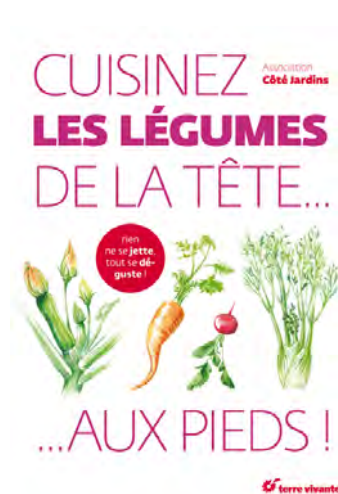
Organic patisserie does not compare unfavourably to conventional patisserie! This book shows all the ingenuity and invites the reader to master the details of the art. One can learn how to replace butter with oleaginous purees, use unusual types of flour, cook with

vegetable creams and milks or use different types of natural sugars.

The first part of the book is well illustrated and gives the organic versions of the traditional classics (pastry bases, creams, ...) and relearn the basics in an organic way. The second part then shares 130 recipes, some lactose and gluten-free, including tarts, biscuits, party cakes and some of the great classics wholly revisited.

THE AUTHOR

Marie Chioca is an organic chef and culinary photographer. She shares her passion for healthy but gourmet food via her books and her blog "saines gourmandises"



How to cook vegetables from top to tail: zero waste maxi taste!

Topic: Health food

Series: Expert advice

Release date: 2014

15 x 21 cm

256 pages black

Public retail price: 16€

ISBN: 978-2-36098-138-0

This book proposes 180 recipes including 40 vegetables that you can cook from the roots to the leaves, not forgetting the seeds, tops and fruits, without any part being wasted! The recipes in this book have been created and tested by gardener-chefs not wanting to waste any of their harvest! The recipes show the reader how to accommodate or conserve vegetables that are sometimes prolific. Some recipes include self-propagating plants such as nettle, purslane, elderflower, bear's garlic...The book's aim is for the reader to enjoy vegetables in abundance throughout the seasons.

THE AUTHORS

The authors of the recipes are the **110 family members** of the shared garden "côté jardins" near Lyon in France. They have cultivated, harvested, cooked and now share in this book their know-how and best culinary experiences.



The new Mediterranean diet: protect your health and the planet

Topic: Health food

Series: Expert advice

Release date: 2015

15 x 21 cm

464 pages black

Public retail price: 24€

ISBN: 978-2-36098-148-9

This book makes waves for those who propose all kinds of diets that are supposed to keep us in good health and fight against obesity. It confronts the Mediterranean tradition with the most recent scientific data. The authors, a world renowned cardiologist and a dietician, draw out straightforward rules for the reader to enjoy a healthy, environmentally-friendly and pleasurable diet on a reasonable budget.

THE AUTHORS

Dr Michel de Lorgeril is a cardiologist and researcher for the CNRS and the Grenoble faculty of medicine.

Patricia Salen is a dietician-nutritionist and research assistant at the Grenoble faculty of medicine.



The sustainable slimness cookbook: 90 tasty and healthy recipes

Topic : Health food

Series : Expert advice

Release date : 2015

17 x 24,5 cm

224 pages CMYK

Public retail price : 22€

ISBN : 978-2-36098-159-5

This book isn't about dieting; it presents a new way of healthy eating. The dietician, Brigitte Fichaux, gives plenty of nutritional advice, never based on privation but on dividing up the daily amount of food. Many examples of menus and combinations are also given in the book. Marie Chioca proposes 90 savoury and sweet

recipes, that are both gourmet and tasty. This book gives the reader the key to sustainable slimness without the yoyo effect, and culinary pleasure is not forgotten.

THE AUTHORS

Brigitte Fichaux is a well-known dietician and has specialised in sustainable slimness for the past 20 years. She is an author of several books and also gives lessons on losing weight to rediscover health.

Marie Chioca is an organic chef and culinary photographer. She shares her passion for healthy but gourmet food via her books and her blog "saines gourmandises"



Almond, sesame, avocado: 150 oleaginous fruit or seed vegetarian recipes

Topic : Health food

Series : Expert advice

Release date : 2013

15 x 21 cm

128 pages CMYK

Public retail price : 14€

ISBN : 978-2-36098-102-1

Rich in protein, fiber, minerals, polyphenols and vitamine E, oleaginous fruit and seeds are full of protective substances and antioxidants. If consumed regularly, they can reduce the risk of cardio-vascular disease, diabetes and certain cancers. Rich in unsaturated fats, oleaginous seed do not facilitate weight gain (contrary to popular belief!).

This book presents 20 different oleaginous fruit and seeds: dried fruit (walnuts, almonds, pine nuts...) fresh fruit (avocado, olives...), seeds (sunflower, pumpkin, flax...) and their nutritional properties. The 150 recipes in the book (40 are raw food recipes) prove that there are countless culinary possibilities with oleaginous produce: almond and avocado salad, flax-seed bread, sesame falafels, almond and banana smoothie...from breakfast to dinner, these products are the allies of a healthy diet, especially for vegetarians.

THE AUTHORS

Claude Aubert is an agronomist and pioneer on organic farming in France, is one of the founders of Terre vivante. He is the author of numerous books on organic agriculture, healthy eating and interactions between the environment and health. He regularly gives conferences on these subjects. **Emmanuelle Aubert** holds conferences on healthy cooking and getting back into shape in France and Italy.

WELL-BEING



50 nature activities to do with children

Topic : Natural health

Series : Easy and organic

Release date : 2015

21 x 21 cm

120 pages CMYK

Public retail price : 14€

ISBN : 978-2-36098-178-6

This book proposes to use what nature has to offer throughout the different seasons to create toys, decorative objects or small home-made presents or to follow simple recipes for making food or cosmetics.

50 different activities are described to do either indoors or outdoors. The children will love collecting the different materials or ingredients, then to transform their “treasure” following the illustrated step-by-step instructions that are well detailed. A wonderful way of observing, tasting and enjoying what nature has to offer.

THE AUTHOR

Creating all kinds of things is an essential part of **Marie-Lyne Mangilli Doucé**'s life that never ceases to marvel her and that she shares with her family and children. She manages the blog “blog-jardinsauvage.blogspot.fr”



I sew for my children and recycle my clothes

Topic : Natural health

Series : Easy and organic

Release date : 2015

21 x 21 cm

120 pages CMYK

Public retail price : 14€

ISBN : 978-2-36098-154-0

This book shows the reader how to give a second life to adult clothes for children aged 0 to 3 years. The book lists the textiles

and pieces to recover, Marie Painparay proposes 24 objects to sew: clothes, soft toys, accessories, decorations...with the help of the step-by-step explanations, and actual size templates, these creations are easy to make. With this book, the reader rediscovers the pleasure of making and transforming old into new!

THE AUTHOR

Marie Painparay is a dressmaker, textile designer and stylist. She specialises in children's clothes.



Beautiful natural hair

Make your own shampoo, lowlights and natural dyes

Topic : Natural health

Series : Easy and organic

Release date : 2014

21 x 21 cm

120 pages CMYK

Public retail price : 14€

ISBN : 978-2-36098-141-0

Traditional shampoo, conditioner and hair dyes are, for the most part, chemical products that harm hair and health. However, there are plants and natural products for hair that are perfectly safe. This book explains how to mix and apply them correctly. Examples are soap plants like saponaria, shikakai, soapnut, and legumes, embellishing plants such as aloe, quince, coconut, avocado, banana, rosemary, yellow myrobalan, black and red teas, hibiscus, vegetable oils and more, and tinctorial plants such as camomile, carthame, walnut hull, natural henna, black henna (indigo), onion skin, Indian gooseberry and common madder. The book presents a selection of the best recipes for all types of haircare, including shampoo, highlights, lowlights, hair dye and beauty masks.

THE AUTHORS

Sylvie Hampikian is an expert in pharmacology and toxicology. She is particularly interested in natural products that can be used on a daily basis for health and well-being. **Alexandra Perrogon**, specialises in natural hair care and created her Hair institute in 2003.



The Terre vivante guide to natural beauty: home-made cosmetics, shampoos, soaps and perfumes

Topic : Natural health

Series : Terre vivante guides

Release date : 2015

19,5 x 24 cm

352 pages CMYK

Public retail price : 29,90€

ISBN : 978-2-36098-179-3

Most of the cosmetics available in the shops are made with noxious ingredients or ingredients that can harm or participate to the destruction of ecosystems (non-certified palm oil, shark liver oil...)

This 320 page guide allows the reader to prepare natural and organic home-made cosmetics. The book is a mine of information for the whole family and regroups care products for the body, face and hair. Recipes for creams, soaps, shampoos etc. are detailed with illustrated step-by-step instructions. Each recipe is categorised according to difficulty. The book shows how to pamper oneself in an economical, fun, healthy and 100% environmentally-friendly way!

THE AUTHORS

Sylvie Hampikian is an expert in pharmaco-toxicology and is the author of several books on natural cosmetics. **Alexandra Perrogon** specialises in natural hair care and created her Hair institute in 2003



Good health and well-being with clay

Topic: Natural health

Series: Expert advice

Release date: 2012

15 x 21 cm

160 pages CMYK

Public retail price: 17€

ISBN: 978-2-36098-073-4

How should clay be used? How should it be mixed? What are the different ways of applying clay for either external or internal use? What are the precautions for the use of clay? What kind of disorders can it treat? 29 common disorders are presented by the author, Cécile Baudet, who gives the reader the key to understand the problem and the part that clays play in the healing process. She also explains precisely how to use clay without forgetting the precautions for using it, and gives advice on how to use clay as a toiletry or a cosmetic product: shampoo, toothpaste and teeth and gum care, facial care...16 methods of body care with clay are included in the book. This book is vital for those who wish to use natural methods for family healthcare.

THE AUTHOR

Cécile Baudet is a biologist, teacher and journalist. She is specialised in alternative medicine, and the interactions between the environment, health and nutrition.



Algae, partners in health and beauty

45 health-care ideas and delicious recipes

Agar-agar, spirulina, wakame...Exceptional dietary supplements!

Topic: Health and nutrition

Series: Expert advice

Release date: 2013

15 x 21 cm

144 pages CMYK

Public retail price: 17€

ISBN: 978-2-36098-097-0

Micro-algae are great sources of nutrients and include vitamins, polyunsaturated fatty acids, minerals, trace elements and proteins. They have anti-oxidising and anti-inflammatory properties, detoxify the body and stimulate its immune defences, etc. These "super nutrients" can be used regularly or as short-term treatments.

Marine algae such as aonori, thongweed and wakame have many beauty and health uses. In addition to serving as dietary supplements, they can treat rheumatic, respiratory and skin conditions as well as cellulitis. When prepared with care, they have pleasant flavours and extraordinary gelling properties. For each alga, the authors present health-care ideas (slimming body-wraps, spirulina-based nourishing and hydrating masks) and food recipes (salads, soups, purées, omelettes, tabbouleh).

THE AUTHORS

Sylvie Hampikian is an expert in pharmacotoxicology and specialised in natural active ingredients. She has written many books on natural cosmetics. **Amandine Geers and Olivier Degorce** manage *What's for dinner?*, an association offering workshops on healthy, organic cuisine.

Guide for vegetarian mums-to-be

Topic: Natural health

Series: Expert advice

Release date: 05/2016

15 x 21 cm

Environ 200 pages CMYK

Public retail price: environ 20 €

ISBN: non attribué

This is the first guide that exists on vegetarian nutrition for vegetarian mums and mums-to-be as well as their children. The author, a new mother, shares her experience in this book that is well-adapted and easy-to-read, with solid nutritional advice and hard scientific facts.

THE AUTHOR

Hélène Defossez is the author of many articles on vegetarianism as well as a book on the subject that came out in France and was translated for the American market. She is a new-mum who shares with passion her engagement for healthy living and animal protection.

Multi-purpose balms for daily care

Topic: Natural health

Series: Easy and organic

Release date: 09/2016

21 x 21 cm

120 pages CMYK

Public retail price: 14 €

ISBN: non attribué

This book contains all the practical information needed to make home-made balms for common ailments, beauty-care or well-being. The book can be used by the reader who has a healing-herb garden or wild-plant garden, as well as city or town-dwellers who can only get hold of dry herbs or herbal by-products (powder, essential oils, mother tinctures...)

THE AUTHORS

Sylvie Hampikian is an expert in pharmacotoxicology and specialised in natural active ingredients. She has written many books on natural cosmetics. **Amandine Geers and Olivier Degorce** manage What's for dinner?, an association offering workshops on healthy, organic cuisine



Natural health for dogs and cats: hygiene, nutrition and healthcare

Topic: Natural health

Series: Expert advice

Release date: 01/2016

15 x 21 cm

144 pages CMYK

Public retail price: 17 €

ISBN: 978-2-36098-185-4

This book is for all those who wish to look after their pets as naturally as possible. It contains advice to prevent the onset of illnesses but also simple remedies as a complement to classic vet care, and a do-it-yourself notebook including around thirty recipes for home-made natural treatments (plants, essential oils, clay, household soap) or recipes for well-balanced pet meals (pasta, biscuits...)

THE AUTHORS

Sylvie Hampikian is an expert in pharmacotoxicology and specialised in natural active ingredients. She has written many books on natural cosmetics. **Amandine Geers and Olivier Degorce** manage What's for dinner?, an association offering workshops on healthy, organic cuisine

ECO-HOMES



The Terre vivante guide to eco-homes: design, layout, decoration and maintenance

Topic : eco-homes
Series : Terre vivante guide
Release date : 2014
19,5 x 24 cm
320 pages CMYK
Public retail price : 32 €
ISBN : 978-2-36098-143-4

Our homes are often polluted with invisible and insidious particles. To avoid these harmful pollutants in the home, this book explains how to do fittings and finishings (such as dividing walls, floor finishings, insulation...) with natural and noble materials such as wood, hemp or cellulose wadding. The book

also explains how to decorate interiors with recipes for paints, renders, varnishes... From easy-to-make casein paint to magnificent and subtle lime plasters (tadelakt), the book gives advice and know-how for all tastes and different levels of difficulty.

The book also gives recipes for different make-at-home household products with 100% natural and inexpensive ingredients. This new Terre vivante guide gives all the advice and techniques needed to live in a natural and healthy home.

THE AUTHORS

Jean-Claude Mengoni, Manuel Mengoni, Bruno Gouttry, Laetitia Royant et Christelle Auzias are a group of experts on these subjects.



I save water at home: water collecting, waterless toilets, green roofs

Topic : eco-homes
Series : Easy and organic
Release date : 2011
21 x 21 cm
96 pages CMYK
Public retail price : 12 €
ISBN : 978-2-36098-029-1

This book proposes an array of techniques for saving and collecting water as well as how to prevent pollution. It provides all the information needed on how to take action at home, from the easiest to the more elaborate techniques such as installing a rain water-collecting system, a green roof, or waterless toilets. The book is for city or country-dwellers, tenants or house owners.

THE AUTHORS

Sandrine Cabrit-Leclerc is an environment and sustainable development consultant with a scientific background. She works for local authorities and businesses. Sandrine, an environmental expert, is above all a specialist in water and the treatment of waste water.

Pascal Greboval is a photographer specialised in eco-living.



I maintain the wood in my home: Shutters, floorboards, furniture

Topic: eco-homes
Series: Easy and organic
Release date: 2012
21 x 21 cm
96 pages CMYK
Public retail price: 12€
ISBN: 978-2-36098-071-0

Few are those who have never needed to or wanted to repaint their shutters, to wax their floor or to varnish or stain their paneling. It is actually not that easy to know which product to favour and which technique to use in order to avoid pollution at home or in the environment.

Among oils, waxes, varnishes or stains, gloss paints ... the author explains how to decide what coating to apply and gives recipes for making them at home. He also gives precious advice such as which tools you will need, which ingredients to use, how to prepare the wood and different ways of applying the different coatings.

THE AUTHORS

Bruno Gouttry is a qualified painter and is specialised in natural paints and renders. He runs courses on the subject.
Pascal Greboval is a photographer.



Self build eco-homes: all the keys needed to succeed your construction

Topic: eco-homes
Series: Expert advice
Release date: 2015
15 x 21 cm
192 pages CMYK
Public retail price: 23€
ISBN: 978-2-36098-180-9

This book is written by an eco-home professional and summarises all that the self-builder should know before starting a self-build eco-home whether it is to be partially or totally self-built. Preliminary phases (organisation, choice of materials, administrative procedures) to the construction work itself (structural works, insulation, electricity, heating), as well as case studies of practical information

give all the information needed to build your own eco-home.

THE AUTHOR

Philippe Lequenne is an engineer and teacher at the Grenoble School of architecture. He was also Director of Greenpeace France and the President of Friends of the Earth.



Building with earth and straw

Topic : eco-homes

Series : Expert advice

Release date : 2011

17 x 24,5 cm

224 pages CMYK

Public retail price : 27,40€

ISBN : 978-2-36098-049-9

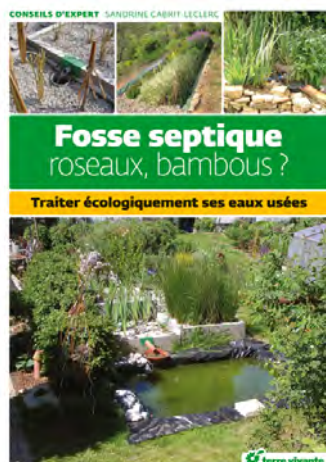
The earth-straw building technique presented in this book is basically a mixture of earth and plant fibre that is applied to a load-bearing wooden frame. This building technique gives four major advantages: low environmental impact, great thermal efficiency, highly economical and can be used on all terrain.

The author details in this book the different stages of building with earth-straw: initial structural calculations, structural works and how

to make and use the earth-straw mix, specific techniques for fittings and finishings, electrical sheathing, plumbing, carpentry, flooring, wall coatings...

THE AUTHOR

Alain Marcom is an earth-straw specialist. His company, the cooperative Inventerre, has built earth-straw houses for over 20 years. He is a man of action, committed to developing this technique in France.



Septic tanks, reeds, bamboo: How to treat your waste water ecologically

Topic : eco-homes

Series : Expert advice

Release date : 2008

15 x 21 cm

160 pages CMYK

Public retail price : 21,30€

ISBN : 978-2-914717-96-0

There are alternatives to the septic tank! Dry toilets, reed beds, treatment ponds, lagooning...the possibilities for treating waste water

and releasing it clean are numerous and they really work! This book, illustrated with many easy-to-follow case studies, will come into great use for property owners who are not connected to a waste water treatment system, for guest house owners, campsites and farms or for small communities. Councillors and professionals in water management will also find the book useful.

THE AUTHOR

Sandrine Cabrit-Leclerc is an environment and sustainable development consultant with a scientific background. She works for local authorities and businesses. Sandrine, an environmental expert, is above all a specialist in water and the treatment of waste water.



Straw construction: fundamentals, techniques, case-studies

Topic: eco-homes

Series: Professional techniques

Release date: 2012

20 x 26 cm

384 pages CMYK

Public retail price: 45€

ISBN: 978-2-36098-081-9

Straw is a renewable, locally available and healthy resource that is also an excellent insulant.

In this book, the author presents the main properties of straw as well as the rules, regulations and standards, and the different types of construction techniques that use straw in many different ways.

Using 40 different case-studies throughout Europe of individual or shared buildings, the author illustrates straw construction techniques: structural and self-supporting, hybrid techniques, complementary structures, straw combined with different frame structures and renders, using straw in bulk, straw cements, interior or exterior straw insulation for renovating or new buildings.

The AUTHOR

Luc Floissac is the coordinator of the Group on straw construction rules and regulations. He is a researcher and lecturer at the Toulouse school of architecture.



Ecological sound insulation: materials and equipment, implementation and case-studies, for new buildings or renovation

Topic: eco-homes

Series: Professional techniques

Release date: 2011

20 x 26 cm

208 pages CMYK

Public retail price: 27,40€

ISBN: 978-2-36098-047-5

In the first part of the book the author, a sound engineer, explains what is sound, noise or noise pollution. The second part presents in detail the ecological materials that can be used for acoustics and the conventional materials that as yet have no ecological equivalent.

The third part of the book details how to carry out the different techniques. Several case-studies are presented: floating hardwood floors, insulation between adjoining bedrooms, sanitary facilities, a craft workshop near to housing, neighbourhood noise, neighbours in multi-storey flats, or between semi-detached or terraced housing, traffic noise. In the final new chapter, the author explains how to deal with noise created by household installations: water and heating systems, air-conditioning, mechanical ventilation...

THE AUTHOR

Jean-Louis Beaumier is a sound engineer and works for silence and acoustic comfort in the home. He is a pioneer in using ecological materials for acoustics and works with architects, project managers and ecological construction material suppliers.