

The Countryman Press



SUMMER 2015

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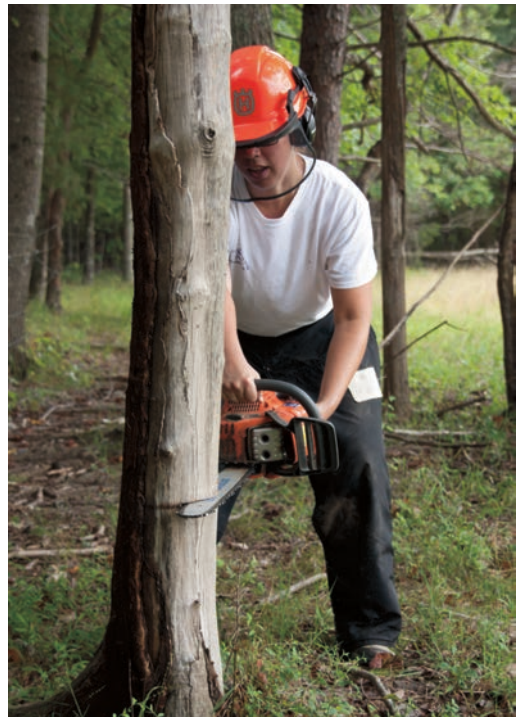


Summer 2015

The Countryman Press

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PAGE 1 PHOTOGRAPHS: TOP © OLIVER PARINI;
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BOTTOM: © CHRISTINA LANE



Woman-Powered Farm

A Self-Sufficient Lifestyle from the Homestead to the Field

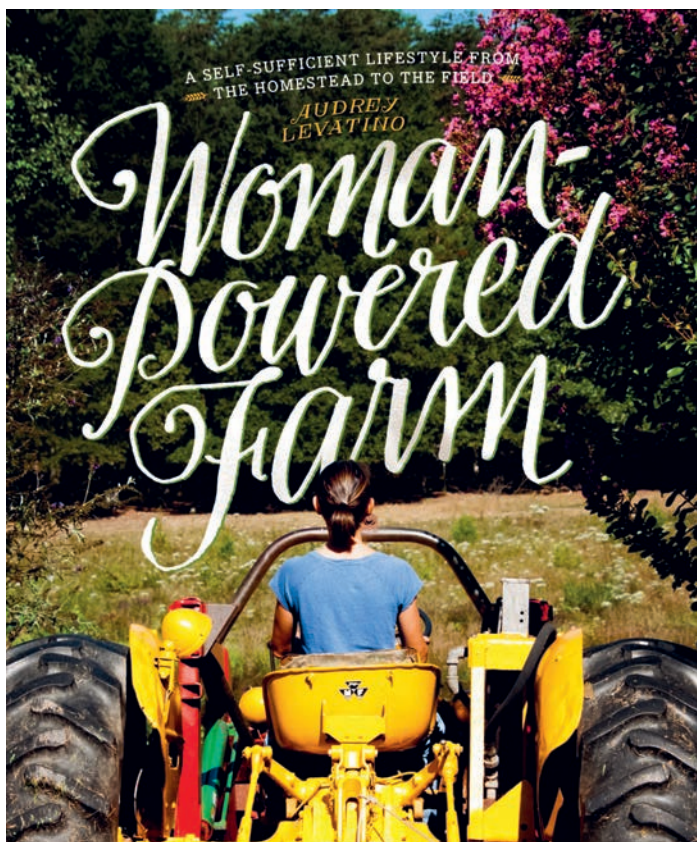
Audrey Levatino

The go-to guide for women who want to be part of the farming revolution.

Women are leading the new farming revolution in America. Much of the impetus to move back to the land, raise our own food, and connect with our agricultural past is being driven by women. They raise sheep for wool, harvest honey from their beehives, and sell their goods at farmers' markets. What does a woman who wants to work the land need to do to follow her dream?

First, she needs this book. Audrey Levatino shares her experiences of running a farm with her husband and offers invaluable advice on how to get started. She helps readers identify their goals and suggests how to go about achieving them. Filled with personal anecdotes and stories from other women farmers, the book is a reassuring and inspirational guide. The step-by-step photography clearly illustrates the basic farm skills every woman should know, like small engine maintenance, proper chainsaw use, building permanent raised beds, caring for animals, sharpening tools, and much more.

Audrey Levatino has been farming for thirteen years. For the last eight she has been growing specialty cut flowers and selling them at local farmers' markets, florists, restaurants, and for weddings. She and her husband, Michael, are the authors of *The Joy of Hobby Farming*. They care for crops and a menagerie of animals on their 23-acre farm, Ted's Last Stand, near Gordonsville, Virginia.



- Radio satellite tour
- Off-the-book-page features
- Co-op available
- Library marketing
- website: www.tedslaststand.com

\$21.95 (Can. \$24.95) Paperback with flaps| CQ24

Territory: W | 978-1-58157-241-4 | 7.5 x 9

256pp | 75 color photographs

AGRICULTURE

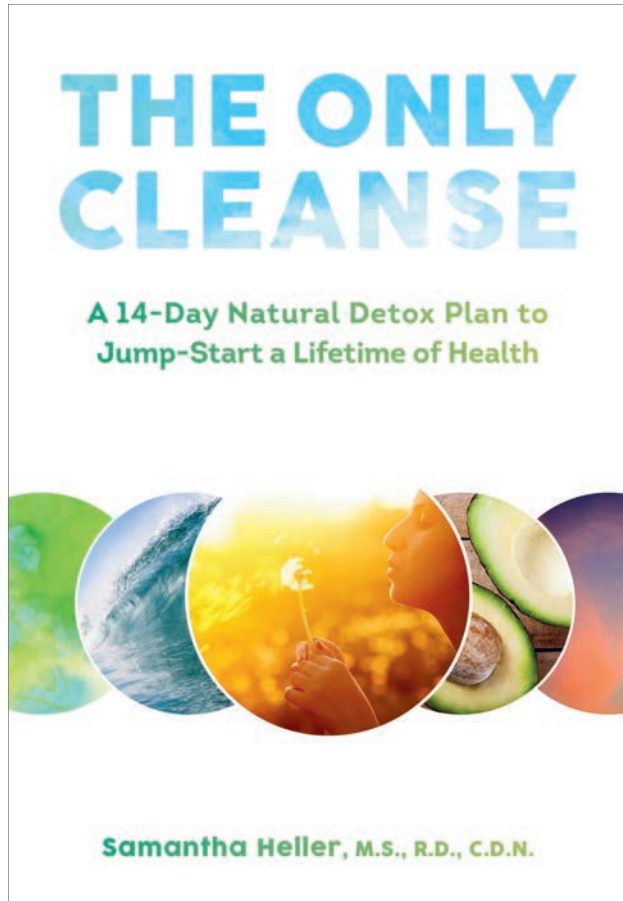
May 2015

The Only Cleanse

A 14-Day Natural Detox Plan to Jump-Start a Lifetime of Health

Samantha Heller

News flash: Your body already knows how to detox; you just need to turn on the right cues to make it happen.



Time to detox and cleanse? Don't go with a fad diet that makes promises you can't keep (all juice, all the time—sound familiar?). Instead, turn to Samantha Heller for a program that really works.

Cleanses, detoxes, and other purifying practices have been around for hundreds of years, from fasting to juicing and everything in between. Not all of them are tried-and-true, and most aren't scientifically sound. But finally, here it is: the only cleanse you'll ever need. *The Only Cleanse* is uniquely designed to fully integrate, elevate, and reestablish the body's biochemical balance. Heller uses a five-pronged approach that covers diet, stress, emotions, exercise, and sleep. She also reviews existing detox plans and explains the pros and cons, further emphasizing why her plan is the only one you need.

Samantha Heller, M.S., R.D., C.D.N., is a registered dietitian, exercise physiologist, and health expert. She has appeared on *Good Morning America*, *The TODAY Show*, and *The CBS Early Show*, and she hosts her own show on SiriusXM's *Doctor Radio*, *The Samantha Heller Health & Nutrition Show*. Heller serves as the Clinical Nutrition Coordinator at the Center for Cancer Care at Griffin Hospital in Derby, Connecticut, and as a senior clinical nutritionist at the NYU Center for Musculoskeletal Care's Sports Performance Center in New York City.

- National media interviews
- Promotion on Sirius XM Radio
- Advance reading copies
- Co-op available

\$24.95 (Can. \$27.95) | Cloth | CQ24 Territory: W
978-1-58157-303-9 | 6 x 9 | 240pp

SELF-HELP / PERSONAL GROWTH / GENERAL

May 2015

Cut the Carbs

100 Recipes to Help You Ditch White Carbs and Feel Great

Tori Haschka

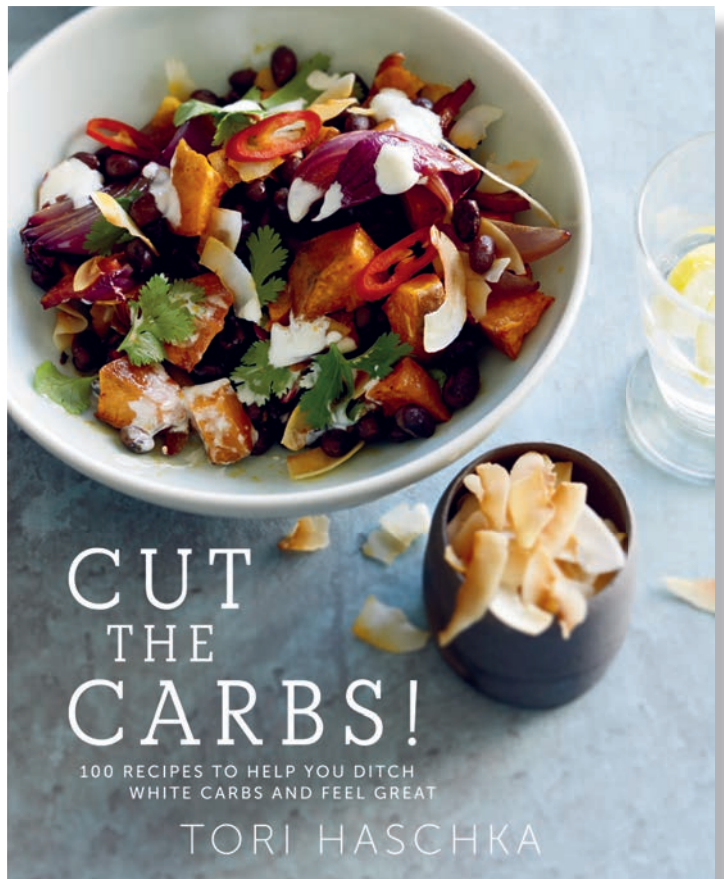
To lose weight, you have to lose the carbs.

Whether you want to lose weight, have more energy, or simply want to be more adventurous in the kitchen and plan a meal that isn't based on bread, potatoes, pasta, or rice, look no further.

Low-GI foods and "slow" or "smart" carbs like sweet potatoes can easily be incorporated into your everyday cooking and leave you feeling full. Try Mexican Baked Eggs; Spiced Chickpeas; Kale Caesar; six kinds of purée to banish mashed potatoes forever; Thyme-Roasted Chicken Legs with Braised Baby Lettuce & Peas; and Latte Custard for dessert.

This indispensable cookbook will inspire you to think differently about mealtimes, to stop being reliant on nutrient-poor carbs, and to inject new life into your diet.

Tori Haschka is a Sydney, Australia-born food and travel writer.



- Outreach to health and food editors and bloggers
- Print and online features
- Co-op available
- Blog: eatori.com

\$24.95 (Can. \$27.95) | Paper-over-board | CQ36 | Territory: C
978-1-58157-298-8 | 7.75 x 10 | 176pp | 100 color photographs
COOKING / HEALTH & HEALING
/ LOW CARBOHYDRATE

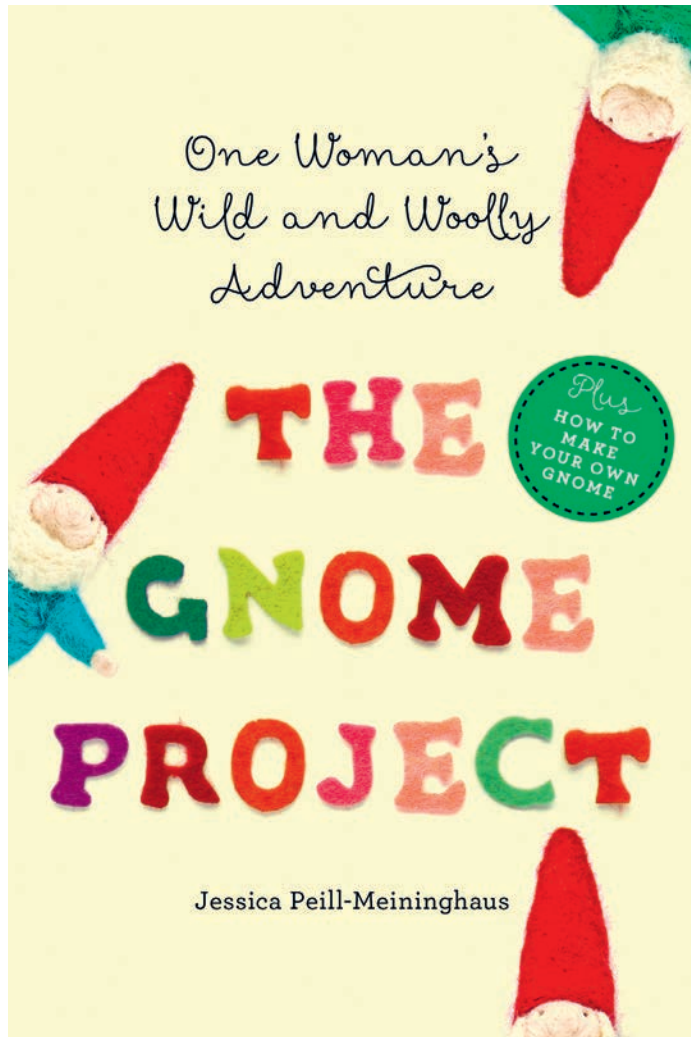
May 2015

The Gnome Project

One Woman's Wild and Woolly Adventure

Jessica Peill-Meininghaus

It may sound bizarre, but making a gnome a day really can keep you sane.



Artist and wool crafter Jessica Peill-Meininghaus decided that she needed a project to teach herself follow-through in life. She settled on making one of her popular felted-wool gnomes every day for a year. With pipe cleaners and wool roving, amidst the chaos of raising four children and moving cross-country, Peill-Meininghaus felted her way through hundreds of charming, pointy-hatted, often bearded characters.

Lavishly decorated with photos of each charming creation, *The Gnome Project* is the surprising and magical story of what happens when we commit to something small. (Hint: It's something very big, as in making life more meaningful.) Here is her inspirational tale, complete with gnome-making instructions.

Jessica Peill-Meininghaus wet-felted her first piece—a ball—at the age of sixteen. In addition to gnomes, she makes felted tapestries, felted books, felted coasters, and felted custom banners. When she isn't felting, Jessica works with children with disabilities, homeschools her own children, and tends to the family's many animals. She lives with her husband and children in Maine.

- Off-the-book-page features
- Co-op available
- Pinterest and Instagram campaigns
- Website: agnomeaday.blogspot.com

\$17.95 (Can. \$20.95) | Paper-over-board | CQ24

Territory: W | 978-1-58157-286-5

5 x 7 | 240pp | 100 color photographs

CRAFTS & HOBBIES / NEEDLEWORK / GENERAL

May 2015

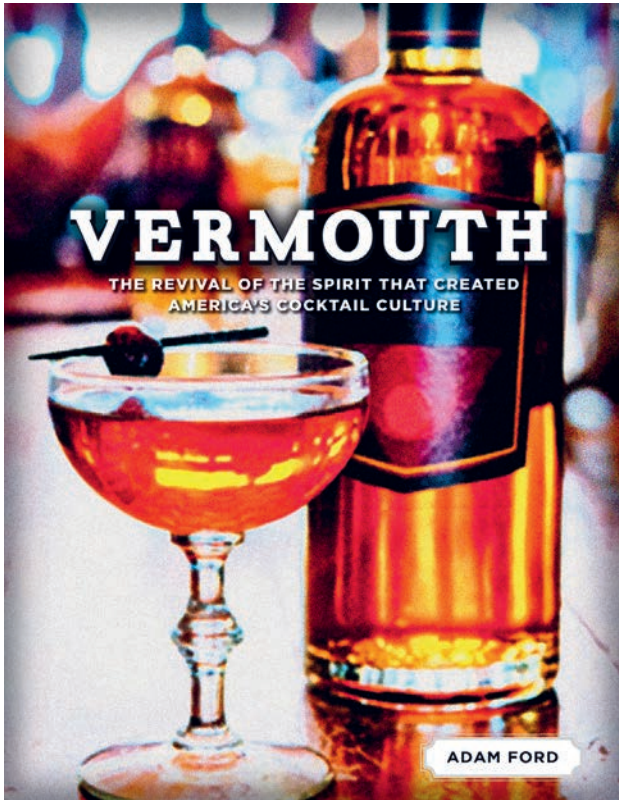


Vermouth

The Revival of the Spirit That Created America's Cocktail Culture

Adam Ford

Previously fallen from grace, vermouth is once again the next big thing in spirits.



Over the years, vermouth has fallen from grace, but the truth is, without vermouth, your martini is merely an iced vodka or gin. Now, once again, vermouth is being touted as the hottest trend in spirits. It is showing up on the best cocktail menus in the best cocktail lounges around the country. Vermouth has a rich history, deeply intertwined with that of America, and this book offers the first-ever detailed look into the background of this aromatized, fortified wine, as well as vermouth's rise, fall, and comeback in America.

Adam Ford is widely recognized as America's leading expert in vermouth production and history. A lawyer by training, since founding Atsby New York Vermouth in September 2012, he has established himself as a leading voice in the education and promotion of the vermouth category and in New York spirits. Atsby Vermouth has enjoyed a meteoric rise and is now frequently found on cocktail menus in America's top cocktail bars. He has been quoted in leading publications, including the *New York Times*, the *Wall Street Journal*, and *Edible Manhattan*.

- National Media Interviews
- Magazine Features
- Author lectures and appearances
- Co-op available

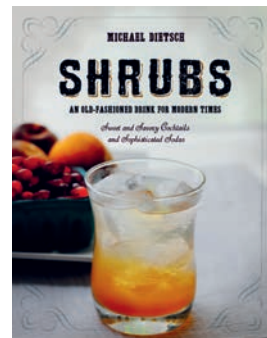
\$24.95 (Can. \$27.95) | Paper-over-board | CQ24

Territory: A | 978-1-58157-296-4 | 7 x 9 |

224pp | 100 color photographs

COOKING / BEVERAGES / BARTENDING

June 2015



ALSO OF INTEREST

Shrubs

\$24.95 (Can. \$27.95)

Paper-over-board

978-1-58157-244-5

Tiki Drinks

Tropical Cocktails for the Modern Bar

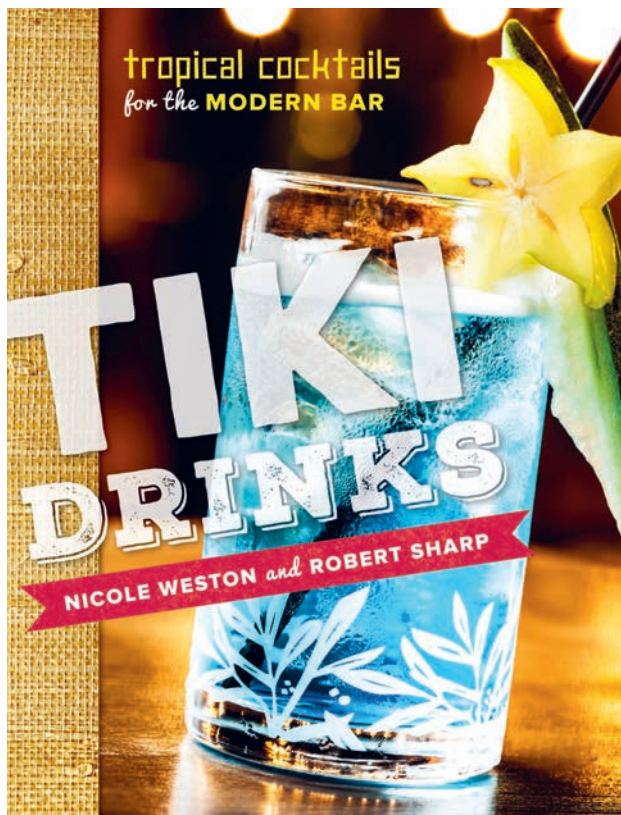
Nicole Weston and Robert Sharp

Try a tiki—a sweet, fruity blast from the past, updated for modern tastes

It's time to welcome back the fresh taste of tiki cocktails, made with fruit juices, high-quality spirits, and homemade syrups. Here are the traditional recipes that honor the flavors of the Caribbean, South Pacific, and the Hawaiian Islands that first inspired the tiki cocktail, as well as original recipes inspired by Asian and South American flavors. *Tiki Drinks* is a hybrid of the old and the new; the concept may be vintage but the drinks are fresh. Drinks include delicious updates of Jamaican Milk punch using fresh cream of coconut, Siren's Elixir with fresh-squeezed lemon and guava juice, and a Hawaiian Queen Bee with locally sourced honey and garnished with juicy, fresh-cut pineapple. Of course, what's a tiki drink book without a little Hawaiian lore and style? *Tiki Drinks* has that, and much more.

Robert Sharp is a Los Angeles-based mixologist and bartender with more than seventeen years of experience in the bar industry, both working behind the bar and in front of it as a consultant.

Nicole Weston is a food writer and recipe developer based in Los Angeles, California. She runs the popular blog *Baking Bites*, which focuses on recipes and baking advice for home cooks and bakers. It was named one of the 50 best food blogs in the world by the *London Times* and has been featured in publications such as the *Washington Post*, the *Sacramento Bee*, and *People* magazine.



- Outreach to cocktail media
- Off-the-book-page features
- Co-op available
- Website: bakingbites.com

\$19.95 (Can. \$22.95) | Paper-over-board | CQ36

Territory: W | 978-1-58157-302-2 | 6.5 x 8.5

144pp | 75 color photographs

COOKING / BEVERAGES / BARTENDING

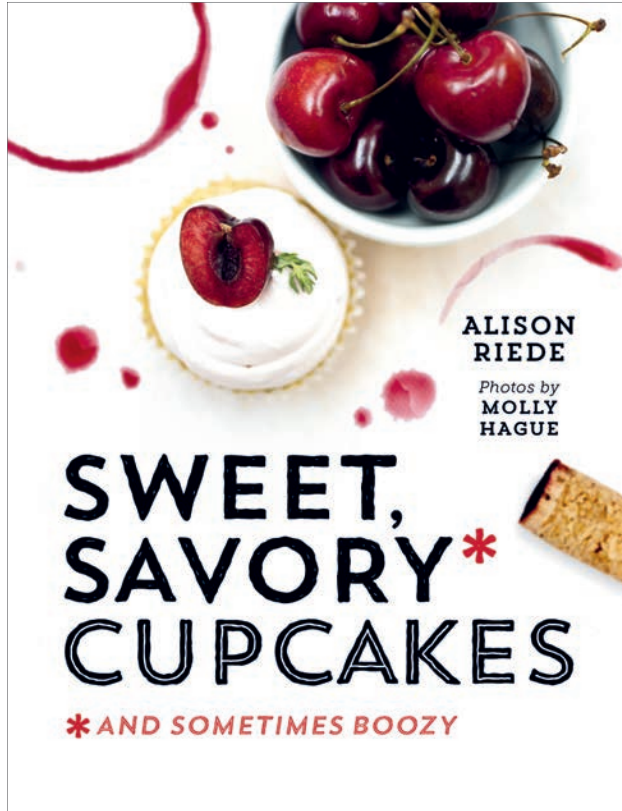
July 2015

Sweet, Savory, and Sometimes Boozy Cupcakes

Alison Riede

Photographs by Molly Hague

Taking cupcakes to the next level is a specialty of *Cupcake Wars*—here are recipes from one of its popular winners.



- Off-the-book-page features
- Food features and recipe promotions
- In-store demonstrations
- Winner of Food Network's *Cupcake Wars*

\$16.95 (Can. \$18.95) | Paperback | CQ24

Territory: W | 978-1-58157-297-1

6.5 x 8.5 | 240pp | 100 color photographs

COOKING / COURSES & DISHES / DESSERTS

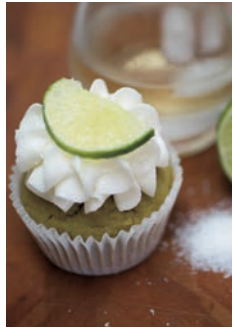
June 2015

Europeans serve savory cheese after a nice meal. Americans prefer something sweet and sugary. Alison Riede manages to marry the two concepts with her wildly original and surprisingly delicious cupcakes. She starts with the flavors and winds up with something that defies expectation. Recipes for salty, nutty, spicy, savory, tart, fruity, and chocolaty desserts include:

- Lemon Olive Oil Cupcakes with Sage and Sea Salt Buttercream
- Rosemary Parmesan Cupcakes with Lemon Cream Cheese Frosting and Toasted Almonds
- Cucumber Mint Cupcakes with Lime Buttercream and Fresh Mint
- Banana Cupcakes with Mango Filling and Banana Rum Frosting
- Chocolate Pinot Noir Cupcakes with Strawberry Filling and Dark Chocolate Pinot Buttercream

One taste and it will be clear why *Cupcake Wars* handed her the crown. Her recipes are simple and straightforward, illustrated with mouthwatering photographs. This is a truly original winner of a cookbook.

Alison Riede is a 2011 winner of Food Network's *Cupcake Wars*. She is the owner of Santa Barbara-based cupcake shop Sugar Cat Studio and has dedicated her baking skills to creating savory flavors to offset the traditional sweetness of the cupcake. Her cupcakes have been included in Academy Award celebrity gift baskets.



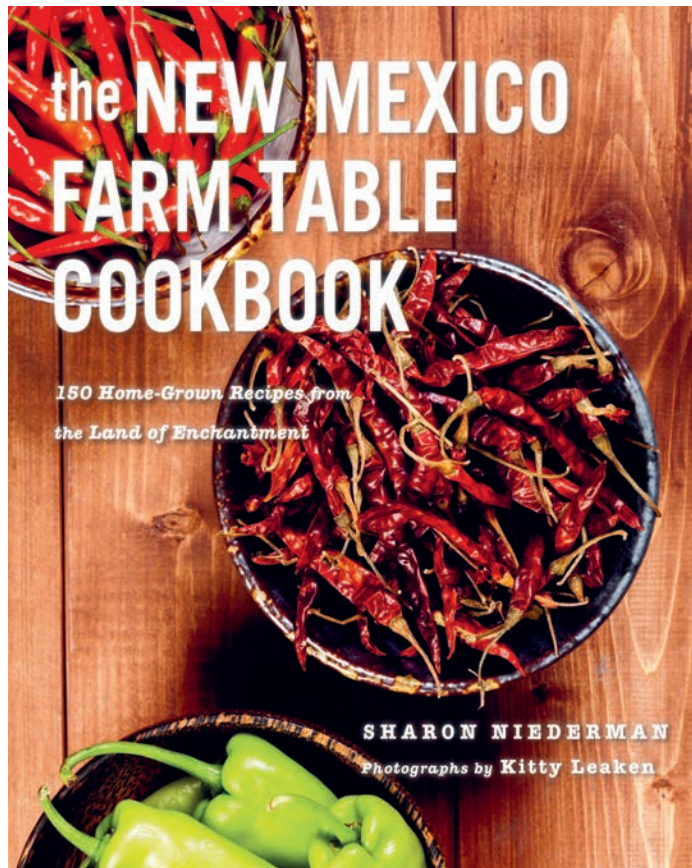
The New Mexico Farm Table Cookbook

150 Homegrown Recipes from the Land of Enchantment

Sharon Niederman

Photographs by Kitty Leaken

How to enjoy New Mexico's distinctive bounty



- Off-the-book-page features
- National & regional media interviews
- Regional author events
- Co-op available

\$19.95 (Can. \$22.95) | Paperback | CQ24 | Territory: W
978-1-58157-208-7 | 8 x 10 | 224pp | 100 color photographs

COOKING / REGIONAL & ETHNIC / AMERICAN
/ SOUTHWESTERN STATES

May 2015

New Mexico's traditional cuisine, a mixture of Indian, Spanish, and Mexican flavors, is unique. Now you can learn its secrets and make its signature dishes wherever you call home.

Interspersed with recipes for preparing New Mexico's distinctive bounty—its honey, pistachios, lavender, sweet peas, garlic, corn, lamb, beef, buffalo, goat cheese, apples, and pears, as well as its famous chiles—are profiles of its best food producers and purveyors. Learn the foodways of family farms and ranches, mom-and-pop cafes, and spirited restaurants, and meet the people who love preparing and presenting this nourishing and delightful cuisine.

The New Mexico Farm Table Cookbook passes on to home cooks everywhere the state's most treasured recipes and techniques and its fresh takes on traditional ingredients; soon you'll be making the best green chile cheeseburgers, sourdough biscuits, chile rellenos, empanadas, mole, and more with readily accessible ingredients and simple, clear directions. Bring some New Mexico enchantment to your kitchen!

Sharon Niederman is the author of *Explorer's Guide New Mexico*, *Explorer's Guide Santa Fe & Taos*, *Return to Abo*, *Signs & Shrines*, and numerous articles and publications about the history, cuisine, music, architecture, and culture of New Mexico. She lives in Albuquerque, NM.

The Connecticut Farm Table Cookbook

150 Homegrown Recipes from the Nutmeg State

Tracey Medeiros and Christy Colasurdo

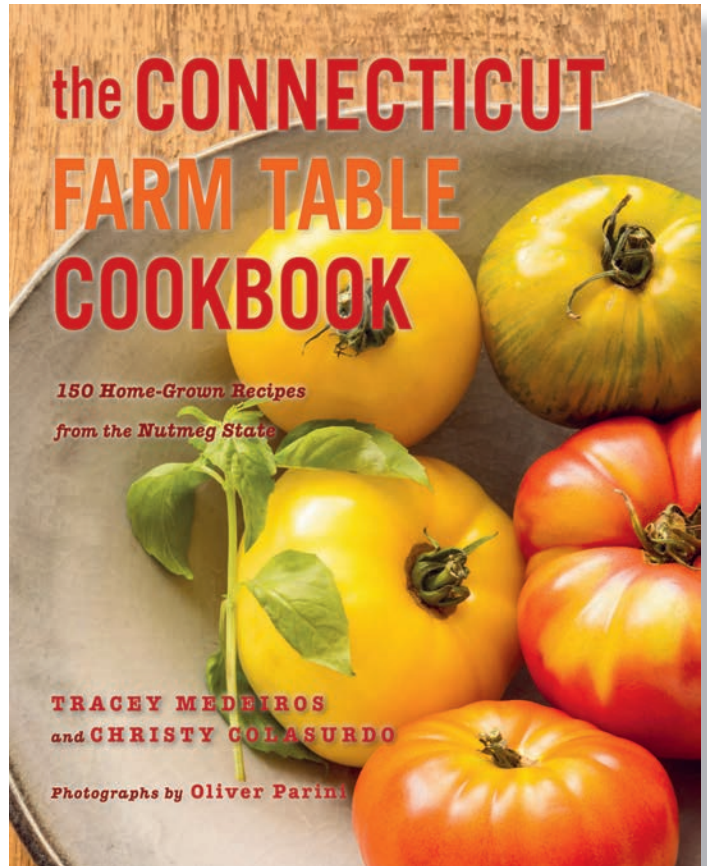
Photographs by Oliver Parini

Recipes from Connecticut's seafood shacks to its farmhouse restaurants

The Connecticut Farm Table Cookbook showcases delectable specialties that the state's growers and chefs are creating using local microgreens, heirloom lettuces, sunchokes, ramps, quail eggs, Burrata, bison, chevre, heritage-breed pork, oysters, and more. Recipes are presented clearly and are easy to follow; they utilize ingredients that are readily available no matter where you shop.

Along with mouthwatering recipes and beautiful photography you'll be treated to fascinating profiles of food producers, chefs, and restaurants. This celebration of Connecticut's healthy, sustainable food scene is a collection to savor and return to again and again.

Tracey Medeiros is a freelance food writer, food stylist, and recipe developer and tester. She writes a weekly food column for the *Essex Reporter* and the *Colchester Sun* and writes the Edible Farm column for *Edible Green Mountains Magazine*. Medeiros is also the author of *Dishing Up Vermont*. She lives in Essex Junction, VT. **Christy Colasurdo**, a food writer and restaurant reviewer, is a cofounder of Graze, a farm-to-fridge delivery service, and the author of *Restaurant 2000* and *Bar Excellence*.



ALSO OF INTEREST

The Vermont Farm Table Cookbook

\$19.95 (Can. \$21.00)

Paperback

978-1-58157-166-0



- Off-the-book-page features
- National & regional media interviews
- Regional author events
- Co-op available

\$19.95 (Can. \$22.95) Paperback | CQ24 | Territory: W
978-1-58157-256-8 | 8 x 10 | 256pp | 100 Color photographs

COOKING / REGIONAL & ETHNIC / AMERICAN
/ NEW ENGLAND

June 2015

Jerky Everything

Foolproof and Flavorful Recipes for Beef, Pork, Poultry, Fish, Fruit, and Even Vegetables

Pamela Braun

Take dried foods to the next level of flavor



- Outreach to print & online food writers
- Co-op available
- Social media campaign
- Website: MyMansBelly.com

\$19.95 (Can. \$22.95) Paperback | CQ24 | Territory: W
978-1-58157-271-1 | 8 x 8 | 240pp | 100 color photographs

COOKING / GENERAL

August 2015

Jerky has become the health nut's favorite snack, the hiker and sportsman's manna, the dieter's delight, and a boon for gourmet food sellers. But why stop at beef, or even meat? *Jerky Everything* encompasses not only a variety of dried meat snacks but also veggie and fruit jerkies, with flavors that range from orange beef to cheddar bacon to pina colada. Yes, you heard it here first—you can make yummy pineapple jerky at home!

Recipes for meat jerkies make low-calorie, high-protein treats that curb hunger pangs. Recipes for fruit and veggie jerkies make wholesome treats that will help pick you up when your energy is waning. Homemade jerky is a thing apart from its store-bought equivalents; most of these recipes are even compatible with paleo, Atkins, and low-fat eating regimens.

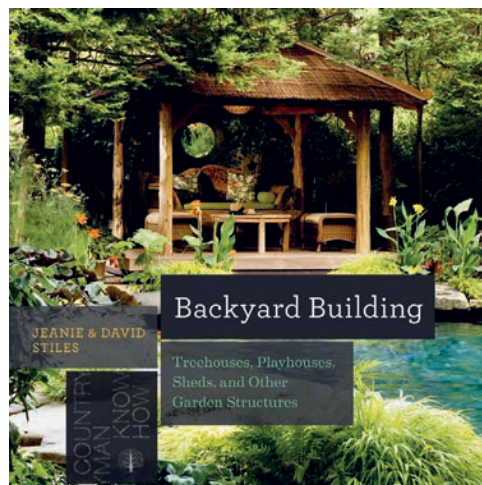
Pamela Braun came to Dallas via Los Angeles and Cleveland. After traveling around the world and experiencing different foods and flavors, she rediscovered her love of cooking and created her blog, *MyMansBelly.com*. She has created recipes for major food companies and her work has been featured online at the *New York Times*, *Shape*, and the *Los Angeles Times*.

Backyard Building

Jeanie and David Stiles

\$19.95 (Can. \$22.95) | paperback | CQ 24
Territory: W | 978-1-58157-238-4 | 8 x 8
256pp | Color photographs throughout

HOUSE & HOME / OUTDOOR
& RECREATIONAL AREAS



Preserving Everything

Leda Meredith

\$19.95 (Can. \$22.95) | paperback | CQ 24 | Territory: W
978-1-58157-242-1 | 8 x 8 | 272pp | Color photographs throughout

COOKING / METHODS / CANNING & PRESERVING

Dry-Curing Pork

Hector Kent

\$19.95 (Can. \$22.95) | paperback | CQ 36 | Territory: W
978-1-58157-243-8 | 8 x 8 | 224pp | Color photographs throughout

COOKING / METHODS / CANNING & PRESERVING



Natural Beauty Alchemy

Fifi M. Maacaron

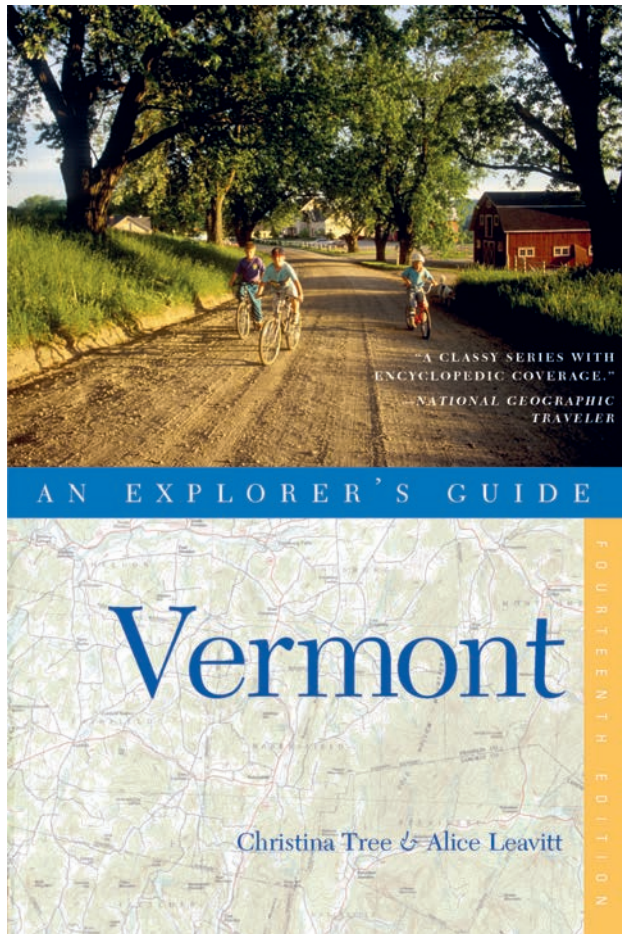
\$19.95 (Can. \$22.95) | paperback | CQ 24 | Territory: W
978-1-58157-272-8 | 8 x 8 | 288pp | Color photographs throughout

HEALTH & FITNESS / BEAUTY & GROOMING

Explorer's Guide Vermont 14TH EDITION

Christina Tree and Alice Leavitt

Guiding you to the best of everything in Vermont for over 30 years



Although *Explorer's Guide Vermont* covers the entire Green Mountain State, the authors pride themselves on their detailed coverage of the state's less-traveled areas, especially the Northeast Kingdom. You'll also find in-depth descriptions of major Vermont destinations like Burlington, Brattleboro, Manchester, and Woodstock. They always highlight the most interesting and rewarding places to visit, whether on back roads or in bigger cities—artists' studios, family farms, and historic sites among them. This guide provides great recommendations for every activity you're looking for—mountain and road biking; hiking and swimming; skiing, snowshoeing, and snowboarding; horseback riding, fishing, and paddling—and many more, both on and off the beaten track.

Christina Tree launched the Explorer's Guide series more than 30 years ago. She is a regular contributor to *Yankee Magazine* and has been honored by the Maine Publicity Bureau and the New England Innkeepers Association. Tree travels thousands of miles every year doing research to revise her books. **Alice Leavitt**, winner of the 2011 AltWeekly Award for best food writing, is senior food writer at *Seven Days* newspaper in Burlington, VT.

- **Off-the-book-page features**
- **Author lectures and appearances**
- **Outreach to travel publications**
- **Website: mainemeanderings.wordpress.com**

\$21.95 (Can. \$23.00) Paperback | CQ16

Territory: W | 978-1-58157-281-0 | 6 x 9

704pp | 100 B&W photographs; 15 maps

PREV. ED 978-0-88150-848-2

TRAVEL / UNITED STATES / NORTHEAST
/ NEW ENGLAND

June 2015



ALSO OF INTEREST

Backroads & Byways of New England

\$18.95 (Can. \$22.00)

Paperback

978-0-88150-901-4

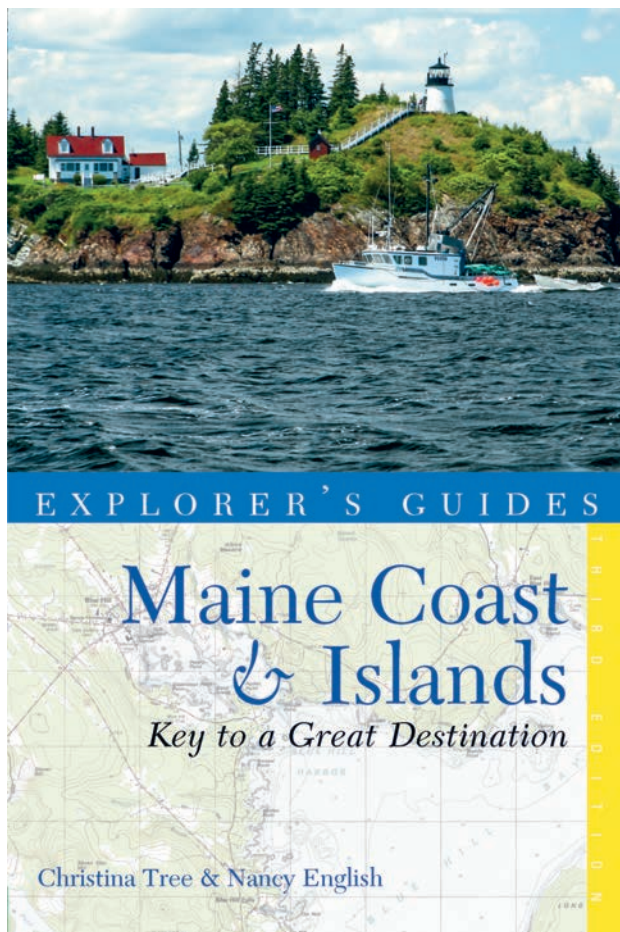
Explorer's Guide Maine Coast & Islands: Key to a Great Destination 3RD EDITION

Christina Tree and Nancy English

The best of the best all along Maine's magnificent coastline!

The Maine coast is longer, more varied, and more accessible than you might think, covering 7,000 miles if you count the islands. How will you find the best recreation, lodging, and dining options in all that territory? *Explorer's Guide Maine Coast & Islands, Key to a Great Destination* is by the same trusted team behind *Explorer's Guide Maine*, the most comprehensive guidebook available to the state and a bestseller for more than 20 years. Not an abridged version of that book, this is a completely unique guide to Maine's dramatic, iconic coast and islands. It provides only the best options available—places chosen by two of the most savvy and knowledgeable travel writers writing about Maine today.

Christina Tree launched the Explorer's Guide series more than 30 years ago. She is a regular contributor to *Yankee Magazine* and has been honored by the Maine Publicity Bureau and the New England Innkeepers Association. Tree travels thousands of miles every year doing research to revise her books. **Nancy English's** food and travel writing has appeared in several New England newspapers and magazines. She was also the restaurant reviewer for the *Maine Sunday Telegram* for six years.



ALSO OF INTEREST

Lobster Shacks

\$18.95 (Can. \$20.00)

Paperback

978-0-88150-999-1



- Off-the-book-page features
- Author lectures & appearances
- Outreach to travel publications
- Website: Mainemeanderings.wordpress.com

\$19.95 (Can. \$22.95) Paperback | CQ24

Territory: W | 978-1-58157-282-7 | 6 x 9

256pp | 100 color photographs

PREV. ED 978-1-58157-185-1

TRAVEL / UNITED STATES / NORTHEAST
/ NEW ENGLAND

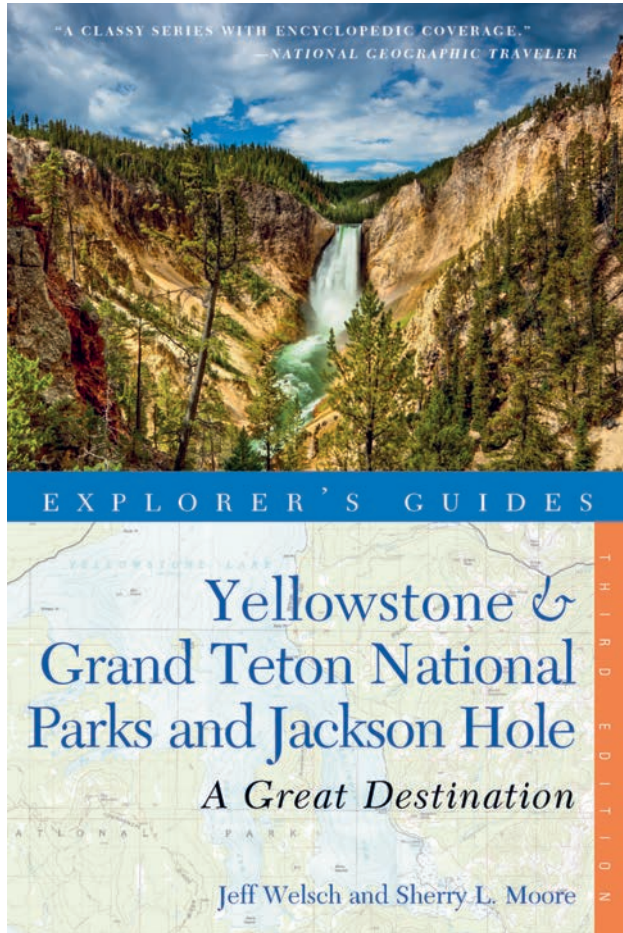
June 2015

Explorer's Guide Yellowstone & Grand Teton National Parks and Jackson Hole 3RD EDITION

A Great Destination

Jeff Welsch and Sherry L. Moore

Wondrous scenery, incomparable wildlife viewing, and much more await you at these magnificent parks



This last great intact temperate ecosystem in North America is a place of incomparable grandeur, wonder, and rugged beauty. *Explorer's Guide Yellowstone & Grand Teton National Parks and Jackson Hole, A Great Destination* goes far beyond the usual compilation of information to give you such an intimate and comprehensive view you'll want to return again and again to experience everything. All lodging and dining options inside the parks are included; outside the parks, only the top choices are listed; icons indicating the authors' favorites help you find the best of the best. Alternatives like guest ranches, cabins, and campgrounds are detailed as well.

Jeff Welsch has written books and articles on topics from sports to Native American issues to history and politics. He is also a senior editor for *Montana Quarterly*. **Sherry L. Moore**, an educator and writer for over three decades, has coauthored several guides to the western states. They live on the Gallatin River outside Bozeman, Montana.

- Local author events and lectures
- Outreach to travel publications

\$19.95 (Can. \$22.95) Paperback | CQ24
Territory: W | 978-1-58157-283-4 | 6 x 9
240pp | 100 color photographs

PREV. EDITION 978-1-58157-139-4

TRAVEL / UNITED STATES / WEST
/ MOUNTAIN

June 2015

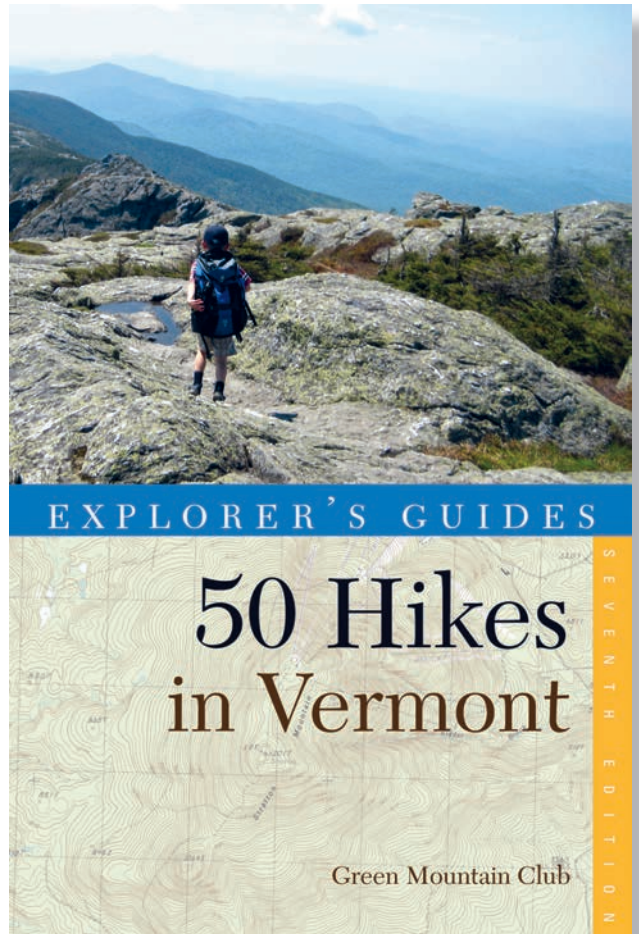
Explorer's Guide 50 Hikes in Vermont 7TH EDITION

Green Mountain Club

Vermont was made for hiking!

This completely revised definitive hiker's guide to Vermont—now in full color with all new maps and elevation profiles—leads hikers up classic peaks like Camel's Hump, Mount Mansfield, and Mount Ascutney, as well as revealing many lesser-known gems. Hikes range in length from a half-mile stroll to overnight backpacking trips. Each hike description includes a topographic map, mile-by-mile directions, and information on distance, difficulty, terrain, and hiking time. Each hike chapter is enlivened by knowledgeable commentary on the area's geology, history, and wildlife. From gentle nature trails to rugged peak climbs, remote ponds to historic ghost towns, and rushing waterfalls to rare peregrine falcon habitat, the Green Mountain State is a classic hiking destination.

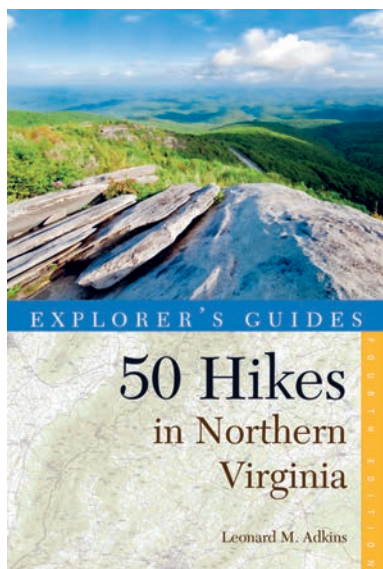
The **Green Mountain Club** is Vermont's statewide hiking organization and the custodian of the Long Trail, as well as Vermont's section of the Appalachian Trail. More than 20 volunteers cooperated in researching and updating *Explorer's Guide 50 Hikes in Vermont*. The Green Mountain Club's headquarters are in Waterbury, Vermont. Learn more at www.greenmountainclub.org.



- Outreach to regional hiking groups
- Social Media Campaign
- Website: greenmountainclub.com

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Leonard M. Adkins has walked the length of the Appalachian Trail four times and has logged more than 16,000 miles in backcountry areas of North America, Europe, and the Caribbean. The author of numerous books on hiking and the outdoors, he has been awarded the National Outdoor Book Award and a Lowell Thomas Travel Journalism award. Adkins lives in Virginia.

- **Outreach to regional hiking groups**
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Explorer's Guide 50 Hikes On and Around the North Country Trail: Michigan & Wisconsin

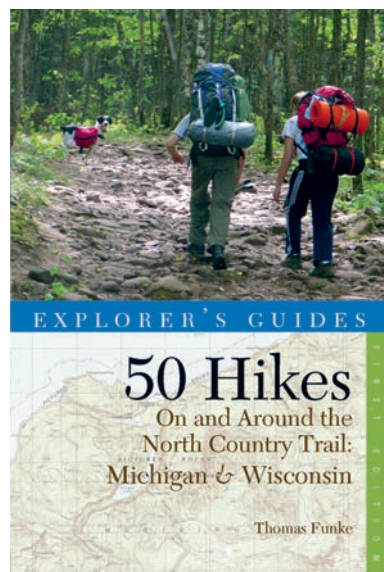
Thomas Funke

Challenging hikes to the precipices of dramatic cliffs, gentle walks to breathtaking waterfalls, and satisfying rambles to geological formations that reveal millions of years of natural history

In the same class as the Appalachian Trail, the North Country National Scenic Trail is over twice as long as its older cousin. *Explorer's Guide 50 Hikes On and Around the North Country Trail: Michigan & Wisconsin* is a guidebook for both the day hiker and the long-distance backpacker. With full-color maps and elevation profiles, it covers sections of the certified trail as well as portions yet to be certified in adjoining states. Included are resources for long-distance backpackers to help them connect trail segments and find local services, as well as mileage charts and other valuable information. Nearly 1,000 miles of trail and connecting routes are covered.

Thomas Funke has been the director of conservation education at Binder Park Zoo in Battle Creek, MI, and resident manager of the Michigan Audubon Otis Sanctuary in Hastings, MI, a 120-acre bird sanctuary. An avid hiker and freelance outdoor writer, he lives in Hastings, MI.

- **Outreach to regional hiking groups**
- **Outreach to outdoor media**
- **Local author events**
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Garden Projects

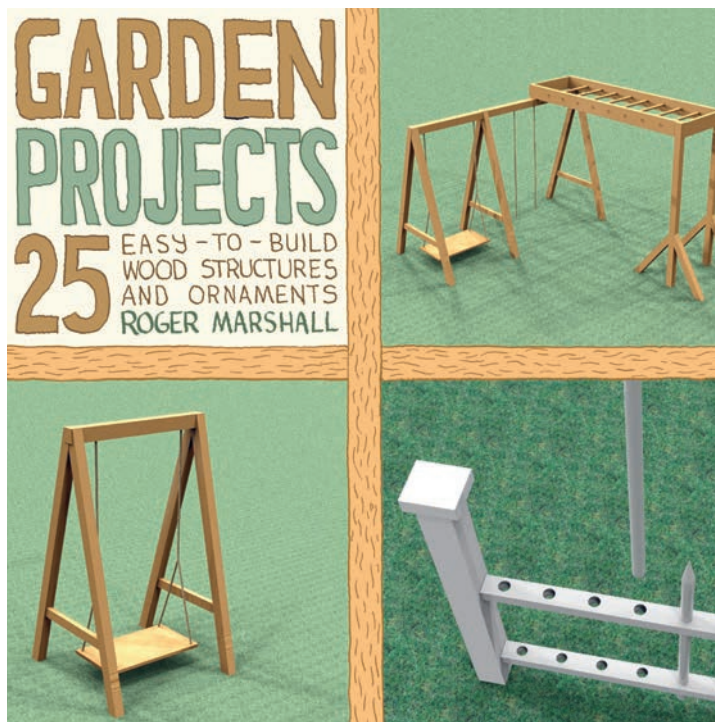
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Roger Marshall

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Here are projects to suit your needs and abilities, from practical and simple raised garden beds to more ambitious things, like a tool shed. There are more whimsical structures too—a flagpole, a garden swing, and an ornamental wheelbarrow for flower arrangements among them. Author Roger Marshall has carefully designed projects that don't require a vast array of tools or advanced woodworking skills. Every gardener will find ideas and plans to enhance his or her garden in this helpful book. Marshall applies his know-how and skillful delivery to a wide range of building projects that might take a weekend afternoon or provide a way to pass the time constructively on those dark winter days when you can't wait to get back out into the garden.

For the past sixteen years **Roger Marshall** has written a regular gardening column for the *Jamestown Press*. He is also editor of *Hobby Greenhouse* magazine and author of multiple greenhouse books. Marshall lives in Rhode Island.



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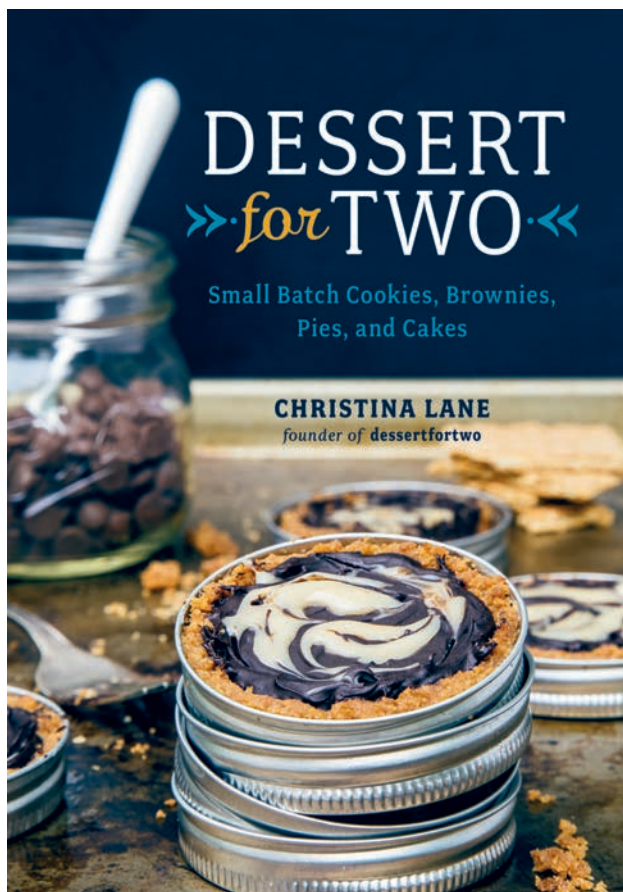
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COOKING / COURSES & DISHES / DESSERTS

February 2015

Who doesn't love towering three-layer cakes with mounds of fluffy buttercream? Who can resist four dozen cookies fresh from the oven? Wouldn't you love to dig into a big bowl of banana pudding? But what about the leftovers? Dessert recipes typically serve eight to ten people. Finding the willpower to resist extra slices of cake can be difficult; the battle between leftover cookies and a healthy breakfast is over before it starts. Until now.

Dessert for Two takes well-loved desserts and scales them down to make only two servings. Cakes are baked in small pans and ramekins. Pies are baked in small pie pans or muffin cups. Cookie recipes are scaled down to make 1 dozen or fewer. Your favorite bars—brownies, blondies, and marshmallow-rice cereal treats—are baked in a loaf pan, which easily serves two when cut across the middle.

Newly married couples and empty-nesters will be particularly enthralled with this cookbook. To everyone who lives alone: now you can have your own personal-sized cake and eat it, too.

Christina Lane is the author of a successful food blog, well-known for its small-batch recipes. Her food writing and photography has been featured on popular food websites including The Kitchn, Tasty Kitchen, Babble, Fine Cooking, Serious Eats, and The Huffington Post. Originally from Texas, Lane has relocated to California and describes her recipes as a unique blend of Southern, Californian, and Midwestern. She bakes and eats dessert daily.

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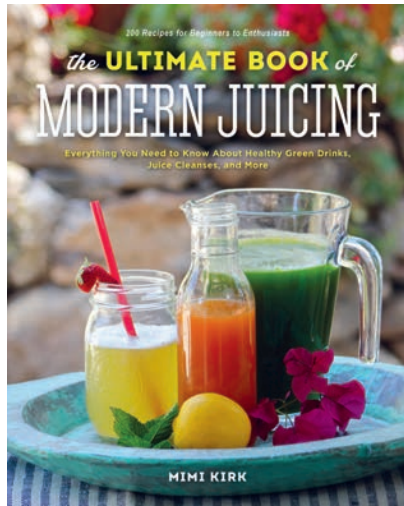
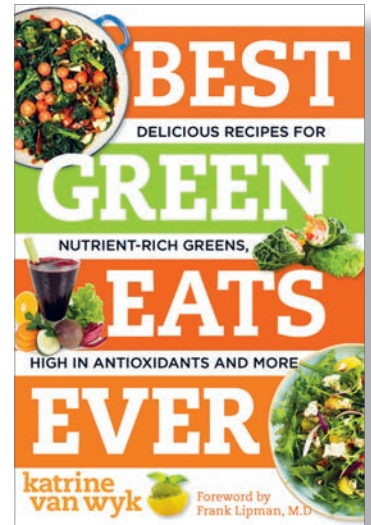
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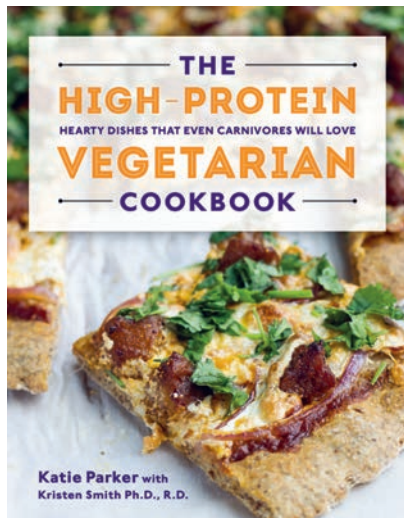


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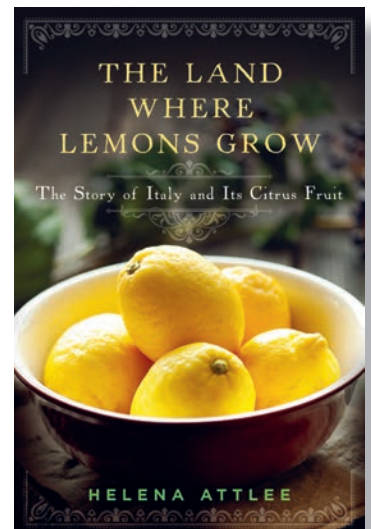
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