



Foreign rights 2023

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ORGANIC GARDENING

In the vegetable garden



Gardening for next to nothing

Sowing, cuttings, upcycling, handiwork...

Series: *Easy and organic*

Release date: 2023 (March)

21 x 21 cm

120 pages CMYK

Public retail price: 15 €

ISBN: 978-2-36098-794-8

Rights Available: World

This book helps you learn to garden for nothing, or almost nothing! It's easy to do, because it gets straight to the point, and it has a very positive impact on the environment, because it's based on upcycling and recycling. What's more, in these difficult economic times, having a vegetable garden means you can be completely self-sufficient in fresh and healthy produce, at an unbeatable price. And when it comes to ornamental gardening, you can also treat yourself without spending a lot of money.

The icing on the cake is that gardening this way becomes a very sociable activity: you collect, exchange and share... gardening that's sociable and respectful of the environment!

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).



The complete guide to organic gardening

Vegetable garden, orchard, ornamental garden

Series: *Expert advice*

Release date: 2020

15 x 21 cm

480 pages CMYK

Public retail price: 27 €

ISBN: 978-2-36098-561-6

Rights Available: World

300 000 copies sold !

This book is a reference for organic gardeners since 1985. It is an essential tool for growing vegetables, herbs, fruit, flowers, trees and shrubs.

4th edition

THE AUTHORS : **Jean-Paul Thorez** is an agricultural engineer and has been an amateur gardener for many years. He is also a journalist specialised in organic gardening and author of numerous books on the subject. **Brigitte Lapouge-Déjean** is gardener and author.



Olivier's vegetable garden

Feed your family, feed your mind

Release date: 2020 (January)

19,5 x 24 cm

240 pages CMYK

Public retail price: 25 €

ISBN: 978-2-36098-509-8

Rights sold : Romania

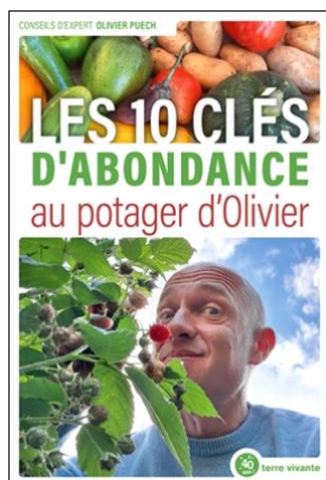
35 000 copies sold !

This book tells the tale of a vegetable garden through the eyes of an amateur and passionate gardener. The tale is told with humility, intensity and wonder. It is a veritable testimony of a gardener from his beginnings with 10 m2 to his current vegetable garden which spreads over more than 300 m2!

Explanations, techniques, but above all a very personified

account of an "ordinary" gardener, with his successes and failures. The book is well-illustrated with many of the author's photos .

THE AUTHOR : A passionate gardener, **Olivier Puech** shares his well-being in the garden with enthusiasm and greed, both in this book and on his Youtube channel (422,000 subscribers) on which he shares his weekly columns.



The keys to abundance in the organic vegetable garden

Series: Expert advice

Release date: 2021 (October)

16,5x 24,5 cm

224 pages CMYK

Public retail price: 23 €

ISBN: 978-2-36098-636-1

Rights Available: World

11 000 copies sold !

Natural gardening is not such a small matter! Banning synthetic fertilizers, pesticides, fungicides, herbicides, is beautiful on paper but a completely different story once your hands are in the ground. How many gardeners have told me that they feel they are doing everything right and have only

poor results. Because if just one key to fertility is missing, the other 9 will not express themselves.

Because of a lack of understanding of the overall mechanisms of natural fertility.

In this book, the focus is on understanding the role of soil, fertilisers, soil improvers, water, temperature, light, the essential role of soil life.

By the author of *Le Potager d'Olivier* (2020), 35 000 copies sold.

THE AUTHOR : A passionate gardener, **Olivier Puech** shares his well-being in the garden with enthusiasm and greed, both in this book and on his Youtube channel (422,000 subscribers) on which he shares his weekly columns.



It's easy to make your own seeds!

Self-sufficiency in the vegetable garden

Series: *Easy and organic*

Release date: 2023 (Mai)

21 x 21 cm

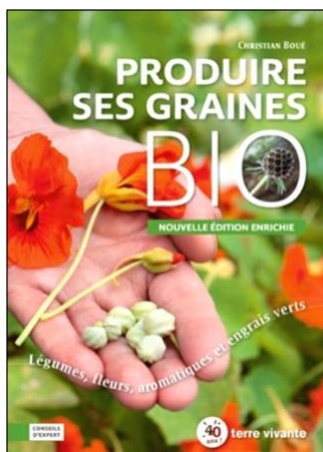
120 pages CMYK

Public retail price: 15 €

ISBN: 978-2-36098-754-2

Rights Available: World

There are many reasons to produce your own vegetable seeds: it's simple, inexpensive, helps to preserve biodiversity and gives you access to varieties not available on the market. Not to mention the possibility of selecting seeds according to personal criteria and objectives (taste, precocity, conservation, etc.). This book, written by several authors from the Grainaille association, guides the reader step-by-step through the basic principles, choice of rootstock, sowing, harvesting, drying and storage of seeds. It also includes legislation and, of course, detailed instructions for producing seeds for the most common vegetables grown in the garden.



Producing organic seeds (2nd edition)

Vegetables, flowers and herbs

Series: *Expert advice*

Release date: 2021 (March)

15 x 21 cm

272 pages CMYK

Public retail price: 27 €

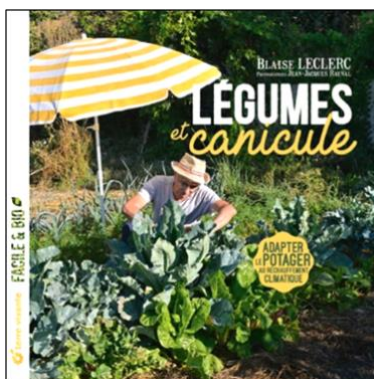
ISBN: 978-2-36098-644-6

Rights sold : Spain (first edition)

17 000 copies sold !

A true bible for maintaining, improving or creating the desired varieties of vegetables, flowers and herbs. With 55 detailed factsheets.

THE AUTHOR : A farmer, **Christian Boué** cultivates each year between one and two hectares of fine seeds (vegetables, herbs and flowers).



Vegetables and heatwave

Adapting to global warming in the vegetable garden

Series: *Easy and organic*

Release date: 2021 (March)

21 x 21 cm

120 pages CMYK

Public retail price: 14 €

ISBN: 978-2-36098-583-8

Rights Available: World

With global warming, which is now a fact and whose effects are more and more frequent and intense, we are entering a new era as regards to gardening, requiring us to modify our techniques in order to continue producing vegetables. At the same time, we must also change our lifestyle habits to limit global warming as much as possible, to permit our children and grandchildren to continue gardening .

THE AUTHORS : **Blaise Leclerc** is an agricultural engineer and has gardened for the past 30 years. He is specialised in the interactions between agriculture and the environment. He has also written many books, such as *My delicious tomatoes* or *Good soil for good gardening*. **Jean-Jacques Raynal** is a photographer.



Happiness in the garden

Permaculture, the shortest way to nature

Release date: 2021

19,5 x 24 cm

176 pages CMYK

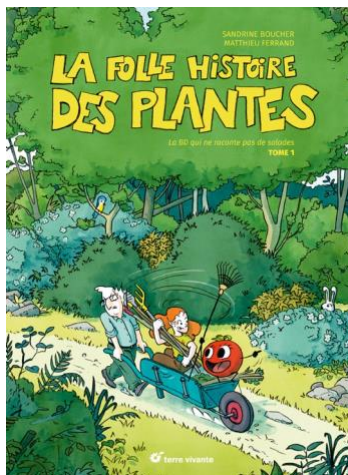
Public retail price: 23 €

ISBN: 978-2-36098-504-3

Rights Available: World

Like plants, like animals, we are sensitive to our environment, to the sun, the rain, the wind... But our modern life has distanced us from nature by immersing us in artificial worlds so that we are no longer sensitive to external signals. By encouraging us to reconnect with nature, permaculture invites us to reconnect with our inner being and our senses. Let's learn to garden with the sun, the wind, the rain...

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



The crazy story of plants

A comic book that tells the truth!

Release date: 2019

19 x 24 cm

128 pages CMYK

Public retail price: 20 €

ISBN: 978-2-36098-429-9

Rights Available: World

To escape a certain death on Guy the gardener's plate, Azade, the tomato, with the help of Eglantine, the young vegetarian neighbour, asked Guy to tell him stories about plants. The longer Azade keeps him on the edge of his seat, the longer she saves her skin....

A documentary comic book that talks of botany, gardening, permaculture, history, science, economics and even geopolitics in the vegetable garden...

THE AUTHORS : Sandrine Boucher & Matthieu Ferrand



Starting my organic vegetable garden

Series: Easy and organic

Release date: 2012

21 x 21 cm

120 pages CMYK

Public retail price: 12 €

ISBN: 978-2-36098-057-4

Rights Available: World

45 000 copies sold !

Do you want to touch the soil, harvest your own vegetables and cook them for your children or grandchildren, and maybe even think of the savings you will make and how important that is these days? Do you need to rediscover the true taste of home-grown vegetables? Yes, but when starting an organic garden, the techniques must be learnt and the right plant varieties must be chosen! "Starting my organic vegetable garden" is the ideal companion for all beginners.

THE AUTHORS : Jean-Paul Thorez is an agricultural engineer and has been an amateur gardener for many years. He is also a journalist specialised in organic gardening and author of numerous books on the subject. Sandra Lefrançois is a scientific mediator and journalist for organic gardening and environmental magazines. She creates and animates educational activities on plants and gardening.



I prepare my winter garden : sow at the right time and harvest up to Easter!

Series: Easy and organic

Release date: 2016

21 x 21cm

120 pages CMYK

Public retail price: 14 €

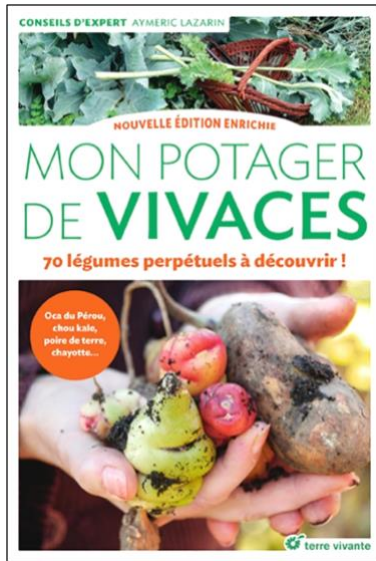
ISBN: 978-2-36098-193-9

Rights sold : Romania

9 000 copies sold !

There are many advantages to having a winter vegetable garden: harvesting fresh vegetables throughout the winter, few or less problems with disease or pests, (almost) no watering, complementing summer vegetables, physical exercise...two key points are however necessary : anticipation and organisation. The winter garden is prepared from springtime onwards and means respecting vegetable successions and a sequential calendar for sowing and planting. Blaise Leclerc details this underused and little-known practice and explains the adequate techniques (protection, mulching, conservation...). 20 factsheets present the necessary information in order to grow and harvest carrots, parsnips, cabbage, radish...all winter long!

THE AUTHORS : Blaise Leclerc is an agricultural engineer and has gardened for the past 30 years. He is specialised in the interactions between agriculture and the environment and is a professional expert for ITAB (Institut Technique de l'agriculture biologique). He has also written many books, such as *My delicious tomatoes* or *Good soil for good gardening*. Jean-Jacques Raynal is a photographer.



My perennial vegetable garden NEW EDITION

60 hardy vegetables to discover!

Series: Expert advice

Release date: 2016

17 x 24,5 cm

224 pages CMYK

Public retail price: 24,90 €

ISBN: 978-2-36098-187-8

Rights Available: World

11 000 copies sold !

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 Lazarin 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.



A greenhouse for year-round harvesting

Choice of equipment and growing techniques

Series: Expert advice

Release date: 2021 (February)

16,5 x 24,5 cm

192 pages CMYK

Public retail price: 25 €

ISBN: 978-2-36098-624-8

Rights Available: World

A comprehensive book that will allow the reader to choose the type of greenhouse best suited to their needs, and to enjoy generous vegetable, berry and herb harvests all year round. This is all explained as well as the ecological techniques for maintaining a good temperature in the greenhouse, whatever the weather conditions.

THE AUTHOR : Aymeric Lazarin is a trained agronomist and ecologist. He is also a landscape gardener and a biology-ecology teacher. Aymeric believes that there are solutions to our society's problems, and they are vegetable!



Making my greenhouse bioclimatic

27 ecological installations

Series: Easy and organic

Release date: 2023 (March)

21 x 21 cm

96 pages CMYK

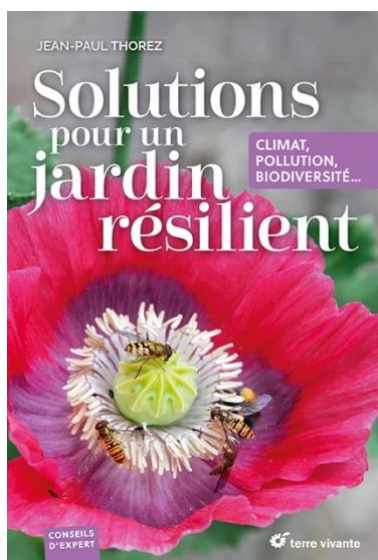
Public retail price: 15 €

ISBN: 978-2-36098-760-3

Rights Available: World

This book details 27 different techniques for making your greenhouse bioclimatic, so that you can use it all year round. These improvements depend on your context, your greenhouse design, your DIY skills, your budget and your needs. The book is aimed at all gardeners, amateur, experienced or professional, who already own a greenhouse or are planning to install one. Projects are organised according to the type of project required: making the most of the sun's rays during the day, installing a plant barrier or a wall on the north side, creating a double partition, creating hotbeds, creating draughts, whitewashing the walls, etc.

THE AUTHOR : Aymeric Lazarin is a trained agronomist and ecologist. He is also a landscape gardener and a biology-ecology teacher. Aymeric believes that there are solutions to our society's problems, and they are vegetable!



Solutions for a resilient garden

Climate, pollution, biodiversity

Series: Expert advice

Release date: 2022

16,5 x 24,5 cm

304 pages CMYK

Public retail price: 27 €

ISBN: 978-2-36098-684-2

Rights Available: World

Our gardens are also subjected to the current climate, biodiversity and pollution crises. The book presents the different observations and threats and then the methods that can be applied by gardeners in order to preserve the soil, ecosystems and garden plants. The resilient garden is a broad, all-encompassing concept that can be applied to other levels (farms, urban parks, public spaces, etc.): this technical and scientific

book will also be of interest to professionals.

THE AUTHORS : Jean-Paul Thorez is an agricultural engineer and has been an amateur gardener for many years. He is also a journalist specialised in organic gardening and author of numerous books on the subject.



Produce all your vegetables, all year round

Topic: Organic gardening

Series: Easy and organic

Release date: 2018

21 x 21cm

120 pages CMYK

Public retail price: 14 €

ISBN: 978-2-36098-355-1

Rights sold : Spain

15 000 copies sold !

It is possible to eat home-grown fresh vegetables from your vegetable garden all year round! This book explains how to plan your crops, stagger planting times and manage production, store and preserve, and how to get through the winter off-peak period... It gives examples of ideal surface areas to cultivate and quantities to sow/plant depending on different family set-ups. A repertoire indicates the crucial dates, yields as well as growing and cookery tips for each vegetable. The end-result is vitamin-rich food, original meals and real savings.

THE AUTHORS : **Blaise Leclerc** is an agricultural engineer and has gardened for the past 30 years. He is specialised in the interactions between agriculture and the environment and is a professional expert for ITAB (Institut Technique de l'agriculture biologique). He has also written many books, such as *My delicious tomatoes* or *Good soil for good gardening*. **Jean-Jacques Raynal** is a photographer.



Old-fashioned plants in grandmothers' gardens

Organisation, techniques and lifestyle...

Topic: Organic gardening

Series: Easy and organic

Release date: 2019

21 x 21cm

120 pages CMYK

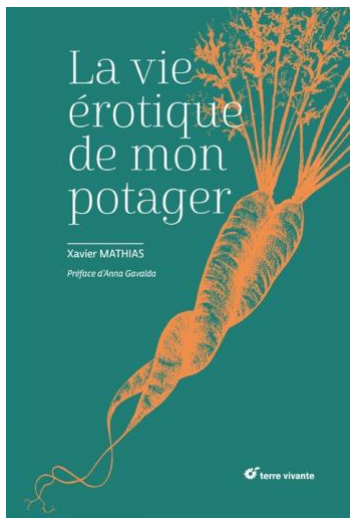
Public retail price: 14 €

ISBN: 978-2-36098-342-1

Rights Available: World

The versatile flowers of our grandmothers' gardens bring back pleasant memories of childhood scents... This book is a venture into the ornamental garden, with detailed descriptions of nearly 60 plants. The book is illustrated by the author's magnificent photos.

THE AUTHOR : **Virginie Quéant** is an author-photographer who has been working as a freelance photographer for almost twenty years. She specialises in gardening and cooking with vegetables.



The sex life of my vegetable garden

Release date: 2019

17 x 24,5 cm

160 pages CMYK

Public retail price: 25 €

ISBN: 978-2-36098-372-8

Rights Available: World

9 000 copies sold !

This book on the sexuality of plants and the influence this has on the gardener is both playful and serious! At first, the author takes the subject from the very start: the sexuality of plants being at the origin of everything. He then takes us for a stroll through the vegetable garden as a pretext to explain the mechanisms of plant reproduction and to evoke various subjects: plants with evocative names or shapes, "forbidden" plants in monasteries, magic potions made from plants, sadomasochistic plants.

THE AUTHOR : **Xavier Mathias** is a market gardener, producer of organic plants and seeds in Touraine, and trainer at Les Potager du Roi in Versailles. He is the author of many books including Lettuce all year round published by Terre vivante.



A show-off's vegetable garden

How to become a star thanks to the vegetables in your garden.

Series: Expert advice

Release date: 2020

16,5 x 24,5 cm

208 pages CMYK

Public retail price: 25 €

ISBN: 978-2-36098-499-2

Rights Available: World

8 000 copies sold !

"A dream body in a dream garden". This is the show-off gardener's motto. All you have to do is select the right vegetable varieties, those that have great "show-off value" and stand out from the crowd! This is a beautiful gardening book that approaches the vegetable garden from the comical and jubilant angle of an assumed show-off. A

rich, quirky, and humorous story that should not be taken too seriously.

THE AUTHOR : **Xavier Mathias** is a vegetable grower who also produces organic plants and seeds in the Touraine region. He also teaches at the Potager du Roi in Versailles. He has written several books and is always searching for new varieties for new flavours.



A dreamer's vegetable garden

Release date: 2022

16,5 x 24,5 cm

160 pages CMYK

Public retail price: 26 €

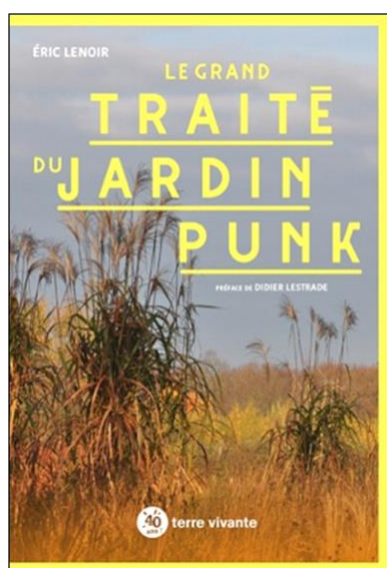
ISBN: 978-2-36098-653-8

Rights Available: World

In a vegetable garden, dream is germination. That of thought, of imagination, of a vision for this garden that we have to begin again almost every year. With all the doubts, worries, questions and above all beautiful and happy surprises. Humus and humility share the same root, paradise is a garden, a vegetable garden nourishes and cares for the body, or rather the soul, it is for us to find out. After all, what does it matter in the end since the conclusion is always the same? No sooner

has Spring arrived than we are here again in this garden, at last and already. Here we find ourselves once again, with our two feet firmly planted on this Mother Earth, our hands trembling, our eyes wide open, ready to give some reality to the dreams that inhabited us all winter long. What a privilege.

THE AUTHOR : **Xavier Mathias** is a vegetable grower who also produces organic plants and seeds in the Touraine region. He also teaches at the Potager du Roi in Versailles. He has written several books and is always searching for new varieties for new flavours.



The great thesis of the punk garden

Series: Expert advice

Release date: 2021

16,5 x 24,5 cm

256 pages CMYK

Public retail price: 25 €

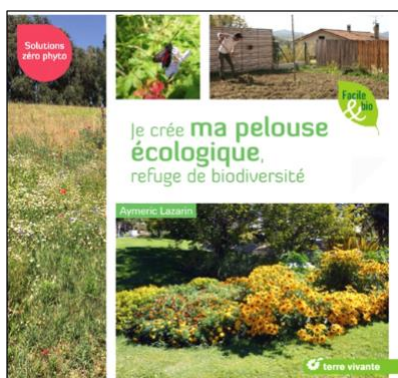
ISBN: 978-2-36098-565-4

Rights Available: World

70 000 copies sold !

This book explores and describes the punk garden: a space that is free from the rules of traditional gardening, that at all costs does not try to tame nature but instead lets it, to some extent, regain its own rights.

THE AUTHOR : **Éric Lenoir** is a landscape designer and nurseryman. Iconoclast and naturalist, he considers his profession singularly from his experience, his meetings and his travels.



An ecological lawn for my garden

Alternative solutions for more biodiversity, less maintenance, less fertiliser....

Series: Easy and organic

Release date: 2019

21 x 21cm

120 pages CMYK

Public retail price: 14 €

ISBN: 978-2-36098-416-9

Rights Available: World

Most of the problems encountered today by gardeners wanting a perfect lawn (significant water consumption, need for fertiliser, high- maintenance, etc.) are due to the wrong choice of lawn variety. Conversely, the solutions for reasonable, authentic and well-adapted gardens are based on a better selection of the plants that gardeners want to grow. This book shows how our lawn management practices could be reviewed and adapted to best meet ecological and economic standards.

THE AUTHOR : Aymeric Lazarin is a trained agronomist and ecologist. He is also a landscape gardener and a biology-ecology teacher. Aymeric believes that there are solutions to our society's problems, and they are vegetable!

ORGANIC GARDENING Techniques



Companion plants in the organic vegetable garden

The guide to companion planting

Series: Expert advice

Release date: 2010

16,5 x 24,5 cm

192 pages CMYK

Public retail price: 27 €

ISBN: 978-2-914717-87-8

Rights sold : Spain

25 000 copies sold !

Peas keep the Colorado potato beetle away from Potato plants, the nasturtium gives a subtle taste to radishes... You will find more than 300 examples of combinations within the book.

THE AUTHORS : Jean-Paul Thorez is an agricultural engineer and has been an amateur gardener for many years. He is also a journalist specialised in organic gardening and author of numerous books on the subject. Sandra Lefrançois is a scientific mediator and journalist for organic gardening and environmental magazines. She creates and animates educational activities on plants and gardening.



Using wood to plan and add features to the garden

Pergolas, fences, gates, alleys, vegetable gardens...

Series: Easy and organic

Release date: 2019

21 x 21 cm

120 pages CMYK

Public retail price: 14 €

ISBN: 978-2-36098-246-2

Rights sold : Germany

This book presents 24 easy-to-do projects to create walkways, fences, steps, pergolas, vegetable garden squares, terraces, gates... using simple-to-use material that is solid, durable and aesthetic. For each project are indicated the necessary equipment and tools, the level of difficulty, the approximate time of completion and the price level . Inventivity and creativity are at the heart of this new book by Brigitte and Serge Lapouge!

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).



Good practice in the organic vegetable garden

Series: Easy and organic

Release date: 2020

21 x 21 cm

120 pages CMYK

Public retail price: 14 €

ISBN: 978-2-36098-520-3

Rights Available: World

A collection of all the basic work to be done in the vegetable garden, all well-illustrated (gestures): working the soil, compost, mulching, green manure, sowing, planting, watering, producing seeds... The book is classed by technique and not by vegetable. The appendices include the principal tools, the composition of some garden products (composts, manures...) and a table of vegetable botanical families. A good book to commence gardening.

THE AUTHORS : **Blaise Leclerc** is an agricultural engineer and has gardened for the past 30 years. He is specialised in the interactions between agriculture and the environment and is a professional expert for ITAB (Institut Technique de l'agriculture biologique). He has also written many books, such as *My delicious tomatoes* or *Good soil for good gardening*. **Jean-Jacques Raynal** is a photographer.



I want a garden, right now!

Series: Easy and organic

Release date: 2020

21 x 21 cm

120 pages CMYK Public retail

price: 14 €

ISBN: 978-2-36098-528-9

Rights Available: World

This book tells the reader how to set-up a quick and easy garden which can be enjoyed without delay! On the contrary of constantly re-starting a garden, the book shows how to begin with a development project (garden structures and plants), which will persist and complement each other over the months and years, with rewarding plants that will grow and flower very quickly, a productive vegetable garden in just a few months and tells of the foundations for biodiversity (auxiliary insects, birds etc.) making it possible to easily maintain a healthy 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).



Optimising vegetable garden space

Series: Easy and organic

Release date: 2020

21 x 21 cm

120 pages CMYK Public retail

price: 14 €

ISBN: 978-2-36098-526-5

Rights Available: World

9 000 copies sold !

This book gives 16 techniques to optimise space in a small vegetable garden: associating, densifying, overlapping, accelerating successions, all-year-round cultivating, mounds, mineral surfaces, growing on roofs, using walls...

THE AUTHOR : Joseph Chauffrey is an environmental educator for the Rouen-Normandie metropolis: he trains and animates gardeners' networks, and works with green space professionals on urban vegetalization issues.



Let's go garden !

45 activities to make children enjoy gardening

Series: Easy and organic

Release date: 2017

21 x 21 cm

120 pages CMYK

Public retail price: 14 €

ISBN: 978-2-36098-249-3

Rights Available: World

8 000 copies sold !

This book presents 45 activities to do in the garden with children. It teaches the basics of organic gardening to parents and their children alike, and explains how to grow more than twenty different plants. Original and easy-to-do fun activities are explained for the plants presented on subjects such as biodiversity, art and crafts, cookery...for each activity, tips and hints are given to parents so as to avoid the common pitfalls of gardening with children.

THE AUTHOR : Ghislaine Deniau has been in charge of education at the Terre vivante ecological centre for over 10 years. She runs gardening and discovery workshops for schools and children's camps.



Let's turn! Crop rotation in the vegetable garden

Series: *Easy and organic*

Release date: 2016

21 x 21cm

120 pages CMYK

Public retail price: 14 €

ISBN: 978-2-36098-192-2

Rights sold : Romania

10 000 copies sold !

Crop rotation is a fundamental technique in the organic garden. Alternating crops helps control pests and disease and maintains healthy soil without unbalancing or impoverishing it. But it is not always easy to program what crops to cultivate and where and how to respect the soil over the years. In this book, Blaise Leclerc indicates in a clear way how to organise crop rotation in a family-sized vegetable garden using 10 basic rules and a detailed explanation of a rotation plan. A collection of factsheets describe 24 vegetables, the vegetable family they belong to, their needs, the pests or disease they are vulnerable to, the intervals to respect and possible companion plants.

THE AUTHOR : Blaise Leclerc is an agricultural engineer and has gardened for the past 30 years. He is specialised in the interactions between agriculture and the environment and is a professional expert for ITAB (Institut Technique de l'agriculture biologique). He has also written many books, such as *My delicious tomatoes* or *Good soil for good gardening*. Jean-Jacques Raynal is a photographer.



I save water in the vegetable garden

When and how to water.

Series: *Easy and organic*

Release date: 2017

21 x 21 cm

132 pages CMYK

Public retail price: 14 €

ISBN: 978-2-36098-251-6

Rights sold : Spain

Watering a garden properly is an important question for amateur gardeners. When to water, what amount, what about water quality? How is it possible to garden without water and what impact would that have on the quality of the vegetables grown? etc. This book gives the answers to these questions.

THE AUTHORS : Blaise Leclerc is an agricultural engineer and has gardened for the past 40 years. He is specialised in the interactions between agriculture and the environment and is a professional expert for ITAB (Institut Technique de l'agriculture biologique). He has also written many books, such as *My delicious tomatoes* or *Good soil for good gardening*. Jean-Jacques Raynal is a photographer.



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

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

Rights Available: World

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.



I companion plant...and it works!

25 examples of companion planting

Series: *Easy and organic*

Release date: 2015

21 x 21 cm

120 pages CMYK

Public retail price: 14 €

ISBN: 978-2-36098-168-7

Rights Sold: Spain, Germany

30 000 copies sold !

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.



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

Series: Easy and organic

Release date: 2015

21 x 21 cm

132 pages CMYK

Public retail price: 14 €

ISBN: 978-2-36098-165-6

Rights Available: World

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.



Produce your own seedlings without fail!

For a self-sufficient and productive garden Series:

Easy and organic

Release date: 2014

21 x 21 cm

120 pages CMYK

Public retail price: 14 €

ISBN: 978-2-36098-117-5

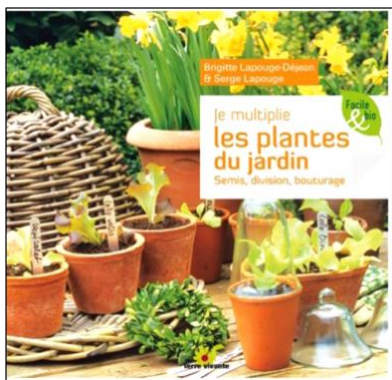
Rights Available: World

15 000 copies sold !

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 multiply my garden plants: seedlings, division, cuttings

Series: Easy and organic

Release date: 2011

21 x 21 cm

96 pages CMYK

Public retail price: 12 €

ISBN: 978-2-36098-022-2

Rights Sold: Spain

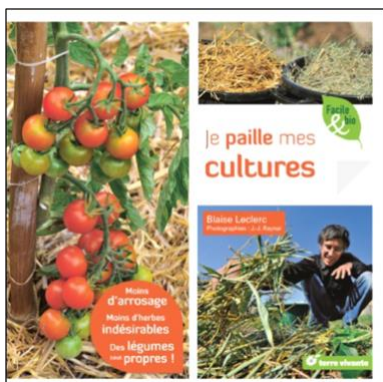
11 000 copies sold !

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.

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

Series: Easy and organic

Release date: 2013

21 x 21 cm

96 pages CMYK

Public retail price: 12 €

ISBN: 978-2-36098-084-0

Rights Sold: Germany, Romania

15 000 copies sold !

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 40 years. He is specialised in the interactions between agriculture and the environment and is a professional expert for ITAB (Institut Technique de l'agriculture biologique). He has also written many books, such as *My delicious tomatoes* or *Good soil for good gardening*.

Jean-Jacques Raynal is a photographer.



I sow green manure for a healthy and productive vegetable garden

Series: Easy and organic

Release date: 2013

21 x 21 cm

96 pages CMYK

Public retail price: 12 €

ISBN: 978-2-36098-085-7

Rights Sold: Spain

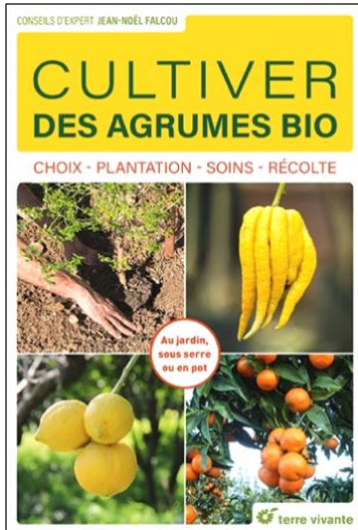
14 000 copies sold !

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.

ORGANIC GARDENING

Orchard, trees and shrubs



Growing organic citrus fruit

Choosing - Planting - Care - Harvesting

Series: Expert advice

Release date: 2023

16,5 x 24,5 cm

192 pages CMYK

Public retail price: 26 €

ISBN: 978-2-36098-786-3

Rights Available: World

Citrus fruit is the most widely grown fruit in the world, and one of the best-selling tree types in garden centres. However, growing them is not that easy, and can lead to bitter failures. Contrary to popular belief, citrus fruits can be grown in all climates, not just the Mediterranean. This book will guide amateur gardeners and novice professionals through all

the stages of citrus production, from choosing varieties to harvesting, including planting - in the ground, in a greenhouse or in pots - and care (watering, pruning, working the soil, diseases and pests).

THE AUTHOR : Jean-Noël Falcou is a zero-phyto organic citrus grower since 2004 in Vallauris (Alpes-Maritimes), and has been leading the project to develop cultivation of the bitter orange tree in the Grasse region since 2019.



A fruit garden for tomorrow

Adapting your orchard to climate change

Series: Expert advice

Release date: 2022

16,5 x 24,5 cm

192 pages CMYK

Public retail price: 26 €

ISBN: 978-2-36098-716-0

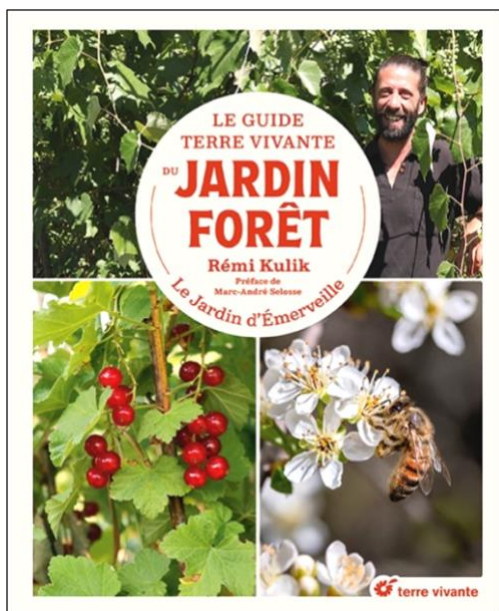
Rights Available: World

For the last twenty-five years, Robert Kran has been experimenting with a wide range of fruit trees in his Corsican orchard: serviceberry, asimino, feijoa, jujube, Sichuan pepper, pistachio, yuzu, kapok... over 40 species are presented and classified according to their ability to adapt: robust, those more delicate or varieties to be restricted to a

mild climate. The beautiful photos and exotic names are in themselves an invitation to travel, but the technical aspects of successfully growing these little-known fruit trees are of course the heart of the book. By following the advice given in this book, you too can try to acclimatise the species best suited to the soil and climate of your region. Don't give up in the face of climate change, but make the most of plants' incredible capacity for adaptation and resilience - that's the life lesson of this humble explorer of the future, a joyful and enthusiastic lover of life.

THE AUTHORS : A self-taught gardener since childhood, Robert Kran shares his life's journey with us and the experiences that led him to create the orchard of the future.

A gardener, journalist and traveller, Perrine Dupont is passionate about the plant world and the links that humans forge with it.



The Terre vivante forest garden guide

Series : Terre vivante's guide

Release date: 2023

19,5 x 24 cm

288 pages CMYK

Public retail price: 35 €

ISBN: 978-2-36098-780-1

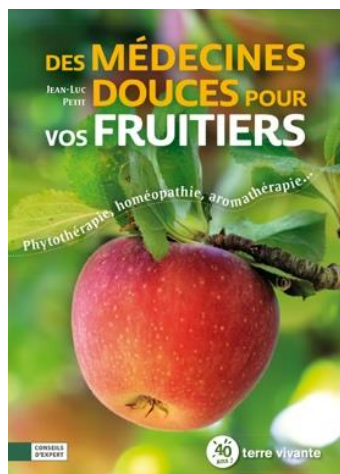
Rights Available: World

6 000 copies sold !

The concept of the forest garden provides a solution (among others) to many of today's problems, such as the loss of biodiversity and climate change. Rémi Kulik planted his first trees around fifteen years ago, and what his forest garden offers him today far exceeds his expectations. He has met other people who have planted forest gardens, and each time the feedback is the same: these gardens are as fascinating as

they are nourishing. In this book, he explains the basics - from the soil to the plants, from wild biodiversity to rearing animals - of this complete ecosystem, rich in incredible biodiversity, and gives all the advice you need to design and create your own garden of Eden.

THE AUTHOR : Rémi Kulik has retained a great passion for the abundance of nature from his childhood in Africa. He is now a gardener, nursery gardener and video maker, and his YouTube channel "Le Jardin d'Émerveille" has over 171,000 subscribers. In this book, he shares his work ethic, which is productive but above all respectful of the luxuriant nature that nourishes us at every level.



Alternative medicine for your fruit trees

Phytotherapy, homeopathy, aromatherapy...

Series: Expert advice

Release date: 2021

15 x 21 cm

160 pages CMYK

Public retail price: 22 €

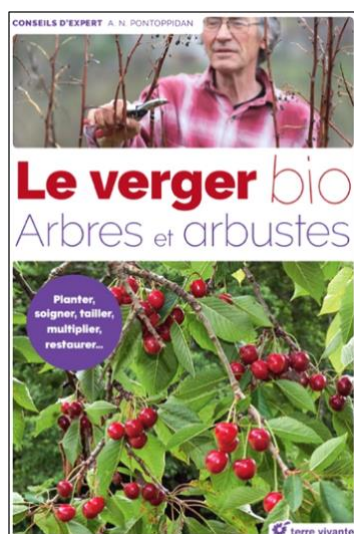
ISBN: 978-2-36098-608-8

Rights Available: World

This book provides the keys to treat fruit trees as naturally as possible. Phytotherapy, clays, macerates, homeopathy, gemmotherapy, isotherapy, aromatherapy, plant insecticides, compost tea, effective microorganisms

(EM), fermented forest litter, flower essences... The book presents products and techniques that are essential to maintaining good health in a natural, organic, permaculture orchard.

THE AUTHOR : Jean-Luc Petit was an organic tree grower for 25 years, then a trainer, and is now a consultant in arboriculture, viticulture and market gardening. He is also a journalist specialized in arboriculture and has written many articles and technical books on the subject.



Organic orchards : Trees and shrubs

Series: Expert advice

Release date: 2017

17 x 24,5 cm

192 pages CMYK

Public retail price: 25 €

ISBN: 978-2-36098-281-3

Rights Available: World

This guide book presents all you need to know on having several fruit trees in your garden: how to plant, grow, heal and harvest them. It contains descriptions of some of the most common varieties and other rarer sorts. A chapter details how to restore ancient orchards as well as providing information on urban orchards.

THE AUTHOR : Alain Niels Pontoppidan is an agricultural technician, arborist and trainer. He is also a journalist and author of several books on trees.



Growing delicious berries in the organic garden

Series: Expert advice

Release date: 2018

15 x 21 cm

224 pages CMYK

Public retail price: 22 €

ISBN: 978-2-36098-297-4

Rights sold : Spain

Growing berries is within everyone's reach, and is even possible in a small garden. In this book, Denis Pépin shows that it is easy, highly productive, cheap and very beneficial to health. The book includes fact sheets and care tips for more than 20 species, from the most well-known to the least common.

THE AUTHOR : Denis Pépin is a qualified ecologist and agronomist. He has worked as a consultant gardener, journalist, lecturer and trainer, always in the field of organic and ecological gardening for over 30 years, specialising in alternatives to chemical pesticides. He is the author of many books.



Making organic wine in your garden

Planting, cultivating, harvesting, vinification...

Series: Expert advice

Release date: 2019

16,5 x 24,5 cm

176 pages CMYK

Public retail price:

25 €

ISBN: 978-2-36098-343-8

Rights Available: World

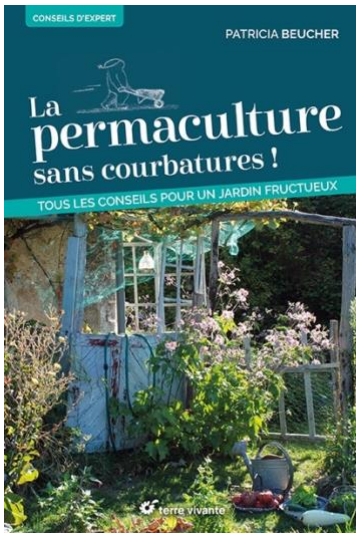
From planting to tasting, this book teaches you everything you need to know to produce your own organic wine for family consumption: how to choose the grape varieties to cultivate, how to plant, prune, and protect

them organically from diseases and pests for a great harvest, how to tread grapes, press them, vinify them to produce red, dry white or sparkling, and then how to bottle your wine... This book describes natural and tested techniques for the pleasure of producing and tasting your own organic wine, which is a great outdoor leisure opportunity for reconnecting to the seasons!

THE AUTHOR : Jean-Claude Le Bihan has been an amateur winemaker for 40 years, has won several awarded several times in competitions, a great lover of wine and proud enough to be a precursor in his region of the Oise to revive and improve a production that has existed there for centuries.

ORGANIC GARDENING

Permaculture



Permaculture without aches and pains!

All the advice you need for a productive garden

Series: Expert advice

Release date: 2023

16,5 x 24,5 cm

288 pages CMYK

Public retail price :

26 €

ISBN: 978-2-36098-777-1

Rights Available: World

Learn how to grow an organic garden, enjoy it and spend time happily there, in harmony with nature whilst tackling the consequences of climate change, all thanks to permaculture! In a very practical, concrete and methodical way, with a touch of humour. For beginners and

experienced gardeners alike.

THE AUTHOR : Patricia Beucher is a gardener and journalist specialising in gardening and nature. She has been gardening as a hobby for many years and has a large garden with poultry and rabbits. For many years now, she has been sharing her experience and advice to help gardeners avoid stress, via her many books on gardening and nature as well as her regular radio features.



My fabulous permaculture garden

Vegetables, fruits, flowers, small livestock and lifestyle

Release date: 2021

19,5 x 24 cm

320 pages CMYK

Public retail price: 25 €

ISBN: 978-2-36098-629-3

Rights Available: World

14 000 copies sold !

Marie Chioca, a well-known food writer, has been applying the principles of permaculture in her garden for years, with spectacular results. In this book she reveals the fruit of her experience via countless valuable tips on the vegetable garden, but also on growing fruit, flowers, raising chickens and rabbits.... She also takes us into the kitchen and shares 90 recipes straight

from the vegetable garden to the table !

THE AUTHOR : Author, creator and culinary photographer, **Marie Chioca** is also an accomplished self-taught gardener, who has been applying for many years, adapting them according to her the principles of permaculture.



My little permaculture garden

Durable, aesthetic and productive!

Series: *Easy and organic*

Release date: 2017

21 x 21 cm

120 pages CMYK

Public retail price: 14 €

ISBN: 978-2-36098-279-0

Rights Sold: German

70 000 copies sold !

How is it possible to harvest 300kg of fruit and vegetables in just 150m²? Joseph Chauffrey invites the readers of this book to his urban garden. He unveils, step by step, how to transform a garden into a highly productive and thriving place with permaculture. He cultivates a 25m² vegetable garden and an orchard, and optimises the slightest available space (on the garage roof, bales of straw on the terrace, vertical crops...). The book offers accessible and efficient gardening solutions that are visible from the first year. The book is much more than a simple testimony; it is a real-life experiment, the approach is scientific and the aim is self-sufficiency.

THE AUTHOR : Joseph Chauffrey is an environmental educator for the Rouen-Normandie metropolis: he trains and animates gardeners' networks, and works with green space professionals on urban vegetalization issues.



Urban Permaculture Guide

Balcony, courtyard, apartment, garden...

Series: *Expert advice*

Release date: 2017

15 x 21 cm

192 pages CMYK

Public retail price:

22 €

ISBN: 978-2-36098-273-8

Rights Available: World

This is a practical book on how to garden in an urban setting whilst drawing inspiration from permaculture. It is illustrated with many different examples: how to produce fruit and vegetables in a small garden, on a balcony, in an apartment, on a roof, how to create a forest-garden, or a potato tower, planting in a key-hole garden, lombricomposting, aquaponics, ...

THE AUTHOR : Carine Mayo is an environmental journalist and author of several books on urban ecology.



Permaculture, how to create abundance in your garden

Series: Expert advice

Release date: 2014

15 x 21 cm

192 pages CMYK

Public retail price: 22 €

ISBN: 978-2-36098-125-0

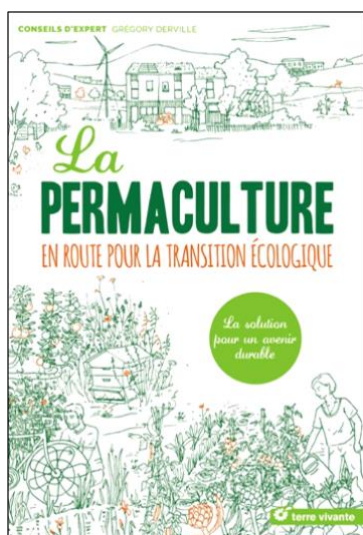
Rights Available: World

50 000 copies sold !

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.



Permaculture: is it the solution? On the road to ecological transition!

Series: Expert advice

Release date: 2018

17 x 24,5 cm

208 pages CMYK

Public retail price: 25 €

ISBN: 978-2-36098-244-8

Rights Available: World

This book explains what permaculture really is. It includes a clear and detailed presentation of permaculture and gives many thorough examples. A perspective is given on how permaculture can be applied on a daily basis on different subjects: gardens and trees, energy, water management, composting or recycling waste, habitat, rearing animals...

THE AUTHOR : Gregory Derville.



Soil Permaculture : how to enrich your garden soil

Series: Easy and organic

Release date: 2018

21 x 21 cm

120 pages CMYK

Public retail price: 14 €

ISBN: 978-2-36098-335-3

Rights sold : Spain

This book focuses on soil and soil fertility in permaculture. It includes a theoretical explanation of soil fertility as being the foundation of a permaculture project. The book also details how to maintain and improve soil in permaculture, with emphasis on complementary methods. This book, written by a specialist on the subject, is the only one that exists on this specific subject.

THE AUTHORS : **Blaise Leclerc** is an agricultural engineer and has gardened for the past 40 years. He is specialised in the interactions between agriculture and the environment and is a professional expert for ITAB (Institut Technique de l'agriculture biologique). He has also written many books, such as *My delicious tomatoes* or *Good soil for good gardening*.

Jean-Jacques Raynal is a photographer.



Permaculture on my balcony

Vegetables, fruits, herbs, edible wild plants....

Series: Easy and organic

Release date: 2019

21 x 21 cm

132 pages CMYK

Public retail price: 14 €

ISBN: 978-2-36098-390-2

Rights Available: World

10 000 copies sold !

Can small, productive and environmentally friendly permaculture systems be created in urban areas? Hervé Chabert has made a successful bet and shows the reader, via this book, that it is possible to set up an authentic mini forest-garden on a balcony! The reader can thus satisfy the desire to garden and produce a certain quantity of food as well as being part of the permaculture movement. Hervé Chabert explains how to get started, how to design a permaculture balcony, how to get equipped, how to choose the right species to grow and how to best organise production over the seasons.

THE AUTHOR : **Hervé Chabert** is an engineer and has worked on an original experience of small surface permaculture, studying the specific problems that arise in such a context and providing the possible solutions. Ecological, environmental, energy aspects, water and waste management, creation of micro-climates, biodiversity, growing medicinal plants, perfume plants... Nothing is left to chance and everything is possible (or almost) on a balcony!

ORGANIC GARDENING

Fertilization and soil maintenance



The Terre vivante Guide to Composting and Mulching

Recycle all your biowaste to (re)feed the earth

Series : Terre vivante's guide

Release date: 2022

19,5 x 24 cm

384 pages CMYK

Public retail price: 35

€

ISBN: 978-2-36098-718-4

Rights Available: World

The guide to reusing all household and garden waste which shows how all kitchen waste, waste paper, grass clippings, wood and leaves, prunings and dry toilet waste can be composted or used as mulch.

THE AUTHOR : Denis Pépin is a qualified ecologist and agronomist. He has worked as a consultant gardener, journalist, lecturer and trainer, always in the field of organic and ecological gardening for over 30 years, specialising in alternatives to chemical pesticides. He is the author of many books.



Keys to a living soil

How to improve the soil of your garden

Series: Expert advice

Release date: 2017

17 x 24,5 cm

176 pages CMYK

Public retail price: 25 €

ISBN: 978-2-36098-277-6

Rights sold : Germany

This practical and well-illustrated book provides at first a reminder of soil basics. It then enables the reader to understand their own soil type by different tests, in order to apply the appropriate gardening techniques. The book will allow the reader to learn all there is to know about their own soil type, how to labour it (or not), how to enrich it, if

necessary, and the different techniques.

THE AUTHORS : Blaise Leclerc is an agricultural engineer and has gardened for the past 40 years. He is specialised in the interactions between agriculture and the environment and is a professional expert for ITAB (Institut Technique de l'agriculture biologique). He has also written many books, such as *My delicious tomatoes* or *Good soil for good gardening*. Jean-Jacques Raynal is a photographer.

ORGANIC GARDENING

Biodiversity in the garden



My hedge, a refuge for biodiversity

How to choose, plant and observe it

Series: Easy and organic

Release date: 2022

21 x 21 cm

120 pages CMYK

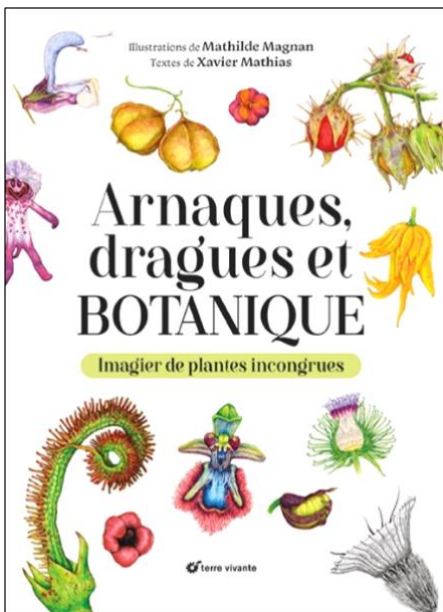
Public retail price: 14 €

ISBN: 978-2-36098-529-6

Rights Available: Germany

Hedges are an essential part of our landscape that we need to promote more than ever. In this book you will find expert advice on how to prepare the ground, choose the right varieties according to their different shapes, foliage and the animals you want to attract, how to plant and prune hedges... and observe the wildlife that is sure to come and take shelter in them!

THE AUTHOR : Gilles Leblais is an ornithologist, author, photographer, consultant and nature journalist. He specialises in garden planning to accommodate wildlife and regularly gives conferences and workshops on this subject.



Swindles, seduction and botany

A picture book of unusual plants

Release date: 2021

19 x 26 cm

96 pages CMYK

Public retail price: 19 €

ISBN: 978-2-36098-734-4

Rights Available: World

Imposters, swindlers, tricksters... plants have no shortage of resources when it comes to passing themselves off as something they're not, developing perfectly disloyal reproductive strategies or luring visitors into spreading their seeds for them. A beautiful gift book for discovering 40 unusual plants, wild or cultivated, thanks to magnificent botanical illustrations accompanied by quirky texts...

THE AUTHORS: Mathilde Magnan explores the endless and fascinating world of flora, fauna and other specimens which provides constant inspiration for her work as an illustrator and will please young and old alike. Xavier Mathias is a market gardener and organic gardening trainer, lecturer. He is also the author of numerous articles and books on the subject.



Cut branches and dead wood in the garden

Treasures for biodiversity

Series: Easy and organic

Release date: 2022

21 x 21 cm

132 pages CMYK

Public retail price: 15 €

ISBN: 978-2-36098-720-7

Rights Available: Germany

Old trees, dead trees, old stumps, pruning "waste", cut branches, wood piles... are treasures to be preserved and valued in the garden, so that they become a real sanctuary for biodiversity, a refuge for flora and fauna. This book provides a detailed review of the main biotopes and shelters that can be set up using dead wood, as well as an inventory of the animals - mammals, insects, birds... - which will settle there without a doubt.

THE AUTHOR : Gilles Leblais is an ornithologist, author, photographer, consultant and nature journalist. He specialises in garden planning to accommodate wildlife and regularly gives conferences and workshops on this subject.



Garden allies: how to attract, shelter and feed them

Series: Easy and organic

Release date: 2015

21 x 21cm

132 pages CMYK

Public retail price: 14 €

ISBN: 978-2-36098-163-2

Rights Available: World

14 000 copies sold !

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.



Wild flowers in my garden

How to choose, cultivate and companion-plant...

Series: Easy and organic

Release date: 2017

21 x 21 cm

120 pages CMYK

Public retail price: 14 €

ISBN: 978-2-36098-252-3

Rights Available: World

This book explains the benefits of wild plants in the vegetable and ornamental garden, orchard or meadow..., for the soil, fauna and the gardener. It explains their use, how to cultivate them, how to companion plant and focuses on easy-to-grow varieties for use both in rural and urban gardens.

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).



I attract and observe birds in my garden

Efficient and friendly helpers in the garden

Series: Easy and organic

Release date: 2017

21 x 21cm

120 pages CMYK

Public retail price: 14 €

ISBN: 978-2-36098-190-8

Rights sold : Spain

22 000 copies sold !

In addition to the beauty of their plumage and songs, birds help gardeners by feeding and controlling pests. Unfortunately, hedge destruction and pesticide use contribute to dramatically decrease their numbers. In this book, Gilles Leblais, ornithologist and photographer, portrays different garden birds: nightingale, robin, woodpecker, tit, nuthatch, etc. He details diets and habits of each species with anecdotes thanks to over 30 years of bird watching. Concrete advice to attract and shelter garden birds is provided: garden-planning, tree and shrub species to plant, making and upkeeping nest boxes (assembly plans provided). A perfect book for identifying and protecting garden birds, with more than 150 superb photos.

THE AUTHOR : **Gilles Leblais** is an ornithologist, author, photographer, consultant and nature journalist. He specialises in garden planning to accommodate wildlife and regularly gives conferences and workshops on this subject.



I feed garden birds in winter

How to help them survive

Series: *Easy and organic*

Release date: 2018

21 x 21cm

132 pages CMYK

Public retail price: 14 €

ISBN: 978-2-36098-327-8

Rights Available: World

11 000 copies sold !

Birds are effective garden helpers, especially when referring to pests. At a time when the loss of biodiversity is accelerating, attracting birds and helping them to survive winters is of paramount importance. This book is the result of decades of observation and is enriched with very beautiful photos. The author explains in detail how to make your garden a nature haven and explores in depth bird behaviour, their food preferences and the types of birdfeeders they prefer.

THE AUTHOR : Gilles Leblais is an ornithologist, author, photographer, consultant and nature journalist. He specialises in garden planning to accommodate wildlife and regularly gives conferences and workshops on this subject.



The secret life of my pond

Series: *Easy and organic*

Release date: 2019

21 x 21cm

120 pages CMYK

Public retail price: 14

€

Rights Available: World

This book will enable you to discover the secret life of your pond and to marvel while observing the behaviour of its inhabitants. Ponds and wetlands on a greater scale are still undergoing continued decline, despite them being essential for the conservation of astonishing wildlife.

After reading this book, the reader will most certainly want to decorate the garden with a pond with the aim of attracting aquatic life, and observing, helping and protecting its fascinating residents.

THE AUTHOR : Gilles Leblais is an ornithologist, author, photographer, consultant and nature journalist. He specialises in garden planning to accommodate wildlife and regularly gives conferences and workshops on this subject.



Fake news in the garden

Confronting preconceived ideas, preventing confusion

Release date: 2021

15 x 21 cm

144 pages CMYK

Public retail price: 15 €

ISBN: 978-2-36098-554-8

Rights Sold : Germany

A modern and lively little book that sheds a clever and scientific light on preconceived ideas in the garden and the most common mix-ups of animal and plant species. Witty and amusing texts punctuated by humorous or practical illustrations, encourage us to better observe and understand the life that surrounds us, in order to preserve it and thus avoid loss of biodiversity.

THE AUTHOR : Aino Adriaens is a biologist with a passion for gardening. She is editor for several newspapers and magazines dedicated to the garden or nature.



Garden Safari

Biodiversity at your fingertips

Release date: 2021

19,5 x 24 cm

256 pages CMYK

Public retail price: 25

€

ISBN: 978-2-36098-660-6

Rights Available: World

This book is the testimony of a family who has been experimenting for several years with their garden that they transformed into a refuge for biodiversity. A vegetable garden, a pond, nesting boxes, a woodpile... the extraordinary is to be found in the ordinary and adults and children learn by cultivating, crafting and observing. Emotions are guaranteed, thanks to the captivating text and magnificent photos by a

naturalist and photographer.

THE AUTHOR : Sylvain Lefebvre is an author, photographer, filmmaker and naturalist guide. He educates the general public as well as schoolchildren to the conservation of the from his garden to the tropical forests of America and Africa.

ORGANIC GARDENING

Pests, diseases, invasive plants



I prepare my potions for the garden

New enriched edition

Series: Easy and organic

Release date: 2021

21 x 21 cm

144 pages CMYK

Public retail price: 14 €

ISBN: 978-2-36098-647-7

Rights sold : Spain, Germany (first edition)

60 000 copies sold !

A vast choice of organic, healthy and natural home-made preparations to treat the garden, that can easily be made at home for a few pennies, or even at no cost! The book provides simple recipes, often from plants, but also from basic products such as clay, bicarbonate, black soap, ash, to prepare decoctions, liquid-manures, macerations, dressings, coated seeds...

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).



How to stop pests in the garden : preventive and remedial solutions

Series: Easy and organic

Release date: 2016

21 x 21cm

132 pages CMYK

Public retail price: 14.90 €

ISBN: 978-2-36098-191-5

Rights Sold: Germany

13 000 copies sold !

Denis Pepin explains in this book how to use natural methods against pests (greenfly, slugs, maybugs, moles, rabbits, etc.) with practical and illustrated solutions. He advises on how to attract garden allies to the garden, shows good practice to limit pest invasion then dresses a portrait of 70 different pests and gives control methods for each of them.

A list of 40 preventive and remedial solutions offers a complete panorama of the available choices: traps, whitewashes, anti-insect netting, organic insecticides, choosing resistant varieties...

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.



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

Series: Easy and organic

Release date: 2015

21 x 21cm

120 pages CMYK

Public retail price: 14 €

ISBN : 978-2-36098-167-0

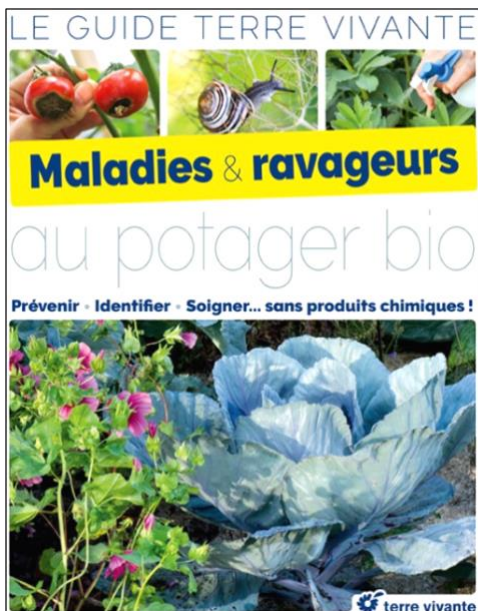
Rights Sold: Germany

20 000 copies sold !

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.



The Terre vivante Guide to Diseases and Pests in the Organic Vegetable Garden

Prevent, identify, treat... without chemicals!

Series: Terre vivante

guides Release date:

2017

19,5 x 24 cm

320 pages CMYK

Public retail

price: 35 €

ISBN: 978-2-36098-248-6

Rights Available: World

How is it possible to avoid garden pests and disease? This book brings together the experiences and natural methods of 5 gardeners and agronomists to prevent and cure in the garden, without chemicals. Numerous photos are used to easily identify problems and an index of diseases and pests allows quick access to the solutions.

THE AUTHORS : Jean-Paul Thorez (**agricultural engineer**), Blaise Leclerc (**doctor of agronomy**), Denis Pépin (**ecologist and agronomist**), Brigitte Lapouge-Déjean (**gardener**) and Antoine Bosse-Platière (**journalist and gardener**)

ORGANIC GARDENING

Specific crops



I create my own medicinal garden

Series: *Easy and organic*

Release date: 2020 (April) 21

x 21 cm

120 pages CMYK Public retail

price: 14 €

ISBN: 978-2-36098-485-5

Rights Available: World

This book presents twenty medicinal plants which are sufficient for creating a health zone in the garden. The layout of the garden, its organisation, the choice of plants, sowing / planting and maintenance procedures, growing and harvesting conditions, are described in a simple and playful way in this book which is, above all, practical. The properties and indications of use are also given for each plant, as well as some examples of uses. The book ends with some examples of medicinal garden layouts, for inspiration!

THE AUTHOR : Christine Cieur



Green salad all year round in my garden : lettuce, mixed greens, chicory

Series: *Easy and organic*

Release date: 2016

21 x 21cm

120 pages CMYK

Public retail price: 14 €

ISBN: 978-2-36098-189-2

Rights Available: World

10 000 copies sold !

Green salad is wrongly believed as being easy to grow. However, few are those who can name a gardener that has never encountered salads which rapidly go to seed or produce in excess followed by a brutal shortage! Xavier Mathias proposes the first gardening book ever that is exclusively devoted to green salads. In this book, he details the main principles of growing them, how to work the soil and plant seeds, how to protect the plants from pests, etc. with the help of many step-by-step photos. He then presents 45 classic varieties of leafy greens (lettuces, chicory, lambs lettuce...) and other leafy vegetables whose leaves can be used as salad greens when harvested young (spinach, watercress and plantain...) as well as some flowers and wild plants (borage, nasturtium, amaranth...). A four season calendar indicates a sowing and harvest plant to nourish a family-of-four all-year-round.

THE AUTHOR : **Xavier Mathias** is a vegetable grower who also produces organic plants and seeds in the Touraine region. He also teaches at the *Potager du Roi* in Versailles. He has written several books and is always searching for new varieties for new flavours.



55 medicinal plants in my garden!

How to grow, harvest and preserve them

Series: *Expert advice*

Release date: 2016

17 x 24,5 cm

208 pages CMYK

Public retail price: 24,90 €

ISBN: 978-2-36098-194-6

Rights Sold: Germany

17 000 copies sold !

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. It 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.



Unexpected vegetables in the vegetable garden

Series: *Easy and organic*

Release date: 2019

21 x 21 cm

120 pages CMYK

Public retail price: 14 €

ISBN: 978-2-36098-259-2

Rights Available: World

Most vegetables that are commonly grown in our gardens are not at all local. They initially travelled a very long way! This book proposes the reader to welcome new ones into the garden, especially since global warming will most certainly permit us to eventually grow varieties from warmer regions. Some vegetables in the book have been cultivated for a long time in our climates, but are still little known today. This book provides an opportunity to (re)discover these unsung vegetables, to increase biodiversity in the vegetable garden, and last but not least, to (re)discover new flavours at dinnertime!

THE AUTHORS : **Blaise Leclerc** is an agricultural engineer and has gardened for the past 40 years. He is specialised in the interactions between agriculture and the environment and is a professional expert for ITAB (Institut Technique de l'agriculture biologique). He has also written many books, such as *My delicious tomatoes* or *Good soil for good gardening*.

Jean-Jacques Raynal is a photographer.

ORGANIC GARDENING

Small farms



I would like to breed chickens

New and expanded edition

Series: Easy and organic

Release date: 2022

21 x 21 cm

120 pages CMYK

Public retail price: 15 €

ISBN: 978-2-36098-705-4

Rights Available: World

53 000 copies sold !

A thorough reworking of this best-selling Terre vivante book. Since then, family chicken keeping has become very popular. This new edition, in a modernised layout, takes into account all the knowledge accumulated in recent years. It focuses particularly on animal welfare, for healthy, free and happy chickens!

THE AUTHOR : Michel Audureau, a long-time ecologist and professional in the socio-cultural field, has been raising poultry for nearly 30 years. Based on his experience and his exchanges with other breeders, he presents the simplest organic techniques.



Indian runner ducks in my garden

or how to eliminate slugs

Series: Easy and organic

Release date: 2020

21 x 21 cm

120 pages CMYK

Public retail price: 14 €

ISBN: 978-2-36098-511-1

Rights Available: World

Indian runner ducks are the new emblems of permaculture! They also coexist very well with the vegetable garden, unlike hens. Fantastic slug eaters, productive, efficient and economical egglayers, they also guarantee smiles and laughter as their presence is so friendly and endearing. This book provides all you need to know on the species; how to choose, welcome and breed them, the egg laying, caring for them... it is a real "user manual" for having ducks in the vegetable garden.

THE AUTHOR : Sylvie La Spina



Small organic family farming

Goats, sheep, rabbits, poultry, donkeys, horses, cows, pigs.

Series: Expert advice

Release date: 2018

17 x 24,5 cm

192 pages

CMYK Public

retail price: 25 €

ISBN: 978-2-36098-350-6

Rights sold : Spain

This book explains how to start a small family-sized farm. How to assess your resources (land, water, time available...) and your plans (to maintain a plot of land, food production, keeping animals...). The book includes practical information on many different courtyard animals - donkeys, sheep, quails, ducks, horses, goats, pigs, turkeys, rabbits, geese...and indicates with precision their different needs: surface area, water, availability, food, hygiene, care... The well-illustrated book is a complete guide to starting a family-sized farm. It is written by an experienced author who has been breeding animals on a small-scale for over thirty years.



I want to set up a bee-hive in my garden!

Harvest honey and protect bees

Series: Easy and organic

Release date: 2015

21 x 21cm

120 pages CMYK

Public retail price: 14 €

ISBN: 978-2-36098-149-6

Rights sold : Italy

20 000 copies sold !

Pesticides, pollution, urbanisation... the factors of bee disappearance are many. Yet bees are pollinators essential for biodiversity. This book invites all gardeners to install an island of peace for bees and so contribute to increasing bee populations. This book gives all the keys needed for starting natural beekeeping, getting equipped, caring for and protecting your bees, harvesting and processing products of the hive!

THE AUTHORS : **Claude Merle** is a professional horticulturist, passionate beekeeper and trainer in a regional beekeeping union. **Rémy Bacher** is a journalist and author specialised in ecology.



Manual for Beekeeping – the Warré technique

Series: Easy and organic

Release date: 2019

21 x 21 cm

120 pages CMYK

Public retail price: 14 €

ISBN: 978-2-36098-373-5

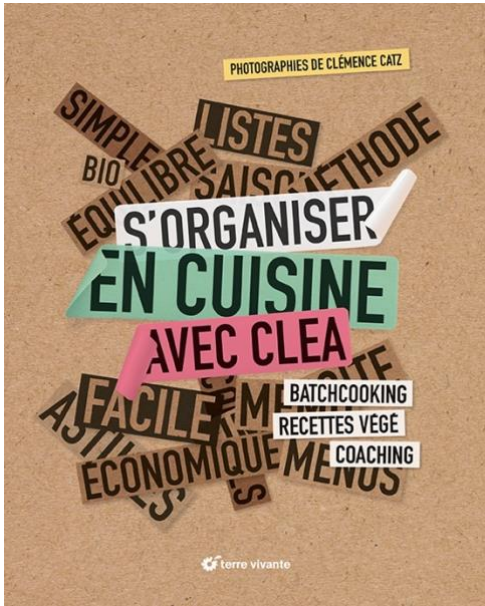
Rights Available: World

This book provides reliable and complete information for setting-up a beehive using the Warré technique. It details the essential phase of bee observation, a primordial key to success in beekeeping. The Warré hive is adapted above all to a naturalistic approach to beekeeping where production is not the main objective. The Warré hive technique focuses on understanding how bees and the colony function. It relies on the intelligence of the hive rather than on human interventionism, often expensive and somewhat out of sync. Warré's method of hive management does indeed share the philosophy of permaculture.

THE AUTHOR : Yves Robert has an engineer background and is now a beekeeper and trainer. He raises bees in Warré hives and produces local honey in South Burgundy. He leads practical training courses on beekeeping.

ORGANIC COOKERY

All about organic cuisine



Getting organized in the kitchen with Cléa

Batchcooking, vegan recipes, coaching

Release date: 2022

19,5 x 24 cm

192 pages CMYK

Public retail price: 23 €

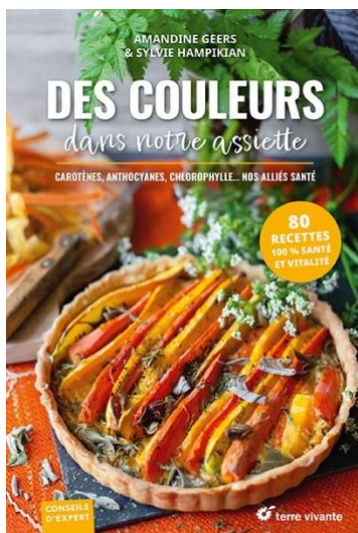
ISBN: 978-2-36098-686-6

Rights Available: World

Batchcooking is in fashion... but it rarely lives up to its promises. This book offers effective organisational methods, tested and validated by people that the author has coached. It will enable the reader to eat healthy and vegetarian food more often, by anticipating their meals

and without spending the whole weekend in the kitchen.

THE AUTHOR : Cléa was born and raised in the organic the Alps and Japan. She is the author of the blog cleacuisine.fr and of about thirty of organic and vegetarian cooking books.



Eating in colour

Carotenes, anthocyanins, chlorophyll... our health allies

Series: Expert advice

Release date: 2022

16,5 x 24,5 cm

192 pages CMYK

Public retail price: 22 €

ISBN: 978-2-36098-707-8

Rights Available: World

Plant pigments come in a wide variety of colours. Chlorophyll, anthocyanins, lycopene, carotene, flavonoids, among others, present a fascinating multi-coloured spectrum from pale yellow to dark purple. All these pigments are more than valuable for human health. Which is good news as colour has always played a

significant role in cooking, because it adds visual pleasure to that of the palate and contributes to making food more appetising. The book presents 100 or so recipes to make the most of the health benefits of natural pigments.

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



Around the world in 80 recipes

Naturally gourmet and balanced meals

Series: Expert advice

Release date: 2020

16,5 x 24,5 cm

192 pages CMYK

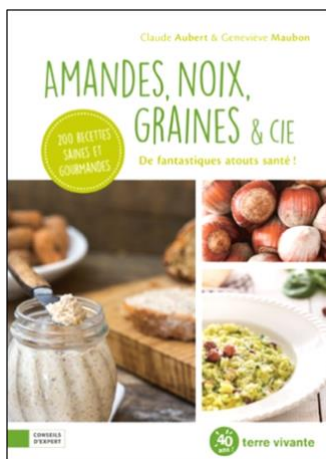
Public retail price: 22 €

ISBN: 978-2-36098-524-1

Rights Available: World

For once in her life as a culinary author, Marie Chioca goes globe-trotting... in her own kitchen! In this book, she treats the reader to 80 recipes from around the world, selected for their gourmet and healthy aspects. From an ecological point of view, the recipes are very reasonable, using ingredients that do not come from the other side of the globe. These recipes offer a refreshing change of scenery and are a delight to the taste buds... and the eyes! A cheerful and colourful book.

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"



Almonds, Nuts, Seeds and Co.

Fantastic health benefits

Series: Expert advice

Release date: 2020

15 x 21 cm

160 pages CMYK

Public retail price: 27 €

ISBN: 978-2-36098-574-6

Rights Available: World

Almonds, walnuts, hazelnuts, pistachios, pine nuts, peanuts, sesame seeds, pumpkin seeds, sunflower seeds, flax seeds, chia seeds... nuts and seeds are on the rise: numerous scientific studies have recently revealed their multiple beneficial effects on health and recommend that they be consumed regularly. This book provides a detailed description and 200 recipes to add them to your daily diet.

THE AUTHORS : Geneviève Maubon & Claude Aubert, who 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.



Busy, broke, ill-equipped... but fond of good food!

Healthy recipes for students, young active people, singles...

Series: Easy and organic

Release date: 2019

21 x 21 cm

120 pages CMYK

Public retail price: 12 €

ISBN: 978-2-36098-392-6

Rights Available: World

13 000 copies sold !

How to eat well, and healthily, when you are neither wealthy nor well-equipped, nor willing to spend time on cooking? This is the challenge successfully taken up by Marie Chioca in this new book which presents 45 recipes to learn how to cook well for a low price and without effort! Written especially for all those who are starting out in life, but the book will also seduce the followers of simple, fast, gourmet but healthy cuisine.

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"



Cooking as medicine!

60 gourmet recipes for curing everyday ailments

Series: Easy and organic

Release date: 2019

21 x 21 cm

120 pages CMYK

Public retail price: 12 €

ISBN: 978-2-36098-407-7

Rights Available: World

"May your food be your best medicine!" A review of the best ingredients in the kitchen and their benefits in treating minor everyday ailments, and 60 simple and gourmet recipes so as to use them properly. The book pays particular attention to the synergy of these different ingredients, as part of a fresh and varied diet.

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



Homemade cheese and dairy products

Series: Expert advice

Release date: 2020

17 x 24,5 cm

224 pages CMYK

Public retail price: 22 €

ISBN: 978-2-36098-522-7

Rights Available: World

This book gives techniques, advice and step-by-step instructions to succeed in making yoghurt, soft cheese, fresh cheese, whey cheese, cottage cheese, but also more refined cheeses (blue, cooked pressed, flowery rind...), milk kefir, butter, ghee, mascarpone, etc. All this with cow's, sheep's or goat's milk. The book includes around 70 recipes.

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"



Good nomadic food for Hiking, cycling, bivouac

Series: Easy and organic

Release date: 2020

21 x 21 cm

120 pages CMYK

Public retail price: 12 €

ISBN: 978-2-36098-523-4

Rights Available: World

Use your legs, walk and eat! This book tells the reader how to rediscover outdoor pleasures with good food in the rucksack! Enjoying a good meal on a rock, in a wild meadow or by a river can be one of the most natural and enjoyable leisure activities, especially if it is a shared experience! The book shows how to make your own reusable food packaging, healthy and nourishing snacks and outdoor meals. Whether the food to prepare is for a day trip, a bivouac with campfire and breakfast, a weekend bike trip with well-stocked saddlebags, these organic kit meals with special extras change everything and make the hikes even more beautiful.

THE AUTHORS : Cléa & Linda Louis



I eat healthy and organic food even at work!

45 recipes and 120 lunch options to go

Series: Easy and organic

Release date: 2017

21 x 21 cm

120 pages CMYK

Public retail price: 12 €

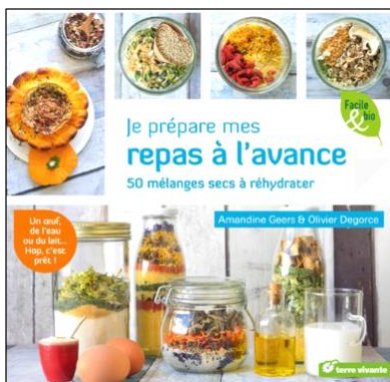
ISBN: 978-2-36098-233-2

Rights Available: World

17 000 copies sold !

This book shows how it is possible to incorporate easy-to-make healthy, delicious and nourishing lunches into our daily lives. The recipes are simple, quick and easy to prepare, appetising and varied, practical to eat, economical, can be reheated or eaten cold, vegetarian or meat-based, have a low glycemic index and are for all appetites. As a bonus, some nomad snacks are included in the book for the afternoon. A great way to go to work with a smile on your face!

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"



I prepare my meals in advance

50 dry mixes to rehydrate

Series: Easy and organic

Release date: 2016

21 x 21 cm

142 pages CMYK

Public retail price: 12 €

ISBN: 978-2-36098-204-2

Rights Available: World

"What's for dinner"? A recurring and problematic question! With the lack of time and ideas, and refusal to resort to industrial pre-prepared meals, mealtimes can turn out to be a real challenge. Amandine Geers and Olivier Degorce have the solution: dry mixes ready to cook! Many healthy and balanced meals can be prepared in advance in this way. The recipes propose different dry ingredient mixes that only need an egg, water or milk to be added at the last moment. Risottos, soups, pancakes, omelettes, desserts, drinks...50 different meals can be prepared in just one afternoon with this method. These ready-to-make meals can be kept for several months, they generate no excess packaging, and are easily transportable. An ecological, economical and practical solution for meals at work, last-minute meals, or meals on the move!

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.



Cook organic with children

55 recipes to learn together

Series: *Easy and organic*

Release date: 2016

21 x 21 cm

156 pages CMYK

Public retail price: 14 €

ISBN: 978-2-36098-220-2

Rights Available: World

This is a book for all those who wish to pass on to children the fundamentals and know-how of healthy and organic cookery. The book explains how to teach the child the technical skills needed for cookery in a fun and safe way. It also explains how to introduce the child to the concept of organic, healthy and balanced cookery. It includes 55 very attractive recipes that are sorted into three different age-groups so as to adapt the different levels of difficulty to the child's maturity (4-7 years, 8-11 years and 12-18).

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"



I make bread, yoghurt, cheese... without appliances

Goodbye food processor, mixer, icecream maker... !

Series: *Easy and organic*

Release date: 2015

21 x 21 cm

120 pages CMYK

Public retail price: 12 €

ISBN: 978-2-36098-155-7

Rights Available: World

12 000 copies sold !

More and more small household appliances are sold on the pretext of simplifying cooking. These machines are sometimes expensive, often environmentally un-friendly 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 desserts made with natural sugars

Acacia honey, agave or maple syrup, stevia

Series: *Easy and organic*

Release date: 2015

21 x 21 cm

120 pages CMYK

Public retail price: 14 €

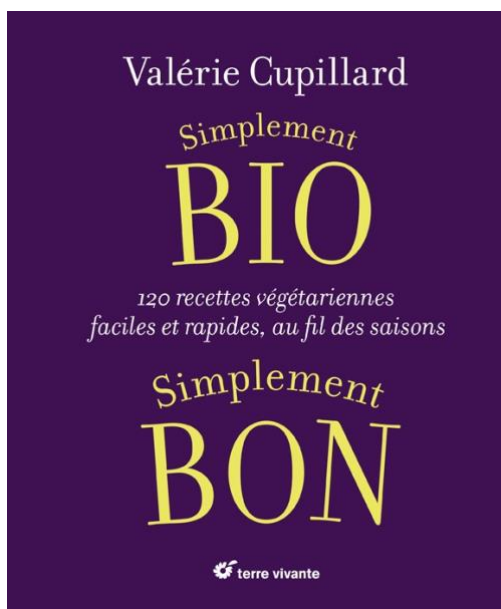
ISBN: 978-2-36098-109-0

Rights Available: World

11 000 copies sold !

Sugar harms our health in many ways, and still, we consume too much of it. Should we deprive ourselves of desserts 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.



Simply organic, simply good

Release date: 2017

19,5 x 24 cm

204 pages CMYK

Public retail

price: 23 €

ISBN: 978-2-36098-254-7

Rights Available: World

This book presents 120 seasonal vegetarian recipes, that follow the seasons and are quick and easy to do using simple ingredients that are easy to find. SIM-PLI-CI-TY! That is the keyword of this beautiful cookery book by Valérie Cupillard, who is named the "goddess of organic cookery"... the author gives away all her secrets on how to get the most effect using the least effort. Aperitifs, soups, salads, main courses, desserts..., the recipes are varied, balanced and sorted by season. Pictograms indicate recipes without eggs, milk and gluten.

THE AUTHOR : Valérie Cupillard has published 40 books, some of which have been translated into several languages and won awards at the Gourmand World Cookbook Awards. She has played a major role in making organic ingredients popular introducing a new culinary art via her books, her Bio gourmand blog and social networking activities.



The secrets of organic patisserie

130 healthy and gourmet recipes

Series: Expert advice

Release date: 2014

17 x 24,5 cm

272 pages CMYK

Public retail price: 22 €

ISBN: 978-2-36098-134-2

Rights Available: World

12 000 copies sold !

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"



I steam cook my food

Series: Easy and organic

Release date: 2019

21 x 21 cm

108 pages CMYK

Public retail price: 12 €

ISBN: 978-2-36098-406-0

Rights Available: World

Steaming is undoubtedly one of the healthiest ways to cook: it preserves the nutritional quality of food better than other

methods, it involves little or no cooked fat and cooking without immersion in water avoids mineral and vitamin loss... But steam cookery is also gourmet cuisine and this book shows how it is possible to prepare practically all traditional dishes. The practical side of this type of cookery must not be neglected (say goodbye to hanging pots and pans!). The book offers a wide range of recipes that broaden the type of dishes that are usually cooked with this method, as well as giving advice on the best equipment to use. It also gives gourmet tips to ensure that steamed and healthy food does not mean dieting but pleasure for the taste buds!

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.



Discover lactofermentation!

Series: Easy and organic

Release date: 2019

21 x 21 cm

108 pages CMYK

Public retail price: 12 €

ISBN: 978-2-36098-370-4

Rights Available: World

18 000 copies sold !

This book details the methods necessary for succeeding lactofermentation. It also contains almost 40 original recipes to learn about lactofermentation: fruit and vegetables, cereals, legumes, dairy products, drinks, and some unusual lactofermentation recipes !

THE AUTHORS: **Hélène Schernberg** is an agricultural engineer and manages a food blog (green-me-up.com). **Louise Browaeys** is an agricultural engineer specialised on nutrition. Together, they love to cook and reinvent recipes that are healthy, tasty and easy to do.



Simple and tasty cakes...

With wow-factor!

Series: *Healthy delicacies*

Release date: 2021

19 x 26 cm

128 pages CMYK

Public retail price: 19 €

ISBN: 978-2-36098-628-6

Rights Available: World

The book presents 40 delicious cakes made from healthy ingredients, lighter than traditional cakes, and easy to make. It includes lots of decorating tips, so that the cake is not only tasty, but also striking! All this is done with natural and seasonal unrefined ingredients that are easy to find.



Succeed in pastry

Making using no added sugar

Series: *Healthy delicacies*

Release date: 2021

19 x 26 cm

112 pages CMYK

Public retail price: 19 €

ISBN: 978-2-36098-630-9

Rights Available: World

This book gives recipes for real delights that contain no added sugar nor sweeteners but are rich in flavour! Even if you are struggling to keep your figure and are determined to eliminate sugar from your diet - or at least to limit it drastically, these recipes are delicacies that you can indulge in.



Lighter than light pastries

Series: *Healthy delicacies*

Release date: 2021

19 x 26 cm

128 pages CMYK

Public retail price: 19 €

ISBN: 978-2-36098-631-6

Rights Available: World

This book provides recipes for organic pastries, however the author does not simply replace the usual ingredients with the organic versions, instead, alternatives that are much better for your health are proposed: wholemeal flour, little butter, no additives... for deliciously light pastries!

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"

ORGANIC COOKERY

The ingredients go to the table



Vegetable desserts

40 inventive and unusual recipes

Series: *Easy and organic*

Release date: 2017

21 x 21 cm

96 pages CMYK

Public retail price: 12 €

ISBN: 978-2-36098-260-8

Rights Available: World

Using vegetables to make delicious and healthy desserts is not only for those who wish to slim! A closer look on the subject reveals that many traditional desserts worldwide use vegetables! The famous American carrot cake springs to mind, but did you know that the Irish do a potato cake and a delicious chard pie is a speciality of Nice.

All the recipes in the book are vegan and most are gluten-free. The author also advocates cooking with whole ingredients of vegetable origin and respecting the seasons. Sugar is used in moderation and the reader is invited to adapt the recipes to their personal taste although this book could, little by little, because of the vegetables, coax the reader to not add any additional sweetener at all.

THE AUTHORS : **Hélène Schernberg** is an agronomist and runs the blog “Green me up” which is dedicated to vegan cooking and ecology. **Louise Browaeys** is a nutrition engineer and has always created recipes that are both healthy and easy.



Cooking with flowers

50 extraordinary recipes

Series: *Easy and organic*

Release date: 2016

21 x 21 cm

132 pages CMYK

Public retail price: 12 €

ISBN: 978-2-36098-201-1

Rights Sold: Romanian

Eating flowers is not only visually satisfying or a fun way to cook, it is also very beneficial for our health. Flowers have, indeed, many properties that Amandine Geers and Olivier Degorce describe in this book. They present 24 meadow or garden flowers for preparing starters, salads, soups, main courses, deserts, drinks and condiments. For each flower, they indicate how to identify them, when to pick them and the places in which to find them, their edible parts and properties, and the different ways of preparing or conserving them. A book that will make your taste buds blossom!

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 the wild plants I pick

50 wild plant recipes

Series: *Easy and organic*

Release date: 2015

21 x 21 cm

144 pages CMYK

Public retail price: 12 €

ISBN: 978-2-36098-156-4

Rights Available: World

16 000 copies sold !

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 using vegetable tops and fruit peel !

Series: *Easy and organic*

Release date: 2011

21 x 21 cm

96 pages CMYK

Public retail price: 12 €

ISBN: 978-2-36098-027-7

Rights Available: World

21 000 copies sold !

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.



Long live lentils!

40 easy and creative organic recipes

Series: *Easy and organic*

Release date: 2018

21 x 21 cm

104 pages CMYK

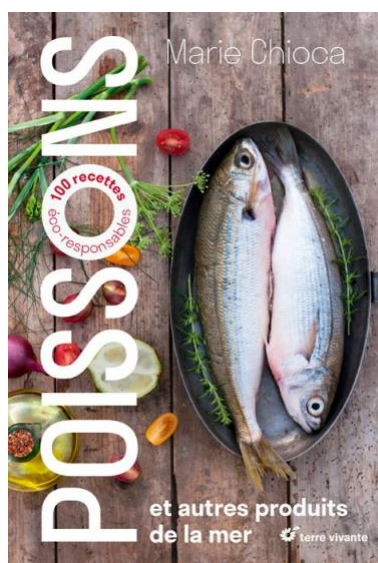
Public retail price: 12 €

ISBN: 978-2-36098-295-0

Rights Available: World

This book presents 40 recipes for cooking lentils in all different shapes and sizes. The recipes are sweet and savoury, range from breakfast dishes to desserts and are either inventive or from different cooking traditions around the world. They include tips to make them perfectly digestible and quick to cook.

THE AUTHORS : **Hélène Schernberg** is an agronomist and runs the blog “Green me up” which is dedicated to vegan cooking and ecology. **Louise Browaeys** is a nutrition engineer and has always created recipes that are both healthy and easy.



Fish and other seafood products

100 eco-responsible recipes

Series: *Expert advice*

Release date: 2019

17 x 24,5 cm

272 pages CMYK

Public retail price: 22 €

ISBN: 978-2-36098-393-3

Rights Available: World

In this book the author shows how fish can be used in 100 different recipes using either fresh, frozen, smoked or canned fish, not forgetting shellfish and “sea vegetables”! She explains how to choose your fish, by taking into account their availability (resource depletion), their known level of contamination by various pollutants

as well as their cost. The recipes teach the reader how to cook affordable fish easily with flair and delicacy. With this book, fish and other seafood products can be regularly invited to the dinner table!

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”

ORGANIC COOKERY

Cures and diets



My super-gourmet detox recipes !

Series: Easy and organic

Release date: 2015

21 x 21 cm

120 pages CMYK

Public retail price: 12 €

ISBN: 978-2-36098-150-2

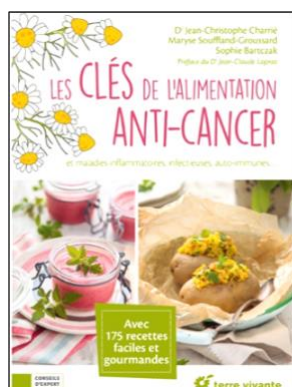
Rights Available: World

18 000 copies sold !

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, desserts, 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"



Keys to anti-cancer nutrition

as well as anti-inflammatory, anti-infectious, anti-autoimmune diseases...

Series: Expert advice

Release date: 2017

15 x 21 cm

256 pages CMYK

Public retail price: 23 €

ISBN: 978-2-36098-257-8

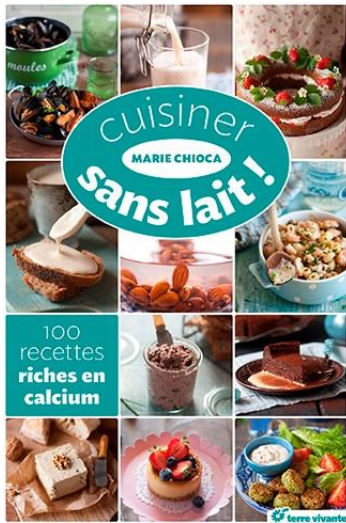
Rights Available: World

20 000 copies sold !

This book is the fruit of a meeting between a patient, her doctor trained in endobiogeny and a journalist specialised in health issues. It presents innovative nutritional principles in order to fight against cancer and inflammatory diseases. The functioning of the cancerous cell, the risk factors as well as foods and plants to favour or to forbid are clearly identified. 175 recipes, accompanied by very practical advice on how to eat well in all circumstances, complete the theoretical approach in this precise and straightforward guide.

THE AUTHORS : **Dr. Jean-Christophe Charrié**, a general practitioner, is the spokesperson for endobiogeny. This integrative medicine has 40 years of therapeutic success with many recent scientific publications. It is based on plants as a preferred therapeutic tool, as well as studying patients lifestyle and diet. **Maryse Groussard**, has transformed a specific diet and its restrictions into a real art of living by concocting simple and tasty recipes with lots of practical advice. **Sophie Bartczak** is a journalist and editorial director on health and wellness topics. She works for « Psychologies » magazine, « La Vie », « Sens et santé » and « Le Point ».

The preface is by **Dr. Lapraz** who founded the International Society of Endobiogeny and Integrative Physiology (SIMEPI) in 2008.



Cooking without milk

100 calcium-rich recipes

Topic: Health food

Series: Expert advice

Release date: 01/2016

17 x 24,5 cm

224 pages CMYK

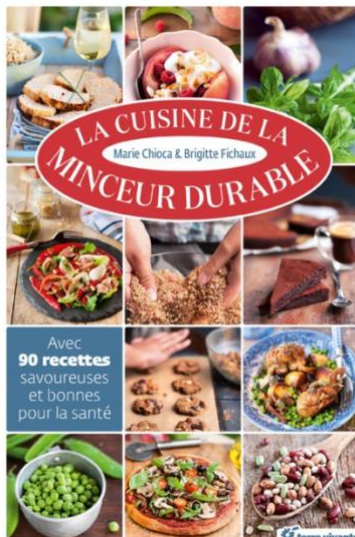
Public retail price: 22 €

ISBN: 978-2-36098-184-7

Rights Available: World

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 sustainable slimness cookbook

90 tasty and healthy recipes

Series: Expert advice

Release date: 2015

17 x 24,5 cm

224 pages CMYK

Public retail price: 22 €

ISBN: 978-2-36098-159-5

Rights Available: World

25 000 copies sold !

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"



Guide for vegetarian mums-to-be

Topic: Natural health

Series: Expert advice

Release date: 2016

15 x 21 cm

144 pages CMYK

Public retail price: 19 €

ISBN: 978-2-36098-205-9

Rights Available: World

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.



Autism: a taste for sharing

Release date: 2018

15 x 21 cm 176 pages CMYK Public retail price: 21 €

ISBN: 978-2-36098-336-0

Rights Available: World

Faced with the sensorial difficulties generally associated with autism, families and individuals are led to create different solutions. In terms of food, there is no shortage of original recipes and inventive flavours in the field of autism, that are patiently and often meticulously elaborated. Usually kept secret, sometimes even considered as shameful because out of the ordinary, ignored by the greatest number, these autistic recipes are just waiting to be discovered, and are assembled here for the first time in a cookbook.

This book is a project led by Josef Schovanec, who is of international renown, an autistic freelance artist, a long-time autistic performer, who has become a happy nomad.



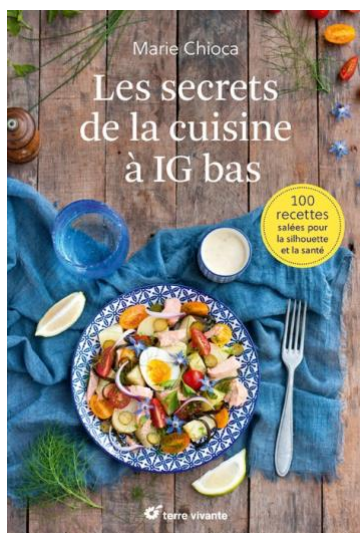
Secrets of Mediterranean cuisine

*Series: Expert
advice Release
date: 2018
17 x 24,5 cm
232 pages CMYK
Public retail
price: 22 €
ISBN: 978-2-36098-242-4
Rights Available: World*

15 000 copies sold !

The book unveils gourmet Mediterranean cuisine, full of health benefits, that allows the reader to reunite indulgence and well-being. The 100 healthy recipes are inspired by Crete, Italian, Greek, French and Spanish cuisine... vegetables, fruit, healthy fats, fish and unprocessed cereals are predominant (tomatoes, peppers, onions, garlic, green leafy vegetables, salads, spelt, barley...)

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 low GI cooking

*100 savoury recipes for your figure and health
Series: Expert
advice
Release date:
2018
17 x 24,5 cm
224 pages
CMYK Public
retail price: 22 €
ISBN: 978-2-36098-243-1
Rights Available: World*

30 000 copies sold !

A low glycemic index diet is a balanced diet that regulates carbohydrate intake throughout the day. It is recommended, among others, for people prone to hypoglycemia, diabetes, certain cancers... or simply those concerned about their health and their figure! Marie Chioca explains the principles of low GI cooking, lists the main foods involved (buckwheat, spelt, barley, lemon, almond, etc.) and then presents them in 100 gourmet recipes. Healthy cookery and realenjoyment!

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 practical guide to fasting

Health, detox, well-being, disease-prevention...

Series: Expert

advice Release

date: 2018

15 x 21 cm

160 pages CMYK

Public retail price:

19 €

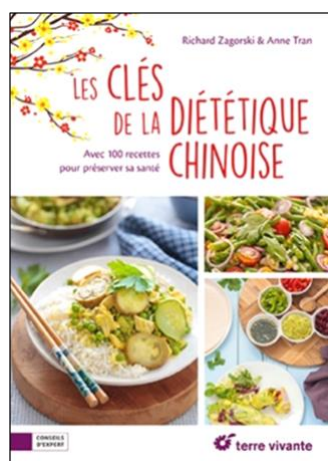
ISBN: 978-2-36098-274-5

Rights Sold: Italy

20 000 copies sold !

Lionel Goudron is a nutritionist and fasted regularly over many years. He accompanies and supports his patients who wish to do so. His book explains in clear terms which physiological mechanisms are at work whilst fasting and helps the reader find the most appropriate technique: fasting for a weekend, six days, two weeks... accompanied by broth, meditation or yoga... at home or in groups. Fasting is not a universal cure-all remedy, and the author also details certain disadvantages, such as fatigue or headaches. However, it could relieve patients with rheumatic diseases, mood disorders, fibromyalgia or even cancer.

THE AUTHOR : **Lionel Coudron** is a doctor specialised in nutrition, nutritherapy, acupuncture, biology, sport medicine, psychotherapy and yoga ! He is one of the few referent doctors on fasting in France and accompanies those patients who wish to fast, whether for their well-being or for therapeutic purposes.



Chinese nutrition manual

Series: Expert advice

Release date: 2021 (Mars)

15 x 21 cm

256 pages CMYK

Public retail price: 23 €

ISBN: 978-2-36098-482-4

Rights Available: World

The book explains, in an easy-to-read way, the main principles of Chinese nutrition. 100 recipes adapted to treat everyday ailments: digestive disorders, colds, rheumatism, inflammatory disorders, ear-nose-throat disorders, fatigue, slimming, aging well... The book, written by a duo of authors combines theory (one of the authors is a specialist in Chinese medicine and nutrition) and practice (the other author is an excellent cook, and a specialist in Chinese dietetics). The authors have succeeded in adapting these principles to Western cuisine so as to offer us recipes that are both tasty and curative.

THE AUTHORS : **Richard Zagorski**, a specialist in the fields of Chinese dietetics and phytotherapy, has been leading training courses and conferences on these themes throughout France, Belgium and Switzerland for more than fifteen years. **Anne Tran**, an outstanding cook, has both French and Chinese culture. She co-animates Chinese dietetic courses where she proposes recipes with curative aims, appreciated by all.

NATURAL CARE

Alternative medicines



The herbalist's counter

60 recipes for everyday ailments

Series: *Easy and organic*

Release date: 2022

21 x 21 cm

120 pages CMYK

Public retail price: 15 €

ISBN: 978-2-36098-757-3

Rights Available: World

Plants have been used as therapeutic tools since the beginning of time. By making preparations from fresh or dried plants, you can enjoy their benefits all year round. Christine Cieur, a doctor of pharmacy and expert in phytotherapy, offers over 60 easy-to-make recipes: herbal teas, balms, elixirs, syrups, mother tinctures, cataplasms and more. The recipes are organised into three chapters: " Dealing with emergencies and pain ", " Getting through the cold season and infectious outbreaks ", " Relaxing and restoring balance to the body ". What a joy it is to make these natural, effective, easy-to-make and safe remedies yourself!

THE AUTHOR : Christine Cieur, doctor of pharmacy.



I heal myself with herbal teas

60 simple, effective recipes

Series: *Easy and organic*

Release date: 2023

21 x 21 cm

120 pages CMYK

Public retail price: 15 €

ISBN: 978-2-36098-726-9

Rights Available: World

Herbal teas are one of the oldest and best-known forms of medicine, used for thousands of years by mankind to cure themselves with medicinal plants. Today, it is enjoying a revival of interest, because it is economical, highly effective and very easy to make by oneself. Christine Cieur, a doctor of pharmacy and expert in herbal medicine, offers over 60 herbal tea blends classified by the major therapeutic 'spheres': respiratory, digestive, nervous and sleep disorders, 'feminine', metabolic, musculo-skeletal, circulatory and skin problems, to name but a few.

THE AUTHOR : Christine Cieur, doctor of pharmacy.



The Manual for eco-responsible phytotherapy

Home-made cures without plundering the planet

Series: Expert advice

Release date: 2021

15 x 21 cm

224 pages CMYK

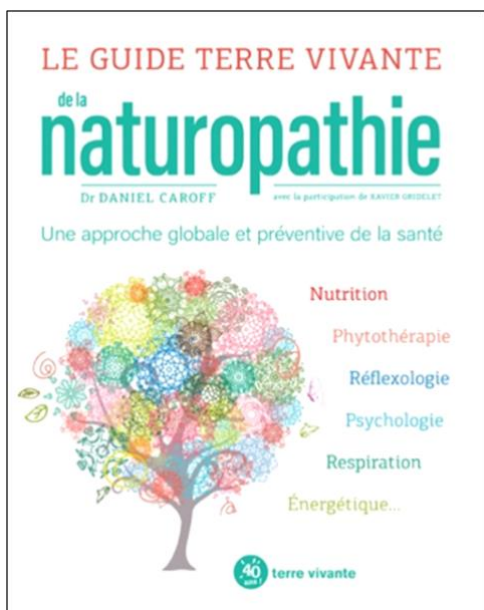
Public retail price: 21 €

ISBN: 978-2-36098-625-5

Rights Available: World

The growing popularity of herbal treatments - especially using plants from far away - is putting a heavy strain on the planet's resources. This innovative and atypical book is both an ecological manifesto and a manual of herbal medicine. Written by a medical anthropologist and ethnobotanist, it reconciles natural healthcare and ecology.

THE AUTHOR : Aline Mercan is a physician, herbalist, anthropologist and passionate about ethnobotany. This book is the result of many years of research and field work.



The Terre vivante Guide to Naturopathy

A comprehensive and preventive approach to health

Series : Terre vivante's guide

Release date: 2020

19,5 x 24 cm

416 pages CMYK

Public retail price: 29 €

ISBN: 978-2-36098-519-7

Rights Available: World

30 000 copies sold !

An extensive introduction to naturopathy by a naturopathic doctor and director of a naturopathic school. This book details the methods used in naturopathy and provides a complete list of treatments for everyday ailments.

THE AUTHOR : Initially trained in general medicine, Dr. Daniel Caroff then specialized in complementary medicine. He is currently practicing an integrative medicine which includes naturopathy, Chinese medicine, homeopathy herbal medicine, osteopathy, kinesiology, psychology and family constellations. He teaches acupuncture at the Faculty of Medicine in Strasbourg, he is the founder and director of ANAE (Academy of essential naturopathy).



Macerates, mother tinctures and vinegars

Extracting the best from plants

Series: Expert advice

Release date: 2021

16,5 x 24,5 cm

192 pages CMYK

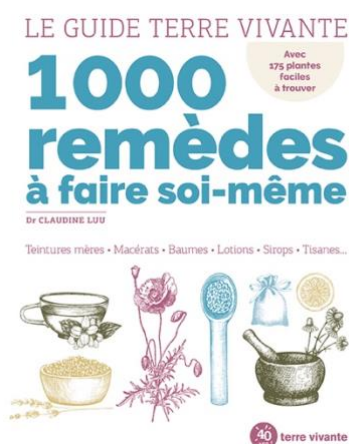
Public retail price: 22 €

ISBN: 978-2-36098-633-0

Rights Available: World

This book contains everything you need to know on extracting the active ingredients of 170 plants in order to create natural healthcare products and cosmetics from the macerates that the book explains how to prepare and the associated recipes that are proposed.

THE AUTHOR : Sylvie Hampikian is an expert on pharmaco-toxicologist. She specialises on the daily health uses of plants and natural products.



The Terre vivante Guide: 1,000 do-it-yourself remedies

Using 175 easy-to-find medicinal plants

Series : Terre vivante's guide

Release date: 2021

19,5 x 24 cm

512 pages CMYK

Public retail price: 35 €

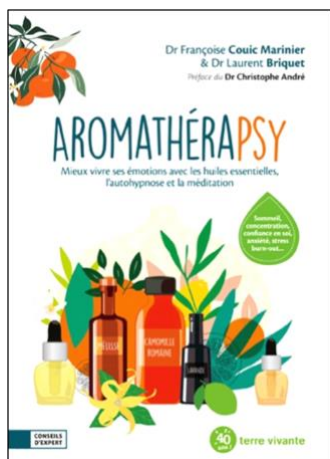
ISBN: 978-2-36098-490-9

Rights Available: World

14 000 copies sold !

How to prepare your own remedies using plants? Many of them are easy-to-find: so why not use them! In this book, Claudine Luu explains how to make the basic preparations: mother tinctures, macerates, vegetable oils, gemmotherapy, etc. Then she details around 200 plants and their virtues: identification, botanical notes, history of the plant, active ingredients and properties, therapeutic indications, preparations, precautions for use... In this way, the book provides 1000 recipes for natural remedies! A lexicon of pathologies allows a quick search for the most suitable treatment for each individual case.

THE AUTHOR : Claudine Luu is a doctor in Pharmacy and natural sciences. A teacher, lecturer and specialist in herbal medicine, she has published many books in this field.



AromatheraPsy

Live better with your emotions using essential oils, self-hypnosis and meditation

Series: Expert advice

Release date: 2021

15 x 21 cm

256 pages CMYK

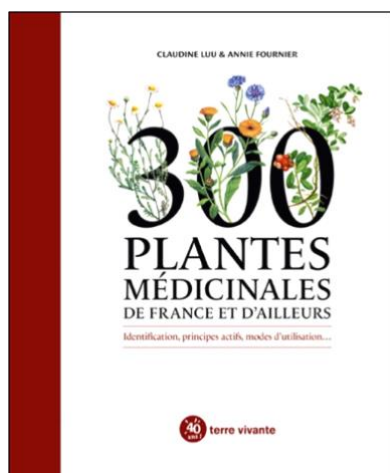
Public retail price: 21 €

ISBN: 978-2-36098-484-8

Rights Available: World

More and more people suffer from anxiety, insomnia, stress and are looking to regain their inner balance and better manage their emotions by natural means. For each psychological, emotional or sensory disorder of everyday life, the book offers practical answers with essential oils but also associated self-hypnosis, visualisation, relaxation or meditation exercises. Proven advice, illustrated by personal accounts, and a preface by Christophe André.

THE AUTHORS : **Laurent Briquet** is a former psychiatric hospital psychologist, doctor of psychology and aromatherapist. **Dr. Françoise Couic Marinier** is a doctor of pharmacy, a trainer in phytotherapy and aromatherapy for health professionals and a university lecturer. She is author of articles and books for the general public and professionals and has co-founded the only university degree in clinical aromatherapy in France (Strasbourg). She also trains several hundred health professionals every year, contributing to the development of aromatherapy in the hospital.



300 medicinal plants from France and abroad

Identification, active ingredients, methods of use

Release date: 2020

19,5 x 24 cm

704 pages CMYK

Public retail price: 49 €

ISBN: 978-2-36098-558-6

Rights Available: World

11 000 copies sold !

A very complete work on the main medicinal plants. This book is destined to become a reference for all professionals. It will also delight lovers of beautiful illustrated books on this theme.

THE AUTHORS : **Annie Fournier & Claudine Luu**, who is a doctor in Pharmacy and natural sciences. A teacher, lecturer and specialist in herbal medicine, she has published many books in this field.



The Terre vivante guide to essential oils

135 essential oils + 600 blends = the best of natural aromatherapy

Series: Terre vivante

guides Release date: 2021

(September, 2nd edition)

19.5 x 24 cm

416 pages

CMYK

Public retail price: 29 €

ISBN: 978-2-36098-571-5

Rights Sold : Taiwan

60 000 copies sold !

This complete guide shows the reader how to care for the whole family using essential oils. The book can be used in two different ways: by looking up either essential oils or illnesses. 100 essential oils are thoroughly examined in turn (composition, properties, precautions of use). 30 of them are multi-purpose and quite common for treating every-day ailments, the other 90 are rarer essential oils for those who wish to go further. More than 200 illnesses, organised into different groups (ear/nose/throat, digestive system, articulations, stress, insomnia, etc.), are presented with an initial emergency treatment as well as a long-term treatment.

The book also describes first-aid kits adapted to several situations: beach holidays, mountain-hiking, skiing, work, babies, etc.

This guide meets the expectations of both beginners in aromatherapy and the most demanding and professional among us and uses results of the most recent scientific studies. All in all it provides more than 500 different health and beauty formulas for making safe homemade remedies.

THE AUTHOR : Dr. Françoise Couic Marinier is a doctor of pharmacy, a trainer in phytotherapy and aromatherapy for health professionals and a university lecturer. She is author of articles and books for the general public and professionals and has co-founded the only university degree in clinical aromatherapy in France (Strasbourg). She also trains several hundred health professionals every year, contributing to the development of aromatherapy in the hospital



Treat every ailment with only 16 essential oils

A practical manual of aromatherapy for the family

Series: Expert advice

Release date: 2019

15 x 21 cm

240 pages CMYK

Public retail price: 17 €

ISBN: 978-2-36098-459-6

Rights Available: World

11 000 copies sold !

16 essential oils, no more, no less, to treat everyday ailments! Indications of use, precautions and ailment type (anti-infective, ENT ear-nose-throat, digestion, etc.) are given for each essential oil. 300 different formulas for health, but also for beauty, home, cooking, veterinary care are listed using these 16 oils. Personal testimonies are given as well as anecdotes and results of scientific studies. The book is written by two renowned aromatherapy specialists, both authors of the Guide Terre vivante des huiles essentielles (éd. Terre vivante), a reference book.

THE AUTHORS : Dr. Françoise Couic Marinier & Anthony Touboul. Françoise Couic Marinier is a doctor of pharmacy, a trainer in phytotherapy and aromatherapy for health professionals and a university lecturer. She is author of articles and books for the general public and professionals and has co-founded the only university degree in clinical aromatherapy in France (Strasbourg). She also trains several hundred health professionals every year, contributing to the development of aromatherapy in the hospital.



The "Terre vivante" Guide to Natural Health Phytotherapy, aromatherapy, homeopathy, Bach flowers...

Series: *Terre vivante guides*

Release date: 2019

19.5 x 24 cm

400 pages CMYK

Public retail price: 29 €

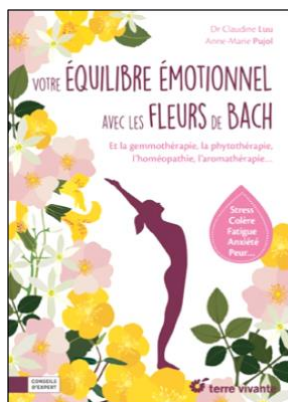
ISBN: 978-2-36098-289-9

Rights Available: World

This guide presents the entire range of natural treatments available today - phytotherapy, aromatherapy, homeopathy, Bach flowers, oligotherapy, nutritherapy... to treat more than 120 everyday ailments, which are presented as an

encyclopedia. An absolutely unique mine of information and advice that is sensible, clear and simple for those who want to take charge of their own health and that of their family. The guide is written by a doctor of pharmacy, who has been working for over 25 years in the field of natural care, as a pharmacist and as a course instructor.

THE AUTHOR : Christine Cieur, doctor of pharmacy.



Healing with Bach Flowers

Series: *Expert advice*

Release date: 2018

15 x 21 cm

256 pages CMYK

Public retail price: 23 €

ISBN: 978-2-36098-366-7

Rights Available: World

Floral essences are presented as are the production methods, how to use them for internal and external use, and the description of the 7 main families of elixirs, care and study of each flower.

THE AUTHORS : Claudine Luu and Anne-Marie Pajot. Claudine Luu is a doctor in Pharmacy and natural sciences. A teacher, lecturer and specialist in herbal medicine, she has published many books in this field.



Medical walk

Topic: *Natural health*

Series: *Easy and organic*

Release date: 2019

21 x 21 cm

144 pages CMYK

Public retail price: 14 €

ISBN: 978-2-36098-375-9

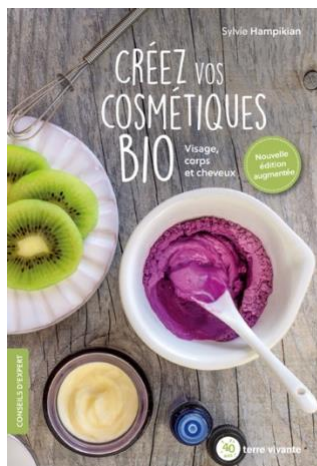
Rights Available: World

This book takes you for medicinal walks! It explains how to use common wild plants when out walking, how to use them for different health or well-being preparations (balms, macerations, various treatments). This book is an introduction to the identification and usage of wild plants. It takes you on different "medicinal" walks depending on the seasons!

THE AUTHOR : Sylvie Hampikian is an expert on pharmaco-toxicologist. She specialises on the daily health uses of plants and natural products.

NATURAL CARE

Beauty and well-being



Create your own organic cosmetics

Face, body and hair

Series: Expert advice

Release date: 2020

16,5 x 24,5 cm

224 pages CMYK

Public retail price: 22 €

ISBN: 978-2-36098-547-0

Rights Available: Spain (1st edition)

55 000 copies sold !

This new edition of the first-ever reference book on homemade and organic cosmetics published in 2007, has been entirely revised and enriched! It explains how to easily and safely create your own homemade balms, beauty creams, masks, milks, lotions, shampoos, soaps, etc. Healthy and inexpensive products, to be personalised according to the different needs of your family.

THE AUTHOR : Sylvie Hampikian has a scientific background and has worked for years on the multiple uses of essential oils for health, beauty and well-being. She is the author of many books on these subjects.



My little perfume factory

50 recipes and formulas to create your own natural fragrances

Series: Easy and organic

Release date: 2017

21 x 21 cm

120 pages CMYK

Public retail price: 14 €

ISBN: 978-2-36098-266-0

Rights sold : Italy

Are you fed up with the profusion of new perfumes that lack in character, personality and flair? Have you ever questioned the toxicity of the synthetic aromatic components of which these industrial perfumes are made? Or maybe you just wish to extend your creativity and your love of homemade things to making perfume? Whatever your wish, this book will guide you to compose formulas from affordable essential oils that you can then practice to perfection.

THE AUTHORS : Sylvie Hampikian has a scientific background and has worked for years on the multiple uses of essential oils for health, beauty and well-being. She is the author of many books on these subjects. Virginie Quéant is a photographer-gardener.



Good health and well-being with clay

Series: Expert advice

Release date: 2012

15 x 21 cm

160 pages CMYK

Public retail price: 17 €

ISBN: 978-2-36098-073-4

Rights sold : Romania

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.



The Terre vivante guide to natural beauty

Home-made cosmetics, shampoos, soaps and perfumes

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

Rights Available: World

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



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

Topic: Natural health

Series: Expert advice

Release date: 2016

15 x 21 cm

144 pages CMYK

Public retail price: 17 €

ISBN: 978-2-36098-185-4

Rights Sold: Spain, Italy, Catalogna

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

CREATIVE HOBBIES



I create homemade natural soaps New Edition

The art of cold process soapmaking

Series: *Easy and organic*

Release date: 2022

21 x 21 cm

120 pages CMYK

Public retail price: 14 €

ISBN: 978-2-36098-722-1

Rights sold: Germany, Romania (first edition)

43 000 copies sold !

Cold process soapmaking is the simplest and most natural technique available. The book presents 30 different recipes that are palm-oil-free, enabling you to make soaps for the whole family, in a completely safe manner, whilst respecting both your health and that of the planet.

THE AUTHOR : Léanne et Sylvain Chevallier.



A guide to cold process soapmaking

With twenty five 100% natural recipes

Series: *Expert advice*

Release date: 2023

16,5 x 24,5 cm

192 pages CMYK

Public retail price: 26 €

ISBN: 978-2-36098-753-5

Rights Available: World

This book gives a professional approach to cold process soap-making that is accessible to everyone. The authors share their expertise which has been acquired over more than 20 years of soap production.

It is also the fruit of a training activity that began in 2004: enriching discussions with trainees enabled the authors to assemble an impressive amount of information. The book is both a reflection and a continuation of their teaching approach and technical training. It describes the chemical process of cold saponification, the ingredients required, the production methods and 25 original recipes, classified by level of difficulty. In the appendix, the "pros' corner" will help those who want to develop a professional cold process soap-making business to go further.

THE AUTHOR : Léanne et Sylvain Chevallier.



Home-made furniture using pallets

18 designs for starting out

Series: *Easy and organic*

Release date: 2016

21 x 21cm

96 pages CMYK

Public retail price: 14 €

ISBN: 978-2-36098-224-0

Rights Available: World

This book is aimed at DIY beginners and contains 18 different simple and easy models of furniture and decorative objects to make using pallets. It uses precise and clear explanations illustrated with attractive step-by-step drawings and photos of the furniture which make the reader want to set to work at once!

With this book in hand, the reader can get the satisfaction of creating an ecofriendly object by recycling used materials and giving them a second more beautiful life!

THE AUTHOR : Françoise Manceau-Guilhermond is passionate about ecological DIY and makes the majority of her furniture from recovered and recycled materials. She has the ability to pass-on her knowledge whilst anticipating any difficulty the reader may come across thanks to her experience as a teacher (www.creazoe.com).



Children's play structures out of pallets

Series: *Easy and organic*

Release date: 2019

21 x 21 cm

96 pages CMYK

Public retail price: 14 €

ISBN: 978-2-36098-435-0

Rights Available: World

This book shows how to create fifteen different outdoor and indoor games built from reclaimed pallets: climbing wall, den, swing, kitchen, workbench, market stall, small car, sandbox....

THE AUTHOR : Françoise Manceau-Guilhermond is passionate about ecological DIY and makes the majority of her furniture from recovered and recycled materials. She has the ability to pass-on her knowledge whilst anticipating any difficulty the reader may come across thanks to her experience as a teacher (www.creazoe.com).



Bucolic basket-making

How to weave the plants you gather

Series: *Easy and organic*

Release date: 2017

21 x 21cm

120 pages CMYK

Public retail price: 14 €

ISBN: 978-2-36098-265-3

Rights Available: World

16 000 copies sold !

Man has lost touch with his inner need to create using natural materials. This explains why many today are interested once again in handicrafts. Whether young or old, people need to reconnect with ancestral know-how for our modern needs. Basketry has often been viewed negatively as a rural activity, however it can also be modern and original. The book gives many ideas for adults and children using a variety of wild plants of different colours all illustrated with step-by-step photos.

THE AUTHOR : Patricia Brangeon learned basket-making from professionals and amateurs throughout France. She teaches basket-making that is both original and contemporary.



Living willow braids

Series: *Easy and organic*

Release date: 2018

21 x 21 cm

120 pages CMYK

Public retail price: 14 €

ISBN: 978-2-36098-313-1

Rights sold : Germany

Willow weaving is explained step by step, as are the technical gestures and how to blend in with the surrounding environment, where curves and lines merge gracefully to build wonderful and graceful structures....

THE AUTHOR : Sébastien Sliva



50 nature activities to do with children

Series: *Easy and organic*

Release date: 2015

21 x 21cm

120 pages CMYK

Public retail price: 14 €

ISBN: 978-2-36098-178-6

Rights Sold : Italy

15 000 copies sold !

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"



Nature adventures

50 ideas for enjoying nature with children

Series: *Easy and organic*

Release date: 2017

21 x 21cm

120 pages CMYK

Public retail price: 14 €

ISBN: 978-2-36098-256-1

Rights Available: World

Around streams, on the edge of a forest, in the garden, in a park, ...

this book gives simple but fun ideas of activities to do in easily accessible places, for those who live in either urban or rural environments. This book is for parents, grandparents, children, youthworkers, and all those who wish to pass on their pleasure of spending time and enjoying nature.

THE AUTHOR : **Marie Lyne Mangilli Doucé** is fascinated by the environment, ecology, creativity and DIY. She cannot imagine life without enjoying nature and its wonderful resources. She runs the blog <http://blog-jardinsauvage.blogspot.fr>



Botanical drawing from A to Z

Observe, train, draw, color

Release date: 2022

19,5 x 24 cm

224 pages CMYK

Public retail price: 26 €

ISBN: 978-2-36098-609-5

Rights Available: World

The current craze for plants is also reflected in the artistic world with the rediscovery of botanical drawing, which requires a fine and patient observation of the plants that surround us.

Sophie Graverand, artist and teacher in plastic arts, has made plants her passion and botanical drawing one of her specialities.

It is therefore a tried and tested step-by-step pedagogical approach

that she offers us, allowing everyone (from beginners to experienced artists) to plunge into the fascinating world of plants and to discover and acquire the essential bases of botanical drawing with all the techniques that make it up (staging, graphics, colours...).

THE AUTHOR : Sophie Graverand is an Illustrator-teacher at Paris-Ateliers in botanical drawing, illustration and painting, at the National Museums Gustave Moreau and Henner in academic drawing, visual artist-intervener in the framework of child protection (founder of the concept of Bloom Art Experiment).

ECO-HOMES



I cook with the sun

Build and use your own solar cooker

Series: *Easy and organic*

Release date: 2017

21 x 21 cm

120 pages CMYK

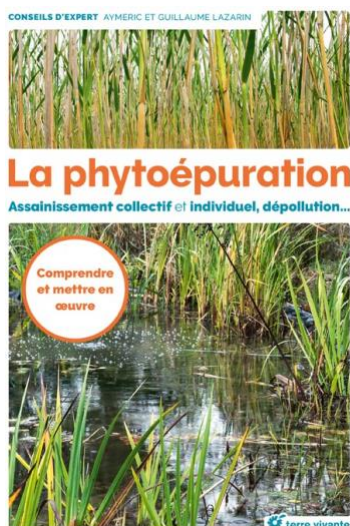
Public retail price: 14 €

ISBN: 978-2-36098-269-1

Rights Available: World

This book explains to the reader how to make a solar cooker (closed oven or parabolic cooker) and how to optimise its use. It provides all the explanations needed in order to discover this alternative and energy-saving cooking method. The book uses detailed and illustrated step-by-step photos. It includes a full-size template as well as many tried and tested recipes.

THE AUTHORS : **Rémy Bacher** is the author of many books on organic gardening. **Jeremy Light**, a biologist, makes solar cookers from recycled materials. **Pierre Bertrand** is co-founder, with Jeremy Light, of Trièves en Transition, the first transition initiative in France. He also manages a local solar energy production firm.



Phyto-purification

Collective and individual sanitation, pollution control...

Series: *Expert advice*

Release date: 2017

17 x 24.5 cm

208 pages CMYK

Public retail price: 25 €

ISBN: 978-2-36098-276-9

Rights Available: World

This complete and practical book is understandable by all. The aim is to present the recent progress in purifying waste water using plants. It details the main methods that have been developed over the past years. All the approved methods of phytopurification are described and illustrated with technical drawings. Factsheets present the most interesting plants to use with details on their requirements.

THE AUTHORS : **Aymeric Lazardin** is an agronomy graduate, a teacher and a landscape gardener. **Guillaume Lazardin** is a biology graduate, a specialist in phyto-purification and responsible for public sanitation service.



I preserve the wood in my home: shutters, floorboards, furniture

Series: Easy and organic

Release date: 2012

21 x 21 cm

96 pages CMYK

Public retail price: 12 €

ISBN: 978-2-36098-071-0

Rights Sold : Italy

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: keys for success

Series: Expert advice

Release date: 2015

15 x 21cm

192 pages CMYK

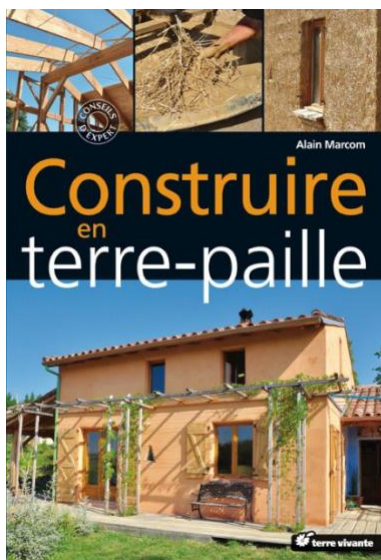
Public retail price: 23 €

ISBN: 978-2-36098-180-9

Rights Available: World

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

Series: Expert advice

Release date: 2011

17 x 24.5 cm

200 pages CMYK

Public retail price: 27,40 €

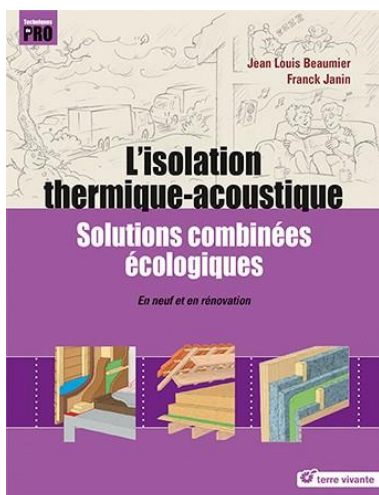
ISBN: 978-2-36098-049-9

Rights Available: World

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.



Thermal-acoustic insulation

Ecological combined solutions for new and renovation projects

Series: Professional techniques

Release date: 2017

20 x 26 cm

208 pages CMYK

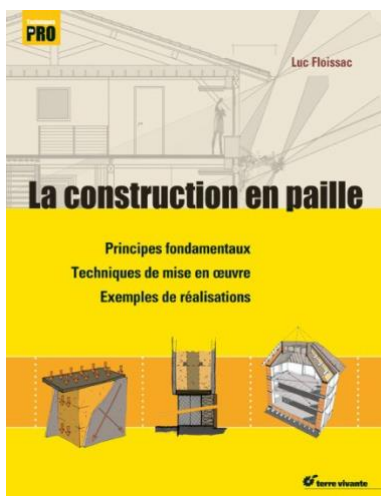
Public retail price: 35 €

ISBN: 978-2-36098-278-3

Rights Available: World

This book presents solutions for ecological insulation. The two-in-one solutions incorporate both sound-proofing and thermal protection whether starting a building project from square one or renovating an existing building. The book focuses on ecomaterials and wood frame buildings for sustainable development.

THE AUTHORS : **Jean Louis Beaumier**, engineer and author, has been working for more than 15 years on the possibilities of using ecomaterials in acoustics for eco-construction. **Franck Janin** is an engineer, and is specialised in passive and ecological construction.



Straw construction: fundamentals, techniques, case-studies

Series: Professional techniques

Release date: 2012

20 x 26 cm

384 pages CMYK

Public retail price: 45 €

ISBN: 978-2-36098-081-9

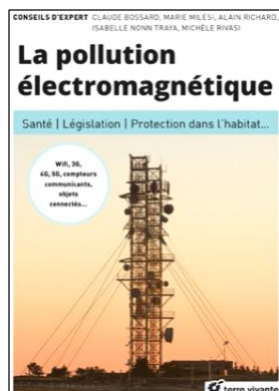
Rights Available: World

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.



Electromagnetic pollution

Series: Expert advice

Release date: 2019

15 x 21 cm

208 pages CMYK

Public retail price: 23 €

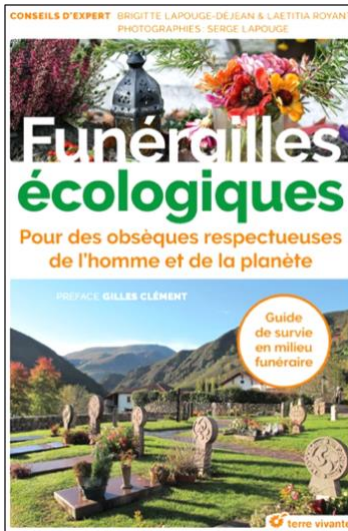
ISBN: 978-2-36098-262-2

Rights Available: World

This book provides everything you need to know on electromagnetic radiation and the effects it can have on health. It also shows how to live with electromagnetic radiation on a daily basis and how to protect oneself. Is electrosensitivity recognised as a condition? How about white zones? The book presents the information in a constructive and factual way without provoking anxiety.

The AUTHORS : Claude Bossard, Michèle Rivasi, Marie Milési, Isabelle Nonn Traya, Alain Richard

SOCIETY



Ecological Funerals that respect both mankind and the environment

Series: *Expert advice*

Release date: 2017

17 x 24.5 cm

288 pages CMYK

Public retail price: 25 €

ISBN: 978-2-36098-280-6

Rights Available: World

With legal obligations, administrative problems and unawareness of the alternatives, it is not easy to leave this world in an ecological way, even if, throughout our lives, we have done our best to reduce our environmental impact. Even so, customs are changing little by little.

People that have lived ecologically all their lives refuse the path that is laid out for them and look for possible solutions to avoid more pollution for the planet. This book details all the current options and the possible solutions available whilst comparing the ecological pros and cons of each. It opens a field of opportunities for all with a good touch of humanity and should ease communication within families.

THE AUTHORS : **Laetitia Royant** is a writing consultant and biographer. After organising her father's funeral, she was greatly influenced by this event and shared her experience in her book "I want an environmentally-friendly funeral"! (self-editing).

Brigitte Lapouge-Déjean is the author of over twenty books on gardening and ecology. Confronted with having to suddenly organise an unprepared funeral, she faced the difficulty of the experience. Together, they imagined the book they would have liked to have found at the time. **Serge Lapouge**, landscape consultant and photographer, joined the team.

Preface by **Gilles Clément**, the "planetary gardener".



Playing God with nitrogen

The dark side of nitrogen fertilisers

Series: *Expert advice*

Release date: 2021

15 x 21 cm

144 pages CMYK

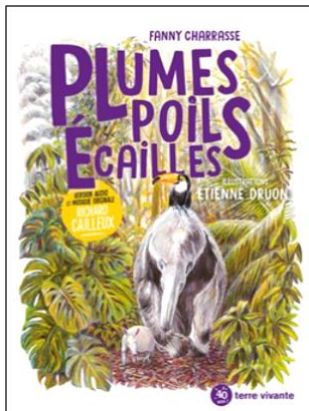
Public retail price: 15 €

ISBN: 978-2-36098-638-5

Rights Available: World

The devastating and little-known health and environmental effects of synthetic nitrogen fertilizers, whose intensive use over the past half-century has totally overturned world-wide agriculture, turning an essential nutrient into a deadly pollutant. A threat that many scientists believe is as serious as global warming itself or the collapse of biodiversity, and a threat on which the general public has very little, if any, information, except when the explosion of a forgotten stockpile of ammonium nitrate, the main constituent of ammonitrates the most widely used nitrogen fertilizers, tragically devastates an entire capital, Beirut, and claims many victims.

THE AUTHOR : **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.



Feathers, hair, scales

Release date: 2021

19 x 24 cm

176 pages CMYK

Public retail price: 20 €

ISBN: 978-2-36098-652-1

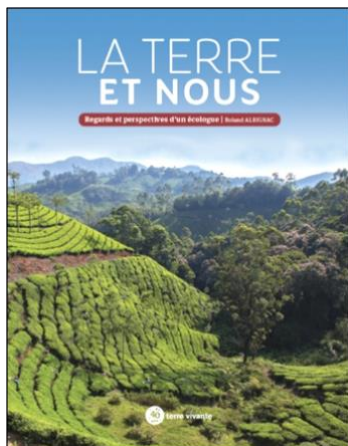
Rights Available: World

In the heart of the Amazonian forest, Paco, the hungry anteater, Molly, the young orphaned armadillo, and Rico, the beautiful but wounded toucan are on the road together. Fleeing deforestation, all three dream of a better life.

Each danger they face, each new encounter is both a stage in their journey and an opportunity for them to learn a lesson in life. They thus travel without a precise destiny until a bird announces the existence of rancid earth. A fertile land where Molly hopes to reunite with her family, Paco can eat his fill and Rico regains the use of his wing. The three friends are determined to find this earthly paradise at all costs, but they are not at the end of their surprises...

An engaging tale dealing with current geo-environmental issues (climate change, migration...) through the eyes of Amazonian animals.

THE AUTHORS : Fanny Charasse is a doctoral student in sociology and a writer. Her social science research focuses on the role of the modern state in the regulation of "traditional" practices, and her fictions often address the theme of climate emergency.



The Earth and us

Release date: 2021

22 x 28,5 cm

320 pages CMYK

Public retail price: 39 €

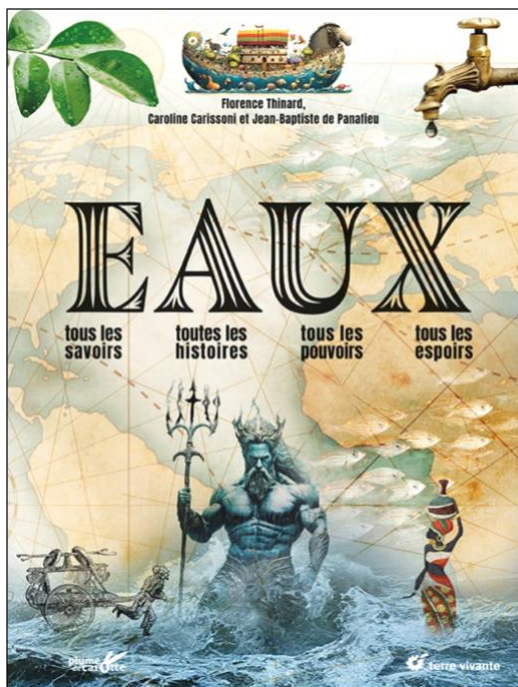
ISBN: 978-2-36098-637-8

Rights Available: World

Most citizens understand today's ecological issues, but lack the basic knowledge to really take them on board. This book aims to provide an environmental assessment of the knowledge, experiences and concepts in understanding ecological systems, which have already been very developed and discussed since the 20th century, but whose objectives are still far from

being achieved. The aim is to propose possible orientations that will enable us to act in the best possible way and with full knowledge of the facts. The guiding thread of the approach is to recall the main ways in which life on Earth functions. These principles, better understood and acknowledged by all, should enable the non-specialist reader to form his or her own opinion of the complexity of environmental issues.

THE AUTHORS : Consultant in environmental expertise, Roland Albignac is an agronomist, researcher in biology/ecology and honorary university professor. His activities have focused on ecological monitoring for the sustainable management of natural and man-made environments. They have been carried out in tropical and temperate environments within the framework of university research, and at UNESCO, in its program for the sustainable development of biosphere reserves and World Heritage sites. He is a UNESCO senior consultant in environment and sustainable development, and a member of the ecological watch committee of the Nicolas Hulot Foundation for Nature and Mankind. He also gives numerous conferences.



Water

All the knowledge, all the stories, all the power, all the hopes

Release date: 2023 (October)

24 x 32 cm

288 pages

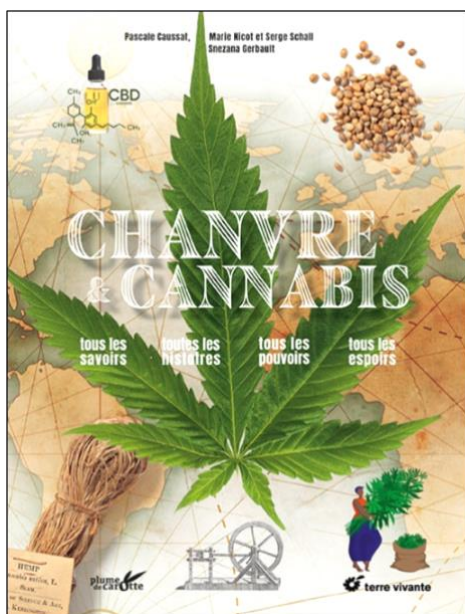
CMYK

Public retail price: 39 €

ISBN: 978-2-36098-828-0

Rights Available: World

A beautiful " all-in-one " book on a timely subject, which will enable the reader to delve deeper into the subject of water in all its dimensions: biology, chemistry, physics, energy, geography, history, economics, society, politics, travel, anthropology, religions, techniques... Timeless and unique, for the curious, the knowledgeable, historians, geographers, biologists, explorers, fishermen, sailors... everyone will find something to learn and marvel at, as the subject of water is so full of fascinating facts and so many surprises to discover.



Hemp and cannabis

All the knowledge, all the stories, all the power, all the hopes

Release date: 2023

21 x 28 cm

176 pages CMYK

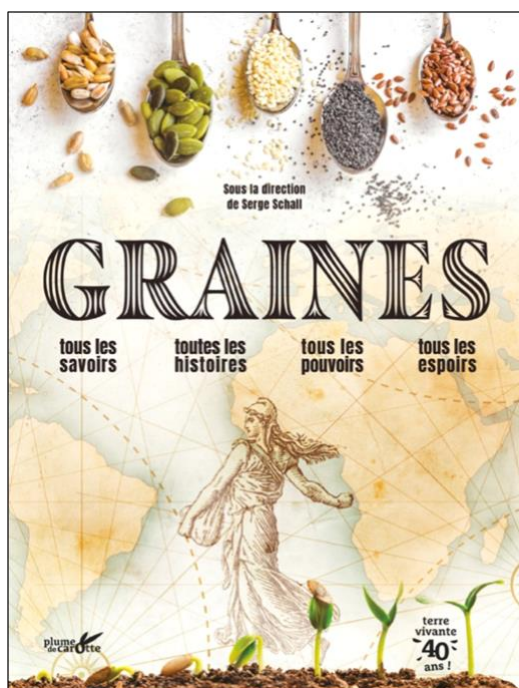
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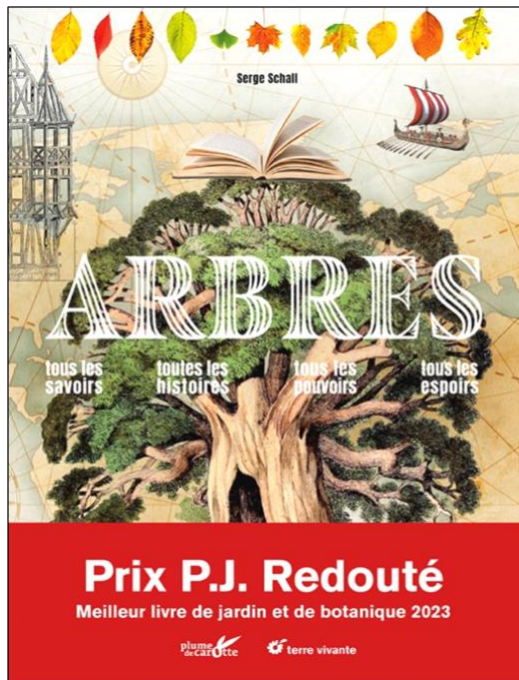
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THE AUTHOR : Serge Schall was born in Marseille in 1958. Successively director of an in vitro culture laboratory, then commercial director of a tree nursery, he decided to make his knowledge available to the general public. Since then, he has been a regular contributor to a number of specialist gardening publications, and has also written some forty books on plants and gardening.



Trees

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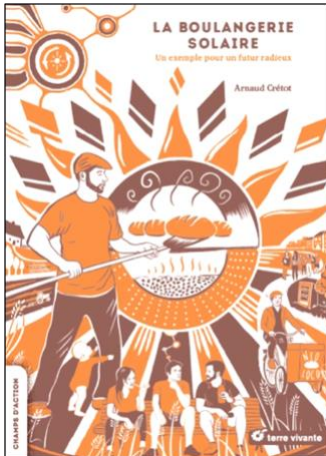
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A timeless and unique book for the curious, the knowledgeable, historians, explorers, lumberjacks and forest activists: there's something for everyone to learn and marvel at, because the world of trees is so full of surprises.

THE AUTHOR : Serge Schall was born in Marseille in 1958. Successively director of an in vitro culture laboratory, then commercial director of a tree nursery, he decided to make his knowledge available to the general public. Since then, he has been a regular contributor to a number of specialist gardening publications, and has also written some forty books on plants and gardening.



The solar bakery

An example for a bright future

Series : Action

Release date: 2023

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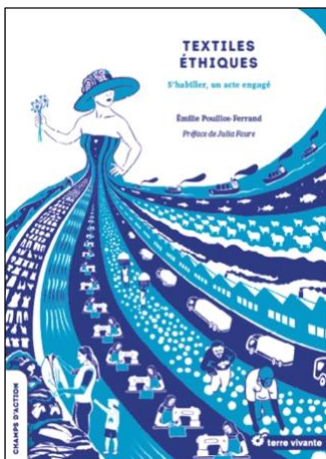
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Arnaud Crétot is a thermal energy engineer who became a solar baker. This book begins with his personal account of his youthful journey, a necessary prelude to understanding how, 10 years later, he set up NeoLoco, Europe's first artisan solar bakery, in Normandy. He recounts how, in the course of a journey that has taken him to most continents, his reflections have led him to rethink all the practices of the bakery industry, to free it from its dependence on energies that are dangerous for the future. It's an exploration of the power of solar energy - but not only - it is also a reflection on its use and on our behaviour towards energy in general, and a demonstration that another economic model, based on the use of intermittent renewable energies and the relocation of resources, is possible.

THE AUTHOR : Arnaud Crétot is a craftsman and engineer, Technical Director of Solar Fire Concentration (Finland) and Europe's first solar roaster and baker (Normandy).



Ethical textiles

Clothes: a responsible choice

Series : Action

Release date: 2022

15 x 21 cm

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Public retail price: 10 €

ISBN: 978-2-36098-682-8

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How is a garment made, and what consequences does this have for our planet, our health and that of those who make the textiles? We know that the lack of information and the lack of identification of labels by consumers are the main obstacles to responsible purchasing. Today we talk more and more about ethical fashion, but still too little about the raw material that goes into making a garment: the textile. The idea of this book is to provide an overview of fibres, describe how a fabric is made, discuss the impact of these manufacturing processes on people and the environment, give an in-depth overview of labels and, finally, open up perspectives on ethical fashion, the return of sewing and handmade products, and the restructuring of the textile industry in the wake of the health crisis.

THE AUTHOR : Émilie Pouillot-Ferrand trained as a journalist and is the author of books on responsible fashion. She has long been interested in the problems and excesses of this energy-intensive, ecocidal industrial sector that shows little respect for human rights.