



Raincoast Books

EARLY SPRING 2021

QUADRILLE

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To view updates, please see the Early Spring 2021 Raincoast eCatalogue or visit www.raincoast.com



QUADRILLE

How to Make Anything Gluten-Free

Over 100 recipes for everything from home comforts to fakeaways, cakes to dessert, brunch to bread!

by Becky Excell

Are you avoiding gluten but yearn for fresh bread, all your favourite takeaways or a naan bread with your curry? And for your sweet tooth do you crave jam doughnuts, bakery-style cookies and classic cakes? How to Make Anything Gluten-Free is the first cookbook that shows you how to unlock all the food you truly miss eating – but nothing tastes or looks "gluten-free". Becky Excell has spent years developing delicious dishes and sharing them with her followers on Instagram. She is here to show you that a gluten-free life can be exciting and easy, without having to miss out on your favourite foods ever again. Why restrict yourself to the obvious soups, salads and fruit? What you really want are the recipes that you think you can't eat! From proper chicken chow mein to pad thai, doughnuts to lemon drizzle cake, cheesecake to profiteroles, French baguettes to pizza, plus dairy-free, vegan, veggie and low FODMAP options, Becky gives you all the recipes you'll ever need with tips and advice on how to make absolutely anything gluten-free.

Author Bio

·Author Becky Excell has a following of over 200,000 across her social media channels, including nearly 100,000 on Instagram ·Gluten-free has gone mainstream with most large supermarkets offering gluten-free options ·It is estimated that 10% of consumers in the UK follow a gluten-free diet and the number is set to double by 2020

Quadrille

On Sale: Feb 23/21

9.8 x 7.4 • 224 pages

9781787136618 • \$42.99 • cl

Cooking / General

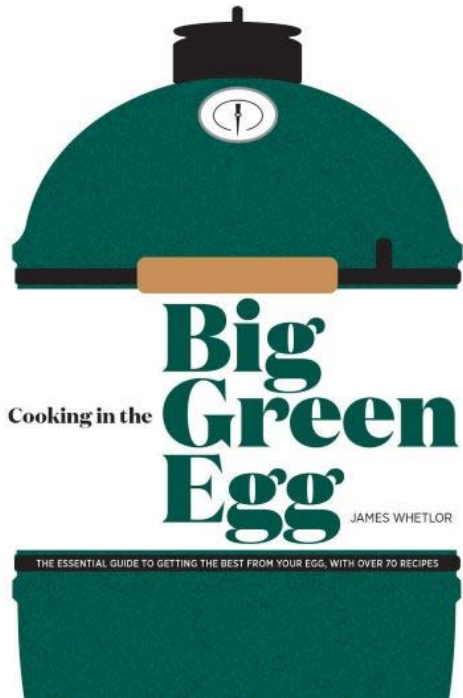
Notes

Promotion



9 781787 136618





Quadrille
 On Sale: Mar 23/21
 9.8 x 7.4 • 224 pages
 9781787135871 • \$50.00 • cl
 Cooking / Methods / Barbecue & Grilling

Notes

Promotion



The Big Green Egg Cookbook

by James Whetlor

The Big Green Egg has a cult following amongst BBQ experts due to its versatility and high-performance cooking at a range of temperatures. As more and more enthusiasts realise what a versatile and practical bit of cooking kit the Egg is, experts and amateurs alike are looking for recipes to test out their skills and maximise the Egg's capabilities.

The Big Green Egg Cookbook showcases this vital piece of outdoor cooking equipment and offers instructions and recipes for everything you'd ever want to cook in it. Award-winning author of Goat, James Whetlor, guides the reader through the basics of using your Big Green Egg, with a full explanation of how it works and how to get the best out of it, including:

What is it made of and why?

How does it work?

How do I get started?

How do I grill, smoke, pan-cook, cook on direct or indirect heat?

With James's cooking advice, tricks, tips and hacks, you're then ready to cook your way through 70 amazing recipes including all the basic meats and joints, whole fish, vegetables and jaw-dropping BBQ feasts.

Author Bio

Winner of a James Beard award for his first book Goat, James Whetlor of Cabrito Goat Meat worked as a chef for 12 years in London, before moving back to his hometown in Devon and working at River Cottage. His award-winning business Cabrito now sells goat meat to catering butchers, restaurants and supermarkets, from a network of farms across the country. Goat also won the Guild of Food Writers Best Single Subject Food Book of 2019.





QUADRILLE

From Scratch: Brew

Slow Down, Make Beer

by James Morton

Previously published as Brew, this updated edition includes new recipes and top tips on everything you need to know to make your own beer from scratch. Making good beer at home is easy, and oh so cheap. From Scratch: Brew takes the novice beer-enthusiast by the hand and talks you through every last step of the process. You don't need to go out and buy loads of kit. With a plastic bucket or two, you can make beer as good as any beer in the entire world and customise it to your own tastes. With beautiful step-by-step photographs and comprehensive sections on how and what you need to get started, bottling and storing, a glossary of key ingredient types, troubleshooting tips and proven beer recipes that result in complex flavours, every taste and skill level is catered for.

Author Bio

James Morton is the author of five books including Brilliant Bread, which won the Guild of Food Writers Cookbook of the Year award in 2014, How Baking Works (2015), Brew (2016) and Shetland: Cooking on the Edge of the World (2018). In 2012 he reached the final of TV's The Great British Baking Show. He works as a doctor in Glasgow and owns a brewery in that same city.

Quadrille

On Sale: Apr 13/21

176 pages

9781787136977 • \$24.99 • Flexible plastic/vinyl cover

Cooking / Beverages / Beer

Notes**Promotion**

9 781787 136977





QUADRILLE

From Scratch: Sourdough

Slow Down, Make Bread

by James Morton

Previously published as Super Sourdough, this updated edition includes new recipes and top tips on everything you need to know to make your own sourdough from scratch. James talks the home cook through everything from starters, flours and hydration, to kneading, shaping, rising, slashing and baking, explaining how to achieve the perfect crust and crumb. With more than 40 sourdough recipes including basic loaves and rolls, baguettes, bagels and buns, clear step-by-step instructions, troubleshooting tips and explanations of what works and why, From Scratch: Sourdough is the accessible handbook that bakers everywhere have been waiting for.

Author Bio

James Morton is the author of five books including Brilliant Bread, which won the Guild of Food Writers Cookbook of the Year award in 2014, How Baking Works (2015), Brew (2016) and Shetland: Cooking on the Edge of the World (2018). In 2012 he reached the final of TV's The Great British Baking Show. He works as a doctor in Glasgow and owns a brewery in that same city.

Quadrille

On Sale: Apr 13/21

176 pages

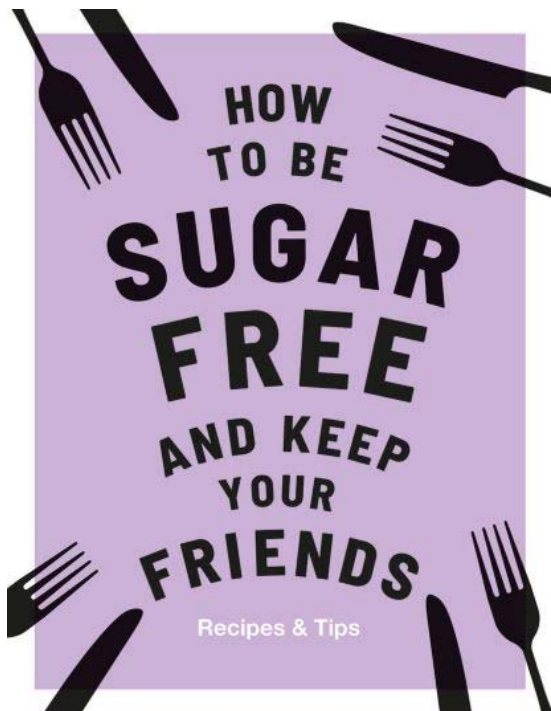
9781787136953 • \$24.99 • Flexible plastic/vinyl cover

Cooking / Courses & Dishes / Bread

Notes**Promotion**

9 781787 136953





Quadrille
 On Sale: Feb 2/21
 8.3 x 6.3 • 160 pages
 9781787136267 • \$28.99 • cl
 Cooking / Health & Healing / Diabetic & Sugar-Free

Notes

Promotion



QUADRILLE

How to be Sugar-Free and Keep Your Friends

Recipes & Tips

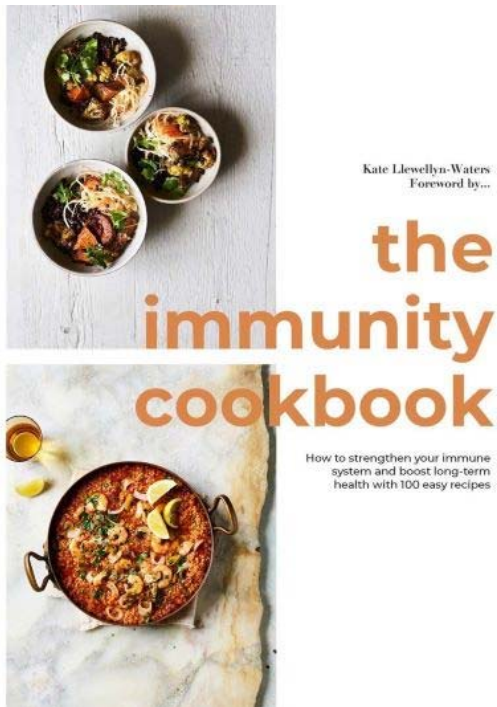
by Megan Davies

You're being healthy, eating in a more considered manner and, most importantly, you've never felt better. So why is it still so tricky to navigate life as a sugar-free diner? From going out for dinner, to staying in with friends, it can be a challenge to cook, eat and socialise in a world of refined sugar eaters. How to be Sugar-Free and Keep Your Friends helps you to go about your life without compromises, excuses or apologies. Instead, you'll be armed with over 50 fresh, exciting and globally-inspired recipes, free from any refined sugar, and discover a whole new world of natural sweeteners. Happily cook for yourself, your friends and your family (without hearing any complaints!), and dip into tips, tricks and hacks to learn how to be a better, more easygoing sugar-avoider. Your options will open up, you'll enjoy a delicious new menu of food, and your friends. . . well, they'll never have a bad word to say again!

Author Bio

Megan Davies is a London-based food stylist, recipe writer, tester, developer and food illustrator. Her work has featured in Olive Magazine, BBC Good Food Magazine, and clients include Pret a Manger, Wagamamas, HelloFresh, Linda McCartney Foods, to name a few. She runs a small, intimate supper club called Home Bird in London, UK.





The Immunity Cookbook

How to Strengthen Your Immune System and Boost Long-Term Health, with 100 Easy Recipes
by Kate Llewellyn-Waters

If we feel run down and we want to support our immune system, most of us tend to pop some vitamins. But an incredible 70% of our immune system is in the gut, so gut health is crucial in our defence against illness.

Is it possible to improve our gut health with simple changes to our lifestyle? Yes – with this essential recipe book from nutritionist and immunity expert, Kate Llewellyn-Waters.

Kate explains in simple terms how our immune system and gut work, how we can help improve our immunity every day, what autoimmune conditions and allergies are, and which are the key non-food contributors to gut health and immunity, such as sunlight, sleep, mental health and exercise.

The main part of the book offers 100 everyday recipes, all using accessible, supermarket ingredients and offering helpful switches or additions to suit you and your family's needs, as well as practical meal plans to make life even easier.

Author Bio

Kate is an award-winning MSc. qualified nutritionist with over twenty years' experience in the health and nutrition industry. She has an undergraduate degree and a Masters in Personalised Nutrition. Kate is registered with The Nutrition Society and is an associate of the Royal Society of Medicine in the UK.

Kate regularly provides nutrition comments for numerous national British publications. Along with leading personal trainer, Jamie Sawyer, Kate is the co-host of the nutrition and health podcast, Fit as F**k.

Outside of her work, Kate is focussed on raising awareness of the condition otosclerosis, having lost 70% of her hearing eight years ago when pregnant. As a hearing-aid wearer, she is committed to reducing the stigma of hearing loss and wearing hearing aids.

Quadrille
On Sale: Jan 5/21
9781787136793 • \$42.99 • cl
Cooking / Health & Healing / General

Notes

Promotion





Herb

A cook's companion, from plot to plate
by Mark Diacono

Herb is a plot-to-plate exploration of herbs that majors on the kitchen, with just enough of the simple art of growing to allow the reader to welcome a wealth of home-grown flavors into their kitchen. Author Mark Diacono is a gardener as well as a cook. Packed with ideas for enjoying and using herbs, Herb is much more than a recipe book. Mark shares the techniques at the heart of sourcing, preparing and using herbs well, enabling you to make delicious food that is as rewarding in the process as it is in the end result. The book will explore how to use herbs, when to deploy them, and how to capture those flavors to use when they might not be seasonally available. The reader will become familiar with the differences in flavor intensity, provenance, nutritional benefits and more. Focusing on the familiars including thyme, rosemary, basil, chives and bay, Herb will also open the door to a few lesser-known flavors. The recipes build on bringing your herbs alive - whether that's a quickly swizzed parsley pesto when short of time on a weekday evening, or in wrapping a crumbly Lancashire cheese in lovage for a few weeks to infuse it with bitter earthiness. With a guide to sowing, planting, feeding and propagating herbs, there are also full plant descriptions and their main culinary affinities. Mark then looks at various ways to preserve herbs including making oils, drying, vinegars, syrups and freezing, before offering 70 innovative recipes that make the most of your new herb knowledge.

Author Bio

Mark is lucky enough to spend most of his time eating, growing, writing and talking about food. His *A Year at Otter Farm* and *A Taste of the Unexpected* both won Food Book of the Year, for Andre Simon and the Guild of Food Writers, respectively. His book *Sour* was Food Book of the Year 2019 in *The Sunday Times* and *Daily Mail*. Known for growing everything from Szechuan pepper to pecans to Asian pears, Mark's refreshing approach to growing and eating has done much to inspire a new generation to grow some of what they eat.

He was involved with River Cottage, appearing in the TV series, running courses and events at River Cottage HQ, and he has written four River Cottage books. Mark also writes regularly for a range of publications including *The Telegraph* and *Country Life*, and his features have appeared in *The Observer*, *Guardian*, *National Geographic*, and others.

Quadrille

On Sale: Apr 13/21

10.6 x 7.1 • 272 pages

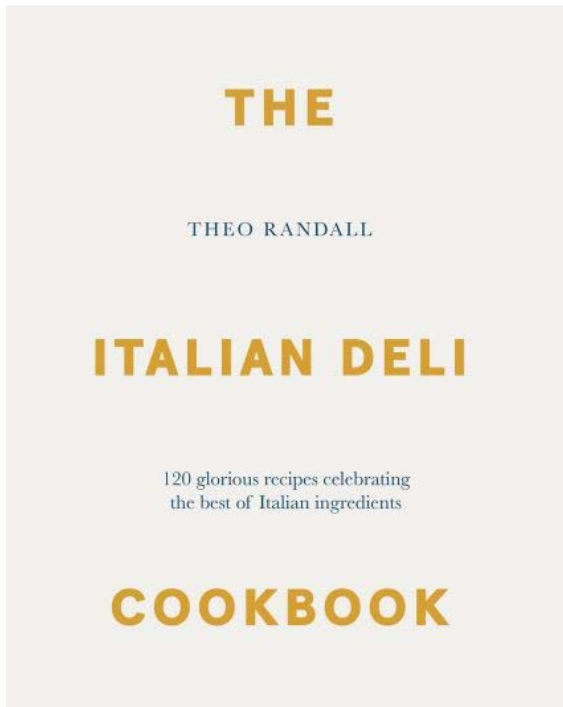
9781787136359 • \$50.00 • cl

Cooking / Specific Ingredients / Herbs, Spices,
Condiments

Notes

Promotion





The Italian Deli Cookbook

120 glorious recipes celebrating the best of Italian ingredients
by Theo Randall

From biscotti to limoncello, the world's love affair with Italian delis goes way back.

The Italians have taken the very best of Italian produce all over the world. From Hong Kong to London, Sydney to Brooklyn, people everywhere have access to a treasure trove of ingredients through Italian delicatessens.

Theo Randall's Italian Deli Cookbook showcases delicious family recipes using favorite ingredients. Easily accessible in supermarkets now too, and worth paying a little extra for the very best, these are transformative ingredients that can make for easy lunches and suppers, or dinner party centerpieces. With 100 recipes using cured meats, smoked fish, jarred vegetables, vinegars, olives, pasta, pulses, cheeses and wine, it reads like a treasure trove of favorite dishes. With stunning photography throughout, and original, simple recipes, as well as a directory of classic delicatessens worldwide, elevate your cooking the easy way with the expert guidance of world-renowned chef Theo Randall.

Author Bio

Theo Randall started working at the River Cafe in 1989. After a brief stint at Chez Panisse under Alice Waters, he returned to London to take up the role of Head Chef at the River Cafe, and remained there for 15 years. He left in 2006 to launch his first restaurant, Theo Randall at the Intercontinental, which now has two more locations in Hong Kong and Bangkok. Theo has appeared on Saturday Kitchen on numerous occasions, Masterchef, Sunday Brunch, Lorraine, Chef's Protege, and My Kitchen Rules. He also works with high-profile brands including Pizza Express, Cirio and Natoora. He has written two previous cookbooks, Pasta and My Simple Italian.

Quadrille

On Sale: Mar 23/21

9.7 x 6.6 • 256 pages

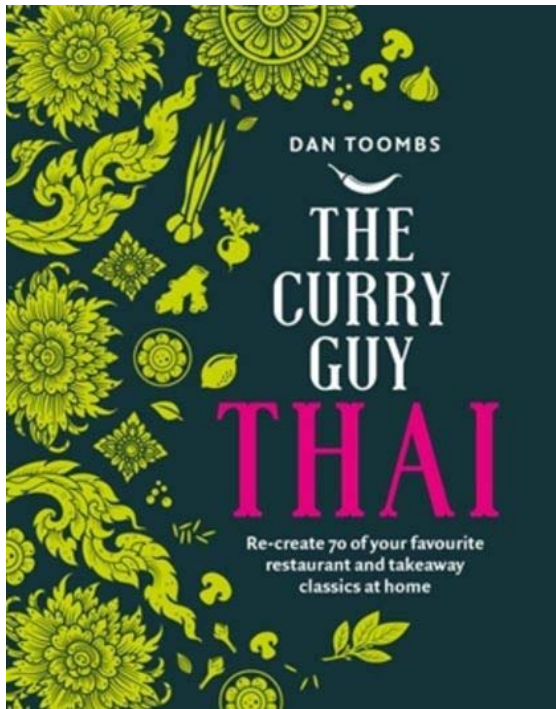
9781787135963 • \$50.00 • cl

Cooking / Specific Ingredients / Meat

Notes

Promotion





Quadrille

On Sale: Apr 20/21

8.9 x 6.9 • 160 pages

9781787136144 • \$28.99 • cl

Cooking / Regional & Ethnic / Thai

Notes

Promotion



QUADRILLE

Curry Guy Thai

Recreate 70 Classic Thai Dishes at Home

by Dan Toombs

The Curry Guy aka Dan Toombs is back, and this time he is taking on all the Thai classics.

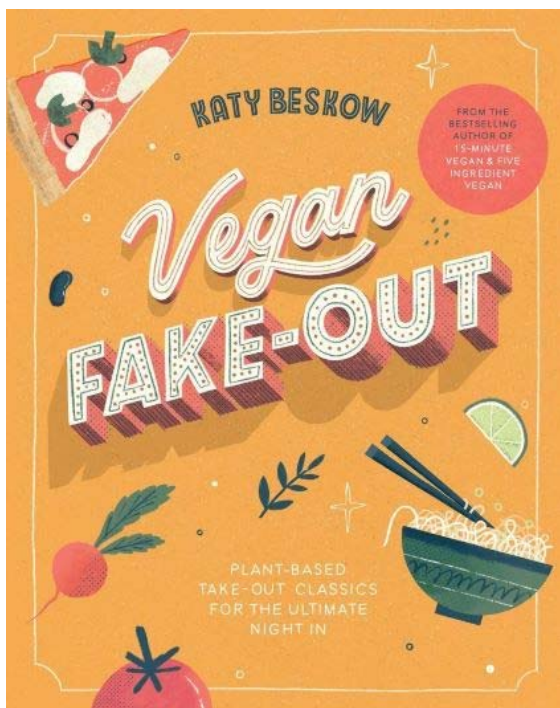
Thai cuisine is known for its light dishes that are packed with diverse flavours and textures. Can there be anyone who didn't fall head-over-heels in love with a green curry the first time they tasted one? Or who doesn't go crazy for the sweet/sour/savoury of a good pad Thai?

Having enjoyed Thai food in his years in California (over a quarter of the US Thai population live in the state), Dan's spent many years researching Thai dishes as well as the Indian curries for which he is so well known. All over the world people want to be able to make delicious and simple Thai meals like the ones they enjoy in restaurants and pubs, and Curry Guy Thai offers 70 brand-new recipes for all your favourites.

Author Bio

Dan Toombs (aka The Curry Guy) has perfected the art of the curry. After over 20 years of travelling the world, sampling dishes, learning secrets from chefs and refining those recipes at home, Dan has created recipes that taste just like a takeaway but in less time and for less money. Dan's first book, *The Curry Guy* (2017), was a bestseller; this is his fifth book following *Curry Guy Easy* (2018), *Curry Guy Veggie* (2019) and *Curry Guy Light* (2020). He lives in Yorkshire with his curry-loving family.





Quadrille
 On Sale: Feb 2/21
 7.25 x 9.13 • 160 pages
 9781787136281 • \$32.99 • cl
 Cooking / Vegetarian

Notes

Promotion



QUADRILLE

Vegan Fake-out

Plant-based take-out classics for the ultimate night in

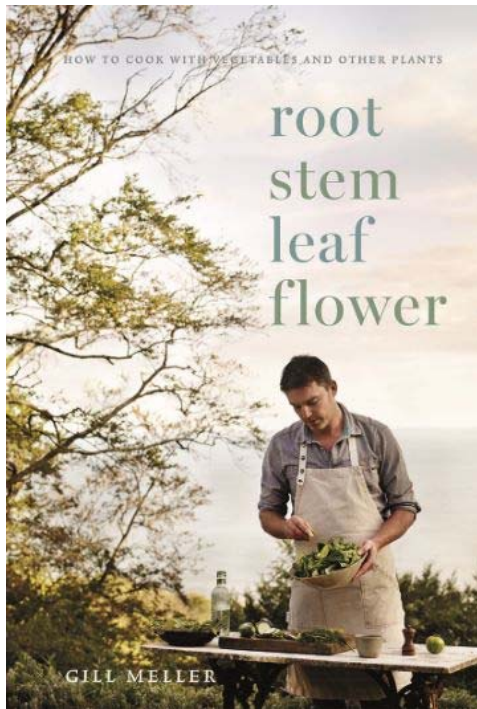
by Katy Beskow

We all love a take-out. It's one of life's little pleasures, and a great way to try food from around the world in the comfort of our own homes. But when hankering after a plant-based treat, the take-out menu isn't always the easiest thing to navigate. *Vegan Fake-out* offers 70 recipes that deliver fast, easy, vegan take-out classics that will make sure that you're able to indulge, whenever the craving strikes. Divided into chapters on American, Chinese, Indian, Italian and Middle Eastern classics you'll find recipes which take just fifteen minutes to cook, slow-cooker recipes that do the hard work for you, and menus that will feed up to four people. From All-in-one biryani or Sesame spring rolls, to Sicilian-style pizza, Falafel flatbreads and Chilli burritos, there's something for every Friday night feast. Using readily available ingredients, standard kitchen equipment and with tips on freezing, cost-saving and ditching single-use plastics, you can enjoy a fuss-free fake-out with minimal effort and maximum flavor – all without leaving the house.

Author Bio

Katy Beskow is an award-winning cook, writer and cookery tutor with a passion for seasonal ingredients, vibrant food and fuss-free home cooking. Once inspired by a bustling and colourful fruit market in South London, Katy now lives in rural Yorkshire and cooks from a small (yet perfectly functioning) kitchen. She blogs at www.katybeskow.com. Katy is the author of *15-Minute Vegan* (2017), *15-Minute Vegan Comfort Food* (2018), *15-Minute Vegan on a Budget* (2019) and *Five Ingredient Vegan* (2019); this is her fifth book.





Root, Stem, Leaf, Flower

How to Cook with Vegetables and Other Plants

by Gill Meller

Root, Stem, Leaf, Flower is a cookbook about plants – it's about making the most of the land's bounty in your everyday cooking.

Making small changes to the way we cook and eat can both lessen the impact we have on the environment and dramatically improve our health and wellbeing: good for us and for future generations to come. Making plants and vegetables the focus of your meals can improve your cooking exponentially - they provide a feast of flavours, colours and textures.

Root, Stem, Leaf, Flower is a true celebration of seasonal vegetables and fruit, packed with simple and surprisingly quick vegetarian recipes. With roots, we think of the crunch of carrots, celeriac, beetroot. From springtime stems like our beloved asparagus and rhubarb, through leaves of every hue (kale, radicchio, chard), when the blossoms become the fruits of autumn – apples, pears, plums – the food year is marked by growth, ripening and harvest.

With 120 original recipes, every dish captured by acclaimed photographer Andrew Montgomery, and Gill's ideas for using the very best fresh ingredients, Root, Stem, Leaf, Flower is a thoughtful, inspiring collection of recipes that you'll want to come back to again and again.

Author Bio

Gill Meller is a chef, award winning food writer, food stylist and cookery teacher. Gill works closely with Hugh Fearnley-Whittingstall and River Cottage and appears regularly on the celebrated Channel 4 series. He produces recipe videos for the River Cottage food-tube channel and teaches both at the River Cottage Cookery School and internationally. A contributor to the Observer, Guardian, Waitrose Food, Telegraph and Country Living to name but a few, his regular recipe column can be found in the award winning delicious magazine every month. Gill's first book, Gather (2016), won the Fortnum & Mason Award for Best Debut Food Book, and Time (2018) was nominated for the Guild of Food Writers Cookbook of the Year.

Quadrille

On Sale: Mar 9/21

7.38 x 10.88 • 320 pages

9781787134331 • \$58.00 • cl

Cooking / Vegetarian

Notes

Promotion





The Noble Rot Book: Wine from Another Galaxy

by Dan Keeling and Mark Andrew

Noble Rot manages to unravel the mysteries of wine with insight and humour. A wonderful - and essential - read for anyone interested in the world of wine, or even for those, like me, who just drink it." Nigella Lawson "The Noble Rot guys have the ability to describe wines as if they're either future friends, or rock-stars coming to blow your mind." Caitlin Moran "Noble Rot has brought originality, humour and now space travel to the very serious business of drinking wine. About time too." Brian Eno "Dan and Mark do that thing that only crazy knowledgeable enthusiasts can do, they make you a crazy enthusiast too. If they said, 'We've found a wine like no other, a wine that actually lights up the sky, but you can only drink it in the desert at midnight, are you coming?' I'd be off, and I'd be confident of meteor showers. They provoke curiosity – 'how does anyone make this extraordinary drink just with grapes?' – excitement, joy, and a longing for knowledge. Now, in this book, they're sharing the knowledge." Diana Henry "These beautiful guys, with their beautiful magazine and their beautiful restaurant with its beautiful wine-list, have only gone and made an absolutely drop-dead, stamp-your-hooves-and-howl-at-the-moon beautiful book. From the very first page, I wanted to tear my clothes off and run down the street in the direction of Noble Rot, shouting, 'Table for two, a glass of something cold and delicious, and a small plate of everything, and then a bottle of something else and keep it coming!'" Giles Coren Choosing wine in a restaurant or shop can seem an unfathomable business. But, according to Dan Keeling and Mark Andrew, the (...)

Author Bio

Dan Keeling and Mark Andrew co-founded Noble Rot magazine in 2013, and the restaurant of the same name in 2015. Dan has won three Louis Roederer Awards and a Fortnum & Mason Award for his writing about wine and food. In his previous career in music he was Managing Director of Island Records, and Head of A&R at Parlophone Records, where he signed Coldplay and Bombay Bicycle Club, among others. Mark Andrew is a Master of Wine, and previously worked as buyer at a leading London merchant. Together, Dan and Mark also founded wine importers Keeling Andrew & Co. in 2017.

Quadrille

On Sale: Feb 2/21

9.8 x 7.4 • 352 pages

9781787132719 • \$65.00 • cl

Cooking / Beverages / Wine & Spirits

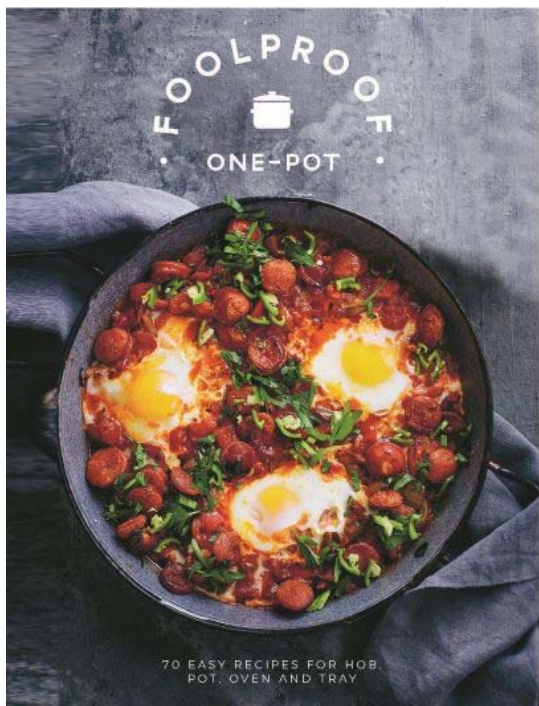
Notes

Promotion



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QUADRILLE

Foolproof One-Pot

60 Easy Recipes for Hob and Oven

by Alan Rosenthal

One-pot cooking cuts down on washing up, requires minimal kitchen space and tends not to be overly complicated. What's not to love about that?

In the first book of the Foolproof series, Foolproof One-Pot celebrates throwing ingredients into a single dish and letting the oven do the work. Alan Rosenthal offers amazing new ways to elevate classics, as well as revealing new sure-to-be favorites. From weekend slow cooks to easy-going tray bakes, this mouth-watering collection of 70 useful, vibrant recipes are all cooked with minimal fuss and maximum flavor!

Author Bio

Alan Rosenthal is a chef, food stylist and cookery teacher. He has a degree in modern languages and first worked for Brindisa, before spending two years working in Australia followed by work experience in the likes of Chez Bruce and Pied a Terre. He was Head of Food with Picturehouse Cinemas and headed up the food team at Gousto until 2018; Alan has also worked in development for brands including Pernod Ricard. He is the author of Stewed! 80 Irresistible Stew and One-Pot Wonders (2010). Alan has been teaching one-pot cooking courses at Leith's since 2010.

Quadrille

On Sale: Feb 16/21

8.3 x 6.3 • 144 pages

9781787135949 • \$28.99 • cl

Cooking / Courses & Dishes / General

Notes

Promotion



9 781787 135949



Raincoast Books

Sales Rep



QUADRILLE

The Bike Repair Book

The handy guide to bicycle maintenance

by Gerard Janssen

Cycling is more popular than ever before: it's healthy, it's cheap and it's better for the environment. People are dusting off their bicycles both for convenience and exercise, or investing in new models. But what do you do if things go wrong with your bike? Most bike problems don't require a visit to a specialist - you can fix it yourself with the right set of a spanners and a little know-how. The Bike Repair Book is your one-stop shop for fixing all bike-related issues, from punctured tyres, brake and gear problems, to broken chains. Illustrated with clear graphics and step-by-step instructions, you'll save money and time by repairing your bicycle yourself.

Author Bio

Gerard Janssen is a writer and DJ based in Utrecht, Netherlands.

Quadrille

On Sale: Mar 9/21

4.9 x 7.9 • 112 pages

9781787136885 • \$21.99 • cl

Crafts & Hobbies / Reference

Notes

Promotion



9 781787 136885





Fragrancing Your Home

Natural Projects and Botanical Scents to Restore, Energise and Uplift

by Lesley Bramwell

Fragrance is as vital a part of your home as color and texture. It can add depth to an otherwise stark room, warmth to a cold space, create a mood for a particular occasion - it can welcome, comfort and entice as much as any other aspect of interior design. Moving from room to room, *Fragrancing Your Home* offers a practical look at the various, all-natural ways you can create transformative and evocative scents inspired by nature. Using seasonal combinations of 7 core essential oils, you'll discover how to make your own candles, diffusers, dried herb combinations, incense and florals to restore, energise and uplift.

Author Bio

Lesley Bramwell started out as an Environmental Scientist and after experimenting for many years with botanicals and essential oils for their therapeutic properties, she decided this was her true passion and it was time to launch a new venture. Lesley started creating natural rapeseed wax candles in her kitchen and in 2015 formulated the idea for *Essence + Alchemy*, bringing together the natural scent and energy of plants (essence) and Lesley's scientific and environmental background (alchemy). Taking a scientific approach that's balanced with nature, Lesley designs, handcrafts and packages each *Essence + Alchemy* product from a small garden laboratory in Sheffield. *Fragrancing Your Home* is her first book.

Quadrille

On Sale: Mar 23/21

9.2 x 6 • 176 pages

9781787136229 • \$32.99 • cl

Crafts & Hobbies / Candle & Soap Making

Notes

Promotion





Botanical Soaps

Recipes to make your own natural soaps, shampoo bars and other clean beauty products

by Marta Tarallo

Sustainability is creeping into all aspects of our lives. The beauty industry is one of the biggest polluters, littering our oceans with used plastic bottles and containers – therefore, there is now a growing movement looking for cleaner and greener way to beautify. Learn how to simplify your beauty regime with Botanical Soaps as this book shows you how to create your own beauty products using all natural ingredients. Demystify your skin type and discover how to combat bathroom plastic, minimise your routine by making your own soaps, shampoo bars and other beauty products including, lip butters, cleansers, bath salts and natural deodorants. Botanical Soaps is a beautiful and inspiring guide that will encourage you to green up your beauty regime with all natural, organic projects that are kinder to both the planet and your skin.

Author Bio

Marta Tarallo is a soap maker and the creative mind behind Bottega Zero Waste. Marta's mission is to empower people with the tools to transition to a zero-waste lifestyle, with a specific focus on beauty and personal care. Through her platform, Marta shares recipes to teach people how to make their own products at home: from soaps and shampoo bar to customisable aloe vera creams. In response to the popular demand, Marta opened an e-shop from which she sells her own soaps, shampoo bars and zero waste skincare accessories. She also hosts soap making and zero waste beauty workshops in London and she offers online courses accessible from any where in the world.

Quadrille

On Sale: Apr 20/21

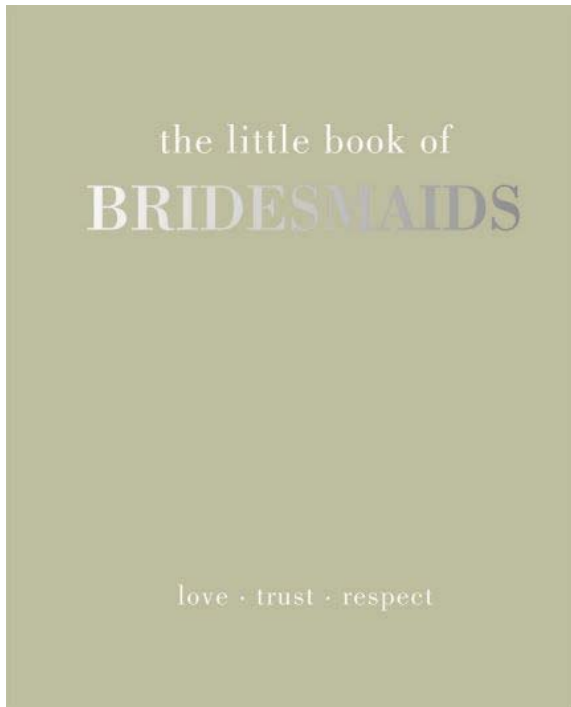
176 pages

9781787136687 • \$32.99 • cl

Notes

Promotion





The Little Book of Bridesmaids

Love - Trust - Respect

by Joanna Gray

When celebrating your big day, it's important to be surrounded by those who you love most. Asking someone to be your bridesmaid is asking them to be your right-hand throughout the planning and details and it is the ultimate way to share the joy of your special day.

From fun activities and games to simple little touches, The Little Book of Bridesmaids is a thoughtful keepsake that is the perfect gift for your bridesmaid proposal.

Author Bio

Joanna Gray is a writer, journalist and interviewer. She runs festival events and educational programmes across the UK. She has written extensively for Quadrille and has previously published some of the best-selling Little Book series including The Little Book of Self-Care, The Little Book of Sisterhood and The Little Book of Sex amongst others.

Quadrille

On Sale: Mar 9/21

5 x 4.1 • 192 pages

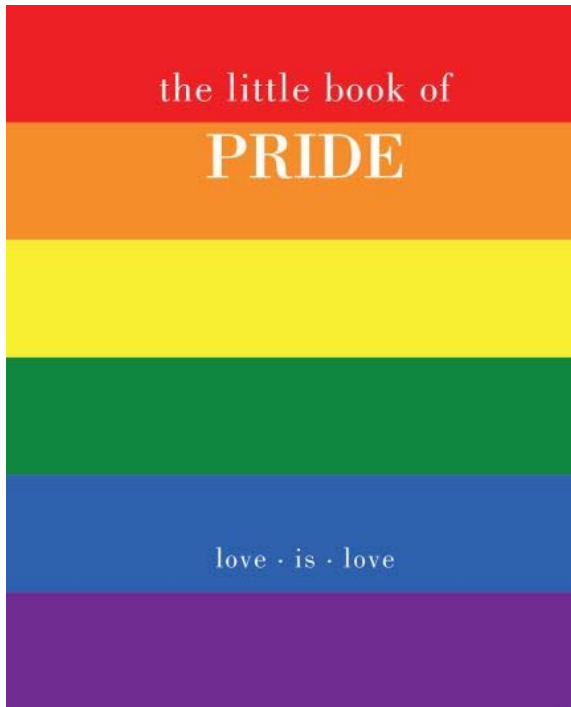
9781787136076 • \$14.99 • cl

Family & Relationships / Friendship

Notes

Promotion





The Little Book of Pride

Love - is - Love
by Joanna Gray

The Little Book of Pride is a vibrant and joyful celebration of love and liberation.

Through a collection of inspiring tips and exercises, and positive quotes from pioneering LGBTQ+ heroes, learn about the movement and power of pride.

Author Bio

Joanna Gray is a writer, journalist and interviewer. She runs festival events and educational programmes across the UK. She has written extensively for Quadrille and has previously published some of the best-selling Little Book series including The Little Book of Self-Care, The Little Book of Sisterhood and The Little Book of Sex amongst others.

Quadrille

On Sale: Apr 20/21

5 x 4.1 • 192 pages

9781787136069 • \$14.99 • cl

Family & Relationships / Love & Romance

Notes

Promotion





Grow Green

Tips and Advice for Gardening with Intention
by Jen Chillingsworth

Approaching organic gardening can sometimes feel overwhelming. It can be hard enough to keep on top of the weeding without having to worry about using less plastic, avoiding pesticides and using too much water.

Grow Green is a practical guide and tackles a topic close to Jen Chillingsworth's heart – growing sustainably. Packed with easy tips and advice, this little book reveals how to adjust your outdoor space and create a wildlife haven, while reducing your impact on the environment as you grow your own cut flowers, fruit and veg. Drawing on her wealth of knowledge, Jen will hold your hand as she takes you through all the gardening essentials, teaching you how to get started – no matter how small or big your space might be. From making your own fertiliser with leftovers, planting in pots, reducing energy consumption and conserving water, to dealing with pests and diseases, Jen removes the stress and simply shows you how to garden green.

Whether you are a first timer gardener or have seasoned green fingers – discover how to get the most out of your space with Grow Green by gardening with intention.

Live simply. Grow Green.

Author Bio

Jen Chillingsworth is a freelance writer and photographer. She previously worked in arts management before choosing to re-train as a market gardener. Here Jen discovered her love of plants, flowers, nature and the landscape and how important it was that we try to protect them. She writes regularly about slow and simple living, eating seasonally and green issues on her blog Little Birdie. Jen has written and photographed features published in The Simple Things magazine and 91 Magazine. She has published Live Green (2019) and Clean Green (2020). This will be her third book with Quadrille.

Quadrille

On Sale: Mar 23/21

6.1 x 4.7 • 160 pages

9781787135727 • \$18.99 • cl

Gardening / General

Notes

Promotion





QUADRILLE

The Flower Garden

Growing cut flowers on your windowsill

by Jennita Jansen

Discover how to garden without a garden and reconnect with nature as you create an abundant flower meadow from your windowsill. The Flower Garden is a beautifully illustrated guide to show you how to start growing stunning blooms even in the smallest of spaces. Covering all the basics from growing from seed, how to maximise your space to understanding your light and drying flowers; this book is an essential guide to those with an urban space and who itching to get planting. Packed with 'recipes' for the best flowers to grow throughout the year – you will soon have a balcony or roof terrace covered in enviable flowers to admire, pick or share. This neat, easy-to-use format is aimed at gardening beginners, looking for a user-friendly guide to growing your own flower garden.

Author Bio

Jennita Jansen is the founder of Plukatelier (the picking workshop). The workshop was born out of her love for flowers and the desire to fill her life with blooms in all shapes and forms. Jennita's love for flowers grew from her passion for gardening a few years ago when she took over a small space, where she started growing vegetables, fruits and flowers. Soon it became clear that Jennita enjoyed growing flowers the most so she expanded to make more space to set up a small-scale flower nursery.

Quadrille

On Sale: Apr 13/21

7.1 x 5.9 • 128 pages

9781787136908 • \$28.99 • cl

Gardening / Flowers / Annuals

Notes

Promotion



9 781787 136908





Green Home

The joy of living with plants

by Anders Royneberg

Green Home explains how to 'green up' your life with an array of houseplants, and has been a bestseller in author Anders Royneberg's home country of Norway. Living with plants can enliven and enrich your surroundings, promoting feelings of relaxation and well-being. But where to start with curating that vital indoor collection? Green Home features all the green plants Anders has collected in his own apartment of 50 square meters – over 100 plants – and how this inspires him towards greener, more balanced living. With a guide to houseplant types, hints and tips on how to get your plants to thrive and also on how to integrate them into your home decor scheme, it's a plant book with added personality.

Author Bio

ANDERS ROYNEBERG has gained an enthusiastic following on Instagram since starting @arcticgardener in 2017. He has received a lot of international attention since then and has been featured on NRK, TV2, Dagbladet, VG and Vanity Fair. He is a plant lover, agronomist, psychiatric nurse and sexologist. He works daily as a therapist, writer and lecturer from his leafy home in Hadeland, Norway.

Quadrille

On Sale: Apr 13/21

9.7 x 6.8 • 160 pages

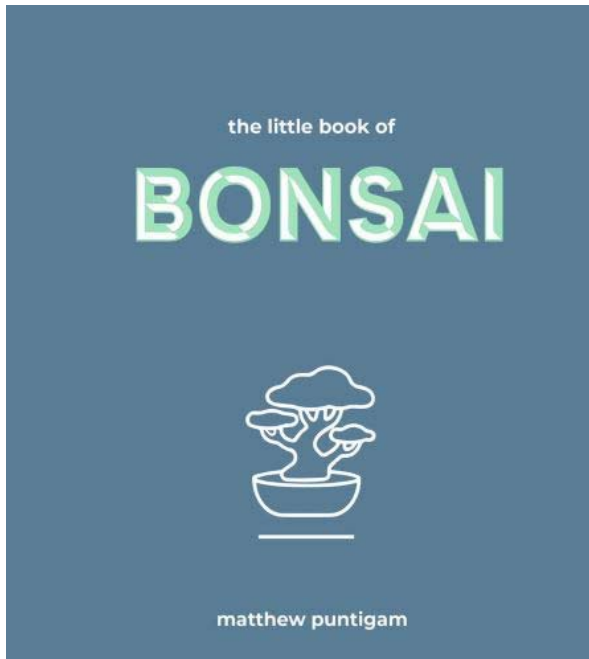
9781787136182 • \$35.99 • cl

Gardening / House Plants & Indoor

Notes

Promotion





QUADRILLE

Little Book of Bonsai

by Matthew Puntigam

Bonsai is an art form of growing trees in small containers. The Little Book of Bonsai celebrates the secret world of growing and owning bonsai. These majestic, miniature trees are easy-to-grow when you know how and force you to connect more with your plants. Now available to buy as a kit, bonsai are an easy gift and have become a covetable collectable, among the new generation of plant enthusiasts. Reaching a popularity that rivals succulents, bonsai are putting down roots as long-lived and easy-care house plants. They aren't just fun to grow but bonsai care is a Japanese art in itself. They have many different needs and this book will show you how to grow and care for your collection of bonsai, including tips on which plants to grow alongside your bonsai to add colour and texture. Covering 60 of the most popular species, the fine art of pruning and common problems you might experience; learn the secrets to success and grow your own collection. The Little Book of Bonsai is a colourful, fun and gifty package, making it the perfect companion for anyone looking to embark on the latest house plant craze.

Author Bio

Matthew Puntigam's interest in gardens took him to Japan, where he studied garden design and bonsai. After moving to New York, he turned to bonsai again as a creative and grounding practice. Proving no space too small for nature to thrive, his first bonsai garden started on a third floor fire escape (which he does not recommend).

He is the founder of Dandy Farmer, a bonsai studio and shop based in Brooklyn which sells bonsai, offers maintenance and plant-sitting services, and runs workshops to introduce the art of bonsai to the community. When not caring for plants, he also designs and builds gardens. He dreams of putting a bonsai tree on every windowsill.

Quadrille

On Sale: Apr 13/21

7.1 x 6.3 • 160 pages

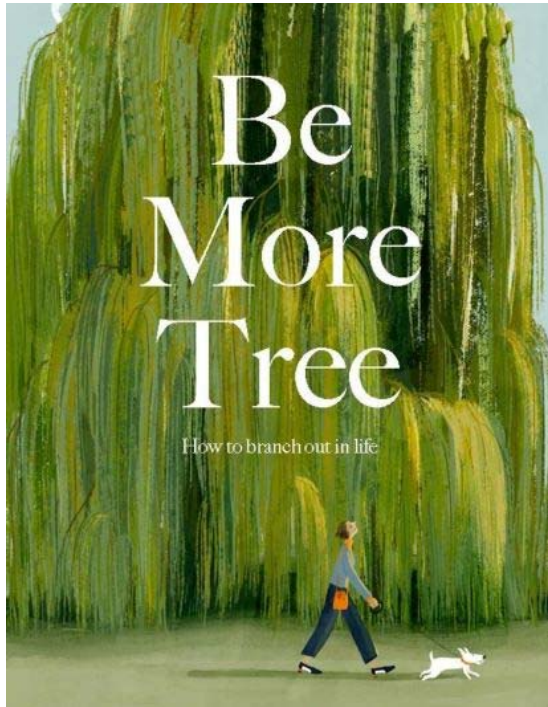
9781787136472 • \$21.99 • cl

Gardening / Japanese Gardens

Notes

Promotion





Be More Tree

How to branch out in life

by Alison Davies

If trees could talk, they would have a lot to say. The gentle giants of the forest, they have fascinated us for millennia – there is much we can learn from their wise woody ways to live a healthier and happier life. *Be More Tree* is a celebration of our long-standing friends and reveals how we all could benefit from branching out. From learning to share the spaces we inhabit, to changing with the seasons and sticking together and leaving a lasting legacy – Alison Davies delves deep to reveal the stories and secrets of thinking like a tree. Next title in the successful series and packed with beautiful illustrations, advice, folklore, exercises and handy spotter's guide, this is the ultimate guide to harness the wisdoms of trees.

Author Bio

Alison Davies runs workshops at universities throughout the UK, showing academics, students and early years practitioners how stories can be used as tools for teaching and learning. Alison writes for a wide selection of magazines, including *Bella*, *Soul & Spirit*, *Your Fitness*, *Take a Break*, *Fate and Fortune*, *Spirit and Destiny*, *You*, *Kindred Spirit* and *Woman's Own*. Her features have also appeared in the *Times Education Supplement*, *Daily Mail* and *Sunday Express* parenting sections. With Quadrille, she has previously published *Be More Cat* (2017), *Be More Sloth* (2018), *Be More Witch* (2019), *Be More Dog* (2019) and *Be More Bee* (2020)

Quadrille

On Sale: Apr 20/21

6.1 x 4.7 • 144 pages

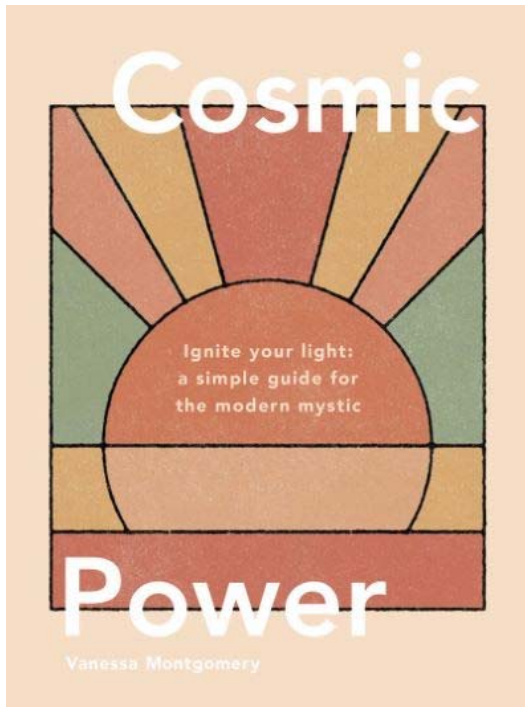
9781787136243 • \$18.99 • cl

Nature / Trees & Forests

Notes

Promotion





Quadrille

On Sale: Feb 2/21

7.3 x 5.3 • 192 pages

9781787135758 • \$25.99 • cl

Body, Mind & Spirit / Astrology / Horoscopes

Notes

Promotion



QUADRILLE

Cosmic Power

by Vanessa Montgomery

Have you ever met anyone who didn't know their sign? Even the 'I don't believe in it' sceptics will be able to tell you their sign, by which, of course, we mean your star or zodiac sign or, as astrological experts call it, your Sun sign. From the mundane to the mystic, this practical and revealing guide is designed to help you understand your sun sign and release your shine. Cosmic Power reloads the wisdom of the classic astrological signs, explaining why it's important to radiate confidence, the drawbacks to dimming your light and throwing shade, and simple techniques to max out your wattage. It is divided into five clear sections: Part 1 is all about the Sun, what it represents, and why it is imperative to own your shine and amp your cosmic power. Part 2 illuminates the pitfalls that have the potential to throw shade on your shine so you can spot imbalance and get back to glowing up and showing up. Part 3 reveals where you shine. It's an easy guide that explains how the Sun impacts every area of your life. Part 4 is divided into the 12 Sun signs from Aries through to Pisces. You'll discover what makes each one shine and what can dim its light. Part 5 gives you reference information and direction for further learning. Guided by this mystic light, it's time to create a happy, successful and meaningful identity. This book will illuminate the best path for every aspect of your life, amp up your solar power and ultimately allow you to take cosmic control of the dazzling universe we live in.

Author Bio

Vanessa Montgomery is a professional astrologer based in Australia. She specialises in psychological astrology and works with clients to cast light on, help heal and transform relationships, finance, career, self-belief and, most importantly, mental and physical health. Her personal motto is: free your mind, own your power, change your world. Her first book Star Power was published in 2018; this is her second book.



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QUADRILLE

Blank

Why it's fine to falter and fail, and how to pick yourself up again
by Giles Paley-Phillips

Everyone has those difficult blank moments sometimes.

Whether in your personal life, career, relationship, or in a public situation, writer's block, social anxiety, imposter syndrome, being off-form or having an identity crisis can affect anyone at any time. It's part of the human condition and yet it can throw us off course and make us feel helpless.

Giles Paley-Phillips and Jim Daly host an informal, insightful podcast in which they chat to well-known people from comedy, acting, writing, broadcasting, politics and sports about their careers and how they get through these moments when things aren't going to plan. Some of the recurring themes include public failure, social anxieties, fear, mental health, grief and more. This, their first book, looks at the common experiences and lessons they've encountered while talking to guests such as Louis Theroux, David Harbour, Reginald D Hunter, Jon Ronson, Dawn French, Rufus Sewell and Gary Lineker.

Blank moments allow us to reset and see things differently. Far from being setbacks, they can be the impetus for clarity and creativity. Identify your blank moments and jump in - you never know what you might find.

Author Bio

Giles Paley-Phillips is an award-winning author of children's books, co-host on Blank podcast, ambassador for Action Aid, and member of a band.

Jim Daly is a comedian and presenter, and writes for sketch shows. They launched the Blank podcast in November 2018 and have hosted a stellar line-up of guests from TV, sport, politics, comedy, film and media.

Quadrille

On Sale: Mar 23/21

8.5 x 4.7 • 256 pages

9781787136168 • \$35.99 • cl

Self-Help / Personal Growth / General

Notes

Promotion



9 781787 136168

