Dear booksellers and librarians,

Thanks for hanging in during a tough year. We appreciate every bit of your perseverance, innovation and plain hard work. Our Spring list is useful and pertinent to your readers. Our backlist contains gems worth reviewing. Let’s have a better 2021.

Lionel Koffler, President

When price differs between US and Canada, two prices are shown. Prices and title availability subject to change without notice.

The publisher gratefully acknowledges the financial support of our publishing program by the Government of Canada through the Canada Book Fund.

Cover image from The Explorer’s Guide to Algonquin Park by Michael Runtz (see page 26).
Photo © Michael Runtz

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LIV B’S EASY EVERYDAY
100 Sheet Pan, One Pot and 5-Ingredient Vegan Recipes
Olivia Biermann

Vegan on a Budget. Simplified.

Fans already know Olivia Biermann, from her Liv B YouTube fame (1 million average monthly views!), the Liv B blog (140,000 average monthly views!) and for her effortless and inexpensive plant-based cooking. In this follow-up to her bestselling Liv B’s Vegan on a Budget, Olivia is back with a new collection of more than 100 recipes that are tastier and easier than ever before — all helping you master cost-effective plant-based cooking. Everything in this book is cooked with either five ingredients or in one pot or on a sheet pan.

Liv B’s Easy Everyday also includes pressure cooker recipes, meal prep and freezing instructions, tips and food substitutions — all to help you streamline your time in the kitchen. Looking to meal prep savory breakfasts for the week? Whip up a batch of Chorizo Tempeh Breakfast Wraps. Hosting a cozy family gathering? Try Sheet Pan Pot Pie. There are lots of delicious recipes, including Frying Pan Granola, One-Pot Mushroom Stroganoff, and Liv’s Famous One Pot Mac n’ Cheese. In a world of seemingly endless tasks, to-do lists and people clamoring for our attention, it’s no wonder so many of us don’t have the time or energy to cook. Olivia is here to help.

Olivia Biermann is the creator of the Liv B blog and YouTube channel. She focuses on a mix of comfort and health-conscious recipes, while keeping everything entirely plant-based. She is the author of the bestselling cookbook Liv B’s Vegan on a Budget. She’s also an avid baker and oat milk latte addict. She lives in Halifax, Nova Scotia.
ZERO PROOF DRINKS & MORE
100 Recipes for Mocktails & Low-Alcohol Cocktails
Maureen Petrosky

Leave no guest out and get creative with on-trend drink recipes perfect for every occasion.

Zero Proof Drinks & More offers delicious and mindful drinks for every guest and every occasion. Maureen Petrosky, an Entertaining and Lifestyle Expert who appears regularly on NBC’s Today show and hosts multiple video series on Today.com, shares over 100 no-alcohol and low-alcohol recipes for cocktails, spritzers, ciders, coffees, shandys & radlers, and a whole lot more.

52% of Americans who drink alcohol report that they are actively trying to cut back. The choice for no- and low-alcohol drinking is as individual as the drinks themselves: health concerns; calorie reduction; religion; cultural trends; pregnancy… Zero Proof Drinks & More has the perfect flavor for every palate along with easy tips and tricks for creating the perfect on trend drink. Mindful drinking is no longer relegated to Dry January – this is now a year-round trend.

Maureen Petrosky appears regularly as an Entertaining and Lifestyle Expert on NBC’s Today Show. Author of The Wine Club and The Cocktail Club, she’s also a popular columnist for today.com and thekitchn.com. She currently resides in Bucks County, Pennsylvania.
300 BEST BREAD MACHINE RECIPES
Donna Washburn and Heather Butt

The ultimate bread machine recipes.

The aroma of freshly baked bread is one of the world’s greatest comforts and making bread at home is more popular than ever. 2020 quarantines and the resulting drive toward self-sustainability has reenergized home baking with bread machines seeing a surge in popularity. As people begin to reengage with normalcy, or prepare for future restrictions, the convenience of bread machines will continue to provide comfort. After all, not everyone has time to keep complicated sour dough starter alive, but everyone has time for quick and healthy home baked bread! We have reprinted this book five times in the last two years and now we are updating the cover to coincide with another reprint. Over the last ten years Donna Washburn and Heather Butts bread machine books have sold more than 250,000 copies.

Donna Washburn and Heather Butt live in Ontario. They are professional recipes developers and appliance testers. They have written ten books with more than 385,000 copies in print.
Planning a meal can be almost as satisfying as cooking it. But when life is just too busy to cook, the best meal planner knows a slow cooker can do it all for you.

Today’s Everyday Slow Cooker is a collection of Donna-Marie Pye’s most popular recipes from her bestselling cookbooks and includes more than 100 recipes updated and perfected for today’s kitchen. Bestselling cookbook author Donna-Marie Pye has chosen her most perfect, easy and economical mealtime solutions for every occasion. Whether you spend your weekends batch cooking, or simply relish the ease and pleasure of coming home after a long day at school or work to a house filled with the savoury smells of old-time Sunday cooking.

Donna-Marie Pye is the best-selling author of four cookbooks that have sold over 300,000 copies including Essential Instant Vortex Air Fryer Oven Cookbook, The Best Family Slow Cooker Recipes, 300 Slow Cooker Favorites and 300 Slow Cooker Winners. Donna-Marie lives in Kitchener, Ontario.
TINNED FISH PANTRY COOKBOOK
100 Recipes from Tuna & Salmon to Crab & More
Susan Sampson

Enjoy the modern convenience, fresh flavors, and reliability of tinned seafood.

*Tinned Fish Pantry Cookbook: 100 Recipes from Tuna & Salmon to Crab & More*, includes more than 100 classic canned fish and seafood recipes. North Americans already consume about 4 lbs of canned fish and seafood per person annually. With home-cooking and pantry-loading gaining momentum, sales of tinned fish are soaring, with some types increasing by as much as 100%. That's a lot of tuna casserole! This book is devoted to expanding the range of ways for using tinned fish and shellfish. Why? Because tinned seafood is a great way to consume inexpensive protein in troubled times. Enjoy recipes for salmon, tuna and crab, and then expand your repertoire to include anchovies, clams and sardines. Enjoy a lazy Sunday morning with Curried Scrambled Eggs and Crab, escape lunchtime repetition with a divine Tuna and Artichoke Panini and round out the day with heavenly Clam Carbonara. Consumers want safe, healthy, ready-to-eat tinned seafood and we’ve got the easy and delicious recipes to make every meal its best.

*Susan Sampson* is a food writer based in Toronto. Susan was born in Budapest, grew up in Toronto’s “Goulash Archipelago” and worked for three decades as a newspaper journalist. In the *Toronto Star’s* Test Kitchen, she stirred the pot as an editor, columnist, news and feature writer, recipe tester and product reviewer. Susan was given a Cordon d’Or – Gold Ribbon International Culinary Academy Award for 12,167 *Kitchen and Cooking Secrets*. She is also the author of *The Complete Leafy Greens Cookbook*. 
**CULINARY HERBS**

*Grow. Preserve. Cook!*

Yvonne Tremblay

"If you've ever wondered what an herb is, how to grow or save your herbal crop, how to safely make herb oils and vinegars or how to enhance your cooking with herbs, then this is the book for you. Yvonne Tremblay offers comprehensive information that will appeal to novices and experts alike." – Dana McCauley, food editor of Homemakers

Yvonne Tremblay has been teaching people how to cook with fresh herbs for years. Most people use only two or three herbs when cooking, and their scant knowledge doesn't include how to harvest, wash, chop or store fresh herbs.

In *Culinary Herbs*, Yvonne shows how fresh fragrant herbs can transform the simplest dishes. Neatly divided into two parts, it includes an herb primer (how to grow, harvest and store culinary herbs, with a section on capturing the flavor of fresh herbs for later use, in oil, vinegar, butter, honey and sugar) and a much larger part on cooking with herbs.

Become an expert on making basil pesto; roast a chicken stuffed with rosemary, thyme and sage; whip up salsas and savory sauces; revel in risotto; linger over lavender shortbread or ice cream; sink into a minted mango mousse. Whatever you decide to try, your taste buds are in for a treat!
THE FAIR TRADE INGREDIENT COOKBOOK
Nettie Cronish

New from the author of the acclaimed Everyday Flexitarian!

We live in an age when consumers are more informed than ever about what they buy, eat and use. Local producers and chefs educate their customers to understand exactly where the food they consume comes from and how it was grown or raised. People are eager to educate themselves, and to spend money on products and ingredients that benefit their bodies, environment and communities. That is why buying fair trade ingredients has a tremendous social impact.

With The Fair Trade Ingredient Cookbook, Nettie Cronish gives consumers an understanding of the process — explaining how an ingredient qualifies for fair trade certification and how that product reaches a supermarket shelf. Each chapter will include an interview with a fair trade producer and provide background along with the benefits of fair trade ingredients.

From the cocoa farmers in Belize, the campesina coffee growers of Chiapas, the banana farmers and workers of Ecuador, to the Palestinian olive growers of the West Bank, this book is the story of farmers and workers sharing the desire for a better world.

The Fair Trade Ingredient Cookbook is filled with many diverse recipes using fair trade ingredients that would charm many a palate, including: Chai Rice Pudding using fair trade coconut milk; Garlic Braised Swiss Chard using fair trade olive oil; Guinness Cocoa Cake using fair trade cocoa; Organic Meringues using fair trade sugar; Quinoa Falafel Balls using fair trade quinoa; Espresso Glazed Coffee Cake using fair trade coffee and Curried Banana Cream Pie using fair trade bananas.

Nettie Cronish is a food writer, recipe developer and health and wellness seminar instructor. She has been teaching vegetarian cooking classes for the past 20 years and is the author of 3 cookbooks including Everyday Flexitarian, Flex Appeal and Nourish. Nettie lives in Toronto, Ontario.

Also by Nettie Cronish:

Everyday Flexitarian
978-1-77050-021-1
paperback $29.95

WHITECAP
978-1-77050-330-4
paperback $34.95
Ctn qty:
212 pages
8 x 10
full color photographs
throughout
APRIL
No Canadian Rights, U.S. only
Though Cyprus is a small country, its cuisine features a large variety of dishes due to the many different cultural influences affecting the island’s history. There is also a substantial variation in climate around the country... from sunny beaches to snow-capped mountains. Cyprus cuisine has a Mediterranean allure, mixing Mediterranean and Middle Eastern flavors and ingredients.

Many Cypriot families still make home-made olive oil every year, and neighbors regularly exchange excess bounty of homegrown fruits and vegetables, including pomelo, grapes, carobs, figs, oranges, lemons, cantaloupe, bergamot, medlars, almonds, kumquats, cactus pears, and, of course, olives.

Most Cypriot dishes are not particularly hot or spicy, though there is ample use of local herbs such as wild oregano, rosemary, mint, parsley, basil, cinnamon and coriander. Spices such as allspice, cloves, mastic and mahleb powders can be found in many sweets and baked goods.

The book features 68 recipes, featuring all of these Cypriot culinary delights... and more. Illustrated in full color, Cyprus Cuisine offers a wide variety of Cypriot dishes, ranging from drinks to desserts, to soups, salads, small bites, breads and pastries, pickles, dips and main courses.

Christina Loucas is a Canadian-Cypriot. She has a BA in Jurisprudence from Oxford University and a BSC in Government and Economics from the London School of Economics. She currently writes and photographs for Taste Magazine in Cyprus.
FROM CODFISH TO KIPPERS
Creative Recipes for Fresh, Smoked and Salted Fish
Roger Pickavance

The waters around the island of Newfoundland are home to a wide variety of famously delicious fish species. And while fresh fish is always a treat, salting, curing, and smoking also delivers flavours and textures to delight any palate.

Newfoundland’s codfish and kippers—but also halibut, mackerel, monkfish, salmon, trout, turbot, and more—are the stars of this new collection of recipes, the latest from cook and restauranteur Roger Pickavance. Inside you’ll find a wide variety of creative recipes, including smoked cod lasagna, cured salmon with beetroot, blackened halibut, and salt turbot cakes.

Following up on the success of From Rum to Rhubarb, Pickavance once again delivers a collection of modern recipes that showcase the best of Newfoundland and Labrador ingredients.

Roger Pickavance is a retired professor at Memorial University who has devoted his life to the study of Newfoundland cuisine. He is the author of three previous cookbooks, From Rum to Rhubarb, The Traditional Newfoundland Kitchen, and Agnes Ayre’s Notebook: Recipes from Old St. John’s.
BABY FOOD IN AN INSTANT POT®
125 Quick, Simple and Nutritious Recipes for Babies and Toddlers
Jennifer House, MSc, RD and Marilyn Haugen

Short on time and sleep? Need baby food in an instant? Try baby food in an Instant Pot!

For new moms and dads it’s not always easy to prepare nutritious homemade baby food. The most popular and bestselling kitchen appliance of the last several years, the Instant Pot, will be a parent’s new best friend and new favorite kitchen sidekick because of how quickly and easily it can help to get healthy and delicious food into the mouths of little ones — even the picky ones.

Here, parents will find everything they need to know to ensure that their baby’s nutrient needs are being met, prevent choking, and handle picky eating. Included in the book are 125 balanced recipes for babies and toddlers at every age and stage of development. Recipes include 50 purées, 25 finger foods and 50 family-friendly recipes along with tips on storage times, serving fresh or freezing, and nutritional benefits of individual ingredients. The book even includes sample meal plans, tips on storage in the fridge and freezer, and frequently asked questions with answers from a pediatric dietitian.

Jennifer House, MSc, RD, owns a private nutrition practice called First Step Nutrition. With over a dozen years of experience, she has counseled hundreds of parents. She is the author of The Parents’ Guide to Baby-Led Weaning. She lives in Alberta, Canada.

Marilyn Haugen is passionate about cooking and entertaining and has turned this passion into a successful career. She is the author of the bestselling 175 Best Instant Pot® Recipes and 5-Ingredient Instant Pot® Cookbook. She lives in Madison, Wisconsin.
THE BEST ROTISSERIE CHICKEN
COOKBOOK
Over 100 Tasty Recipes Using
a Store-Bought Bird
Toby Amidor, MS, RD, CDN

Level up your rotisserie chicken game with more than 100 recipes
that will save dinner on even the busiest of weeknights.

Rotisserie chicken is available for $5–10 in most grocery stores and
warehouse clubs across North America, and has incredible meal
time potential. If you’re in the market for easy, cheap and downright
delicious dinner options, then you’re in luck. The Best Rotisserie
Chicken Cookbook showcases the versatility of store-bought and
ready-to-eat rotisserie chicken and the multitude of easy ways you
can prepare and enjoy it. Bestselling cookbook author Toby Amidor
includes sections on rotisserie 101, cooking made easy, cooking for
one, for two and for families, meals in 15 minutes or less, meals in
5 ingredients or less, one pot/pan meals, freezer friendly meals and
meal prepping (with helpful icons throughout). You’ll find recipes for
breakfast, appetizers and snacks, soups and sandwiches, salads,
mains, sides, dressings, sauces and condiments.

Toby Amidor, MS, RD, CDN, is a Wall Street Journal bestselling
cookbook author, leading dietitian and recipe developer who believes
that healthy and wholesome can also be appetizing and delicious.
She is the author of four cookbooks, including Smart Meal Prep
for Beginners, The Healthy Meal Prep Cookbook, and The Easy
5-Ingredient Healthy Cookbook. She is the founder of Toby Amidor
Nutrition and the nutrition expert for FoodNetwork.com. She lives in
New York.
BERNARDIN COMPLETE BOOK OF HOME PRESERVING
400 Delicious and Creative Recipes for Today

From the experts, the updated bible in home preserving.

The hugely bestselling *Bernardin Complete Book of Home Preserving* has been broadly updated to reflect changes over the last 15 years with new recipes and larger sections on low sugar and fermentation. Bernardin Home Canning Products are the gold standard in home preserving supplies, the trademark jars on display in stores every summer from coast to coast. This companion to their products is this bible of home preserving from the experts on the practice which has sold more than a million copies. The book includes 400 innovative recipes for salsas, savory sauces, pickles, chutneys, relishes and of course, jams, jellies, and fruit spreads. The book includes comprehensive directions on safe canning and preserving methods plus lists of required equipment and utensils. Specific instructions for first-timers and handy tips for the experienced make this book a valuable addition to any kitchen library.

Judi Kingry honed her skills and passion for preserving as the Marketing and Consumer Services Manager at Bernardin®.
Lauren Devine has experience as a Product Research and Test Kitchen Scientist at Ball® Fresh Preserving.
Sarah Page brings her knowledge and expertise to this updated edition. She has experience as the Culinary Marketing Manager for Ball® Fresh Preserving.
The hugely bestselling *Ball Complete Book of Home Preserving* has been broadly updated to reflect changes over the last 15 years with new recipes and larger sections on low sugar and fermentation. Ball Home Canning Products are the gold standard in home preserving supplies, the trademark jars on display in stores every summer from coast to coast. This companion to their products is this bible of home preserving from the experts on the practice which has sold more than a million copies. The book includes 400 innovative recipes for salsas, savory sauces, pickles, chutneys, relishes and of course, jams, jellies, and fruit spreads. The book includes comprehensive directions on safe canning and preserving methods plus lists of required equipment and utensils. Specific instructions for first-timers and handy tips for the experienced make this book a valuable addition to any kitchen library.

**Judi Kingry** honed her skills and passion for preserving as the Marketing and Consumer Services Manager at Bernardin®. **Lauren Devine** has experience as a Product Research and Test Kitchen Scientist at Ball® Fresh Preserving. **Sarah Page** brings her knowledge and expertise to this updated edition. She has experience as the Culinary Marketing Manager for Ball® Fresh Preserving.

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### BALL COMPLETE BOOK OF HOME PRESERVING

*400 Delicious and Creative Recipes for Today*

*From the experts, the updated bible in home preserving.*

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<td>978-0-7788-0131-3</td>
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<tr>
<td>paperback</td>
<td>32 full-color photographs, index</td>
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<td>Ctn qty: 16</td>
<td>Rights: U.S.</td>
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  - hardcover: $29.95
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*creative recipes for today*
SMOKING MEAT
The Essential Guide to Real Barbecue
Jeff Phillips

Real barbecue taste comes from mastering the art of slow-cooking meat at a low temperature for a long time, using wood smoke to add flavour. And this is the book that shows you how to do it! For the first time, Jeff Phillips is publishing the information he has compiled on his incredibly popular website, www.smoking-meat.com.

With step-by-step instructions on how to choose, set up, and modify your own charcoal, gas, or electric smoker, Jeff Phillips guides you through your smoking session with the patience unique to an experienced pitmaster. Once you’ve chosen your smoker and got the knack of some basic techniques, Jeff encourages you to cut loose and experiment to develop your own smoky sensations. Best of all, you can even give smoking meats a try just by using your basic backyard grill, then decide whether to invest in a smoker.

You’ll never again have to run all over town to search out the best smoked meat! In addition to handing over all his tried-and-true recipes for chicken, ribs, brisket, and burgers, Jeff gives you his favourite recipes for sauces, rubs, and brines. You’ll also find recipes for smoking duck, quail, sausage, meatloaf, fish, and even frogs’ legs. He rounds out his collection by including desserts, salads, and coleslaws. Smoking Meat will have you feasting on the most succulent and flavourful meat you’ve ever had in no time.

SMOKE, WOOD, FIRE
The Advanced Guide to Smoking Meat
Jeff Phillips

Want to take your smoking meat and fish game to the next level? Let bestselling author and best-ranked smoking meat blogger Jeff Phillips get you out of the funk and into the flames.

You’ll also get in-depth insight and instruction on getting the most out of smokers and cookers, plus tools and accessories available to backyard smokers. Delve into the many woods, charcoalls and pellets, the various smokers, brands and how to season them — even stovetop smokers. You’ll learn the best use and choice of dehydrators, spice grinders, thermometers, knives and tongs. And get expert advice on injectors, water pans, spray bottles, foil pans and cleaning techniques. And of course, temperature control methods for perfect timing and results. And Jeff doesn’t forget the meats — he covers wrapping, resting, handling, safety and much more.

Jeff Phillips is author of the bestselling Smoking Meat: The Essential Guide to Barbecue and the creator of the smokin’ hot website smoking-meat.com, the highest ranked smoking meat blog in America. He lives in Tulsa, Oklahoma with his wife and three children.
HARDY ROSES

*The Essential Guide for High Latitudes and Altitudes*

Bob Osborne

Photographs by Beth Powning

In *Hardy Roses*, author Bob Osborne shares his decades of experience raising roses without any chemicals in some of the coldest winters. Roses need not be intimidating and doomed to inevitable failure, regardless of the climate. With this indispensable guide, northern gardeners can enjoy that early snowstorm confident that their carefully tended roses will survive.

For this new edition of his classic guide, Osborne has fully revised and updated his text. In the first part of the book, he carefully guides readers through the process of selecting, planting and caring for roses, touching on topics such as overwintering, pests and diseases, and propagation as he goes along. The second section profiles over 100 hardy rose cultivars divided into four main categories: climbers, tall shrubs, semi-vigorous shrubs and low shrubs. The guide also features a North American zone map and a detailed chart of hardy cultivars — ideal to use while shopping — describing color, form, hardiness, zone, vigor, fragrance, season, disease susceptibility and much more.

Bob Osborne is the owner of Corn Hill Nursery in New Brunswick, Canada. He is a gardening author, a columnist on CBC radio and a member of several horticultural organizations.

SHEDS

*The Do-It-Yourself Guide for Backyard Builders*

David and Jeanie Stiles

The fourth edition of this classic guide is expanded and updated to include 23 sheds to suit all needs and tastes. It covers all of the issues, from design principles, obtaining permits and safety to basic construction skills, precise explanations of what to buy, how to cut it, where it goes, what to do if it goes wrong and more. By following the book carefully with patience and care, even inexperienced DIY builders can succeed.

The how-to section is heavily illustrated with plans, assembly cutaway drawings, specifications and finished sheds. The projects list materials, tools, a daily schedule and step-by-step directions. A primer on construction covers framing, foundations, roofing, insulation, windows and more. The designs are based on a basic 8x10 shed.

David and Jeanie Stiles are the authors of 25 “how-to” books which have sold more than one million copies. Their work has appeared in newspapers and such publications as *Architectural Digest* and *Better Homes and Gardens*, and has been featured on HGTV, the Discovery Channel and *The Today Show*. They divide their time between New York City and East Hampton, New York, and their one-room cabin retreat in the Hudson Valley.
WATERFOWL OF EASTERN NORTH AMERICA
Chris G. Earley

“This is an attractive handbook for novice birders, new hunters, and others wanting to name waterfowl. Summing Up: Recommended.” —Choice

Illustrated with over 400 photographs of waterfowl in their natural environment, this essential field guide illustrates the rich diversity among these birds. It is designed specifically to help birders identify ducks, geese and shorebirds and become familiar with the features and colors to look for upon sighting a bird. Species information is concisely organized and includes the differences between male and female, seasonal and immature plumage, morphs and distinctive markings.

Chris Earley also shares how readers can help waterfowl wherever they live, from a simple nesting box to bird counts. Birders and naturalists who want to support conservation groups that protect waterfowl and their quickly disappearing habitats will want to add this book to their library.

Chris G. Earley is the Interpretive Biologist of the Arboretum, University of Guelph, where he teaches bird identification workshops. He is the author of Hawks and Owls; Sparrows and Finches; and Warblers, all specific to the Great Lakes Region and Eastern North America region. His most recent book is Feed the Birds: Attract and Identify 196 Common North American Birds.

BUTTERFLIES
Their Natural History and Diversity
Ronald Orenstein
Photographs by Thomas Marent

★ “This gorgeous book reveals a wonder on nearly every page and will enthral natural history enthusiasts both amateur and expert alike.” —Library Journal (starred review)

This visual feast reveals a multitude of butterfly and moth species from around the globe. Here are some of the most colorful, spectacular and sometimes weird examples of the world’s butterflies and moths. Vibrant color photographs and macro images complement the enlightening text written by zoologist Ronald Orenstein, who explains the scientific curiosities of these amazing insects. He makes clear how to differentiate between butterflies and moths; how caterpillars camouflage themselves; and how their feeding strategies and evolutionary adaptations help them prevail in the wild.

With stunning photography, authoritative natural history and an elegant design, Butterflies brings to abundant life the unfathomable beauty and variety of butterflies and moths.

Ronald Orenstein is a zoologist, lawyer and wildlife conservationist who has written extensively on natural history issues. His most recent books are Ivory, Horn and Blood and Hummingbirds. He lives in Toronto.
RAISING BUTTERFLIES IN THE GARDEN
Brenda Dziedzic

This exciting title is for butterfly lovers and gardeners who not only want to create a butterfly-friendly garden, but also want to support butterflies and moths in order to maintain healthy populations.

Author Brenda Dziedzic noticed that there were far fewer butterflies around today than she saw in her childhood. Starting in her own garden she set out to learn why and what she could do to fix this. **Raising Butterflies in the Garden** is the outcome of what she learned about these fascinating insects and the native plants they depend on. In this book, Dziedzic shares the vast experience she gained in helping butterflies thrive through all stages of life. She shows readers how they can do the same — no matter the time of year or the size of their property — by providing all of the information and practical guidance they need.

The book features more than 500 color photographs showing the life cycles of over 35 butterflies and moths — from egg to adult — as well as the host and nectar plants they rely on. Each profiled species also includes a North American range map.

**Brenda Dziedzic** is a Michigan gardener whose life changed when she became interested in butterflies. She is now an expert on the subject of raising Lepidopteran species and has won numerous awards for her work.

---

HOW TO RAISE MONARCH BUTTERFLIES
**A Step-by-Step Guide for Kids**
Carol Pasternak

“One of the most remarkable changes in nature is how a caterpillar turns into a butterfly, and this book, filled with beautiful photographs, tells kids how that change takes place and why it's so important for the environment. The book's easy-to-follow instructions, from finding caterpillars or monarch eggs to caring for them, will inspire you.”

— Washington Post

Observing a Monarch butterfly as it transforms itself from caterpillar to chrysalis to butterfly is among the most thrilling experiences that nature offers. Raising Monarch butterflies is made easy with the help of this detailed guide.

**How to Raise Monarch Butterflies** explains what threats Monarchs face today and how readers can help conserve the Monarch's feeding grounds from encroachment. Revel in one of the most remarkable miracles of nature.

**Carol Pasternak** is a photographer, personal trainer and educator who raises Monarch butterflies with her family in Toronto, Ontario.
MENOPAUSE
No Need to Panic
Dr. Odile Bagot

Every woman wonders what will happen to her body when her periods end and she begins to experience the swings in hormones, the loss of both muscle and bone mass and, of course, the inevitable hot flashes.

Menopause, a necessary part of a woman’s life, is a much less daunting experience than it was in the past. Today, it is possible to combat the physical and hormonal challenges through both conventional and alternative medicine.

In Menopause: No Need to Panic, author Dr. Odile Bagot, a gynecologist in her 60s, gives women all the information they need to calmly and successfully get through this complicated period in their lives. She explains with equal parts kindness, humor and medical authority the changes that are taking place and what can be done to regain control of your health, your energy and your good mood.

Contents include:

- **Menopause, What Is It?** Age, diagnosis, symptoms
- **Perimenopause**: Lack of estrogen and progesterone; Hormonal ups and downs; Contraception and fertility
- **Menopause**: Hot flashes; Hormone and non-hormonal treatments; Sleep and mood disorders
- **Love and sex**: Sexual desire and pleasure; Male sexual desire after 50
- **Bodily Changes**: Body shape and weight; Bones and joints; Heart and skin
- **Hormonal treatment**: Current controversies; Practical remedies; 10 commandments for postmenopausal women.

Odile Bagot is an OB/GYN in Strasbourg, France, where she is also a professor of sexology. She is also the author of Your Vagina (Firefly 2020).
YOUR PENIS
Everything You Need to Know About Your Friend!
Dr. Michel Lenois

The full book about the little fireman.

This is the book you’ve been waiting for — an in-depth look at the penis that tells you everything you need and want to know, including the chapter many will turn to first: how to increase the size of your penis, what works and what doesn’t.

Your Penis is an exhaustive guide to the willy, the dick, the Johnson—examining its anatomy, function, dimensions, familiar problems and cultural significance. There are sections on what mistreatments it is frequently subjected to, how to dress it up, how to make it grow, how to help it age well and what nicknames we’ve given it (there are over 126!).

This book is replete with interesting facts from the human and animal worlds: Did you know that the argonaut octopus has a detachable penis that can swim to the female’s mantle in order to fertilize her? That Rasputin’s pecker is preserved in formaldehyde at the Museum of Eroticism in Saint Petersburg? That certain foreskins acquired from circumcisions are used in the creation of cosmetic creams? That the penis is quite capable of tanning?

Written by a general practitioner from a scientific and medical point of view, but with anecdotes and a little bit of cheeky mischief thrown in, Your Penis gives us improbable stories, fascinating clinical cases and loads of useful information.

Contents of this book include:
- Penises of the animal world, from snail to elephant
- Erections — including nocturnal and post-mortem erections
- Sizes — how to measure, what’s “normal,” and some remarkable penises
- Increasing the size of the penis — food supplements, gels, injections, extenders, surgery
- Erectile dysfunction — including dysfunction caused by drugs and alcohol and how to fix
- Circumcision — for and against
- Hygiene, piercings and tattoos
- Aging and the urinary system and prostate
- Legends of priapism, candiru fish, fractured penis, penis weightlifting

Michael Lenois is a respected medical doctor practicing near Rouen, France. He is the author of seven other medical books for consumers, on subjects ranging from prostate cancer to autism to osteoporosis.

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paperback $19.95
THE NEW VEGETABLES, HERBS AND FRUIT
An Illustrated Encyclopedia
Matthew Biggs, Jekka McVicar and Bob Flowerdew

“Satisfying ... There’s an abundance of information and tantalizing pictures.” — The New York Times

This essential gardening tome covers more than 70 vegetables, 100 herbs and 100 popular fruits. The most current information on plant varieties and cultivation techniques make it the essential sourcebook for all food gardeners, especially for anyone who would like to start growing organic produce, and who feels they need some expert advice.

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704 pages · 9¼ × 11 · more than 1800 color photographs and illustrations, A-Z directory, recipes, charts, glossary, further reading, seed sources, hardiness zones, index · Rights: U.S. & Canada

GROW WHAT YOU LOVE
12 Food Plant Families To Change Your Life
Emily Murphy

“Gardening blogger Murphy’s beautiful debut makes gardening just as much an art as a science and encourages readers to adopt a more plant-driven lifestyle, from the garden to the kitchen.” — Publishers Weekly

Grow What You Love is a simple guide to growing vegetables, herbs and more that will add flavor and variety to the fresh produce readers can access throughout the year. Aimed at novice and experienced gardeners alike, this is an image-driven, how-to adventure from an expert organic gardener with an enthusiasm for an authentic life.

978-0-2281-0020-1 · paperback with flaps · $24.95
272 pages · 8 × 10 · full color throughout, 250 photos, online resources, zone maps, conversion table, seed company list, index · Rights: World

THE GARDENER’S BOOK OF COLOR
Andrew Lawson

A comprehensive guide to using color in the garden to best advantage.

This guide takes color way beyond the existing guides for gardeners. It adds new dimensions to the art of gardening, and shows the gardener how to put plants together to make personal and effective combinations. It explores not only single-color plantings, but also the wide range of color associations available to the gardener for “painting” pictures with plants.

978-0-2281-0171-0 · paperback · $24.95
232 pages · 6¼ × 9 · full color throughout, plant directories, 24 garden plans, bibliography, hardiness zones, index of plants · Rights: U.S. & Canada
2nd Edition
THE JUICING BIBLE
Pat Crocker

This edition has 100 new recipes (400 total) and new health information. Designed for anyone who wants to explore nutrition and natural foods it addresses more than 80 common health conditions, has health tips, preparation techniques, sidebars and more.

The first edition of The Juicing Bible won the 2000 International Cookbook Revue Award and has over 700,000 copies in print. It continues to be one of the bestselling juicing books in the marketplace. In response to consumer demand, we've decided to add more value to this comprehensive book with an additional 16 color photographs, which takes the total photographs up to 32.

384 pages · 7 x 10 · 978-0-7788-0181-8 · $24.95 US / $27.95 CDN paperback
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4th Edition
THE MIXER BIBLE
Maximizing Your Stand Mixer and Attachments
Meredith Deeds and Carla Snyder

The KitchenAid stand mixer is the gold standard of stand mixers; it's the most highly coveted and useful piece of culinary equipment you can get. It beats, whips, mixes and mills, kneads dough, grinds meat, stuffs sausages, slices vegetables, makes ice cream and cuts pasta. With over 300 recipes for appetizers, soups, mains and treats, The Mixer Bible will inspire you to create delicious meals while walking you through how the mixer and each of its attachments work. A trusted KitchenAid companion, this updated fourth edition will have brand-new recipes and will be one of the only books available with information on three new attachments.

392 pages · 7 x 10 · 978-0-7788-0466-6 · $27.95 US / $29.95 CDN paperback
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THE DEHYDRATOR BIBLE
Includes over 400 Recipes
Jennifer MacKenzie, Jay Nutt and Don Mercer

A new update of the bestselling book in its field — 100,000 in print.

Whether grow-your-own, bought locally from a farmer’s market, or fresh from a regular supermarket, seasonality still affects the quality, abundance and price of good food. It just makes sense to preserve food quality for those times when it’s not as plentiful or not available at all. Dehydrating food with this terrific book is easy and creates tasty food year-round. There are more than 150 recipes for dehydrating everything from herbs and seasonings to fruits, vegetables, meats and fish, plus more than 250 delicious recipes that actually use the dehydrated foods as ingredients.

384 pages · 7 x 10 · 978-0-7788-0213-6 · $24.95 US / $27.95 CDN paperback
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LYME DISEASE, TICKS AND YOU
A Guide to Navigating Tick Bites, Lyme Disease and Other Tick-Borne Infections
Shelley Ball (PhD)

Lyme disease has been steadily on the rise since the 1990s, and the threat of Lyme is only expected to grow as warmer global temperatures potentially prolong the tick season. In 2018, the Centers for Disease Control and Prevention (CDC) estimated there were 33,666 confirmed and probable cases of Lyme disease reported in the United States. The Government of Canada reported 1,487 cases that same year. Lyme, if not treated early, can develop into a debilitating disease, with symptoms that can be felt for months or even years. Lyme Disease, Ticks and You is an easy-to-follow and essential guide to understanding, detecting and treating Lyme and other tick-borne diseases.

Dr. Shelley Ball, a trained freshwater insect ecologist, is a long-term Lyme sufferer who has been infected with various other tick-borne diseases. Drawing from years of experience advocating for her own health, Dr. Ball has gathered together the information and resources the reader needs to not only understand the science, prevent tick bites and recognize Lyme, but also get treatment for this complex and often misdiagnosed disease. Chapters include:
• Chapter 1: What You Need to Know about Ticks and Lyme Disease
• Chapter 2: A Brief Biology of Lyme Disease
• Chapter 3: How Can I Reduce the Risk of a Tick Bite?
• Chapter 4: What If I’m Bitten?
• Chapter 5: Treating Lyme and Co-Infections

Lyme Disease, Ticks and You is capped off with an extensive list of references and resources that will further equip each reader with the information they need to deal with ticks, Lyme and other tick-borne diseases.

Shelley Ball (PhD) is a Senior Environmental Assessment Officer for Natural Resources Canada and the Founder and President of Biosphere Environmental Education, a social enterprise focused on connecting people with nature. In addition to being a passionate spokesperson for science, she is an avid photographer with a focus on nature and conservation photography. Shelley lives in Westport, Ontario, a hot spot for black-legged (deer) ticks.
ONTARIO’S GHOST TOWN HERITAGE
Ron Brown

Despite the urban sprawl, industrialization and endless highway construction, Ontario possesses many hidden corners and lonely roads where the remains of earlier settlements, often constructed with immense effort against impossible odds, now lie forgotten. Some are no more than a few decaying foundations and collapsing houses, while others are littered with the remains of the industry and manufacturing that once thrived there.

There is a renewed interest in exploring our own backyard, and Ontario’s Ghost Town Heritage is the perfect guide to these once-booming towns and villages. While some still maintain small resident populations, others exist only as abandoned buildings and ruins. All have in common that they are “ghosts” of their former greatness, and their images evoke the lost legacy of Ontario’s past.

This fascinating book by Ontario historian Ron Brown explores over 80 accessible ghost towns in all parts of Ontario. Detailed driving directions invite you to experience the province’s heritage for yourself.

This revised edition contains many new sites to visit and has been carefully updated with the latest information and driving directions.

Ron Brown, an authority on rural Ontario, has written over a dozen books on Ontario’s ghost towns and roadside attractions. He is a frequent contributor to CBC Radio, and his travel articles have appeared in numerous North American newspapers and magazines. He lives in Toronto, Ontario.
Algonquin is a near-North paradise of 3,500 square miles of forests, lakes and rivers atop the rugged Canadian Shield. This idyllic haven from urban life is easily accessible from dozens of major U.S. and Canadian population centers.

Michael Runtz has spent decades observing and photographing the wildlife of Algonquin Park; the 4th edition of *The Explorer's Guide to Algonquin Park* is the updated and expanded culmination of that work.

Informative but also highly evocative, Michael's prose demonstrates a love of the natural world and a genuine desire to share it with others. Elevated by Michael's award-winning wildlife photography, this work is one part guidebook, one part celebration of one of Canada's most treasured parks.

This new edition features:
- Access routes, hiking trails and canoe routes indicated on easy-to-read full-color maps
- Where, when and how to see moose, wolves, birds and other wildlife, including three new chapters (Butterflies, Odonates, and Wildflowers)
- Points of historical interest, such as ranger cabins and aboriginal rock paintings
- A feature on climate change and how it has and will affect Algonquin wildlife
- New photography from the last 10 years of Michael's career
- Updated maps and lists of park facilities and services.

Michael skillfully guides first-time visitors and seasoned explorers alike in this new, expanded edition of *The Explorer's Guide to Algonquin Park*.

Michael Runtz is a well-known and highly respected naturalist, author, and university educator. He is the author of 10 books on natural history and 1000s of articles in journals, magazines and periodicals.
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Chris Earley and Tracy C. Read

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125 Nature Hot Spots in Alberta is a reader-friendly guidebook that explores Alberta’s remarkable splendor and natural diversity. Organized by region, each hot spot entry includes a descriptive destination profile, a colour photograph and a sidebar of at-a-glance information about special features and location.

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Ann Marie Brown

150 Nature Hot Spots in California showcases the legendary diversity and beauty of California’s landscape and wildlife — famous deserts, iconic badlands, lush forests and beautiful beaches. The book is organized by region. Each entry includes at-a-glance information on activities, addresses and contact information; a feature on the location’s characteristics, history and best hiking paths; and photography illustrating the geography and prominent wildlife and flora of the region.

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Debbie Olsen

150 Nature Hot Spots in Canada features a selection of destinations from the four existing Canadian nature hot spot guides with the addition of destinations in Quebec, Atlantic Canada and the territories. Like the other titles in the series, this guide is for travelers and adventurers looking to explore the Canadian Outdoors — a country with no shortage of breathtaking nature destinations.

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Dawn Isaac

101 Things For Kids To Do Outside is ideal for parents, teachers, and all those working with youth. This book is ideal for the children who like gaming, TV, movies, the soft couch, and even too many snacks. The kids who believe “there’s nothing to do outside” can learn and be encouraged to experience the joy of outdoor play.

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Dawn Isaac

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Camp games are meant to be fun. Here are the very best camp-tested games for boys and girls aged 4 to 16, with easy-to-follow instructions and illustrations. The Frasers include indoor and outdoor games for both small and large groups, with some old favorites and lots of new, soon-to-be favorites.

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THE SCIENCE OF SUPERCARS
The Technology that Powers the Greatest Cars in the World
Martin Roach, Neil Waterman and John Morrison
foreword by David Coulthard

Trace the evolution of the supercar through the technology that drives it.

In The Science of Supercars, Neil Waterman describes the history of supercars, unraveling the mysteries and mechanics of the cars that changed the automotive world forever. In-depth interviews with the top names in the supercar and racing industries reveal their opinions on today’s supercars and their visions for the future.

David Coulthard, runner-up in the 2001 Formula One World Drivers’ Championship, provides the introduction. The authors follow with comprehensive chapters of inside information and exciting photographs that will be a catalog for supercar shoppers and a dream diary for others. The images show the interiors and exteriors of supercars and illustrated insets explain the technology.

1. The Thirst for Power — The internal combustion engine and the early days of speed
2. Style Versus Substance — Next steps, and the birth of aerodynamics
3. Emerging Technologies — The mechanics of war drive the birth of the supercar
4. Configuration — The Miura, the E-Type and the dawn of the modern age
5. The Science of Theater — Fashion and styling take center stage
6. The Turbo Years — The Porsche Turbo and the rebirth of supercar science
7. All-Wheel Drive — Power or technology: how designers keep the cars on the road
8. Composites — The McLaren F1 and its technological legacy
9. Emerging Aero — Understanding the complex art of aerodynamics
10. Going to the Opera — The remarkable science behind the era-defining Bugatti Veyron
11. The Holy Trinity — Hybrid tech ushers in a new kind of supercar
12. The Future — The technology on the verge of reshaping the landscape.

The Science of Supercars includes interviews with three of the top figures in the supercar world: Adrian Newey, legendary British Formula One engineer; Dr. Wolfgang Schrieber, Chief Engineer of the Bugatti Veyron; and Gordon Murray, designer of the McLaren F1 supercar, as well as contributions from iconic supercar manufacturers that include Lamborghini, Porsche, Bugatti, Pagani and McLaren.

Martin Roach is a best-selling author of a number of high-profile books about supercars. Neil Waterman has spent 35 years working in the highest levels of motorsport. John Morrison has over 50 years’ experience as a racing driver, including winning the Daytona 24 and competing in Le Mans 24-Hour race.
2021 NIGHT SKY ALMANAC
A Month-by-Month Guide to North America’s Skies from the Royal Astronomical Society of Canada
Nicole Mortillaro

A portable guidebook for enjoying the night sky in 2021.

2021 Night Sky Almanac is the ideal resource for both novice and experienced sky watchers in the United States and Canada, with all of the advice, information and data that enthusiasts need to understand and enjoy the wonders of the night sky.

This in-depth guide first introduces readers to the objects in the sky — from stars, to comets, to globular clusters — and then takes them through the cosmic events to look out for each month in 2021, with sky maps, moon phase charts and info about the planets. The book also features:

• Methods for using your hands to measure angles in the sky;
• Information about binoculars and telescopes;
• History of constellations, including Indigenous history;
• A glossary of terms;
• And much, much more!

2021 Night Sky Almanac is both a comprehensive introduction to astronomy and a quick reference book for more experienced sky watchers who don’t want to miss a thing. Its compact size means it’s perfect for taking on an “astro-vacation” or simply sky viewing in the backyard.

The Royal Astronomical Society of Canada (RASC) was founded ad hoc in 1868 and incorporated in 1890 with a dual membership of professionals and amateurs. It has 29 Canadian chapters and over 5,000 members. The Journal of the Royal Astronomical Society of Canada is entering its 114th year of publication, and the RASC also produces a number of other publications and guidebooks.

HEMINGWAY
A Life in Pictures
Boris Vejdovsky with Mariel Hemingway

A loving homage to one of America's greatest writers.

In this first-ever tribute to her grandfather, Mariel Hemingway opens the family album to reveal all aspects of the man. More than 350 carefully selected photographs show a childhood filled with harbingers of the future — the five-year-old fishing, the 16-year-old writing, the wounded soldier, the young groom — and an adult life of success and failure — journalist, serial husband, prize-winning author, big-game hunter, “Papa” Hemingway, foul-mouthed drinker, self-idealized hero.

A compelling 40,000-word narrative gives chronological details and adds fascinating context to the photos. What influenced Hemingway’s writing? Who were the important figures in his life? Why was he compelled to write? Was he as confident as he presented himself to be?

Hemingway: A Life in Pictures surveys the touchstones of a celebrated life to reveal the character, dreams and disappointments of one of America’s greatest writers.

Boris Vejdovsky is an associate professor at the University of Lausanne, where he teaches courses in American literature and culture. He has been a member of the Hemingway Society since 2004 and organized a July 2010 international conference about the figure of “Papa Hemingway,” which gathered 250 writers and enthusiasts.

YOURS, FOR PROBABLY ALWAYS
Martha Gellhorn’s Letters of Love and War 1930-1949
Janet Somerville

★ (starred review) “Somerville makes an impressive book debut with a life of novelist, journalist, and intrepid war correspondent Martha Gellhorn (1908-1998), told through a captivating selection of her letters to friends, family, husbands, and lovers. The volume is enriched by Somerville’s biographical narrative and her decision to include responses of many recipients and, in some cases, letters between individuals who were especially significant in Gellhorn’s life... An engrossing collection that burnishes Gellhorn’s reputation as an astute observer, insightful writer, and uniquely brave woman.” —Kirkus, July 08, 2019

978-0-2281-0186-4 · hardcover with jacket · $40.00
528 pages · 6½ × 9¼ · 32 pages of color and black and white photographs, timeline, selected further reading, letter citations, notes, index · Rights: World English
FLAT OUT IN PIECES
Crippled by Concussion—An Athlete’s Journey Back
Paul Suter

Paul Suter was an elite endurance athlete who went from competing in Ironman-distance triathlons to being unable to take his dog for a five-minute walk.

Despite suffering a serious concussion, he continued to train and compete until his exhausted adrenal system collapsed. Paul knew his body wasn’t working, but couldn’t convince the medical community that his illness actually existed. The ongoing search for a cure contributed to his depression and suffering; how could he continue to hope, when what he had didn’t fit into any doctor’s shoe box of remedies?

Paul’s relationship with his wife and training partner, Christine, was based on their mutual love of endurance sport. Over seven years, his illness and invisible disability threatened to destroy the bond that held them together. Paul’s search for recognition of his condition and for an effective treatment was a quest to restore not just himself but his marriage and their future.

Paul Suter is a long-time resident of Whistler, BC. An endurance athlete of international standing, his career was cut short by the crippling effects of multiple concussions. His memoir, Flat Out in Pieces, is his first book.

EVERYDAY EVIL
Why Our World Is the Way It Is
Monique Layton

Instead of the epic, alien force of our imagination, anthropologist Monique Layton argues that evil is intrinsic to our humanity, constantly evolving with modern notions of morality.

Much of the world’s suffering, she argues, can be traced back to the individual actions of ordinary people trying—and failing—to maintain a static social order.

Drawing on anthropology, history, philosophy and popular culture, Layton provides a new lens through which to view contemporary issues, establishing connections between such disparate phenomena as:
• medieval law enforcement and the Trump Baby balloon
• the Salem witch trials and female genital mutilation
• body-snatching and surrogacy
• slavery and fast fashion.

Monique Layton is the former Associate Director of the Centre for Distance Education (Criminology Programs) at Simon Fraser University and resides in Vancouver.
THE HAWK AND THE HARE
Janet Love Morrison

Based on a true story.

It is 1944 and the young Canadians of the Royal Hamilton Light Infantry have had enough of drills and night marches and waiting. Private Ewen Morrison is 21 years old when he joins the regiment in Sussex and meets his new platoon, including Reggie Johnson, an Indigenous soldier from Ontario’s Six Nations of the Grand River Reserve. Landing on Juno Beach, the men confront the brutal reality of war as they advance across northern Europe with the 2nd Canadian Infantry Division. Reggie’s bravery, skill and authority soon earn him a field promotion, but not necessarily the respect of all the men in his platoon.

Based on war diaries and regimental records, The Hawk and the Hare is inspired by the real-life experience of the author’s father. This is not the story of generals and officers, but of the men on the ground and the hardships they endured. Exploring themes of friendship, culture and valour, The Hawk and the Hare honours the young men who fought to liberate Europe in the final months of the Second World War.

Janet Love Morrison is an author and editor whose previous books include The Crazy Canucks: Canada’s Legendary Ski Team (foreword by Peter Mansbridge), winner of the 2009 One Book, One Vancouver award, and Radar the Rescue Dog (foreword by Justin Trudeau). She currently teaches High School English on the Cote First Nation Reserve near Kamsack, Saskatchewan, and is a Goodwill Ambassador for Friends to Mankind.

JUST ONE MORE DRIVE
The True Story of a Stuttering Homosexual and His Race Car
Robert James O’Brien

This honest, uplifting and painfully funny memoir is about love, soapboxes and why you should never lie on national TV. It’s the story of how the Beast, a BMW E30 M3 Sport Evolution, almost killed Robert but ended up saving his life.

From his father, Robert developed a passion for all things automotive as he grew up in Dublin, a painfully shy, lonely stutterer. Cars were his friends and his refuge, but the M3 was a tormenting reminder of the man Robert thought he could never be: confident, successful, loved. He goes to school, university, takes courses to conquer his stammer, and drives. Then he decides to act on his dreams and moves from Ireland to Vancouver, in search of sci-fi stardom and himself.

In Just One More Drive, we follow Robert as he struggles to overcome his disability, find his way in the world and discover what love really means. It is more than a story about stuttering, or coming out, or living in the shadow of suicide—it is a universal journey of self-discovery and learning to embracing one’s true self.

PICKET FENCES
Emma L.R. Hogg

Sloane Sawyer had it all planned—she and her best friend Stephie would graduate from high school, get out of Tippett Valley and have dazzling complementary careers. Sloane would become an award-winning graphic designer, creating band posters using Stephie’s artwork. She would also have a loving husband, the requisite two kids and a house with a white picket fence. As she turns thirty, Sloane has a boring job and a boss who ignores her. She has no children, doesn’t own a house, has gained fifteen pounds and questions how her video game-playing husband could possibly love her. And Stephie, working in a bar and living in Tippett Valley with the disreputable Randy, is increasingly distant. Even as Sloane clings to her dream, she comes to realize that she and Stephie won’t be able to move forward until they finally confront an old tragedy.

Emma L.R. Hogg is a born writer. After graduating from the University of Guelph, she began work on the first of six novels she self-published. Her poetry has been published in Carousel magazine and her fifth novel, The Fourth Wall (2015) was shortlisted for the Whistler Independent Book Award. She lives in Sault Ste. Marie, Ontario.

THE KAWAI SCROLLS
Louis Druehl

His Hopi princess bride has left him for the head of the philosophy department and his PhD thesis is stalled; what is left for an Iowa farmboy to do but to board a slow boat to Yokohama? John Rolfe leaves the academic desert of New Mexico for Japan, in search of fame and inspiration among the Ainu, the white aborigines of Hokkaido. While his adventures as an American innocent abroad take many a romantic and political turn, John discovers as the Ainu believe, that everything is God…and bears.

The Kawai Scrolls is the picaresque tale of a young American anthropologist studying the Ainu people in Japan. By turns lighthearted and profound, the novel explores the complexities of modern-day indigenous culture from a fresh perspective.

Louis Druehl is the editor of The New Bamfielder and Professor Emeritus at Simon Fraser University where he taught and researched kelp for 36 years. His bestseller, Pacific Seaweeds (Harbour Publishing, 2001), introduced thousands to these little-appreciated plants. Louis continues a 40-year relationship with Japanese seaweed researchers. His first novel, Cedar, Salmon and Weed (Granville Island Publishing, 2015) received an Honourable Mention for the Whistler Independent Book Awards 2016. The Kawai Scrolls is his second novel.
PEOPLE LIKE FRANK
And Other Stories From the Edge of Normal
Jenn Ashton

A young woman in a group home investigates a mysterious piece of knitting. An obsessed bag boy does grim battle with a squirrel. A woman, an asparagus bag and a garbageman have a tumultuous short-term relationship.

In the tradition of The Curious Incident of the Dog in the Night-time, Room and If I Fall, If I Die, this uplifting collection explores the world through the eyes of protagonists whose perspectives are informed by their unique circumstances. Some are struggling with physical challenges while others seek to overcome psychological barriers.

Far from being defined by their limitations, these characters revel in achievements others take for granted and find wonder in unexpected places.

A writer from the age of six, Jenn Ashton was first published when she was fourteen. She has written fiction, non-fiction and children’s books as well as editorials and articles for periodicals and journals. She sits on the board of the Federation of BC Writers and the Indigenous Writer’s Collective. A graduate of Simon Fraser University, she now lives in North Vancouver.

SAN JOSEF
Harold Macy

For Clayton Monroe, the last hope for refuge is a struggling settlement at the far northwest corner of Vancouver Island. San Josef is his sanctuary from the imagined demons and real enemies who have pursued him for three decades, from the Civil War battlefields of Virginia and across the plains of Kansas to the gold rush gateway of Seattle.

For Anika Frederickson, San Josef is her new home and her dream, a now failing community built on the promises of provincial government officials. The future of her colony, carved from the coastal wilderness by the tenacity of her fellow Danish idealists, is as uncertain as the storms that batter their farms.

A man like Monroe leaves a burning trail behind him, and the autumn winds of 1897 bring a new arrival to Cape Scott, sparking an inevitable challenge to Clayton’s safety and Anika’s family.

At San Josef, the rainforest and the river will bear witness.

Harold Macy is a farmer and forester based in the Comox Valley on Vancouver Island. He is the author of The Four Storey Forest.
LOVE YOU FOREVER POP-UP EDITION

The much-loved bestseller, now in a pop-up edition.

When we published Love You Forever in 1986, we thought it had great appeal.

But we had no idea that booksellers would love it and sell 30 million copies.

Now there is a gift edition whose characters move!

A young mother holds her baby, and while she sings to it she rocks it back and forth.

And through her life, and the stages of his life, she holds her son and rocks him back and forth as she tells him that she will love him forever.

In double-page spreads and gatefolds, the whole text of Love You Forever is in this book, and enhanced with three-dimensional elements. But even better is the feature that moves — as the chorus is sung, you can move the characters back and forth.

This makes a wonderful extra feature for young readers, the grandchildren of people who raised their own children with this story and who want to pass it to a new generation.

BACK IN PRINT

LOVE YOU FOREVER

Robert Munsch
illustrated by Sheila McGraw

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NEW!
A young girl is spending a summer at the lake and experiencing the worlds she finds (and imagines) both under the water and above. From striped rocks under the surface to water snails, crayfish to gulls, loons and swallows flying overhead she sees all the life around the watery habitat. And who knows what creatures can be found in the deepest waters. A beautiful picture book from the illustrator of Charles.

Jessica Bromley Bartram is an illustrator, author, and graphic designer who lives in Ottawa and has spent her summers on a wild and wonderful island in Georgian Bay for her entire life. Water Water is the third picture book she’s illustrated, and the first she’s written.
Same-sex couples haven’t always been accepted in society, but it is possible for love and beauty to triumph. Two boys are friends and age gracefully together as a same-sex couple.

Michel Thériault is a singer—songwriter from Moncton, who gets his tender and humorous inspiration from humankind’s shortcomings and everyday life’s twists and turns. His guitar has travelled around in Quebec, France, Belgium and Switzerland. In 2016, he won the Eloize Award for Music Artist of the Year.

Magali Ben is an illustrator living in the south of France. Her main source of inspiration is nature in all its forms. Magali is nurtured by everything she finds beautiful, be it words of films, pictures, paintings and emotions. She considers it a great chance to dwell in a world where everything is possible: the world of imagination.
Joel and his grandpa love spending time together. Then, the Covid-19 shutdown happened, so they had to stay apart. But now they are finally able to meet again and do many of the things they enjoy.

While on their first walk in a long time, they talk about the shutdown. Who are the heroes who helped everybody during this difficult time? Joel and his grandpa enjoy a beautiful summer day and talk about how important doctors, nurses, grocery store workers, truck drivers, and many others in our communities are to all of us.

Phil Riggs is a retired educator who taught in Northwest Territories, Nunavut, and Newfoundland. The author of two previous books, he is also a magazine writer, hunter, fisherman, and a musician. He lives in the Newfoundland community of Glovertown.
WILD BIRD
Leanne Baugh

In the opening pages of this historical novel, sixteen-year-old Kate Harding is desperately trying to assist her mother who is about to give premature birth to a child in their home in the small colonial community of Victoria in 1861. The experience is gruelling for mother and daughter, and in the end, though a local midwife gets there in time to assist, the baby does not live more than a few hours. It’s ironic because Kate’s father is one of only a few doctors in the colony, but was out tending patients while his wife was going through this tragic ordeal.

Though *Wild Bird* is set 160 years ago, it has a lot to say to the readers of today. First of all, in its spotlight on a young girl’s yearning to involve herself in meaningful work in a society that thinks women are little more than decoration, and household managers. Secondly, in the description of the way in which Indigenous people relate to the recently arrived settlers who are quick to turn on them when it suits. Finally, the story includes some historical figures who made a significant impact on the early history of Canada, portrayed in dynamic ways.

Leanne Baugh is a former screen-writer and the author of two young adult novels, including *Last Words* published by Red Deer in 2019 and *The Story of My Face* in 2018. She lives in Victoria, BC.

ATHABASCA
Harry Kleinhuis

Jack is 14 going on 15. For the past seven years, he and his younger brother and sister, and his mother and father, have lived in a remote cabin on the Athabasca River west of Edmonton. It’s the late 1930s, and the river is almost as wild and untamed as it was before humans began settling along the riverbanks.

The reason for the Whyte family living there has a good deal to do with Malcolm, Jack’s father, and what we would call his PTSD after serving in World War One. He has never really recovered from the trauma of his experience in the trenches, and his solution has been to sweep his family into the wilderness and remain there, living off the land. But now Jack is of an age when he figures he has had enough of this life, particularly since his father is not the most understanding of parents.

Trouble is, as Jack makes his move to leave the family by canoeing away down the Athabasca, something goes wrong on the first day and he breaks his arm, and has to stay stranded, alone, unable to make any more progress. Malcolm comes after him, and somehow father and son begin to communicate in ways they never have. All of this is played out against the backdrop of a powerful river where nature is dominant and where a family manages their lives alone in the bush, with little or no reference to the world beyond.

Harry Kleinhuis is a former pastor and teacher who lives near Parry Sound, Ontario. This is his second published novel.
UNRAVEL
Sharon Jennings

As Rebecca is about to turn twelve years old, she begins to realize that Joe, her father, is not the most supportive of parents. Rather he seems to want to turn her away from friendships, from involvement with others, from anyone who might intrude on their two lives. When it seems their affectionate neighbour is becoming too inquisitive, Joe abruptly arranges for himself and Rebecca to make a quick move to another place in the city. And as she reflects on things, Rebecca realizes that this is what has always happened. Also, she doesn’t attend school, but is doing what her dad calls home-schooling. When she asks her father about her family he says they are all dead. For various reasons, as Joe explains. That means the two of them are alone in the world, making their own way. Or, perhaps, allowing Joe to make whatever moves he wishes to without consulting anyone else – least of all, his daughter.

Life changes for Rebecca the day that she spots a new neighbour in their latest apartment building – someone who, though she seems a little fragile, has an aura of elegance about her and who also takes an immediate interest in the girl. As Rebecca gets to know Phoebe better, she also is able to look at Joe with different eyes – and, in the end, she realizes that her father is not at all who he has presented himself as.

Sharon Jennings has written over sixty books for young people – picture books, chapter books, novels for reluctant readers, mid-grade novels and screenplays.

SULLY, MESSED UP
Stephanie McLellan

It’s the morning Sullivan Brewster is going to make his debut in high school – and, frankly, he’s terrified. Even more so when he looks at himself in the mirror soon after waking up and realizes all his facial features have rearranged themselves in a most grotesque way. It’s the first scene of a story that could be seen as a hilarious romp, or, more likely, a harrowing account of what those early high school days can feel like. Sully very quickly becomes the target of school bullies – even though no one else actually sees the facial disaster Sully himself perceives. It’s just that he sets himself up to be a target for whatever mayhem the main bully, Tank, and his accomplices decide to cause him. No matter how he wishes otherwise, Sully seems to step into situations that turn out badly for him – and there’s not even much relief when it comes to some of the adults in his life who don’t realize what he’s dealing with.

In the end, of course, Sully discovers that he has it in him to override the teasing and the bullying, and he also sees the value of the support offered by his friends. He also learns how to read some interesting symbolic figures that he finds perching on a fence in the neighbourhood he goes through on his way home each day – small doll-like figures that he realizes reflect some of the highs and lows of his own daily exploits.

Stephanie McLellan is the author of the stunning The Christmas Wind, published by Red Deer in 2018, as well as a number of other picture books, including the award-winning The Chicken Cat. She lives in Newmarket, Ontario.
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