NEW SOCIETY PUBLISHERS

SPRING 2020

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At New Society Publishers, we care deeply about what we publish — but also about how we do business.

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Face the truth of climate change, accept your fears, and become the hero that humanity needs

Facing the Climate Emergency
How to Transform Yourself with Climate Truth

MARGARET KLEIN SALAMON WITH MOLLY GAGE

As the climate crisis accelerates toward the collapse of civilization and the natural world, people everywhere are feeling deep pain about ecological destruction and their role in it. Yet we are often paralyzed by fear.

Help is at hand. *Facing the Climate Emergency* gives people the tools to confront the climate emergency, face their negative emotions, and channel them into protecting humanity and the natural world. Drawing on facts about the climate, tenets of psychological theory, information about the climate emergency movement, and elements of memoir.

Coverage includes:
- How to face the climate crisis and accept your fears, anger, grief, guilt, and other emotions
- Turning negative feelings into tangible action to respond to the crisis
- Rising to heroism, becoming a “climate warrior,” and maximizing your impact by joining the Climate Emergency Movement
- Support material, including further reading, questions for self-reflection, and exercises to complete with like-minded groups.

Written for the suffering multitudes struggling to cope and looking for answers, *Facing the Climate Emergency* provides the motivation, guidance, and support needed to leave “normal” behind and travel the path of the climate warrior, rising to the challenge of our time.

Margaret Klein Salamon, PhD, is a clinical psychologist turned climate warrior and founder of The Climate Mobilization, which pioneered the internationally recognized Climate Emergency Declaration campaign. She lives in Brooklyn, NY. www.theclimatemobilization.org

Molly Gage, PhD, is a book developer committed to women-authored nonfiction books that push forward progressive ideas and elevate the voices of the women who think them.
How to Talk to Your Kids About Climate Change

Turning Angst into Action

HARRIET SHUGARMAN

With catastrophic global warming already baked into the climate system, today’s children face a future entirely unlike that of their parents. Yet how can we maintain hope and make a difference in the face of overwhelming evidence of the climate crisis?

Help is at hand. Written by Harriet Shugarman – the Climate Mama and trusted advisor to parents – How to Talk to Your Kids About Climate Change provides tools and strategies for parents to explain the climate emergency to their children and galvanize positive action.

Coverage includes:

- The unvarnished realities of the climate emergency, where we are at, and how we got here
- Strategies for talking to kids of different ages about the climate crisis, including advice from engaged parents on the ground
- How to maintain our own hope and that of our children
- A list of practical actions families can take to tackle the climate change crisis
- Ideas for helping children follow their passions in pursuit of a livable, just, and sustainable world.

A lifeline for parents who are feeling overwhelmed with fear and grief, this book provides both hope and practical ways to engage children in pursuit of a better world that is still possible.

Harriet Shugarman is Executive Director of ClimateMama, professor of Global Climate Change Policy and World Sustainability, and Chair of The Climate Reality Project, NYC Metro Chapter. She is a nationally recognized influencer and trusted messenger on solutions to the Anthropocene. She’s on climatemama.com and lives in New York, NY.
Harness the power of permaculture to change yourself and become a regenerative force for the planet

Human Permaculture
Principles for Ecological and Social Life Design

BERNARD ALONSO AND CÉCILE GUIOCHON

As climate change, ecological decline, and social breakdown start to bite, people expect that governments will solve our problems. Yet this belief has proven to be false. Rather than looking to others, changes must come from the inside out: transforming the “I” to “we,” changing the world by changing ourselves, and re-establishing our deep connection to nature.

Human Permaculture is a powerful, forward-thinking guide that uses permaculture principles of ecological design rooted in people care, Earth care, and fair share for redesigning your life and community to align with the resources available on the planet.

Richly illustrated and inspiring, Human Permaculture offers specific actions and tools for adopting an ethical, regenerative way of life.

Coverage includes:
- Human permaculture principles
- A nine-step ecological and social life design process
- Discovering your personal niche
- Stimulating the permaculture “edge effect” to work with others in efficient teams
- Rediscovering our deep connections to water, soil, forests, and caring for nature.

This guide is for everyone who wants to find their own meaning in life, put their talents at the service of the environment, live ethically, and navigate the great transition we face in a future of climate change and energy decline.

BERNARD ALONSO is co-founder of the Collaborative International University of Transition and a human permaculture facilitator, speaker, coach, and project designer. He lives in Quebec, Canada. www.permacultureinternationale.org

CÉCILE GUIOCHON is a French journalist and holder of a Permaculture Design Certificate. She co-founded the company KerWatt, which develops citizen renewable energy projects in Brittany, France. www.e-ker.org

Progressive Leadership
8.5 x 8.5” / 224 Pages
152 Illustrations / Two color
US/Can $29.99
PB ISBN 9780865719316
Available June 2020
An essential primer from one of North America’s largest urban farms

Farm the City
A Toolkit for Setting Up a Successful Urban Farm

MICHAEL ABLEMAN

Urban farming has the power to change diets, economies, and lives. Yet starting an urban farm can seem daunting with skills and knowledge that extend beyond growing to include marketing, sales, employees, community relations, and navigating local regulations.

In Farm the City, Michael Ableman, the “Spartacus of Sustainable Food Activism,” offers a guide to setting up and running a successful urban farm, derived from the success of Sole Food Street Farms, one of the largest urban agriculture enterprises in North America. Sole Food Street Farms spans four acres of land in Vancouver, produces 25 tons of food annually, provides meaningful work for dozens of disadvantaged people, and has improved the surrounding community in countless ways.

Coverage includes:

► Selecting land and choosing the right crops
► Growing food in city farms, including plans for planting and harvesting
► Fundraising and marketing strategies, philosophies, and vital information for selling fresh products
► Navigating local government and regulations
► Engaging the community and building meaningful livelihoods.

Farm the City is an invaluable tool kit for entrepreneurs and activists looking to create economic and social value through urban agriculture.

MICHAEL ABLEMAN, a commercial organic farmer for the past 45 years, is co-founder and director of Sole Food Street Farms. He founded the nonprofit Center for Urban Agriculture and has created urban farms in California and Vancouver, BC. He farms with his family at the historic 120-acre Foxglove Farm on Salt Spring Island, BC.
Opening your barn doors to the people is much more than sharing holiday hayrides, farm tours, and bottle-feeding lambs with friends. It is also a means of reconnecting people with their food and diversifying your farm income.

Packed with decades of sustainable tourism experiences, Agritourism: A Manual for Diversifying Your Farm Income is an experience-based guide to connecting with the public and developing multiple, sustainable income streams on your farm. Chock-full of case studies, Q&As, pros and cons, solutions, priorities, and actionable items from agritourism farms that succeeded and failed.

Coverage includes:

- Determining whether agritourism is right for you and your farm
- Types of agritourism operations, including off-farm and on-farm experiences
- Ideas for product and experience scenarios, including one-time, seasonal, and holiday events
- Making money, including how and what to charge, value-added products and services, and farm accommodation
- Business basics, including name, accounts, legalities, taxes, and more!

If you dream of opening your farm to the public, engaging with people, and developing a diversified, sustainable income, then this A-to-Z tool kit for sustainable tourism is for you.

Matt Stephens was raised on a 65-acre farm in Texas. He and his family later transformed it into a sustainable agritourism business, which has been successfully running for the past decade. He regularly presents on farming and agritourism at conferences around North America. He lives and farms in central Texas.
Your helping hand for adding simple, homemade, whole grain sourdough to your weekly schedule

DIY Sourdough
The Beginner’s Guide to Crafting Starters, Bread, Snacks, and More

John & Jessica Moody

Real life is busy enough without having social media-worthy sourdough on your to-do list. But if your goal is to make simple, nourishing, and delicious whole grain sourdough for your whole family, then DIY Sourdough is your one-stop beginner’s guide.

Coverage includes:

► Simple sourdough recipes for breads, snacks, and more
► The secrets to consistent results
► Tips and tricks for homemade sourdough, including flour buying, home milling, and sourdough starter
► Homemade bread scheduling options, including split-day sourdough recipes for making sourdough an easy part of your weekly routine.

DIY Sourdough is your personal guide to getting started with sourdough. It gives you a helping hand to succeed and offers a simple time-saving approach to make nourishing and delicious sourdough that fits into a hectic lifestyle.

The Moody family has been making traditional foods, including fine-tuning sourdough recipes and making sourdough with grains, for over a decade.

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Mother Earth News
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The Frugal Homesteader (9780865718937) (See page 21)
The Elderberry Book (9780865719194) (See page 19)
MAKING REAL, FULL-FLAVORED and richly textured cheese without the use of dairy has long remained a mystery — until now! With step-by-step guidance from acknowledged master plant-based cheesemaker Karen McAthy, anyone can learn to craft authentic, delicious vegan cheese.

Drawing deep from the well of traditional cheesemaking but extending and developing the methods into plant-based ingredients, this new edition of the award-winning *The Art of Plant-Based Cheesemaking* is a lavishly illustrated, practical guide packed with step-by-step recipes and straightforward processes from beginner to advanced.

Coverage includes:

- Equipment, sanitation, food safety
- Non-cultured beginner recipes through to advanced cultured cheeses
- How to grow your own plant-based cultures, including rejuvelac, sprouting, fermentation, kefir, and probiotic capsules
- Using emulsifiers, starches, and binders
- Flavors, aging, rind curing, and working with molds
- Troubleshooting tips and tricks
- Updated step-by-step guidance and a detailed breakdown of the culturing process.

*The Art of Plant-Based Cheesemaking, 2nd Edition* makes incredible homemade vegan cheese accessible for beginners, aspiring DIY non-dairy cheesemakers, and serious foodies alike. The texture, the sharpness, the taste; you will be proud to serve up your creations.

**KAREN McATHY**

*Karen McAthy is founder and co-owner of Blue Heron Creamery, a dairy-free, plant-based artisan cheese and vegan foods company in Vancouver, BC, which creates authentic and cultured non-dairy cheeses. McAthy is a sought-after educator in the world of plant-based food and award-winning author. www.blueheroncheese.com*
The complete how-to guide for growing herbs indoors for health, vitality, and culinary zest

Your Indoor Herb Garden

Growing and Harvesting Herbs at Home

D.J. HERDA

GROWING HERBS INDOORS leads the list of the healthiest and most useful indoor activities we can do. Herbs can clean the air of toxins, provide oxygen and humidity, and help vanquish our psychoses. And they’re tasty!

Learn how to grow herbs for health, for taste, and for life with Your Indoor Herb Garden, a comprehensive guide to growing herbs indoors. Featuring all the tips and guidance you’ll need to grow and harvest organic culinary and medicinal herbs right in your own home.

Coverage includes:
- Techniques for successfully growing herbs indoors
- Equipment, soil types, and feeding
- Why indoor herb gardens are an important part of life, from cooking to healing
- Herbal medicine
- Herbal history and lore
- An annotated glossary of herbs, including their common uses, growing requirements, cautions, and more.

This is the ideal practical guide for gardeners and cooks with an interest in healthy living and fresh flavors looking to create their own indoor herb garden anywhere.

D.J. HERDA is a professional author, gourmet chef, and master indoor/outdoor gardener. He is a syndicated newspaper and magazine garden writer, columnist, and test grower for Jackson & Perkins and the Rodale Institute. He lives and works in the Rocky Mountains of the southwestern United States. www.djherda.org

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Build healthy soil and grow better plants

Soil Science for Gardeners
*Working with Nature to Build Soil Health*

ROBERT PAVLIS

**HEALTHY SOIL MEANS THRIVING PLANTS.** Yet untangling the soil food web and optimizing your soil health is beyond most gardeners, many of whom lack an in-depth knowledge of the soil ecosystem.

*Soil Science for Gardeners* is an accessible, science-based guide to understanding soil fertility and, in particular, the rhizosphere – the thin layer of liquid and soil surrounding plant roots, so vital to plant health.

Robert Pavlis, a gardener for over four decades, debunks common soil myths, explores the rhizosphere, and provides a personalized soil fertility improvement program in this three-part popular science guidebook.

Coverage includes:
- Soil biology and chemistry and how plants and soil interact
- Common soil health problems, including analyzing soil’s fertility and plant nutrients
- The creation of a personalized plan for improving your soil fertility, including setting priorities and goals in a cost-effective, realistic time frame.
- Creating the optimal conditions for nature to do the heavy lifting of building soil fertility.

Written for the home gardener, market gardener, and micro-farmer, *Soil Science for Gardeners* is packed with information to help you grow thriving plants.

ROBERT PAVLIS is the owner and developer of Aspen Grove Gardens, a 6-acre botanical garden that features 3,000 varieties of plants. Specializing in soil science, he has been an instructor for Landscape Ontario and is a garden blogger, writer, and chemist. He resides in Guelph, Ontario. www.gardenfundamentals.com

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(9780865718456) (See page 17)
NEW TITLES

ARE YOU A BEGINNER BEEKEEPER curious about bees or a practicing beekeeper looking for natural alternatives that work? Then this book is for you!

In the second edition of the bestselling beekeeping guide Keeping Bees with a Smile, Fedor Lazutin, one of Europe’s most successful natural beekeepers, shares the bee-friendly approach to apiculture that is fun, healthful, rewarding, and accessible to all. This new edition includes dozens of color photographs, new hive management techniques, and an updated version of “Lazutin hive” plans.

Additional coverage includes:
- Keeping bees naturally without interfering in their lives
- Starting an apiary for free by attracting local bee swarms
- Building low-maintenance hives that mimic how bees live in nature
- Keeping colonies healthy and strong without any drugs, sugar, or gimmickry
- Helping bees to overwinter successfully even in harsh climates
- Enhancing local nectar plant resources
- Producing truly natural honey without robbing the bees
- Reversing the global bee decline... right in your backyard!

Keeping Bees with a Smile is an invaluable resource for apiculture beginners and professionals alike, complete with plans for making bee-friendly, well-insulated horizontal hives with extra-deep frames, plus other fascinating beekeeping advice you won’t find anywhere else.

Fedor Lazutin was a natural beekeeper, homesteader, and advocate for habitat restoration and sustainable living in Russia.

Leonid Sharashkin, PhD, is a full-time natural beekeeper and founder of HorizontalHive.com. He has edited numerous books on natural beekeeping, writes for major magazines, and speaks internationally on bee-friendly beekeeping. He keeps bees in the Ozarks of southern Missouri.
There is nothing about goat care that creates more anticipation, excitement, frustration, and fear than birthing goats. What can you expect with a goat pregnancy? What do you do if things go wrong when goats give birth? What happens when you have a challenging newborn kid?

Seasoned goat farmer Deborah Niemann, author of *Raising Goats Naturally*, answers these questions and more by distilling the stories and experiences from over 600 goat pregnancies and births.

Coverage includes:
- The differences between normal goat pregnancies
- Necessary C-sections
- Incidents that may turn deadly serious.

For both new and experienced goat owners, *Goats Giving Birth* illuminates the joy, the sadness, and everything in between when birthing pregnant goats, giving you the confidence to handle a large spectrum of goat pregnancies and help birth happy thriving kids.

*Deborah Niemann* and her family moved to the country in 2002, and soon 2 goats turned into 20, and a desire to make a simple chèvre launched a new career helping people raise goats. Deborah is the author of *Homegrown and Handmade*, *Ecothrifty*, and *Raising Goats Naturally*. She blogs at thriftyhomesteader.com from her farm in Illinois.
An easy-to-use guide for local leaders working to engage their community in growing a more equitable, healthy, and sustainable future

Building Community

*Twelve Principles for a Healthy Future*

JAMES S. GRUBER, PHD, PE

Strong local communities are the foundation of a healthy, participatory, and resilient society. Rather than looking to national governments, corporations, or new technologies to solve environmental and social problems, we can learn and apply the successes of thriving communities to protect the environment, enhance local livelihood, and grow social vitality.

*Building Community* is an easy-to-use guidebook that distills the success of healthy thriving communities from around the world into twelve universally applicable principles that transcend cultures and locations. Exploring how community building can be approached by local citizens and their local leaders, *Building Community* features:

- A chapter on each of the 12 Guiding Principles, based on research in 27 countries
- Over 30 knowledgeable contributing author-practitioners
- Critical practical leadership tools
- Notes from the field – with practical dos and don'ts
- A wealth of 25 case studies of communities that have learned to thrive, including towns and villages, inner-city neighborhoods, indigenous groups, nonprofits, women’s empowerment groups, and a school, business, and faith community.

This is essential reading for community leaders, activists, planners, policy makers, and students looking to help their communities thrive.

James S. Gruber, PhD, PE, is Director of the PhD Program in Environmental Studies at Antioch University New England and a member of IUCN Council for Environmental Economic and Social Policy. He has also worked as a town manager, a solar engineer, and a consultant. He lives in Alstead, New Hampshire.
IT IS TIME. It is time to increase the visibility, role, and responsibility of the emerging modern Indigenous economy and the people involved. This is the foundation for economic reconciliation. This is Indigenomics.

*Indigenomics* lays out the tenets of the emerging Indigenous economy, built around relationships, multigenerational stewardship of resources, and care for all.

Coverage includes:

- The ongoing power shift and rise of the modern Indigenous economy
- Voices of leading Indigenous business leaders
- The unfolding story in the law courts that is testing Canada’s relationship with Indigenous peoples
- Exposure of the false media narrative of Indigenous dependency
- A new narrative, rooted in the reality on the ground, that Indigenous peoples are economic powerhouses.

*Indigenomics* calls for a new model of development, one that advances Indigenous self-determination, collective well-being, and reconciliation. This is vital reading for business leaders and entrepreneurs, Indigenous organizations and nations, governments and policymakers, and economists.

**CAROL ANNE HILTON** is founder of the Indigenomics Institute and an advisor to business, governments, and First Nations. She is a Hesquiaht woman of Nuu-chah-nulth descent from the west coast of Vancouver Island. She holds an MBA and comes from 10,000 years of the potlatch tradition. She lives in Victoria, BC. www.indigenomicsinstitute.com
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