

# Rights Catalogue

The Natural World



Helena Arendt

## **Plant-Based Paint Workshop**

How to Prepare and Use Natural Paints

978-3-03800-407-3

33.00 EUR

Cover: Hardcover

Extent: 176 pages

Format: 21 cm x 22 cm

300 photos

Subject areas: handicrafts, natural paint, pedagogy

Available: 25/02/2009

Rights sold: All rights available

- **The first book ever on »plant-based paints«**
- **An overview on the development and relevance of paints especially in the Middle Ages**
- **Useful information and a number of recipes for preparing paints**

Plant-based paint goes back to ancient traditions. This book takes us on an expedition to the amazingly colourful world of natural and plant-based dyes and provides a detailed and practical description of how to prepare paint out of these. Unlike synthetic paint, natural paint has a matchlessly sensual and lively effect. Plant-based paints differ in particular due to their unique structure and composition. It is true that they have only limited durability, however they amaze us with their inimitable colour shades.

Comprehensive, richly illustrated, offering relevant background information and practical tips. A book for anyone interested in natural paint, suitable for schools, hobby painters and artists.

**Helena Arendt:** Studied art and art pedagogy, works as art pedagogue, since 1992 freelance artist focusing on painting with natural paints and plastic using the smoking technique. Since 1998 intensified work with plant paints, workshops and lectures on the subject in Germany and South Africa. Subject specialist. Contributions to professional books, numerous exhibitions.



Martin Arnold, Urs Fitze

## **Wilderness Switzerland**

Hiking in the most beautiful and untamed regions

978-3-03902-204-5

33.00 EUR

Cover: Paperback with flaps

Extent: 224 pages

Format: 14.5 cm x 22 cm

181 colour photos, 31 maps

Available: 24/04/2023

Rights sold: All rights available

- **Wilderness at our doorstep and in the mountains**
- **30 hikes along impressive nature reserves**
- **Including practical information and maps**

Switzerland is wilder than one might think. You can encounter untouched wilderness not only in remote mountain areas but sometimes practically at your doorstep, in the smaller and bigger nature reserves of the midlands or at the foothills of the Alps.

Martin Arnold and Urs Fitze present 30 fascinating wilderness regions all over the country, each of them with their own unique history: from the enchanted Doubs and Belpau with its beavers to the ice desert of the Aletsch glacier and the multicoloured shimmer of the Stelsersee to the forest reservations in the Onsernone Valley. Apart from numerous deserted nature reserves in the mountains we can also discover smaller, generally less known locations in our close vicinity.

A hiking guide that shows us hidden gems worth protecting. Including access to digital hiking maps and GPS coordinates.

**Martin Arnold:** Freelance journalist, publisher, and author. He writes for newspapers, magazines, and various information platforms.

**Urs Fitze:** Freelance journalist and author.



Rudi Beiser

## **Forgotten Medicinal Plants**

Botany, Folk Medicine, Utilisation

978-3-03800-888-0

36.00 EUR

Cover: Hardcover

Extent: 240 pages

Format: 15.5 cm x 22 cm

139 colour photos

Available: 19/09/2016

Rights sold: All rights available

- **Rediscovering forgotten medicinal plants**
- **A treasure from the past: folk magic and folk medicine**
- **Scientific facts confirm experience-based medicine**

An adventurous expedition to discover domestic wild plants at our doorstep that have completely disappeared from modern phytomedicine, while they used to play a significant role a long way back, in medieval healing practices. The book portrays about 25 selected ancient medicinal plants, such as purple loosestrife, prunella, ajuga, or avens. Next to traditional healing practices, the book also focuses on modern scientific approaches. Bioactive plant substances along with a number of recent studies reconfirm the amazing effectiveness of our ancestors' experience-based medicine. The book emphasizes how healthy and valuable these plants are for human nutrition, and highlights their widespread use as food plants in ancient times. Practical tips and recipes complement every plant description, inviting the reader to start collecting them and prepare effective remedies.

**Rudi Beiser:** has worked with wild herbs and healing plants for 40 years, ran his own herb manufactory La Luna producing high quality herbal teas for 20 years. Today, lecturer at various institutions and successful author.



Vanessa Blank

## **Free and Wild**

Nature Experience and Bushcraft – Practical Guidelines for Your Adventures

978-3-03902-061-4

26.00 EUR

Cover: Hardcover

Extent: 208 pages

Format: 19.2 cm x 24.5 cm

372 colour photos, word count: 48,131

Available: 22/02/2021

Rights sold: All rights available

- **Adventures right outside our doorstep**
- **Outdoor experiences with the female star of the German bushcraft scene**
- **Practical knowledge from the renowned survival coach**

You do not need a wooden cabin far from civilisation to enjoy some time out in the forest. You can embark on adventures in nature right here and now, outside your doorstep. Those who say that there is no wilderness in Germany are thoroughly mistaken. If you are susceptible to it, you will find true treasures of nature around the corner. Pack your knapsack, immerse yourself into the forest, set up camp, cook something nice, and spend the night all by yourself. It is possible! But how? This book is a guide for anyone eager to explore nature on their own. It offers sound practical advice by famous survival coach Vanessa Blank on bushcraft, survival strategies, outdoor life in wild nature, equipment, possible dangers, natural medicine, wild cuisine, legal considerations, and much more. Off you go to the wilderness!

**Vanessa Blank:** Trained childcare worker and mother of three children. She publishes her outdoor adventures on YouTube with great success and has worked as a freelance survival coach for two years. She proves that outdoor activities are not just a man's thing.



Markus Bühler

## **Forest Images**

With an essay by Peter Stamm

978-3-03902-193-2

39.00 EUR

Cover: Hardcover

Extent: 272 pages

Format: 19 cm x 25 cm

129 colour photos, word count: 4,257

Available: 28/08/2023

Rights sold: All rights available

- **A photographic approach to the woods**
- **Forest realms from the Plains to the Alps**
- **With an essay by Peter Stamm**

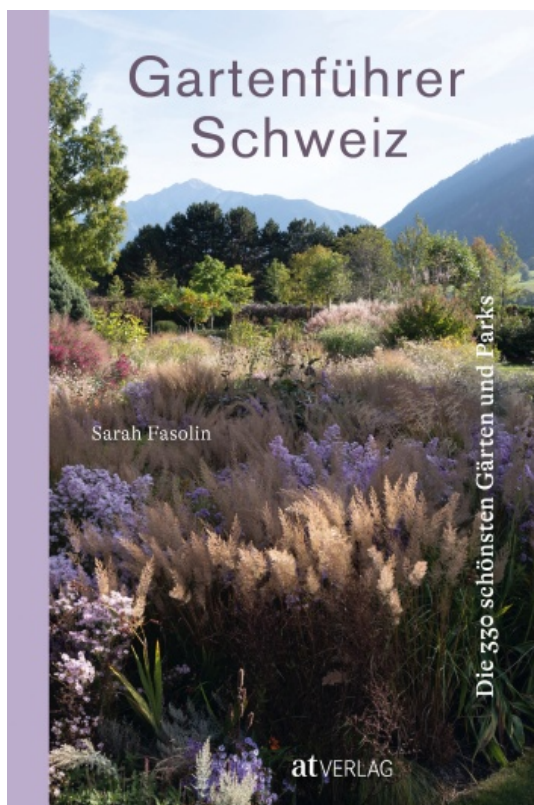
### ***The forest is everywhere, the forest is wonderful!***

Photographer Markus Bühler's work had repeatedly led him into various woods and forests. So he started capturing their soothing atmosphere and beauty with his camera, as well as all the small and big cycles of life that they harbour. Gradually the imagery of the forest pictures became more intense, and an idea for a project was born.

»The camera is able to document the powers of nature,« says Markus Bühler. »Every moment is irretrievable. This is topped by the calm and inner peace you feel in the woods. And by the long wait for the perfect light – sometimes wild and powerful, sometimes gentle and quiet – that will often come completely unexpected.«

This picture book presents the many faces of our woods: from intertwined mixed forests with deadwood and vines to prominent mountain forests with arollas and larches. The interplay of various plants creates wonderful backdrops and unique sceneries. A book that opens up the senses to the fascinating world of the forest.

**Markus Bühler:** Freelance photographer. Works for agencies, companies, and for newspapers and magazines such as NZZ, Zeit, Time Magazine, Stern, Geo. Regularly publishes books on photographic long-term projects.



Sarah Fasolin

## **Garden Guide Switzerland**

The 330 most beautiful gardens and parks

978-3-03902-227-4

38.00 EUR

Cover: Paperback with flaps

Extent: 464 pages

Format: 14.5 cm x 22 cm

335 colour photos, 23 maps Word count: 112,829

Available: 25/03/2024

Rights sold: All rights available

- **Discover the 330 most beautiful gardens and parks of Switzerland**
- **Multifaceted garden culture that delights, inspires, and invites us to dream**
- **With practical tips to plan your visits**

### **Paradise gardens of the Earth!**

Farm and monastery gardens that are several hundred years old, representative parks, extraordinary villas, and private gardens or gardens in the High Alps: Switzerland is a country of gardens. Its diverse garden culture should be experienced with all the senses.

This garden guide offers a comprehensive overview of the most attractive gardens and parks between Lake Constance and Lake Geneva, some famous, others practically unknown. It takes you to enchanting places and hidden gems of nature. Brief introductions explain regional garden cultures as well as botanical and design particularities of the gardens and parks and tell the story of their creation and ownership.

A section with practical tips provides useful information for visitors. Addresses, important dates, and festivals for garden lovers along with a comprehensive bibliography round off this competent and practical guide.

**Sarah Fasolin:** is a garden journalist, contemporary historian, and freelance biographer. She writes for various magazines, newspapers, online portals and holds lectures about gardens in Switzerland. She loves to spend her free time in her own garden near Bern.



Doris Fischer

## Braid, Dye, Carve

Handicraft and Bushcraft with Forest and Meadow Plants

978-3-03800-955-9

33.00 EUR

Cover: Hardcover

Extent: 256 pages

Format: 19.2 cm x 24.5 cm

482 colour photos

Available: 28/08/2017

Rights sold: FR

- **Traditional crafts rediscovered**
- **Ancient handicraft techniques from the Middle Ages**
- **Working with wood, pith, bast, bark, resin, leaves, roots, and fruit. From maple to willow, from cane to cow parsley**

Ordinary plants found in towns, forests and on meadows are often ideal for dyeing, fabrics, and braiding and make excellent material for creative crafting and playing: charcoal, ink or torch, egg whisk or basket, even toys and simple musical instruments can be crafted this way. 30 short plant portraits explain their most important characteristics as well as their traditional and current use. Inspired by ancient crafting techniques, customs, and historical records, the author presents more than 200 simple instructions on how to create a vast number of practical, useful, and decorative objects. Apart from well known materials such as straws and willow rods some already forgotten ones like cane pith or lime bast are rediscovered. A treasure chest and inspiration for anyone interested in plants and passionate about outdoor and bushcraft fun, be it adults or children.

**Doris Fischer:** Archaeological excavation technician and author of three workbooks on medieval topics. She is devoted to the study of ancient crafting techniques and traditional plant usage, active in environmental education, and runs workshops on wool dyeing and spinning.



Susanne Fischer-Rizzi, Peter Ebenhoch

## **The Leaves of Trees**

Healing Powers and Myths of Indigenous Trees

978-3-03800-343-4

36.00 EUR

Cover: Hardcover

Extent: 176 pages

Format: 21 cm x 28 cm

Subject areas: Phythomedicine, trees, leaves

Available: 27/04/2007

Rights sold: All rights available

- **Healing powers and myths of indigenous trees**
- **Since ancient times roots, resin, sprouts and leaves have been used to prepare valuable cures and potions**
- **Susanne Fischer-Rizzi presents a collection of ancient tales, legends, myths, songs and rites that have accompanied us for thousands of years**

The tree is one of the most ancient symbols of mankind. The symbol of the tree of life can be found in all cultures. Just as ancient is the knowledge about the healing powers of trees. Through all ages, people have prepared valuable medicine from roots, resin, sprouts and leaves. Susanne Fischer-Rizzi has collected ancient tales, legends, myths, songs and rites that have accompanied us throughout the ages of time and live on even today: the Christmas tree, the blessing of palm leaves on Palm Sunday, maypoles and roofing ceremonies. Drawing from long years of experience with plant healing she added to each tree a chapter on its healing effects, along with tried recipes for home-made teas, ointments, tinctures, compresses etc. These are complemented by recipes for delicious dishes and drinks such as maple ice cream, fir honey, blackthorn liqueur, elder cake or quince bread. The perceptively captured illustrations by Peter Ebenhoch underline the individual characteristics and personality of each tree. A rich and impressive book full of precious information. A must-have for tree lovers.

**Susanne Fischer-Rizzi:** Born 1952, naturopath, graduate of the renowned Josef Angerer School, and trained by various specialists of naturopathy in Europe and Asia, pioneer of aroma therapy and author of 13 books to date translated into various languages. Seminars and lectures. She also founded the ARVEN School of naturopathy, aroma therapy, and wilderness knowledge.

**Peter Ebenhoch:** Born 1953, training as graphic designer at the University of Applied Sciences, followed by arts studies at the Academy of Fine Arts in Munich. Since 1982 freelance painter, book illustrator and graphic designer. Together with 3 colleagues he runs a graphic studio called vierpunkt-Grafik Design gbR since 1992. Numerous art exhibitions in Germany and abroad. Lives

with his wife, the artist Sabeth Lichtblau, and their two sons on a farm in Allgäu in the south of Germany.



Susanne Fischer-Rizzi, Peter Ebenhoch

## The Book of Incense

978-3-03800-429-5

39.00 EUR

Cover: Hardcover

Extent: 228 pages

Format: 21 cm x 28 cm

205 colour photos

Subject areas: Incense, smoking agents

Available: 28/11/2005

Rights sold: FR, IT

- The first comprehensive book on the art of burning incense
- Including detailed descriptions of each substance's history
- Featuring previously unpublished recipes for preparation at home

What was the secret of the precious incense mixtures the Egyptian priests used? What scents helped the seeress at the oracle of Delphi foretell the future? Which incenses are capable to intensify our dreams? The author presents the first comprehensive book on the art of burning incense using scents – from the Stone Age, the high cultures of Egypt, Mesopotamia and Greece to the roots of incense culture in the Far East and the rites of native Americans still in use today.

Burning incense is the act of slowly burning special resins and parts of plants on smoking coal. For thousands of years, the rising smoke was considered by many peoples to be a message to heaven. Including detailed descriptions of each smoking agent, its history and practical use today along with previously unpublished recipes for home use.

**Susanne Fischer-Rizzi:** Born 1952, naturopath, graduate of the renowned Josef Angerer School, and trained by various specialists of naturopathy in Europe and Asia, pioneer of aroma therapy and author of 13 books to date translated into various languages. Her teaching activities include seminars and lectures both within Germany and abroad. She also founded the ARVEN School of naturopathy, aroma therapy, and wilderness knowledge.

**Peter Ebenhoch:** Born 1953 in Oberstaufen in Allgäu, training as graphic designer at the University of Applied Sciences in Munich, followed by arts studies at the Academy of Fine Arts in Munich. Since 1982 freelance painter, book illustrator and graphic designer. Together with 3 colleagues he runs a graphic studio called vierpunkt-Grafik Design gbR since 1992. Numerous art exhibitions in Germany and abroad since 1982. Lives with his wife, the artist Sabeth Lichtblau, and their two sons on a farm in Allgäu in the south of Germany.



Susanne Fischer-Rizzi, Peter Ebenhoch

## Heavenly Scents

The Great Book on Aromatherapy

978-3-03800-579-7

39.00 EUR

Cover: Hardcover

Extent: 166 pages

Format: 21 cm x 28 cm

200 colour pictures

Subject areas: Aromatherapy, essences, therapy

Available: 15/04/2011

Rights sold: IT

- **The book presents the various methods of application and gives in-depth descriptions of the most important essences**
- **Featuring details on botany, ingredients, their effects on body and soul**
- **A valuable therapeutic index helps with choosing the right essence**

This book is a classic in the field of aromatherapy and invites you on a journey to the realm of plant scents. The depicted essential oils have a holistic effect on body and soul alike and stimulate the powers of self-healing. The book shows the different modes of use and provides detailed descriptions of the most important essential oils including information on botany, ingredients and healing effects. It contains a number of tried recipes for wellness, body care and therapy. The author, who introduced aromatherapy in the German-speaking region, draws from her wealth of experience and shares her expertise in an easily understandable way for beginners as well as for professional use in the areas of body care and healing.

**Susanne Fischer-Rizzi:** Born 1952, naturopath, graduate of the renowned Josef Angerer School, and trained by various specialists of naturopathy in Europe and Asia, pioneer of aroma therapy and author of 13 books to date translated into various languages. Her teaching activities include seminars and lectures both within Germany and abroad. She also founded the ARVEN School of naturopathy, aroma therapy, and wilderness knowledge.

**Peter Ebenhoch:** Born 1953 in Oberstaufen in Allgäu, training as graphic designer at the University of Applied Sciences in Munich, followed by arts studies at the Academy of Fine Arts in Munich. Since 1982 freelance painter, book illustrator and graphic designer. Together with 3 colleagues he runs a graphic studio called vierpunkt-Grafik Design gbR since 1992. Numerous art exhibitions in Germany and abroad since 1982. Lives with his wife, the artist Sabeth Lichtblau, and their two sons on a farm in Allgäu in the south of Germany.



Susanne Fischer-Rizzi, Nomi Baumgartl

## **Bonding with Animals**

The Mysterious Relationship Between Man And Animal

978-3-03800-916-0

40.00 EUR

Cover: Hardcover

Extent: 220 pages

Format: 21 cm x 28 cm

300 Photos

Available: 01/04/2016

Rights sold: All rights available

- **Towards a new bond between man and animal**
- **A journey to the fascinating and magic world of animals**
- **Mythology, scientific facts, and personal experience**

Animals can be our true companions, allies, and soul mates. As known from ancient tradition and increasingly recognized these days, animals have great healing powers for us humans. In this exceptional book complemented by striking photos, Susanne Fischer-Rizzi takes us on a journey to the animal world and through human history from prehistoric times to the current day. In the animal descriptions mythology, psychological archetypes, personal experiences, and biological knowledge interweave to shape astounding images of our European power and soul animals. A book that allows for a new healing bond to grow between man and animal.

**Susanne Fischer-Rizzi:** Born 1952, naturopath, graduate of the renowned Josef Angerer School, and trained by various specialists of naturopathy in Europe and Asia, pioneer of aroma therapy and author of 13 books to date translated into various languages. Her teaching activities include seminars and lectures both within Germany and abroad. She also founded the ARVEN School of naturopathy, aroma therapy, and wilderness knowledge.

Photos: Nomi Baumgartl



Susanne Fischer-Rizzi

## **The Great Book of Floral Waters**

Care, Heal, and Stay Healthy with Hydrolates

978-3-03800-699-2

42.00 EUR

Cover: Hardcover

Extent: 400 pages

Format: 21 cm x 28 cm

188 colour photos

Subject areas: naturopathy, healing plants, aroma therapy

Available: 08/04/2014

Rights sold: CHN, IT

- **Detailed portrays of 80 floral waters**
- **A number of practical suggestions from naturopathy; including do-it-yourself instructions**
- **The latest reference book by No. 1 plant expert and bestselling author Fischer-Rizzi**

Floral waters, also called hydrolates, are – similar to essential oils – produced through steam distillation of healing plants. They are gentle yet highly effective and can be used in a variety of ways. In this first comprehensive German reference book on floral waters the author shares her vast knowledge accumulated over many years of plant distilling. Moreover she outlines the history of floral waters, all the way from ancient times to current scientific findings.

The book portrays 80 floral waters. A subtle presentation is dedicated to each plant, describing its very own characteristics. Numerous examples and recipes document the practical use of hydrolates not only for individual use but also in nursing care, health care, and social work. In addition, we find out about their practical use in cosmetics through a number of do-it-yourself recipes. A book of basics, stories, and instructions for amateurs and professionals alike. Including a collection and distillation calendar as well as a comprehensive index of indications. Richly illustrated with beautiful floral photos conveying the nature and strength of the plants.

**Susanna Fischer-Rizzi:** Born 1952, naturopath, graduate of the renowned Josef Angerer School, and trained by various specialists of naturopathy in Europe and Asia, pioneer of aroma therapy and author of 13 books to date translated into various languages. Her teaching activities include seminars and lectures both within Germany and abroad. She also founded the ARVEN School of naturopathy, aroma therapy, and wilderness knowledge.

**Martina Weise:** Devoted landscape and creative plant photographer. She conducts workshops and writes for several publishing houses.



Susanne Fischer-Rizzi

## **Trees of Hope**

Trees and humans during climate change

978-3-03902-077-5

36.00 EUR

Cover: Hardcover

Extent: 320 pages

Format: 19.5 cm x 25.5 cm

115 colour photos, 9 illustrations

Available: 26/09/2022

Rights sold: All rights available

### **Awards for this book**



- **Comprehensive portraits of the 20 most important climate trees**
- **Botany, ecology, history, and healing power**
- **Including cooking recipes**

Establish a new relationship with nature!

In the age of climate change people and trees are under heavy stress. What is it that connects the two in this particular situation? Can they try and overcome it together? In her latest book, a tour guide about new climate trees in the city, Susanne Fischer-Rizzi provides answers to these questions. Trees such as ginkgo, paulownia, and liquidambar that were originally classified as invasive in Western Europe, can endure the altered climatic conditions. On top of that, they help our psyche to regenerate and strengthen our immune system. Susanne Fischer-Rizzi combines the latest scientific findings with fascinating and magical stories. Eccentric recipes such as hackberry milk, black walnut cake, and mulberry omelette round off this amazing book. The renowned naturopathy expert presents a holistic view on climate change and the bond between nature and humans. Learn to see the trees that surround you with new eyes!

**Susanne Fischer-Rizzi:** Alternative practitioner, pioneer of aromatherapy and naturopathy, expert on permaculture and agroforestry. Author of 15 reference books translated into numerous languages. International teaching activity, as well as at her school ARVEN.

Photos: Gabriela Lagrange, Jonas Frei

Illustrations: Rosy Jungbluth



Steffen Guido Fleischhauer

## Little Encyclopedia of Edible Wild Plants

Chart Featuring 1000 Plants, with 300 Colour Photos

978-3-03800-492-9

20.00 EUR

Cover: Paperback with flaps

Extent: 216 pages

Format: 13.5 cm x 21 cm

300 photos

Subject areas: edible wild plants, wild herbs

Available: 30/03/2010

Rights sold: All rights available

- **Vast and compact knowledge on 1000 edible wild plants**
- **Swift orientation thanks to graphic representation, charts and icons**
- **A precious pocket-size reference book with 300 plants on colour photos**

Today edible wild plants have been rediscovered and are immensely trendy. After his best-selling work »Edible wild plants« containing the 200 most important edible plant types and the reference work »Encyclopedia of edible wild plants«, Steffen Guido Fleischhauer now presents a reasonably-priced pocket encyclopedia. The book offers a concise and handy presentation of all relevant information on the 1000 most important edible wild plants of Central Europe. It comprises information on the traditional ways the different plant parts can be used, on times for collecting as well as general use of edible wild plants. Brief explanatory texts, use of icons as well as colour and graphic highlighting allow for quick orientation and easy consultation. The plants are in alphabetic order according to the most common German plant names, the index lists all botanical names and known name synonyms with corresponding page numbers. The 300 most prominent edible types are additionally captured on excellent colour photos.

**Steffen Guido Fleischhauer:** Graduate engineer in landscape architecture, College of Higher Education Weihenstephan. Lectures at universities and colleges in Germany, Austria, and Switzerland. Publisher of the »Wild Plant Magazine«.



Steffen Guido Fleischhauer, Roland Spiegelberger,  
Jürgen Guthmann

## Encyclopedia of Edible Wild Plants

2000 Plants of Central Europe

978-3-03800-752-4

69.00 EUR

Cover: Hardback with jacket

Extent: 688 pages

Format: 19.5 cm x 26.5 cm

650 colour photos, hardcover with jacket

Available: 30/04/2013

Rights sold: All rights available

### Awards for this book



- **The latest edition of the classic: now even more comprehensive and practical to use**
- **New feature: identification key based on leaf shape. New chapter: rare and endangered edible plants**
- **Newly added topic: poisonous plants, confusable edible plants and differentiating features**

Wild plants secured the survival of mankind over thousands of years. These days they experience an exceptional renaissance and are widely used among top chefs due to their various and intense flavours. Rich in vitamins, mineral and micronutrients they offer valuable help in protecting health and are therefore significantly superior to cultivated vegetables. The book describes more than 2000 plant types of Central Europe that have all been used as food at some point in time. The authors evaluate all the studies, research and experience currently available. Classified based on their leaf shape, there are descriptions of each plant type including occurrence, blooming period and nutritional use along with detailed guidelines for preparation. Each plant portrait lists and explains currently known content substances and healing effects, possible dangerous confusion with poisonous plants as well as effects of toxic content elements. Including about 650 excellent colour photos and 450 plant drawings to facilitate identification.

**Steffen Guido Fleischhauer:** Graduate engineer for landscape planning. Lectures at the Universities of Zurich, Weihenstephan and St. Gallen on edible wild plants. Over many years, he has gathered experience all over Central Europe on edible wild plants. He offers guided hiking tours, nature adventure trips, lectures and seminars on edible wild plants.

**Jürgen Guthmann:** Graduate engineer for physical chemistry. Laboratory supervisor for food chemistry at the University of Applied Sciences Weihenstephan. Many years of experience with nutrition and health issues, specialized on healing plants and fungi.

**Roland Spiegelberger:** Landscape gardener and graduate engineer for landscape architecture and environmental planning. Since 1986 focus on domestic wild plants, conveying botanical knowledge to interested wild plant gardeners and collectors.



Steffen Guido Fleischhauer, Jürgen Guthmann,  
Roland Spiegelberger

## **Edible Wild Plants**

How to Recognize and Use 200 Species

978-3-03800-886-6

20.00 EUR

Cover: Paperback with flaps

Extent: 256 pages

Format: 13.5 cm x 21 cm

300 colour photos and illustrations

Subject areas: edible plants, wild plants

Available: 31/05/2015

Rights sold: FR, NL, PL, SLO

- **How to recognize and use 200 species**
- **Edible wild plants in words, drawing and image: Botany, usage and further information**
- **Overview table on the best collecting times for the presented edible wild plants**

Collecting and relishing edible wild plants is a sheer wonder of nature, inspiring more and more people these days. Wild plants are rich in vital substances and offer a variety of special aromas, also they are easy to find and readily available for just anyone. Apart from basic botanical data (botanical name, family, life form, height of growth, blooming season, blossom colour) this practical identification guide focuses on the plants' most important features of recognition that are reproduced by detailed illustrations and excellent colour photos. Poisonous plants liable to cause confusion are illustrated as well. For each plant, there is a detailed description when to harvest their different parts. Next to suggestions on how to prepare the wild plants for cooking purposes there is always a description of their basic taste as well as information on their most important content substances and health effects. In order to allow orientation throughout the whole vegetation period the edible wild plants are sorted according to leaf shape – for the first time in a German publication. The book is rounded off by a table of harvesting times and an index of name synonyms. The practical pocket size renders the book an ideal companion for outdoor walks to the edible wild plants.

**Steffen Guido Fleischhauer:** Graduate engineer for landscape planning and landscape architecture, College of Higher Education Weihenstephan. Concentrated for long years on edible wild plants. Gathered experience all over Central Europe in alimentation with plants from wild nature. Today offers guided walking tours, nature adventure trips, lectures and seminars on the topic of edible wild plants.

**Jürgen Guthmann:** Graduate engineer for technical chemistry. Worked for many years in the area of food chemistry, nutrition and health issues. Editor of a guide on vital fungi.

**Roland Spiegelberger:** Landscaper and graduate engineer for landscape architecture and environmental planning, Höxter Polytechnic. Since 1986 he has studied indigenous wild plants and recently also communicates botanical knowledge to interested wild plant gardeners and collectors.



Steffen Guido Fleischhauer, Jürgen Guthmann,  
Roland Spiegelberger

## How to Easily Identify Edible Wild Plants

The 50 Most Popular Plants on More than 400  
Colour Photos Including Recipes and Useful Kitchen  
Tips

978-3-03800-912-2

20.00 EUR

Cover: Paperback with flaps

Extent: 256 pages

Format: 13.5 cm x 21 cm

440 colour photos, 60 drawings

Subject areas: edible plants, wild plants

Available: 23/02/2016

Rights sold: FR

- **The 50 most popular plants, including recipes and useful kitchen tips**
- **For beginners with little plant knowledge**
- **Culinary highlights from nature's cuisine**

The bestselling »Edible Wild Plants« has familiarized a wide audience with the topic. Yet many people lack the confidence to clearly identify the various plants. This book equips amateurs with a sound understanding of wild plants. The 50 most popular edible wild plants along with their poisonous look-alikes are presented on more than 400 colour photos and detailed plant sketches highlighting all their relevant features. Complemented by indications of ideal collection periods and a nice recipe for each plant, this book is the perfect guide for amateurs with an interest in gastronomy.

**Steffen G. Fleischhauer:** Graduate engineer in landscape architecture, Weißenstephan College. Many years of experience with edible plants from wildlife, his course »Edible Wild Plants« is offered at various colleges in Germany, Austria and Switzerland.

**Jürgen Guthmann:** Graduate engineer for technical chemistry. Worked for many years in the area of food chemistry, nutrition and health issues. Editor of a guide on vital fungi.

**Roland Spiegelberger:** Graduate engineer in landscape architecture and environmental planning, Höxter College. Works freelance in biotope mapping since 2009.



Steffen Guido Fleischhauer, Astrid Süßmuth,  
Roland Spiegelberger, Claudia Gassner, Viola  
Nehrbaß

## **How to Easily Identify Wild Healing Plants**

The 50 Most Popular Plant Types

978-3-03902-122-2

23.00 EUR

Cover: Paperback with flaps

Extent: 288 pages

Format: 13.5 cm x 21 cm

400 colour photos, 50 illustrations, word count:  
44,926

Available: 22/02/2021

Rights sold: FR, PL

- **How to Identify, Collect and Use Healing Plants**
- **Including recipes and easy instructions to enrich your medicine chest**
- **More than 400 photos and plant sketches**

A number of plants that grow in our immediate environment contain valuable substances and are highly effective healing plants. The book offers a very detailed and thorough presentation of the 50 most popular wild plants that makes them easily identifiable even for beginners. With more than 400 colour photos, meticulous sketches and drawings for each plant type, as well as elaborate information about poisonous or ineffective look-alikes. Simple applications and recipes tested in naturopathic practice demonstrate how wild healing plants can become part of your medicine chest. Including explanations about active substances and their subgroups, a straightforward harvesting chart, as well as descriptions for basic preparations: decoctions, gels, lotions, macerates, medical wine, but also oil extracts, unguents, syrups, tinctures, and wet packs. A perfect guide to assemble a wild plant medicine chest, even for beginners with little plant knowledge.

**Steffen Guido Fleischhauer:** Graduate engineer in landscape architecture, College of Higher Education Weihenstephan. Lectures at universities and colleges in Germany, Austria, and Switzerland. Publisher of the »Wild Plant Magazine«.

In cooperation with Astrid Süßmuth, naturopath, and Roland Spiegelberger, graduate engineer for landscape architecture and environmental planning.



Steffen Guido Fleischhauer, Roland Spiegelberger,  
Claudia Gassner

## Leaf by Leaf

More than 800 plants easily identified based on leaf shapes and blossoms

978-3-03902-175-8

32.00 EUR

Cover: Paperback with flaps

Extent: 452 pages

Format: 14.5 cm x 23 cm

1100 colour photos, illustrations; word count:  
141,102

Available: 11/04/2022

Rights sold: All rights available

- **Recognize plants in any season**
- **With an index on leaf shapes as well as blossom colours and shapes**
- **More than 800 species, including plant photos, detailed close ups, and scientific sketches**

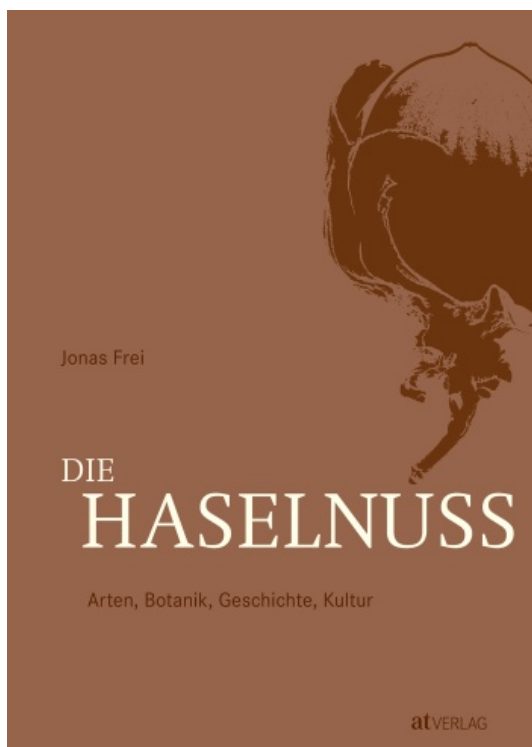
How to easily identify plants

How to reliably identify plants if they are not in bloom? Very simple: check the shape of their leaves. With this practical book you can recognize plants with zero effort almost throughout the entire growing season. It presents the most important flowering plants, ferns, horsetails, grasses, and subshrubs of Central Europe in 1,100 colour photos, 2,000 scientific drawings and descriptive texts. Exact location data, common neighbouring plants, and name synonyms complement the botanical depictions. Basic symbols give information about toxicity, geographic distribution, conservation status, and type of use (healing, spice, or food plant). The perfect companion for outdoor walks in the wild.

**Steffen Guido Fleischhauer:** Graduate engineer for landscape planning, lectures at universities and colleges.

**Roland Spiegelberger:** Graduate engineer for landscape architecture and environmental planning.

**Claudia Gassner:** Many years of experience in wild plants and plant illustrations.



Jonas Frei

## The Hazelnut

Types, botany, history, culture

978-3-03902-181-9

49.00 EUR

Cover: Hardcover

Extent: 256 pages

Format: 21.1 cm x 29.7 cm

Numerous colour photos and illustrations, word count: 52,600

Available: 28/08/2023

Rights sold: All rights available

### Awards for this book



- **Botany, history, culture, and gastronomy – a reference guide**
- **Portraits of all cultivated types and hybrids, richly illustrated**
- **With a supplementary chapter on culinary aspects by Dominik Flammer**

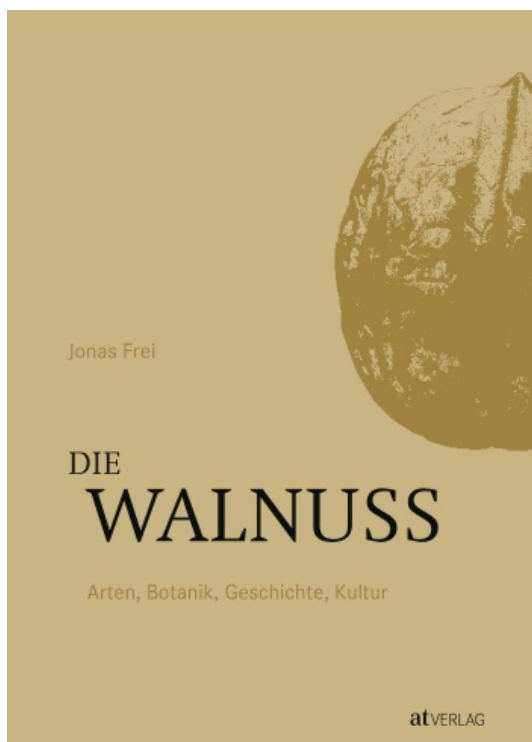
### ***66 million years from a hazelnut's perspective!***

The hazelnut is one of the first woods that spread in Europe after the Ice Age – and nourished the ancient peoples of the European continent. Hence the close cultural ties with the hazelnut and its importance in gastronomy.

Nowadays many different varieties of hazelnut are produced around the globe, for nut harvesting, as street trees, hedges, and decorative plants. In its uncultivated form it marks the edge of forests, grows along water shores, and even in elevated locations.

The common hazelnut is only one type among many different kinds that comprise a total of about twelve pure types and several hybrids. This book is the first to present all cultivated types and hybrids through detailed portraits. Wonderfully illustrated and photographed, it offers comprehensive knowledge about the hazelnut and its exciting culture, history, and tradition - complemented by a chapter highlighting its culinary aspects.

**Jonas Frei:** Landscape architect and city ecologist from Zurich. His areas of expertise are botany, photography, documentary films, illustrations, as well as the creation of free spaces.



Jonas Frei

## **The Walnut**

Types, botany, history, culture

978-3-03902-211-3

49.00 EUR

Cover: Hardcover

Extent: 272 pages

Format: 21.1 cm x 29.7 cm

Numerous colour photos and illustrations, word count: 48.582

Available: 29/05/2023

Rights sold: All rights available

### **Awards for this book**



- **A comprehensive portrait of the walnut**
- **Detailed descriptions of all types**
- **Botany, history, and culture – richly illustrated**

The new edition – featuring all cultivated types and hybrids!

The walnut tree is one of the most picturesque trees of our landscape, its wood is among the most precious in our climate zone, and its nuts are delicious and healthy. This book compiles ample knowledge about the walnut, as well as its surprisingly interesting culture and tradition. The common walnut, *Juglans regia*, is only one among many in this rich plant family that stretches across four continents. From a total of 60 types, 30 plus some hybrids can be found in our surrounding parks. Among these are hickory, wingnut, but also botanical rarities such as the *Platycarya strobilacea* or the *Pterocarya*. In dedicated chapters on culture, history, biology, and landscape architecture the plant family is examined from different angles. The revised edition also includes tropical types and offers insights into North American walnut culture.

For the first time ever, all cultivated types and hybrids are presented via richly illustrated portraits. This makes it easy to identify even exotic types such as black walnut, Manchurian walnut or pignut that we encounter in parks, tree nurseries, or gardens.

**Jonas Frei:** Landscape architect and city ecologist from Zurich. His areas of expertise are botany, photography, documentary films, illustrations, as well as the creation of free spaces.



Jonas Frei

## City Wild Plants

52 trips exploring the realm of urban plants.

Includes background information on city vegetation

978-3-03902-133-8

36.00 EUR

Cover: Hardcover

Extent: 352 pages

Format: 14.8 cm x 21 cm

391 colour photos, illustrations; word count: 42,609

Available: 31/01/2022

Rights sold: All rights available

- **Biodiversity in the city: natural adventures on the way to work**
- **Every week another trip exploring urban vegetation**
- **Cities as an opportunity for plant diversity**

Sprouting from the cracks!

Be it a plain leaf rosette or a mighty tree of heaven: plants conquer the city. Like a magnet, the city climate attracts wild plants that are pushed away from the surrounding areas. In the city they sprout from cracks and make themselves at home in derelict building sites, railway lines, overgrown plant beds. And as cities around the globe provide increasingly similar conditions, many species are not only found in European cities, but also in the USA and China. This book is our ticket to the world of urban plants. In 52 chapters Jonas Frei leads the way through urban vegetation and shows us week by week what types may be discovered at what stage. Starting with a small encyclopaedia of buds in January and finishing with the second bloom of dandelion in November. A storybook and companion for city walks full of stories, botany, and astounding facts on »flora urbana«. An invitation to discover and admire the wonders of nature lying at our doorstep.

**Jonas Frei:** Landscape architect and city ecologist from Zurich. His areas of expertise are the creation of free spaces, botany, photography, documentary films, and illustrations.



Mechtilde Frintrup

## The Nettle Book

The Magical Food, Healing, and Fibre Plant.  
Featuring Recipes and Practical Guidelines

978-3-03902-062-1

29.00 EUR

Cover: Hardcover

Extent: 192 pages

Format: 19.2 cm x 24.5 cm

260 colour photos and illustrations, word count  
34,149

Available: 31/08/2020

Rights sold: All rights available

### Awards for this book



- Recipes for health, kitchen, and garden
- Detailed guidelines on fibre manufacturing and creative ideas
- The nettle as protagonist in myths, folk tales, and rites

### A Comprehensive Portrait of the Nettle

The nettle is used for healing and as food – in the past mostly during times of need, today even in fine dining – but also in gardening and pet care. Legends, magic spells, and ritualistic uses render ample proof of its importance in many cultures. Moreover, the author describes how to extract the fibres and use them as cords, for spinning and knotless knitting to manufacture handcrafted clothes, shoes, bags, and various other items. Uncomplicated instructions invite us to become creative and rediscover the nettle, a plant that grows everywhere around us. With the help of text, photos, and illustrations we get a thorough understanding of this ancient plant and its unique character.

**Mechtilde Frintrup:** Typographer, graphic designer, healing plant practitioner, and freelance (nature) artist. Offers courses, among others, on nettle fibre extraction.



Andrea Frommherz

## Nature Workshop: Seeds and Vegetables

Win Seeds and Grow Vegetables with Children

978-3-03800-789-0

24.90 EUR

Cover: Hardcover

Extent: 216 pages

Format: 19.2 cm x 24.5 cm

377 colour photos, illustrations

Subject areas: gardening, vegetables, workshop

Available: 16/03/2015

Rights sold: All rights available

### Awards for this book



- A playful introduction to the world of seeds and vegetables
- Collecting vegetable seeds and cultivating plants with children, teens, and adults
- Interesting facts about seeds, plants, harvesting, and biodiversity

This book takes children, teens, and adults on a journey to discover the world of seeds and vegetables. In a very playful and simple way, vegetable seeds are collected and sown in the garden or on the balcony. They are cultivated, nurtured, and harvested once they have turned into full grown plants. Original recipes show how the home-grown vegetables can be prepared in open nature. At the same time, the book offers a host of useful information about seeds and biodiversity, and how this diversity can be rediscovered and preserved by our own actions. This book was written in cooperation with ProSpecieRara.

**Andrea Frommherz:** Environmental consultant, trainer, and remedial teacher. Since 1992, she offers courses for children, adolescents, and adults. She designs training concepts for environmental education and is also involved in teacher training. She is fascinated by ecological diversity and loves to experiment with all things nature. Frommherz is author of several books published by AT Verlag.

Photos: Patrick Weyeneth, the author, and others



Chrischta Ganz, Louis Hutter

## **Gemmotherapie**

978-3-03800-844-6

34.00 EUR

Cover: Hardcover

Extent: 272 pages

Format: 17 cm x 24 cm

163 colour photos

Available: 15/09/2015

Rights sold: CZ

- **The vital energy of buds, shoot tips, and seedlings**
- **With step-by-step instructions on how to produce gemmomacerates**
- **a guide for experts and amateurs in naturopathy**

Gemmotherapie uses the great vital energy of the embryonic plant tissue in buds, shoot tips, and seedlings. The extracts of this tissue possess extraordinary healing and regenerative powers and are used successfully for many acute and chronic diseases. For the first time in the German-speaking region, this book offers a comprehensive overview of gemmotherapie, including aspects of humorism as well as the connections with planetary forces. More than 50 buds and their possible applications are described in detail, and there are step-by-step instructions on how to produce gemmomacerates. A comprehensive indication section as well as treatment suggestions for common afflictions serve as a guide for experts and amateurs in naturopathy alike.

**Chrischta Ganz:** A naturopath running her own practise. She is also a lecturer for phytomedicine, general naturopathy, and traditional European naturopathy.

**Louis Hutter:** A naturopath running his own practise. He is a lecturer for phytotherapy, gemmotherapie, traditional European naturopathy, and traditional Chinese medicine.

Photos: Adrian Gerber



Chrischta Ganz, Louis Hutter

## Gemmotherapy in Paediatrics

978-3-03800-966-5

36.00 EUR

Cover: Hardcover

Extent: 208 pages

Format: 17 cm x 24 cm

80 colour photos, 4 illustrations

Available: 25/09/2017

Rights sold: All rights available

- The extraordinary power of buds in paediatrics
- 50 reliable cures for acute and chronic diseases
- comprehensive guide not only for therapists - With a useful index of indications, suggested treatments, and instructions on how to prepare bud extracts

Gemmotherapy makes use of the powerful vital energy found in buds, shoot tips, and seedlings. The extracts made from these have amazingly strong healing powers. Bud extracts are particularly popular in paediatrics. They prove effective both with acute and chronic illnesses, foster development, offer protection, and serve as companions. Children happily take plant extracts as they taste slightly sweet – and probably also because children intuitively feel that this type of medication has exceptional beneficial healing and regenerating powers. The authors, both of them experienced naturopathic practitioners, present about 50 buds relevant for paediatrics. Including a practical index of indications, treatment suggestions for the most common types of complaints, as well as instructions on how to prepare extracts.

**Chrischta Ganz** Naturopath running her own practice. Lecturer on phytomedicine, general naturopathy, and traditional European naturopathy.

**Louis Hutter** Naturopath running his own practice. Lecturer on phytotherapy, gemmotherapy, traditional European naturopathy, and traditional Chinese medicine.

Photos: Adrian Gerber



Judith Gmür-Stalder, Kathrin Fritz, Maurice K. Grünig

## Peppermint Pesto & Lilac Couscous

Gourmet dishes from meadow, forest, and garden 90 sophisticated recipes and 30 plant portraits

978-3-03902-203-8

44.00 EUR

Cover: Hardcover

Extent: 344 pages

Format: 19.5 cm x 27 cm

207 colour photos, word count: 23.231

Available: 27/02/2023

Rights sold: All rights available

### Awards for this book



- A modern approach to nature's cuisine – in enchanting pictures
- 90 new, simple, and astonishing recipes
- A sensual combination of nature experience and food culture

Eat the gifts of nature. This ancient principle was the leitmotif of the authors. Outdoors amidst nature they opened all their senses to anything that grows, smells, and blooms. And just like in their first volume, »Dahlia Crisps & Barberry Rice«, they harvested, collected, and then experimented in their kitchen. The result: 90 new, delicious recipes that are easy to prepare and will certainly surprise and delight all your guests. Moreover the authors share interesting knowledge and poetic thoughts on 30 plant types.

This book is an inspiration inviting us to seek a unique connection with nature. When we start collecting, cooking, and even prior to that, when looking at the charming photos, we cannot help ourselves but to marvel at the treasures of nature.

**Judith Gmür-Stalder:** Freelance recipe author, food stylist, book author, and culinary consultant.

**Kathrin Fritz:** Food editor for a famous Swiss magazine and book author.

**Maurice K. Grünig:** Photographer, art agent, and book author.



Judith Gmür-Stalder, Kathrin Fritz, Maurice K. Grünig

## Dahlia Crisps and Barberry Rice

Delicacies from meadow, forest, and garden. 90 sophisticated recipes and 30 plant portraits

978-3-03902-161-1

44.00 EUR

Cover: Hardcover

Extent: 352 pages

Format: 19.5 cm x 27 cm

212 colour photos; word count: 22,945

Available: 28/02/2022

Rights sold: FR

### Awards for this book



- **Modern nature food captured in breath-taking photographs**
- **90 simple and astonishing recipes**
- **A sensual combination of wildlife adventures and culinary art**

The cornucopia of nature. Paying tribute to nature and to our senses

Eating whatever nature provides for us. This ancient principle was the starting point and leitmotif of the authors. They ventured outside into nature and opened all their senses to anything that grows, scents and blooms. They gathered and harvested blossoms, herbs, roots, resin, then started their sophisticated kitchen experiment. The result: 90 delicious recipes, easy to cook at home and guaranteed successes with astonished guests, starting from daisy crackers all the way to primrose spring rolls and sage nut tart. For some of the plants the authors have added interesting and poetic portraits. This book is an inspiration that invites us to reconnect with nature in a wonderfully unique way. Once we start to gather and cook, and even before that, when looking at the lovely photos in this book, we will be amazed by the wonders of nature.

**Judith Gmür-Stalder:** Freelance recipe author, food stylist, book author, and culinary consultant.

**Kathrin Fritz:** Food editor for a big Swiss magazine and book author.

**Maurice K. Grünig:** Photographer, art agent and book author.

*»We discovered dead-nettles, violets, and hawthorn blossoms where we had suspected to find nothing but green thickets. Tiny chickweed was hiding amid the gravel, and when the wind was blowing, we saw burnets swaying in the grass. The sensuality of the experience captivated us and inspired a wealth of new creations. It prompted us to experiment with recipes, images, and texts that all had the same goal: to capture and share this beauty.«* Judith Gmür-Stalder, Kathrin Fritz, Maurice K. Grünig



Felix Immler

## **Outdoor Life with a Pocket Knife**

A Compact Take-Along Handbook

978-3-03800-981-8

13.00 EUR

Cover: Paperback with flaps

Extent: 128 pages

Format: 13 cm x 19 cm

290 colour photos

Available: 29/01/2018

Rights sold: All rights available

- **How to set up a wilderness camp using one tool only: a pocket knife**
- **Various new ideas for outdoor adventures**
- **100,000 sold pocket knife books by Felix Immler**

With no less than 100,000 sold copies the books by pocket knife expert Felix Immler are really successful long sellers. In this little guide he shows us how to set up a comfortable wilderness camp with the help of only one pocket knife equipped with a saw. You can carve a chair, table and bench, spoons, knives, forks, and bowls or weave a plate simply from natural materials. And roast chicken with the help of a water-driven grill-spit. Plenty of practical ideas for exciting outdoor activities that will fascinate young and old.

**Felix Immler:** Born 1974, trained mechanic, social worker, and nature educator, now working full-time for Victorinox as pocket knife pedagogue. On his YouTube channel »Taschenmesserbuch« (Pocket Knife Book) he regularly posts pocket knife and bushcraft videos. He is father of three children.

Photos: Matthew Worden



Roger Kalbermatten, Hildegard Kalbermatten

## **Herbal Mother Tinctures**

Essence and Use

978-3-03800-601-5

19.00 EUR

Cover: Hardcover

Extent: 104 pages

Format: 22.5 cm x 23 cm

100 colour photos

Subject areas: naturopathy, healing plants

Available: 31/08/2011

Rights sold: All rights available

- **A practical and compact manual of phytotherapy**
- **Revised and expanded new edition**
- **50,000 sold copies**

Healing plants carry a large potential of powers that bestow convalescence and vitality on humans during periods of illness and health alike. Ancient tinctures – made from fresh plants and bearing extraordinary inner quality – are ideal to convey the nature and personality of a healing plant. This way they can take effect not only on the body but also the soul. The book offers colourful presentations of 47 well-known healing plants. By means of studying its nature the therapist or patient is enabled to establish an inner relationship with the plant, and so its healing powers can abundantly unfold.

**Roger Kalbermatten:** Chemist, 25 years of experience in medicinal plant research. Developed an effective procedure to manufacture plant-based and homeopathic medicine. Founder of CERES Heilmittel AG which produces high quality ancient tinctures.

**Hildegard Kalbermatten:** Trained pedagogue, systematic further training in medicinal and psychological anthropology. Therapeutic experience with plant remedies. Co-founder of CERES Heilmittel AG.



Bernd Kröplin, Regine C. Henschel

## The Secrets of Water

Latest Astonishing Results From Water Research

978-3-03800-903-0

29.00 EUR

Cover: Hardcover

Extent: 136 pages

Format: 21.4 cm x 26.2 cm

250 colour photos

Available: 17/10/2016

Rights sold: All rights available

- The latest findings in water research
- Profound insights into the nature of water
- Fascinating water drop images under the microscope

Water reacts to outside influences in a sensitive way and it stores information in nature as well as in us. Water communicates over long distances. Evidence stems from fascinating water drop images which capture these memory phenomena. It goes to show that water is much more significant than anyone assumed so far. For the first time ever researchers from Stuttgart have managed to systematically unveil this secret. Easily reproduced experiments with fascinating images offer deep insights on the effects of e.g. mobile radio, ultrasound, music, vibration therapy, and thought power. The results are the outcome of 15 years of research on the basis of which the authors completely reassess the role of water in nature as well as in the human body. It marks the beginning of a new understanding of the world and of ourselves.

**Bernd Kröplin:** Professor and graduate engineer, until 2010 professor and director of the Institute for Statics and Dynamics of Aeronautics Constructions at the University of Stuttgart. 2001 he founded the TAO Group, a research company for forward-thinking technologies. Recipient of renowned science awards. Lectures, exhibition »The World in a Water Drop«.

**Regine C. Henschel:** Studies in philosophy and literature. TV editor among others for Arte, ZDF, and 3Sat. Since 2001 joint projects with Bernd Kröplin. Lectures and seminars.



Margret Madejsky

## Healing Plants for Women

A Practical Guide

978-3-03800-129-4

26.00 EUR

Cover: Paperback with flaps

Extent: 248 pages

Format: 16.8 cm x 23.6 cm

155 colour photos, word count: 68,432

Available: 04/04/2019

Rights sold: All rights available

- **The ultimate guide on healing herbs for women. Based on the latest research findings**
- **120 herbs for women, featuring 200 recipes and numerous practical tips**
- **Health guide and reference book for any woman – comprehensive, practical, compact**

Over the past decades, a number of healing plants have found their way to gynaecologist and midwife practices. Antibiotic herbs such as camomile and nasturtium or hormone-like plants such as agnus castus and silver torch have secured their spots in women's medicine and midwifery. But the realm of plants harbours many more healing herbs that offer relief and healing effects for several women's diseases. This book is a thorough introduction to naturopathic medicine for women. It explains the most interesting hormone-like effects of healing plants, portrays 120 women's herbs, and offers over 200 reliable recipes and numerous practical hints. Also, it combines more than 25 years of practical experience in women's healing with recent findings of plant research. A valuable reference book for therapists and an indispensable practical guide for women of all age groups who suffer from various diseases or who are interested in naturopathic medicine.

**Margret Madejsky:** Naturopathic therapist and co-founder of Natura Naturans, a working group for traditional occidental medicine. Naturopathic treatments for women are focal points of her practice and teaching activity. Author of several reference books on healing herb medicine for women.



Stefan Marxer, Franco Del Popolo

## **What's under the Hat**

How to safely navigate the world of mushrooms

978-3-03902-226-7

35.00 EUR

Cover: Hardcover

Extent: 320 pages

Format: 13.5 cm x 20 cm

Colour photos

Available: 26/08/2024

Rights sold: All rights available

- **Picking mushrooms throughout the year with location and time period indicators**
- **Including picking regulations for Germany, Austria, and Switzerland**
- **With QR codes that link to video guides**

### **No basket remains empty**

Gathering mushrooms made easy: this book covers all relevant aspects, allowing even beginners and amateurs to identify unknown mushrooms and avoid dangerous mix-ups.

The authors present more than one hundred of the most delicious edible mushrooms with the help of detailed overviews including photographs from all angles, complemented by about twenty of the most important poisonous mushrooms known in the German-speaking regions. Insights into their classification help identify the mushroom families that warrant particular caution. Also, the two experts explain how to preserve and store the edible treasures you find.

Walking in the forest, observing nature, and picking mushrooms become a true pleasure with this book at hand.

**Dr. Stefan Marxer:** is an author as well as Austria's most successful YouTuber on the topic of mushrooms. The agricultural biologist is an enthusiastic amateur mycologist and mushroom advisor.

**Franco Del Popolo:** is a certified mushroom examiner in Switzerland, mushroom expert in Germany, and mushroom advisor ARGE in Austria. He heads »Franco's Mushroom School« in Switzerland.



Felicia Molenkamp

## Plant Whispers

How and why plants communicate. A brief history of plant evolution

978-3-03902-029-4

26.00 EUR

Cover: Hardcover

Extent: 168 pages

Format: 13.5 cm x 22 cm

7 colour photos, word count: 37,639

Available: 30/03/2020

Rights sold: All rights available

### Awards for this book



- **On the »intelligence« and unexpected capabilities of plants**
- **All about plant symbiosis, cooperation, and communication**
- **Their survival strategies as a model and resource for environmental and climate issues**

Since the turn of the Millennium, there has been a steadily growing interest in exploring the abilities of plants. Their capabilities often equal, and at times even exceed, those of humans or animals. Plants cannot change their location therefore they change the environment around them if necessary. They stand still next to their peers and make no sound, but their inner life is full of secrets. This book unveils some of these plant secrets. Starting with the single-cell organisms of the primeval ocean, the author takes us on a journey exploring the evolution of the plant realm. She talks about the skills and capabilities the green beings needed in order to survive, their ground-breaking achievements in repopulation, their methods of symbiosis, cooperation, and communication with each other, about the constantly renewing survival strategies they develop, and how they pass on life information to their descendants. The realm of plants is also a valuable resource in the context of current issues such as climate change or soil and air pollution.

**Felicia Molenkamp:** Graduate biologist. In her »KräuterSchule« (School of Herbs) she offers herb and tree walks, wilderness cooking classes, lectures on the pharmacology of domestic plants, and seminars for naturopaths.



Ralph Müller

## **The Secret Language of Birds**

Listen to Birds, Let Them Touch You and Learn From Them

978-3-03800-488-2

39.00 EUR

Cover: Hardcover

Extent: 256 pages

Format: 17.5 cm x 25 cm

150 photos, 40 drawings

Subject areas: nature, birds

Available: 11/05/2010

Rights sold: All rights available

- **Practical guidelines to understand the message of birds: their voices, body language, behavioural patterns**
- **Thrilling adventures and real life reports from expeditions to the wilderness**
- **What you always wanted to know about birds**

Birds have something to say to us. It is an ancient, almost forgotten art to make use of the alert senses of animals, especially birds. Through their song and behaviour they provide us thrilling and ultimately even vital information on the subtle and deep interrelations in nature. Birds draw our attention to the fierce hunt of hawk and golden eagle, they show us where puma and lion are hiding, and are capable even of giving warning of big dangers such as a tsunami. This book very vividly depicts the fascinating life of birds, the art of connecting with birds and understanding the messages that lie hidden in their voices, their body language and their behavioural patterns. It offers many practical guidelines and inspires you to go out and let yourself be touched in a most peculiar way by our feathered friends.

**Ralph Müller:** Born 1961, he founded his own Nature and Wilderness School in 1999. He did numerous trips of several months to the wilderness of remote areas in Europe, North Africa, North and South America. He intensely studied ornithology with special attention to environmental protection and communication structures in nature as well as to the knowledge of indigenous peoples. His course offerings comprise seminars, trainings and wilderness expeditions, ritualistic shaping of life transitions, nature mentoring, quest for visions, apart from that he is active as falconer, hunter and archer.



Christian Rätsch

## **The Sacred Grove**

Germanic Magic Plants, Sacred Trees and Shamanic Rituals

978-3-03800-204-8

26.00 EUR

Cover: Hardcover

Extent: 120 pages

Format: 17.5 cm x 25 cm

80 colour and b/w photos

Subject areas: magic plants, shamanism, rituals

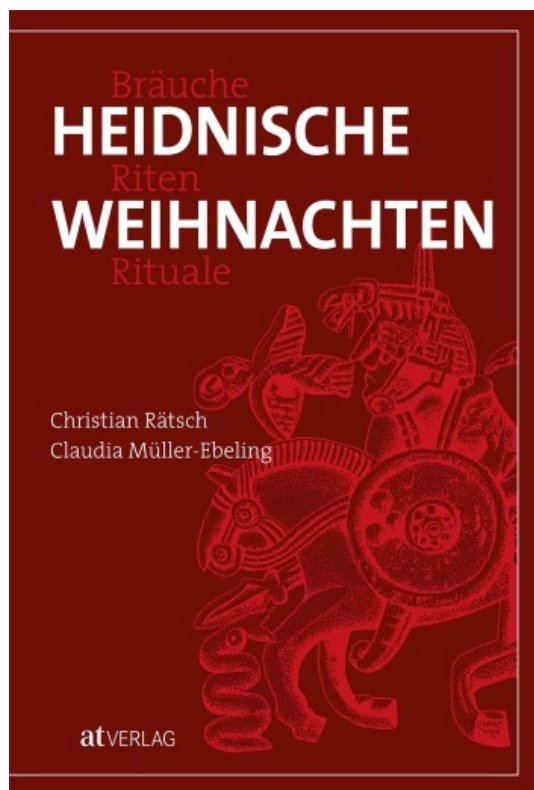
Available: 07/04/2005

Rights sold: CZ

### • **The shamanic roots of the Germanic people**

The Germanic culture was carried by shamanic mythology, its spirituality was inspired by entheogenes, holy plants, smoking of psycho-active agents and intoxicating drinks. The Germanic Temple was not an artificial building but a forest, the sacred grove. The trees were gods and the plants had magic powers. Germanic shamanism was characterized by alrunas, the wise seers, berserks, the cultic warriors, brewing women experienced with herbs and enthusiastic skalds. In Germanic mythology we have direct access to shamanism. The god Wotan is the primal shaman, the most shamanic of all Indo-Germanic gods. Wotan is the marshal of the universe, the ecstatic striving for knowledge and cognition, the soul companion, master of entheogenes, the big magician and protecting warrior. This book tells us about Germanic world trees, fool punks, magic plants, oracle flowers, smoking agents, intoxicating drinks and rune magic. It opens up the almost forgotten gates to the sacred grove and its wonder plants. It depicts rituals, shamanic practices, the use of indigenous magic plants. It offers access to our pagan heritage and shamanic roots.

**Dr. Christian Rätsch:** Ancient American studies, ethno-pharmacologist and ethno-botanist. Worldwide field studies, especially in the rainforest and the Himalayan regions. Editor, speaker and author of various books, including the standard works »Enzyklopädie der psychoaktiven Pflanzen« (Encyclopedia of Psychoactive Plants) published by AT Verlag.



Christian Rätsch, Claudia Müller-Ebeling

## **Pagan Christmas**

Customs, rites, rituals

978-3-03800-042-6

28.00 EUR

Cover: Hardcover

Extent: 320 pages

Format: 15.5 cm x 23 cm

300 colour photos and illustrations

Available: 23/09/2019

Rights sold: CZ

- **The archaic, pagan roots of Christmas**
- **Origin and significance of typical Christmas plants and traditions**
- **Recipes for rituals, incense rites, spices, and beverages**

Christmas is originally a pagan feast, that was gradually transformed by late antique, ancient Oriental, and catholic liturgical rituals. It celebrates the rebirth of the sun, the Twelve Days, the turn of the year, various gods and ghosts. Christmas rituals use a colourful variety of domestic and exotic plants, spices from the Orient and the New World, oriental and nordic incense, Northern and tropical fruits, flowers and ornamental plants from the Rainforest, desert, or mountains. The mythology of typical Christmas plants dates back to the early cultures of Shamanism, to the sacred botany of the Elders, to Medieval rites and witchcraft, to the banishing of demons, and to rituals of fertility and sacrifice. Featuring numerous recipes for incense, smokable herb mixtures, spices, and beverages.

**Christian Rätsch:** Ethnologist and ethno-pharmacologist, lecturer, and author, studied Native American Studies, ethnology, and folklore. Many years of research on Shamanic cultures worldwide and their use of psychoactive plants.



Christian Rätsch

## Encyclopedia of Psychoactive Plants

Botany, Ethno-Pharmacology, and Use

978-3-03800-995-5

139.00 EUR

Cover: Hardback with jacket

Extent: 944 pages

Format: 19.5 cm x 26.5 cm

More than 800 colour photos

Available: 02/01/2018

Rights sold: CZ, USA

- The brand-new revised edition of the world's most comprehensive book on natural psychoactive substances
- 17 editions – more than 50,000 copies sold to date

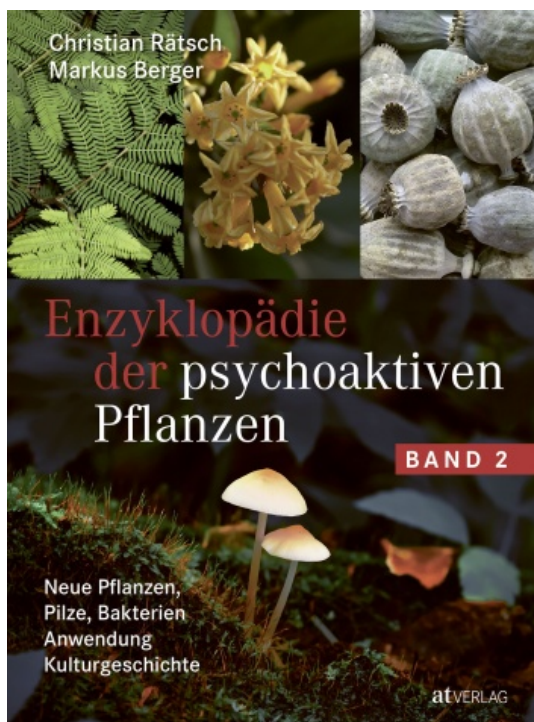
The updated and revised new edition of the renowned classic. This book is the first ever to provide a comprehensive and systematic overview of psychoactive plants around the globe, based on the latest scientific findings. Monographs for every single plant provide relevant information on botany, shape, cultivation, preparation and dosage, history, ritual and medical use, substances contained, effects, retail information, and applicable regulations. All plants are illustrated with pictures. An indispensable book for those with a particular interest in psychoactive plants, and also for those who conduct more advanced plant research.

**Christian Rätsch:** Ethnologist and ethno-pharmacologist, lecturer, and author. Researcher of shamanic cultures and their use of psychoactive plants all around the globe. Author of numerous books at AT Publishing House.

*»Rätsch's comprehensive encyclopedia is based on meticulous research, supported by various sources, user friendly, authoritative, and beautifully illustrated. It is a must for the bookshelf of anyone interested in psychoactive plants.«* – Rick Strassman, M. D., University of New Mexico

*»This encyclopedia is destined to become the number one reference on all natural psychoactive substances.«* – Mark Blumenthal, American Botanical Council

*»Christian Rätsch is the most knowledgeable person in the world when it comes to psychoactive plants. This is his opus magnum, a true treasure chest of information about the most fascinating members of the global plant family. (...) Anyone interested in the natural ways of expanding consciousness must get hold of this magnificent book.«* – Ralph Metzner, Ph.D., psychologist and author



Christian Rätsch, Markus Berger

## Encyclopaedia of Psychoactive Plants - Volume 2

New plants, fungi, bacteria, Usage, Cultural history

978-3-03902-084-3

129.00 EUR

Cover: Hardback with jacket

Extent: 800 pages

Format: 19.5 cm x 26.5 cm

Numerous colour photos, ribbon

Available: 29/08/2022

Rights sold: All rights available

### Awards for this book



- **Volume 2 of the masterpiece by Christian Rätsch**
- **New plants, new research**
- **All you need to know about botany, cultivation, dosage, substance, usage, and effects**

The world-class reference manual on psychotropic ethnobotany further expanded: volume 2 of the »Encyclopaedia of Psychoactive Plants« comprises more than 500 new plants, fungi, lichen, and bacteria in more than 140 monographs – from acacia to zornia, from agrocybe to xanthoparmelia – as well as the latest research results on plants presented in volume 1. It includes a listing of more than 350 additional psychoactive plants the potential of which still needs to be explored. In addition, the author explains the cultural history of psychoactive plants as well as their influence on the visual arts, music, and literature. The masterpiece is rounded off with recently indexed plant and fungus products along with explanations about their most important secondary metabolites, plus a comprehensive bibliography. A must have for anyone interested in psychoactive agents.

**Christian Rätsch:** PhD, ethnologist and ethno-pharmacologist, lecturer and author. Studies in ancient American studies, ethnology, and folklore. Many years of research on Shamanic cultures worldwide and their use of psychoactive plants.

**Markus Berger:** Creative artist, ethno-pharmacologist, and drug researcher.



Gesa Sander, Julia Hoersch

## KinderGarten

Plant Portraits, Recipes, Handicraft Projects, and Experiments – Also for Balcony Gardeners

978-3-03800-069-3

32.00 EUR

Cover: Hardcover

Extent: 184 pages

Format: 19 cm x 25 cm

157 colour photos and illustrations, word count: 20,764

Available: 25/02/2019

Rights sold: All rights available

### Awards for this book



- How to make children discover the joy and fun of gardening
- Playful work activities in the garden, on the balcony, and on the window sill
- Including experiments, handicraft projects, and recipes

With loving attention to detail and beautiful photos, this book will make kids discover the joy and fun of gardening. It arouses their curiosity, makes them observe and wonder. Using thoroughly selected types of vegetable and fruit, herbs, and flowers, the book explains the life cycle of plants, their characteristics, and needs in a most entertaining and child-friendly way. It encourages kids to dig in the earth, sow and hack, multiply shoots, do dyeing experiments and handicrafts with natural materials, build a hotel for insects, and prepare delicious dishes from the fruits and vegetables they harvest with their own hands. You don't even need to have a garden, as most of the projects can be carried out with a flower pot on the balcony or the window sill. With a host of kids-friendly garden projects, creative ideas, as well as handicraft and DIY instructions this book helps young gardeners discover the exciting world of the garden.

**Gesa Sander:** Freelance illustrator and graphic designer in Hamburg. Her drawings are featured in books and magazines, on tableware and paper craft. Mother of two children.

**Julia Hoersch:** Freelance food and lifestyle photographer in Hamburg for renowned magazines and book publishers since 1991.



Sabine Simeoni

## Wild Nature Crafting

Handicrafts, Plant Knowledge, and Wild Herb Cuisine with Children throughout the Seasons

978-3-03800-959-7

29.00 EUR

Cover: Hardcover

Extent: 160 pages

Format: 19.2 cm x 24.5 cm

208 colour photos

Available: 15/03/2017

Rights sold: All rights available

### Awards for this book



- Handicrafts, plant knowledge, and wild herb cuisine for children
- Crafting aesthetic and practical items with children using natural materials
- Various practical guidelines for families, playgroups, and schools

Making syrup from the first blooming spring herbs and carving a pipe from young wood. Lighting a fire in the old way and preparing soup together. Cooking natural soap and felting with sheep's wool. Making primitive tools such as a stone knife or bow. Cooking a forest balm on the campfire for our green medicine chest. Chocolate bananas from the embers and stories by the campfire round off a fine day. Plenty of practical guidelines demonstrate how to meaningfully experience nature from very close while tracing the cycle of the changing seasons. With the help of very simple tools we can create beautiful and useful things from natural materials. Experiencing nature from a close range and learning about natural rhythms of life equips children with strength and focus, and helps them to reach their full potential. The ideal way to satisfy their longing for a true life experience by drawing from elementary values and allowing space for their very own intuitive character.

**Sabine Simeoni:** Forest and wilderness educationalist, nature coach and mentor, mother of three and grandmother. Together with her husband, she runs a nature and wilderness school in Upper Franconia, Bavaria.



Sabine Simeoni

## Connected with Nature

Finding your own roots with the help of wild tools

978-3-03902-047-8

29.00 EUR

Cover: Hardcover

Extent: 176 pages

Format: 19.2 cm x 24.5 cm

200 colour photos, word count: 27, 412

Available: 30/03/2020

Rights sold: All rights available

### Awards for this book



- **Tangible nature experience for everyday life**
- **Do-it-yourself toys, furniture, and cosmetics**
- **Useful, beautiful, and healing products made from natural materials**

If we experience nature with an open mind using all our senses, we can connect with it and draw from its abundant treasures. Materials offered to us by nature can be transformed into beautiful and useful objects, with only little preparation, low costs, and hardly any complicated technologies. The author presents materials such as various types of wood, wild plants, clay and stone, bone, horn, and feathers. Using ancient and modern techniques of craftsmanship, we can create simple furniture items, toys, musical instruments, tools, medicine, and cosmetics. Exercises enabling conscious nature perception allow us to connect with nature and closely experience its elementary effects. The profound understanding of nature expressed through handcraft activities in the projects presented enables us to create items which transpose nature into our everyday lives and are beneficial for our soul, spirit, and body.

**Sabine Simeoni:** Forest and wilderness educator, yoga instructor, and author, and is trained in traditional phytotherapy. Her vision is to strengthen people's individual abilities by emphatic guidance and deepen their relationship with nature in a sustainable way.



Christian Sollmann

## **The Do-It-Yourself of Ancient Tinctures and Homeopathic Medicaments**

978-3-03800-698-5

36.00 EUR

Cover: Hardcover

Extent: 296 pages

Format: 19.5 cm x 26.5 cm

285 colour photos

Subject areas: healing plants, homeopathy

Available: 29/04/2014

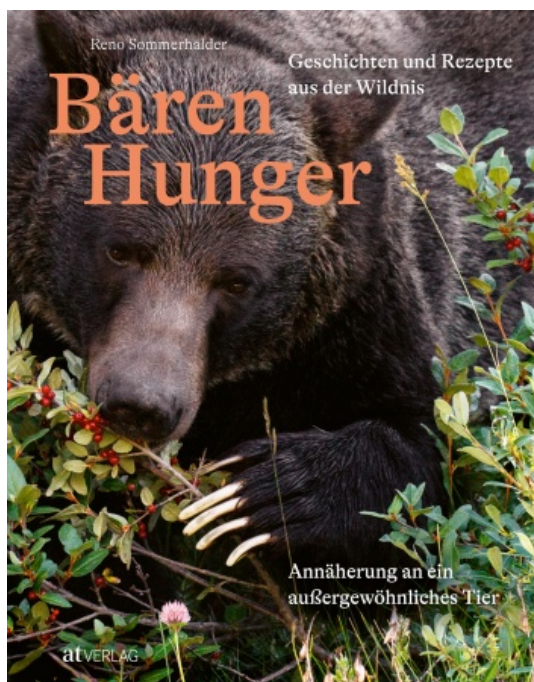
Rights sold: All rights available

- **80 plant portraits with details on active agents, preparation, usage, and lead symptoms**
- **Systematic instructions for the preparation of cures; an easy way to make your own plant medicine**
- **From plant to primordial tincture to homeopathic medicament**

If you are fed up with the industrially produced phytotherapeutic and homeopathic standard products, why not prepare your own homeopathic cures made of healing plants from your garden. The first book ever in German to explain in detail technical basics, list the required tools, disclose the exact formula, and describe the procedure: from the selection and harvesting of the plants to manufacturing the primordial tinctures and homeopathic medicaments – gently processed high quality cures made from untreated, unfertilised premium plants free from any unsolicited additives. Portrays of 80 healing plants suitable for home use, including information on occurrence, relevant plant parts, harvesting time, active agents contained, tips on their preparation, as well as usage and lead symptoms. Complemented by numerous floral pictures, a harvesting calendar, and a potentisation chart.

A precious and useful guide and a thorough handbook for professionals and amateurs alike who want to take charge of their own health. »The do-it-yourself process outlined by Christian Sollmann is useful, instructive, and a lot of fun. This book is an inspiration for everyone working with plants and homeopathy.« – Olaf Rippe

**Christian Sollmann:** Born 1961, naturopath. Has been involved in astrology, homeopathy, spagyric, alchemy, and plant healing for 30 years. Runs a private practice in Munich, delivers courses and lectures on various topics in these fields.



Reno Sommerhalder

## Hungry as a Bear

Stories and recipes from the wilderness – approaching an extraordinary animal

978-3-03902-247-2

39.00 EUR

Cover: Hardcover

Extent: 220 pages

Format: 19.5 cm x 25 cm

Colour photos

Available: 28/10/2024

Rights sold: All rights available

- A unique book about the connection between bears and humans
- Featuring astounding bear pictures and stories
- With a preface by Wolf-Dieter Storl

### Of bears and men

Bears have always held a strange fascination for humans, and Reno Sommerhalder shows us how even the meal plan of bears is similar to that of humankind. The bear researcher and trained chef accompanies bears on their rambles through the last wilderness resorts and captures his encounters in unique images and stories.

The world of author Reno Sommerhalder is not only adventurous but also tasty – his bear recipes are delicious for both humans and bears. He explains how to smoke salmon or how to recognize wild potatoes or chocolate lily, how to prepare asparagus made from fireweed, or how to bake a bear nut cake.

Reno Sommerhalder gives humans a truthful impression of bears via savoury treats.

**Reno Sommerhalder:** born and raised in Zurich, he started out as a chef until his wanderlust took him to Canada. With his family he has lived and worked near Banff (Province Alberta) for almost thirty years as an internationally renowned bear expert, wilderness guide, nature photographer, filmmaker, and author.



Cornelia Stern, Helga Eil-Beiser

## Theory and Practice of Phytotherapy

Understanding active substances - Meaningful use of medical plants. Featuring 120 plant monographs

978-3-03800-870-5

98.00 EUR

Cover: Hardcover

Extent: 680 pages

Format: 17 cm x 24 cm

222 colour photos, 21 mind maps/illustrations, ribbon; word count: 198,808

Available: 27/06/2022

Rights sold: All rights available

- **From healing plant to cure**
- **Instructional and reference manual for medical experts and amateurs**
- **120 detailed plant monographs, recipes, and recommended medication**

What is it that renders a simple plant suitable for medical use? And how can its healing potential fully unfold? This comprehensive manual offers a well-structured and scientifically grounded presentation on the basics of phytotherapy. The authors show us the meaningful use of plants and their active substances. Thoroughly tried and tested recipes and medication suggestions complement each and every indication. Mind maps allow for a quick overview and make it easy to confidently identify a suitable medical plant. Excellent photographs help us recognize the plants in their natural surroundings. »Theory and Practice of Phytotherapy« is an indispensable reference for medical experts and interested amateurs who wish to acquire or deepen their knowledge about phytotherapy.

**Cornelia Stern:** Pharmacist specialized in naturopathy. Director of the »Freiburger Heilpflanzenschule« and lecturer on phytotherapy, paracelsianism, gemmotherapy, and classical homeopathy.

**Helga Eil-Beiser:** Alternative practitioner running her own practice since 1997 with focus on phytotherapy, healing of women and children, psychosomatic medicine. Lecturer at the »Freiburger Heilpflanzenschule«.



Wolf-Dieter Storl

## **Plants of The Celts**

Healing, Plant Magic, Tree Calendar

978-3-85502-705-7

32.00 EUR

Cover: Hardback with jacket

Extent: 368 pages

Format: 13.5 cm x 22 cm

Richly illustrated

Subject areas: Healing, celts, rituals

Available: 18/10/2000

Rights sold: CZ, J

- **With practical recipes of ancient cures and healing methods**
- **Including the most important healing and magical plants and trees of the Celts**

The Celts used to be the prevalent culture in large parts of Europe for almost a thousand years. Even though druidism was destroyed, ordinary people clung to the wisdom of yore and passed it on in words and practice through proverbs, fairy tales, legends, seasonal rituals, and particularly through herb knowledge and folk medicine. The author introduces us to healing practices that do not focus on healing agents, but on the magical powers of plants. He presents the most important healing and magical plants and trees of the Celts in their seasonal and cultural context, in folk medicine, and in witchcraft, while also explaining the meaning of the Celtic annual circle and tree calendar. Along the eight Celtic annual celebrations and related rituals, he leads us through the annual cycle and shows us how to tune into the big rhythms of nature even in this day and age. With many practical recipes for ancient medicines and healing practices.

**Wolf-Dieter Storl:** Cultural anthropologist and ethno-botanist. Lectured at various universities and published numerous books that became long selling successes. He lives on a solitary farm in the Allgäu.



Wolf-Dieter Storl

## **Nature Rituals**

Find your own roots with the help of shamanic rituals

978-3-03902-206-9

29.00 EUR

Cover: Hardcover

Extent: 280 pages

Format: 15.5 cm x 23.5 cm

37 colour photos, word count: 89.942

Available: 29/05/2023

Rights sold: All rights available

- **Nature rituals: companions of our personal development**
- **Essential knowledge about nature spirituality**
- **Shamanic wisdom for people who feel part of nature**

The urge to open your soul in rituals and create an inner bond with nature is as ancient as humankind itself. Even in this day and age rituals are a path to stable footing and self-awareness. Wolf-Dieter Storl focuses on the traditions of European forest peoples – Celtic, Germanic, and Slavic groups – and on various rituals from America, Asia, Australia, and Africa. What is the right time and place for a ritual? Why to perform one at all, and what aspect of life does it relate to? Practical questions that will be answered in this book. It showcases ritualistic objects, smoking and auxiliary agents but also plants and animals that are relevant for shamanic nature experiences. Wolf-Dieter Storl shares essential background knowledge on shamanic nature and self-perception.

**Wolf-Dieter Storl:** Cultural anthropologist and ethno-botanist. Lectured at various universities and published numerous books that became long-selling successes. He lives on a solitary farm in the Allgäu.

Photos: Lisa Storl



Wolf-Dieter Storl

## **The Wise Man from Mont Aubert**

Remembering Arthur Hermes. A life in harmony with nature

978-3-03902-222-9

24.00 EUR

Cover: Hardcover

Extent: 152 pages

Format: 15.5 cm x 23.5 cm

Numerous colour photos, word count: 41,263

Available: 28/08/2023

Rights sold: All rights available

- **Memories of a pioneer in biodynamic agriculture**
- **Insights into the life of Wolf-Dieter Storl and his spiritual roots**
- **Storl – a very personal account**

### ***An extraordinary friendship and fateful encounter!***

There is a recurrent, mysterious figure in Wolf-Dieter Storl's books – Arthur Hermes. This book tells us who he was, what he taught and how he influenced the plant expert from the Allgäu.

Storl's memories of his mentor take us to the world of farmers, of traditional country folk whose knowledge of how to deal with animals and plants goes back to ancient times. Their lives were determined by an invisible energetic (ethereal), mental, and spiritual environment. And the »farmer philosopher« Hermes lived in exactly this world. In the 1950s he was capable of convincing farmers to switch to biodynamic agriculture, the foundation of many of today's Demeter farms. The fact that there are currently more than 7000 organic farms in Switzerland is partly owed to this almost forgotten pioneer.

A book about a time of new beginnings and about an extraordinary personality who significantly influenced the life of the famous author Storl.

**Wolf-Dieter Storl:** Cultural anthropologist and ethno-botanist. He has lectured at various universities and published numerous books that have been long-sellers. He lives on an isolated farm in the Allgäu.



Wolf-Dieter Storl

## **The Bear**

Animal of Strength of the Shamans and Healers

978-3-03800-245-1

29.00 EUR

Cover: Hardcover

Extent: 288 pages

Format: 13.5 cm x 22 cm

Illustrations

Subject areas: bear, shamanism

Available: 09/08/2005

Rights sold: CZ, USA

### • **The fascinating relationship between man and bear**

Anywhere the bear lives, i.e. in the entire Northern hemisphere, he was considered an animal of strength. He was not an ordinary animal but a kind of »forest man« whose shaggy fur was hiding a human or even godly soul. He could understand men's thoughts and had healing powers. Whoever dreams of a bear or has a strong encounter with a bear becomes a herbal healer and is summoned to heal with plants. Besides the bear dreamer is the mightiest among medicine men according to North America's natives. The Germanic people called their most efficient and reliable healing plants »bear herbs« and sent their youngsters into the forest to experience their true nature as »bear skimmers«. Wolf-Dieter Storl, cultural anthropologist and ethno-botanist, lived himself in bear habitats in the Rocky Mountains for many years and had frequent – sometimes dramatic – encounters with bears. In this book he depicts the relationship between man and bear. The journey leads into the bear caves of the Neanderthals, the bear cults of Siberian tribes of today, to cave bears and teddy bears and last but not least to the bear city Bern where the author himself used to live for several years. We find out about the bear goddess Artemis and the medicine bear of Indian shamans and find numerous bear tales and stories from all over the world.

**Wolf-Dieter Storl:** Born 1942, cultural anthropologist and ethno-botanist. Former Fulbright scholar of the University of Bern, lectured at different universities. Study trips, ethnographical and ethno-botanical field research – in a traditional spiritualist settlement in Ohio, with old and experienced farmers in the Emmental, with medicine men of the Northern Cheyenne, with Shiva Sadhus in India and Nepal – are depicted in numerous articles and books. Since 1988 he lives with his family on a solitary farm in the Allgäu where he is occupied with gardening and investigating the secrets of healing herbs and wild plants.



Wolf-Dieter Storl

## **Plant Devas**

The Spiritual-Mental Dimensions of Plants

978-3-03800-846-0

26.00 EUR

Cover: Hardcover

Extent: 264 pages

Format: 13.5 cm x 22 cm

44 illustrations

Subject areas: plants, meditation

Available: 25/08/2014

Rights sold: All rights available

- **Featuring practical instructions for plant meditation**
- **New, special-priced edition**

Plants are more powerful than we commonly think. Being macroscopic creatures they communicate the light forces of the cosmos and enliven the earth matter. All cultures, except the one we are living in today, are aware of the psycho-spiritual dimensions of plants. In dreams or ecstatic visions of shamans, plants appear as deities, Devas, or light angels who actively and consciously interfere in earthly events and human history. Wolf-Dieter Storl, the distinguished plant expert, demonstrates how the disrupted communication between human beings and plants can be restored. An appendix featuring practical instructions for plant meditation helps to re-establish contact with the plant Devas.

**Wolf-Dieter Storl:** Cultural anthropologist and ethno-botanist. He has lectured at various universities and is the author of several long-selling books. He lives on an isolated farm in the southern German Allgäu with his family.



Wolf-Dieter Storl

## **Common and Forgotten Vegetables**

Botany, History, Alternative Medicine and Usage

978-3-03902-120-8

29.00 EUR

Cover: Hardcover

Extent: 288 pages

Format: 15.5 cm x 23.5 cm

62 colour photos

Available: 30/11/2020

Rights sold: All rights available

- **Botany, origin, healing powers, and recipes**
- **New edition featuring beautiful photos**
- **A collection of knowledge from the great plant expert**

Our everyday vegetables are far more than just sources of vitamins: they harbour secrets, colourful stories, and magic, while some of them even qualify as powerful healing plants with clinically proven medical effects. In this thrilling and easy to read book, Wolf-Dieter Storl, the great connoisseur and explorer of healing plants and crops, presents 50 garden vegetables, including some rare and forgotten vegetable and salad plants. A unique combination of gardening, ethno-botany, cultural history, and ancient as well as recent medical findings.

**Wolf-Dieter Storl:** Cultural anthropologist and ethno-botanist. He has lectured at various universities and is the author of several long-selling books. He lives on an isolated farm in the Allgäu.

Photos: Lisa Storl



Wolf-Dieter Storl

## **The Cosmos in our Garden**

Gardening based on biological principles of nature for a better harvest

978-3-03902-154-3

28.00 EUR

Cover: Hardcover

Extent: 352 pages

Format: 15.5 cm x 23.5 cm

50 colour photos, 1 b/w photo, 32 illustrations; word count: 111,626

Available: 04/04/2022

Rights sold: All rights available

- Gardening based on biological principles of nature
- With practical ideas and garden calendar
- More than 20,000 copies sold

Garden secrets of the great plant connoisseur

If you understand your garden and grasp its superior order, you will experience fulfilment and you will also achieve a richer harvest. In his book about the garden's microcosm Wolf-Dieter Storl shows us how to get there. A comprehensive, holistic nature and garden encyclopaedia that examines not only planetary influences but also soil bacteria and fertilizing substances. Storl's knowledge-base comprises the findings of the Rosicrucians and Neoplatonists, the experiences of native Americans and Chinese healers as well as the wisdom of Paracelsus and Agrippa von Nettesheim. Apart from that, the renowned self-supporter offers practical hints, guidance, and advice for any type of garden work throughout the year, based on his organic gardening expertise. The influence of the weather, the right method of composting, ideal plant neighbours and crop rotation, the coexistence of insects and small animals, and the proper handling of seeds – Wolf-Dieter Storl shares with us small and big secrets for a lively natural garden.

**Wolf-Dieter Storl:** Cultural anthropologist and ethno-botanist. He has lectured at various universities and published numerous successful long-selling books. He lives on an isolated farm in the Allgäu.

Photos: Lisa Storl



Wolf-Dieter Storl

## **Essence and Secrets of Invasive Plants**

Healing plants, food plants, economic plants

978-3-03902-170-3

29.00 EUR

Cover: Hardcover

Extent: 344 pages

Format: 15.5 cm x 23.5 cm

120 colour photos, 24 b/w photos; word count: 95,369

Available: 28/02/2022

Rights sold: All rights available

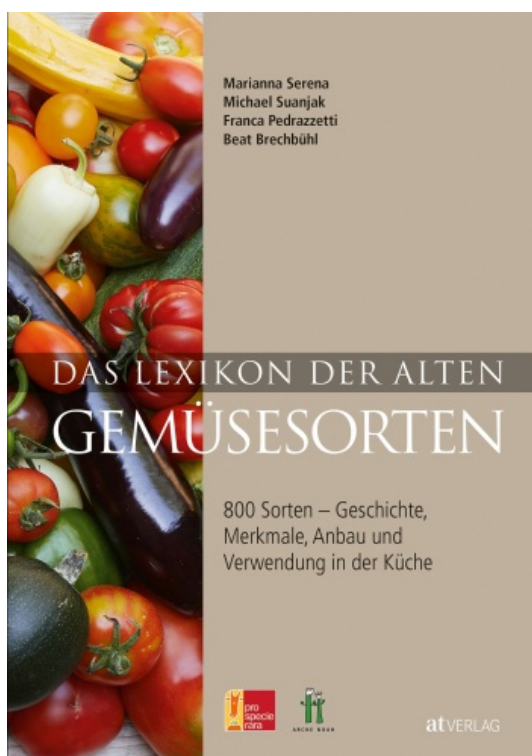
- **Insights about invasive plants from the great plant connoisseur**
- **Hidden benefits of alleged adversaries**
- **Psychological and philosophical aspects**

Invasive plants: threat or bee pasture?

Invasive plants are often considered evil intruders in our natural environment. They are said to eliminate domestic plants and to be worthless for wildlife. But is this really true? In this book Wolf-Dieter Storl shows us how to become friends with invasive plants. Based on sound facts and evidence he proves that plants such as giant hogweed, Canada goldenrod, or Himalayan balsam are not in the least a problem. In the countries they originate from, many of them are considered precious food, economic or healing plants, and some are even valued as sacred plants used for Shamanic or other rituals. This book offers a totally new perspective on »wandering« plants and helps us to understand and make good use of them.

**Wolf-Dieter Storl:** Cultural anthropologist and ethno-botanist. He has lectured at various universities and published numerous successful long-selling books. He lives on an isolated farm in the Allgäu.

Photos: Frank Brunke



Michael Suanjak, Beat Brechbühl, Franca Pedrazzetti

## The Encyclopedia of Ancient Vegetables

800 Types – History, Characteristics, Cultivation, and Kitchen Use

978-3-03800-620-6

79.00 EUR

Extent: 672 pages

Format: 19.5 cm x 26.5 cm

1044 colour photos

Subject areas: vegetables, garden

Available: 09/04/2014

Rights sold: All rights available

### Awards for this book



- **The new and comprehensive encyclopedia with over 800 ancient vegetable types**
- **Precious information on history, characteristics, cultivation, and kitchen use**
- **An indispensable reference book for hobby gardeners and dedicated vegetable cooks; including more than 800 excellent photos and source indications**

With over 800 vegetable types and 60 vegetable species this encyclopedia sets completely new standards. It takes us on a journey to discover the world of crops and presents hardly known types such as Safier potatoes, ox heart tomatoes, Maikönig lettuce, German giant grapes (cherry tomatoes), the Rhineland Glory tomato or the Znaim cucumber – vegetables that once used to be widespread in Central Europe but have been forgotten since. Many of these vegetables, such as strawberry spinach, chervil beet, asparagus bean, sugar and oat root, are worth being rediscovered in both garden and kitchen. Background stories tell us their history, where they come from, how old they are, where they were grown, who developed and cultivated them, complemented by portraits of people who work with these rare treasures today. For each vegetable a reference source is indicated. The types presented can be grown in any garden, on the balcony, or in flower pots. An indispensable manual for hobby gardeners and dedicated vegetable cooks.

**Marianna Serena:** Engineer for horticulture and domestic science teacher. At ProSpecieRara she designs the vegetable gardens of Wildegg and Brüglingen, supervises the vegetable seed production and the section on preservation of vegetables, crops, and decorative plants.

**Michael Suanjak:** Biologist. At the Arche Noah Association he heads the seeds archive. He currently runs an organic fruit tree nursery and vegetable seed production plant in the Austrian Waldviertel.

**Franca Pedrazzetti:** Has been working as a freelance portrait and news coverage photographer for newspapers, magazines, and companies for eleven years.

**Beat Brechbühl** has been a freelance photographer for many years, with focus on still life, food, and architecture photography.

Editor: ProSpecieRara, ProSpecieRara Germany, Arche Noah, Hortus

With the cooperation of: Nicole Egloff, Iris Förster, Deborah von Arx, Susi Wyden



Violette Tanner, Laetizia Giannini-Studer

## **Kids' Workshop: Wild Plant Cuisine**

Collecting, Cooking and Experiencing Nature With Children

978-3-03800-569-8

30.00 EUR

Cover: Hardcover

Extent: 200 pages

Format: 19.6 cm x 24.5 cm

150 colour photos

Subject areas: handicrafts with children, ecopedagogy

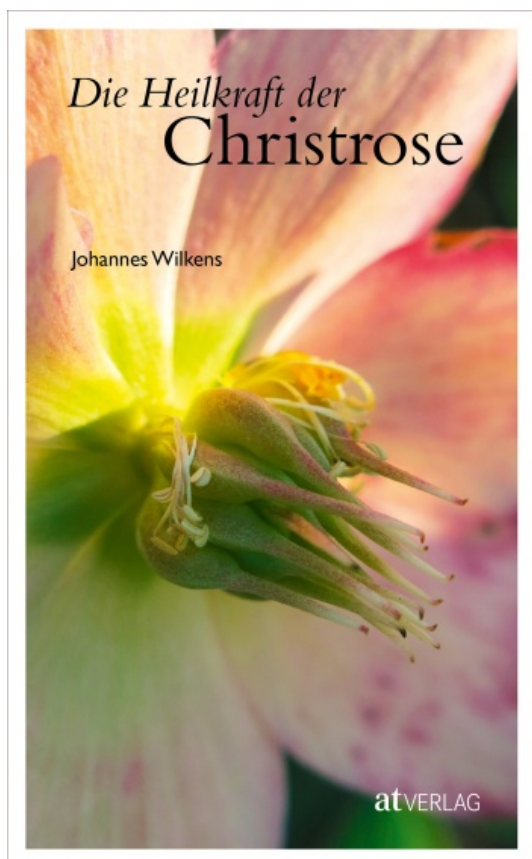
Available: 30/04/2013

Rights sold: All rights available

- **Cooking with kids in natural surroundings**
- **Getting acquainted with wild herbs and healing plants, Playful knowledge transfer**
- **Additional information for teachers and instructors**

The book presents twelve plant portraits spreading over the four seasons. Children get to know wild garlic, goutweed, dandelion, stinging nettle, daisy, ribwort, rose hip, elder, marigold, hazelnut, spruce and coltsfoot in a playful way while collecting, preparing and cooking them at the open fire. Alongside simple everyday recipes that kids love, the book also offers many suggestions on how to preserve wild herbs. It presents the traditional use of these herbs for seasonal celebrations such as Easter, summer solstice, Saint Nicholas and Christmas. A separate section provides details on particular botanical, naturopathic and also mythological characteristics of each plant. Useful hints on possible confusion with other plants and a collectors' guide allow for broader insights on the quality of the portrayed plants. The book is rounded off with songs, stories, fairy tales and handicraft instructions.

**Violette Tanner:** Born 1965, trained healing plant specialist, ecopedagogue, author and mother of three. Over the past 20 years she has focused specifically on domestic healing plants in folk medicine and wild herbs for kitchen use. She passes on her knowledge on domestic herb treasures in courses, herb walks, ecopedagogy seminars, lectures, newspaper op-eds and radio shows.



Johannes Wilkens

## **The Healing Power of the Hellebore**

978-3-03800-831-6

24.00 EUR

Cover: Hardcover

Extent: 144 pages

Format: 13.5 cm x 22 cm

30 colour photos

Subject areas: Hellebore, healing,

Available: 14/10/2014

Rights sold: UK

- **The first book on the healing power of the hellebore; Authored by an experienced physician and specialist**
- **A promising cure for Alzheimer, stroke, and ADD/ADHD**
- **Ample evidence from medicinal history followed by most recent case studies**

The hellebore has played a crucial role for the most renowned doctors in occidental medicinal history. Hippocrates, but even more so Paracelsus and Samuel Hahnemann have praised its powers. In recent times the hellebore is once again in the spotlight, as it has proved particularly effective in clinical cell tests as well as with concrete cases of the serious sicknesses, the new millennium is experiencing. It has proven its worth in geriatrics, with Alzheimer, strokes, but also with cancer – all of which quite frequently require hellebore treatment based on anthroposophic medicine. Another area, where it is intensely used, is with attention disorders of children such as ADD and ADHD as well as general brain development disorders. Against the background of medicinal history and using various case studies, this book documents the essential role of the hellebore with numerous sicknesses of the modern age.

**Johannes Wilkens:** Born 1962. Medical Director of the geriatric rehabilitation clinic Alexander von Humboldt in Bad Steben. Also runs his own private practice. Extensive research in the area of homeopathy and anthroposophic medicine, numerous books and magazine articles.



Svenja Zuther

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