

THE COUNTRYMAN PRESS

WINTER 2016

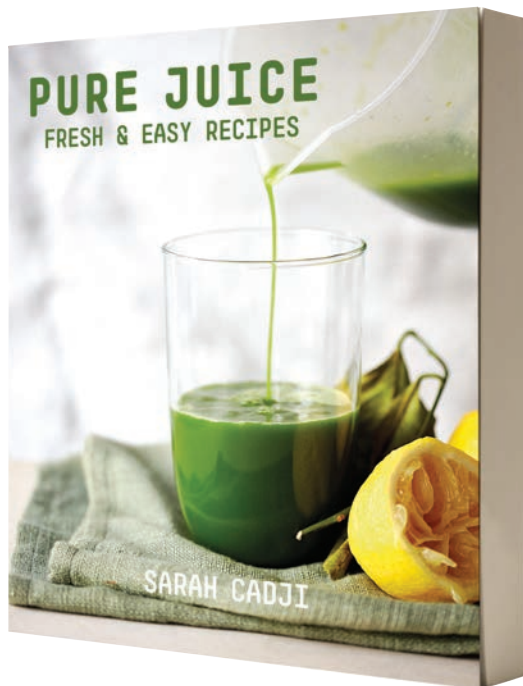
WINTER 2016

Pure Juice	2
The Make Ahead Vegan Cookbook	4
Backyard Sugarin'	6
Dairy-Free Delicious	7
The Story of the Shakers	8
Dr. Petty's Pain Relief for Dogs	9
Eat Your Heart Out	10
The Complete Civil War Road Trip Guide	12
Hidden Waters of New York City	13
Cocktails for Drinkers	14
Whole Protein Vegetarian	16
The Artful Mandala Coloring Book	18
The Mandala and More Handbook	19
Great Bowls of Food	20
Zen and Tonic	21
The Forager's Feast	22
Herb Gardening	23
Explorer's Guide Maine	24
50 Hikes in Coastal & Inland Maine	26
50 Hikes in Ohio	26
50 Hikes on Michigan & Wisconsin's North Country Trail.	27
50 Hikes in Orange County	27
Backroads & Byways of Montana	28
Hear Dat New Orleans	29
Comfort and Joy Cooking for Two	30
Recently Published	31
Contacts	32



The Countryman Press

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Pure Juice

FRESH & EASY

Sarah Cadji

When, what, and how to juice

Juice *may* be the magic bullet to health—it packs a huge punch of nutrition in every delicious sip. To get the most from juicing, certain vegetables and fruits are better consumed at different times of day. *Pure Juice* shows readers how to most effectively juice—with dozens of delicious recipes.

From revitalizing morning juices to midday energy shots to restorative nutrient-dense drinks in the evening, these recipes are pure, concentrated, and healthy:

- Green Wake Up
- Target Juice: Strength
- Detoxification Shot
- Leaf Lunch
- Sleep Enhancing Honeydew

MARKETING & PUBLICITY

- **Print and online health/wellness publications**
- **Outreach to juicing blogs**
- **Social media outreach and giveaways**

JANUARY 2016

144 pages
75 color photographs
6.3" × 8.27"
Paperback / Flexibound

\$16.95 / (\$18.95)
ISBN 978-1-58157-310-7
TERRITORY: C
CQ 30

COOKING / HEALTH & HEALING



Sarah Cadji spent ten years working in finance, until illness prompted her to begin researching the health benefits of vegetable juice. She opened London's first stand alone, cold-pressed, juice bar Roots & Bulbs in January 2014 to great success; she has a third location in the works.

THE JUICE PLAN

The Juice Plan is a gentle cleanse, but one with a difference. It's a reboot plan that's been devised to deliver concentrated levels of nutrients along with some fiber, fat, and protein, all of which our bodies need to function on an everyday basis.

This cleanse is different to typical cleanses because it's a short-term plan (one to two days maximum) and because it contains other nutritional elements such as almond milk and nuts. Adding almond milk will offer you protein which stabilizes your blood's glucose levels and chewing the nuts will communicate to your brain that you are still eating, which is super important when you are hungry and craving food.

The Juice Plan shouldn't cut your calories to a level where you feel horrible, instead it should offer a practical short-term focus that gives your body a break, together with the nutrients it needs.

BREAKFAST	2½ cups Green Wake Up (page 28) + one handful of nuts
MID A.M.	about 1 cup almond milk (page 127)
LUNCH	2½ cups Kale Foundation (page 30) + one handful of nuts
MID P.M.	about 1 cup almond milk (page 127)
LATE AFTERNOON	2½ cups Kale Foundation (page 30) + one handful of nuts
EVENING	2½ cups Green Wake Up (page 28) + one handful of nuts
LATER	2½ cups Kale Foundation (page 30)

110



CARROT ENERGIZER

A rapid infusion of carrot juice into the system can leave you feeling more energized than drinking an espresso. Carrots help normalize and stabilize our whole system and are the richest vegetable in vitamin A. They help keep our bones and teeth healthy, resist infections, and increase our overall vigor and vitality. What else could you want from a midday juice? A lot of people discuss the high sugar content of carrots. These are natural sugars and they absolutely don't pose any adverse risks to our health. In fact, fresh carrot juice takes away our cravings for really unhealthy, processed sugars.

4 large carrots, peeled
a thumb-sized piece of fresh ginger root, unpeeled
a pinch of turmeric

SERVES 1 (1½ CUPS)

Juice half the carrots with the ginger, and then add the rest of the carrots. Finally, add a pinch of turmeric on top.

Drink immediately or pour into an airtight container and keep in the refrigerator for up to 12 hours.

TIP

Usually you should avoid peeling your carrots, unless you should wash and scrub them carefully and thoroughly, but this is rarely.

111





The Make Ahead Vegan Cookbook

125 FREEZER-FRIENDLY MEALS

Ginny Kay McMeans

A plant-based diet as satisfying as Mom's home cooking

Vegan food with down-home appeal is the sort of vegan food Americans want to eat. Ginny Kay McMeans's recipes look and taste great, but just happen to be completely plant-based. Every recipe can also be made ahead and frozen for later, as these meals are designed for the busy person. Recipes include:

- Maple Cinnamon Pretzels
- Chili Potato Tots
- Easy Ranch Tacos
- Slow Cooker Marinara Sauce
- Green Bean Manicotti

This is delicious, homemade, everyday food to cook fresh or pull from the freezer for a quick healthy supper.

MARKETING & PUBLICITY

- Outreach to vegan community and blogs
- Radio and podcast interviews
- Social media outreach
- www.veganinthefreezer.com

JANUARY 2016

224 pages
100 color photographs
7" x 9"
Hardcover / Paper over boards

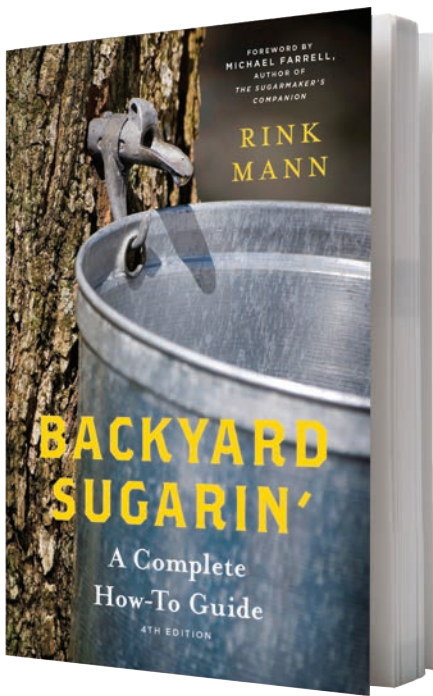
\$24.95 / (\$32.99)
ISBN 978-1-58157-304-6
TERRITORY: W
CQ 14

COOKING / VEGETARIAN & VEGAN



Ginny Kay McMeans started VeganInTheFreezer.com to share healthy and delicious vegan food. The blog blossomed, as did her health. Ginny lives in the Southwest with her husband.





Backyard Sugarin'

A COMPLETE HOW-TO GUIDE

4th Edition

Rink Mann

FOREWORD BY MICHAEL FARRELL

From equipment to tapping trees to boiling sap, the classic guide to making maple syrup

This little book swept maple sugarin' buffs off their feet when it first appeared and is still the top-selling guide to the craft after more than forty years in print. *Backyard Sugarin'* tells you how you can make maple syrup right in your own backyard without having to build a sap house or buy buckets, holding tanks, evaporators, and other expensive paraphernalia.

This new edition features a foreword by maple expert Michael Farrell, author of *The Sugarmaker's Companion*, who provides a contemporary look back at the old-school techniques presented here. With detailed "how-to" information and tips from sugarers across the country, this is the only maple sugaring guide you'll ever need.

MARKETING & PUBLICITY

- **Regional interest publications**
- **Outreach to DIY/homesteading publications**
- **Featuring a new foreword by Michael Farrell, author of *The Sugarmaker's Companion***

JANUARY 2016

96 pages
60 black-and-white photographs
6" x 9"
Paperback

\$12.95 / (\$16.95)
ISBN 978-1-58157-340-4
TERRITORY: W
CQ 36

PREVIOUS EDITION:
978-0-88150-216-9

CRAFTS & HOBBIES



Rink Mann lived in New Hampshire and made his own maple syrup for years. **Michael Farrell** is the author of *The Sugarmaker's Companion*.



Dairy-Free Delicious

Katy Salter

Creamy comfort foods, made without dairy

Animal-based dairy products can be hard to digest, so many people are turning to plant-based alternatives such as almond milk, coconut milk, and rice milk to provide that scrumptious creamy texture to their favorite dishes. Here are more than 100 irresistible, flavor-packed recipes—all completely dairy-free—that taste as good as they sound:

- Eggs Benedict
- “Buttermilk” Chicken
- Seafood Chowder
- Spaghetti Carbonara
- Ice Cream Bananas Foster

In addition to the recipes, author Katy Salter provides firsthand advice on getting enough calcium, learning how to read food labels, and understanding how the various dairy-free alternatives work for cooking.



Katy Salter was working for a food magazine when she was diagnosed as lactose intolerant and had to change the way she cooked and ate. She writes and blogs from her office outside London.

MARKETING & PUBLICITY

- Outreach to allergen-sensitive community and magazines
- Blog campaign to healthy cooking blogs
- www.dairyfreedelicious.com

JANUARY 2016

176 pages

7" × 9"

Hardcover / Paper over boards

\$23.95 / (\$30.95)

ISBN 978-1-58157-351-0

TERRITORY: C

CQ 14

COOKING / HEALTH & HEALING



The Story of the Shakers

Revised Edition

Flo Morse

Featuring a new introduction, a compassionate look at a religious movement that shaped America

“Put your hands to work and your hearts to God,” Mother Ann Lee told her spiritual children more than 200 years ago. In the nineteenth century, Shaker communities sprang up in cities and towns across America, built on a foundation of faith, hard work, pacifism, and celibacy. Today, as the number of Shakers has dwindled to only a handful, the story of the Shakers has never been more important to record and understand.

In this updated classic featuring a brand-new introduction, Flo Morse offers a stimulating, graceful summary of Shaker beliefs and the way of life that still endures among a chosen few.

Flo Morse, a former writer for the *New York Herald Tribune*, has been called “a caring spokesperson” for the Shaker community. She lives with her family in Santa Fe, New Mexico.

MARKETING & PUBLICITY

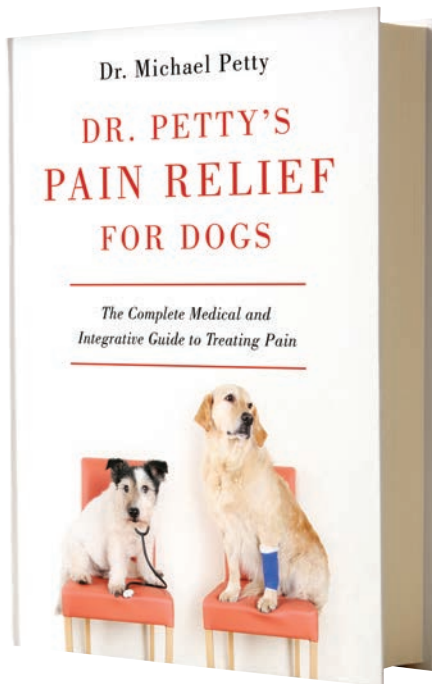
- **Regional interest**
- **Online history publications**
- **Library marketing**

FEBRUARY 2016

112 pages
15 black-and-white photographs
5.375" × 8"
Paperback

\$12.95 / (\$15.95)
ISBN 978-1-58157-341-1
TERRITORY: W
CQ 36
PREVIOUS EDITION:
978-0-88150-062-2

HISTORY / RELIGION



Dr. Petty's Pain Relief for Dogs

THE COMPLETE MEDICAL AND INTEGRATIVE GUIDE TO TREATING PAIN

Michael Petty

A comprehensive guide to diagnosing and relieving your dog's pain

You love your dog, and hate to see him in pain. But you don't want to head to the vet's office for hundreds of dollars' worth of tests that might prove useless. Dr. Mike Petty understands this. He's a "pain vet"—working with cutting-edge research to find the best way to relieve your pet's pain. In this book, he guides readers in three critical points:

1. How to determine whether your dog is in pain
2. How to find a veterinarian capable of treating the pain
3. What treatments are available, and which are worth pursuing

Dr. Petty offers clear descriptions of the treatments, both traditional and holistic. This guide offers the wisdom and support that dog owners crave in these situations.



Dr. Michael Petty runs the Arbor Pointe Veterinary Hospital and the Animal Pain Center (www.animalpaincenter.com), both in Canton, Michigan. He is the immediate-past president of the International Veterinary Academy of Pain Management and the coauthor of the 2014 *American Animal Hospital Association Pain Guidelines*. He lives in rural Michigan with his family.

MARKETING & PUBLICITY

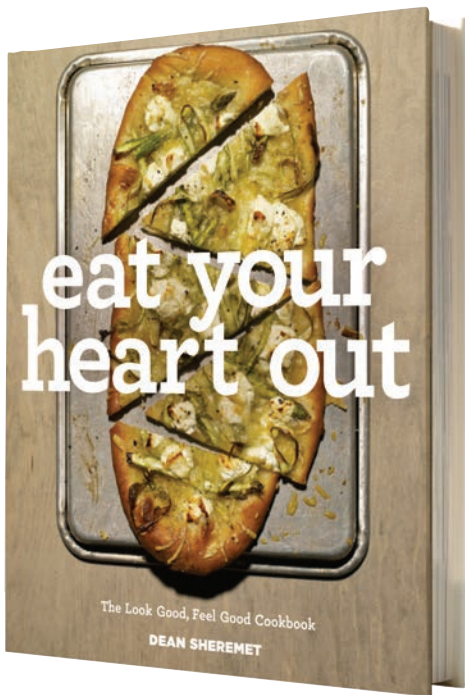
- **Print and online pet-care outlets**
- **Radio and podcast interviews**
- **Author expert interviews on the subject of dog pain**

FEBRUARY 2016

256 pages
6" x 9"
Hardcover

\$24.95 / (\$32.99)
ISBN 978-1-58157-309-1
TERRITORY: Y
CQ 24

PETS / DOGS



Eat Your Heart Out

THE LOOK GOOD, FEEL GOOD COOKBOOK

Dean Sheremet

Get-healthy, get-strong recipes from a celebrity ex

Looking—and feeling—good is the best revenge. So when Dean Sheremet's marriage to LeAnn Rimes went up in smoke, he decided to put his life back together, recipe by recipe. And it worked. *Eat Your Heart Out* will appeal to anyone who's ever wanted to begin again, whether it's about looks, love, or work. Ultra-healthy versions of comfort foods, mood-enhancing teas and smoothies, metabolism-boosting meals include:

- Japanese Fried Chicken
- Butternut Squash Lasagna
- Turmeric, Honey, and Ginger Tea
- Protein Greens Spicy Avocado Toast
- Cherry Walnut Protein Spread

With a modern, fresh look in photography and design, this is the go-to cookbook for feeling good.



Dean Sheremet graduated at the top of his class from the French Culinary Institute and cooked at Nobu 57 and Jean Georges. He left the restaurant world to pursue a career in food and entertainment, and appears regularly on: *Access Hollywood*, *CBS The Talk*, and Fox's *Good Day LA*. A contributor to *Cosmopolitan*, *US Weekly*, *Foodily*, and *The Daily Meal*, he lives in New York City.

MARKETING & PUBLICITY

- **National television**
- **Print and online food and celebrity publications**
- **Social media outreach**
- **www.DeanSheremet.tumblr.com**

FEBRUARY 2016

240 pages
80 color photographs
8" x 10"
Hardcover

\$25.95 / (\$33.95)
ISBN 978-1-58157-329-9
TERRITORY: W
CQ 12

COOKING / HEALTH & HEALING



Scallops over Charred Corn
Caprese salad

Topping

- 6 oz light brown sugar
- 4 1/2 oz flour
- 2 oz Old-fashioned rolled oats
- 8 oz Cold butter, cut into small pieces
- 1 tsp cinnamon

For the crispest topping, combine all ingredients in a food processor and process until the mixture resembles wet sand. If you don't have one of those readily available, which together the sugar, flour, oats and spices and using your hands, work

the butter into the mixture to form everything is fully incorporated. In the fall I add 1/2 teaspoon of allspice to the mix.

Filling

- 6 cups of fruit in bite sized dice in the summer months I use a combo of strawberries, blueberries, and peaches. In the fall I love my apples and pears.
- 1/2 cup Sugar
- 2 Tbsp Cornstarch
- 1 tsp freshly grated ginger (optional)
- 2 tsp Fresh lemon juice

1 Preheat oven to 375 degrees.

2 In a large bowl, toss the filling ingredients together.

3 Tip the filling mixture into a 9x9 square baking dish or fill any vessel of your choice to just below it's rim.

4 Top with a generous amount of crumble.

5 Pop into the oven and bake until bubbly and hot and firm on top, about 30-35 minutes.



seasonal
streusel



charred corn caprese,
with seared scallops

Vinaigrette

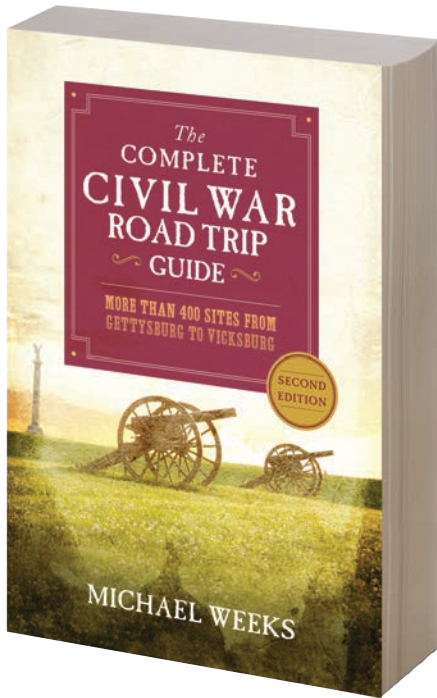
- 2 limes, zested and juiced
- 2 Tbsp White balsamic vinegar
- 1/2 cup roughly chopped basil
- 1/3 cup extra virgin olive oil

Fish/Vegetables

- 6 firm Scallops, adductor muscle removed
- 4 ear of corn, peeled and cleaned of all silk
- 6 ounces of ciliegine mini mozzarella balls
- 6 ounces of multi colored cherry or other small tomatoes
- Grapesep or other high heat oil
- 1 bunch fresh basil
- Salt
- 1/2 Serrano Chili sliced thin (optional, but some like it hot)
- 1 Tbsp of butter (Optional)

- 1 Whisk together vinaigrette ingredients and set aside
- 2 Take the Scallops out of the fridge about 10 minutes before you intend to cook them
- 3 Heat a grill or grill pan over high heat
- 4 Coat the corn ears in just enough grapeseed oil to coat them lightly, season with salt and place directly onto the hot grill. Allow each side to char nicely but not get completely burned about 2-3 minutes per side, let aside to cool slightly.
- 5 Once slightly cool, using a large bowl, hold the cob pointy side up and slice the kernels off the cob allowing the bowl to catch them
- 6 Cut the tomatoes and mozzarella in half and toss them into the bowl
- 7 Toss the vegetables with the vinaigrette and set aside for the flavors to develop
- 8 Place a large skillet over medium high heat add 3 tablespoons of oil
- 9 Pat the scallops dry and season both sides w/sx
- 10 Once the oil in the pan starts to shimmer working clockwise add the scallops around the edge of the pan and cook about 3 minutes, lower the heat to medium and continue to cook 2 minutes more
- 11 Add the butter to the pan and baste the scallops with the melted butter
- 12 Flip the scallop and cook for about 15 seconds
- 13 Drain on a plate line with paper towel
- 14 Tear some fresh basil in to the salad, add the Serrano if you're feeling spicy stir to





The Complete Civil War Road Trip Guide

MORE THAN 400 SITES FROM
GETTYSBURG TO VICKSBURG

2nd Edition

Michael Weeks

The definitive guidebook for Civil War tourists, from the novice historian to the die-hard buff

For those who can't resist trying to see it all, this indispensable book contains information on and reviews of almost 450 historical sites across the United States related to the Civil War, including all 384 of the principal battlefields listed by the Civil War Sites Advisory Commission. Every entry includes an in-depth overview of the history of the battle, the must-see places at each site, as well as lodging and other travel information. Outlining ten suggested itineraries for short road trips that cover every major battle of the war, *The Complete Civil War Road Trip Guide* enables historical travelers of any level to experience the Civil War as no other book has done.

MARKETING & PUBLICITY

- **Outreach to travel and history publications**
- **Tie-in to Civil War's 150th anniversary**
- **Library marketing**

MARCH 2016

528 pages
60 black-and-white photographs
6" x 9"
Paperback

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TERRITORY: W

CQ 16

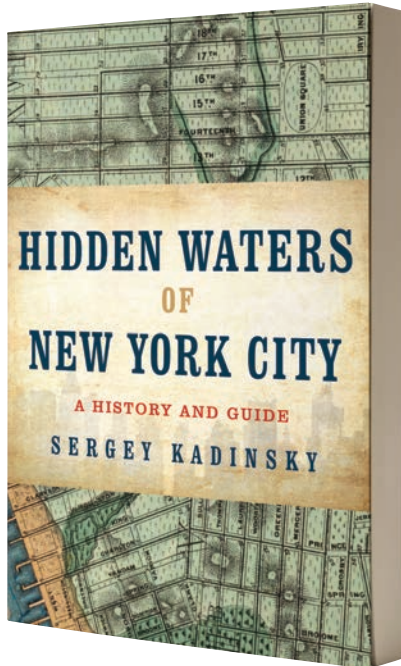
PREVIOUS EDITION:

978-0-88150-860-4

HISTORY / TRAVEL



Michael Weeks is an amateur historian with a passion for the road. He has driven tens of thousands of miles across America in order to experience firsthand the amazing stories that U.S. history has to offer. Weeks lives in the South Loop area of Chicago, Illinois, with his wife, Charlotte.



Hidden Waters of New York City

A HISTORY AND GUIDE

Sergey Kadinsky

A guide to the forgotten waterways hidden throughout the five boroughs

Beneath the asphalt streets of Manhattan, creeks and streams once flowed freely. The remnants of these once-pristine waterways are all over the Big Apple, hidden in plain sight. *Hidden Waters of New York City* offers a glimpse at the big city's forgotten past and ever-changing present including:

- Minetta Brook, which ran through today's Greenwich Village
- Collect Pond in the Financial District, the city's first water source
- Newtown Creek, separating Brooklyn and Queens
- Bronx River, still a hotspot for urban canoeing

Filled with eye-opening historical anecdotes and walking tours of all five boroughs, this is a side of New York City you've never seen.



Sergey Kadinsky is an analyst for the New York City Parks Department. He lives in Queens with his wife.

MARKETING & PUBLICITY

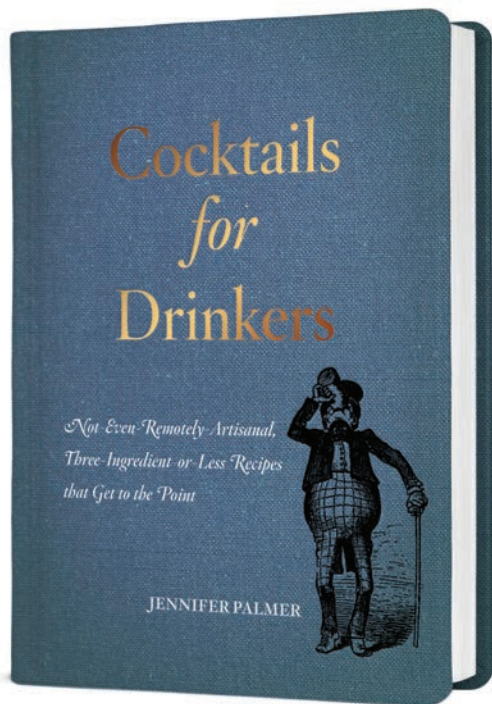
- **Regional New York–area interest**
- **Off-the-book-page features in historical/regional publications**
- **Library marketing**

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304 pages
50 black-and-white photographs
6" x 9"
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TERRITORY: W
CQ 24

HISTORY / TRAVEL



Cocktails for Drinkers

NOT-EVEN-RE MOTELY-ARTISANAL,
THREE-INGREDIENT-OR-LESS,
RECIPES THAT GET TO THE POINT

Jennifer Palmer

100 recipes for everyday drinking

Homemade pineapple-Sriracha syrup, giant spherical ice cubes, gin made from herbs picked by Armenian nuns and distilled with holy water . . . all for the low low price of \$16 (in Brooklyn dollars). The artisanal cocktail movement is, let's face it, not for everyone. What about drinks for the rest of us? The boozers who just want a good, stiff cocktail served in anything but a mason jar? Rejoice, *Cocktails for Drinkers* is here, with 100 solid recipes, including:

- Daiquiri: rum + lime juice + sugar
- Tropical punch: rum + fruit punch
- Boilermaker: beer + whiskey
- Rum & Coke: rum + Coke
- Sweet South: peach liquor + Mountain Dew

Still reading this? Why aren't you drunk yet?



Jennifer Palmer has written for the *Atlantic*, *Teen Vogue*, *Curbed*, *Vice Magazine*, and BBC Radio. She lives in Brooklyn, New York.

MARKETING & PUBLICITY

- Outreach to cocktails/spirits blogs and websites
- Gift guide outreach (graduation and other)
- Posts on humor and pop culture sites
- Advertising and sponsored promotion

MARCH 2016

144 pages
40 two-color illustrations
5.5" x 7.5"
Paperback / Flexibound

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CQ 24

COOKING/BEVERAGES/ WINE AND SPIRITS

Vodka Soda

You don't have to be an aspiring actress living in Los Feliz to enjoy these basically calorie-free cocktails. You can also be working in finance. Either way this is a strong, straightforward drink that looks good on you, bro.

Makes one large drink

4 ounces vodka
8 ounces soda water
lemon wedge

Pour the vodka into a glass. Top with soda water and stir. Toss in an ice cube and a wedge of lemon. Congratulate yourself on your recent callback/bonus.

[4]

White Wine

Wine is made from grapes and comes in a bottle or a box. There's just the one ingredient so it's a great first-timer recipe.

Makes one large drink or two or three smaller ones

1 bottle of wine

Open the wine and let it breathe. Just kidding. Pour it in a large glass immediately and drink it up like a suburban housewife.



[5]

White Russian

Everyone from Vladimir Putin to your landlady loves these. Whether you're horseback riding shirtless or hanging out on your fire escape trying to cool off on a summer day—this is your drink.

Makes one large drink or two small drinks

4 ounces vodka
2 ounces coffee liqueur
2 ounces light cream

Pour all the ingredients into a glass (literally any glass). Stir with a spoon. Or a fork, we're not fussy. Add some ice cubes. Drink to the Mother Country—whatever yours may be.



[6]

Paloma

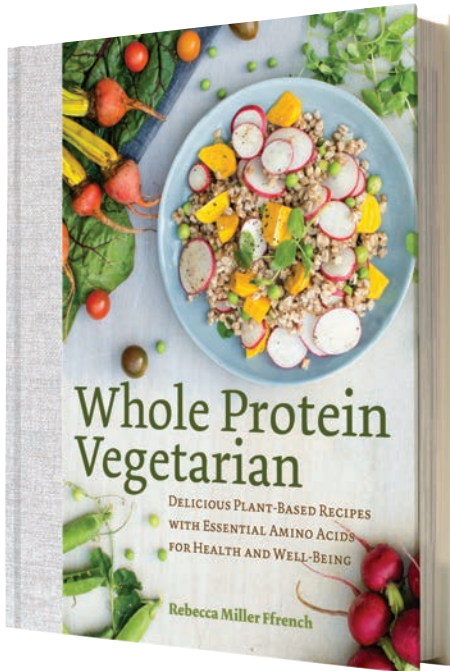
Straight tequila is great for those evenings you don't want to remember. But some of us like a sophisticated tequila cocktail. One made with soda pop. Drink up, fancy pants. You're basically Kate Middleton.

Makes one large drink

2 ounces tequila
6 ounces Fresca (or Sprite, if that's what you have)
lime wedge, optional

Pour tequila into a glass or plastic cup. Top with soda. Add a lime wedge if you're so inclined, and some ice cubes and serve. Repeat until you start talking religion with your houseguests.

[7]



Whole Protein Vegetarian

DELICIOUS PLANT-BASED RECIPES
WITH ESSENTIAL AMINO ACIDS FOR
HEALTH AND WELL-BEING

Rebecca Miller Ffrench

Take the guesswork out of combining protein sources

Plant-based diets are all the rage—but what about protein? Most vegetarian and vegan choices contain some protein, but it's critical to eat them in the correct combination in order to get the full complement of the nine essential amino acids that make up a complete protein. Sound complicated? Not with *The Whole Protein Vegetarian*, which includes whole protein recipes such as:

- Fava Bean, Freekeh, and Asparagus Salad
- Sweet Potato-Stuffed Poblano Peppers
- Carrot, Squash, and White Bean Toasts
- Chocolate Zucchini Bundt Cake

This cookbook is an indispensable companion to the vegetarian kitchen.



Rebecca Miller Ffrench is a recipe developer, food writer, and lifestyle expert. Her work has appeared in *Better Homes & Gardens*, *Shape*, *Real Simple Family*, *Martha Stewart Weddings*, and elsewhere. She lives with her family in New York City and the Catskills.

MARKETING & PUBLICITY

- Outreach to health and wellness community
- Radio and podcast interviews
- Print and online vegetarian outlets
- Advertising and sponsored promotion

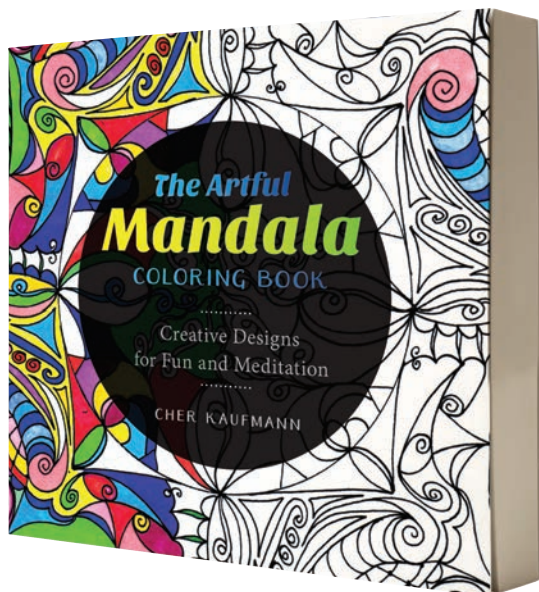
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CQ 12

COOKING / VEGETARIAN & VEGAN





The Artful Mandala Coloring Book

CREATIVE DESIGNS FOR
FUN AND MEDITATION

Cher Kaufmann

100 unique, hand-drawn patterns designed to relax the mind

“Every child is an artist. The problem is how to remain an artist once he grows up.”
—Pablo Picasso

Coloring brings the artist out in everyone—it’s simple and non-threatening. It’s also very good for the mind. Meditation drawing teacher Cher Kaufmann has seen the effects of coloring at work in her sold-out classes. She provides students with patterns of mandalas and other designs, some colored markers, and watches everyone relax. With each stroke of color, body and thoughts drift into a calm place. Recent studies attest to the power of drawing as well.

Whether you have always enjoyed drawing and coloring, or are new to it, you’ll find yourself mesmerized by the beautiful pen-and-ink patterns in this collection.



Cher Kaufmann is an inspirational author, artist, and teacher. Her extensive studies of photography and art, combined with her training in massage therapy and Reiki, have helped her discover unique patterns in the world. She teaches meditative drawing to packed classes. She lives with her family outside Dallas, Texas.

MARKETING & PUBLICITY

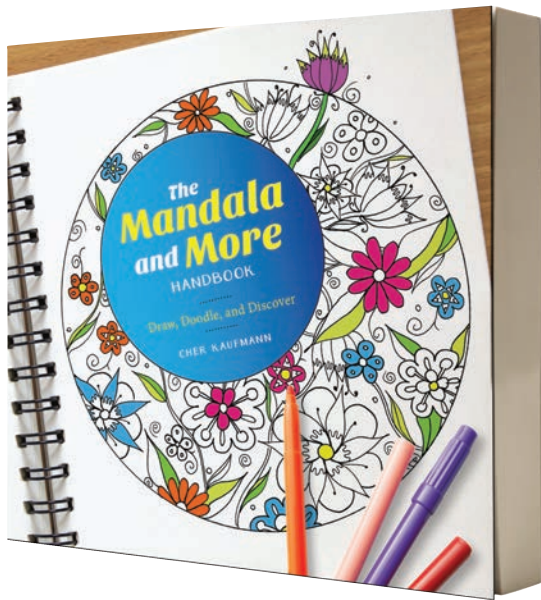
- **Pinterest promotion**
- **Outreach to New Age and alternative wellness community**
- **Reviews in amateur art and crafts publications**
- **Online features about the mandala and coloring benefits**

JULY 2015

208 pages
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TERRITORY: W
CQ 24

GAMES



The Mandala and More Handbook

DRAW, DOODLE, AND DISCOVER

Cher Kaufmann

Go beyond coloring to create your own design

Finally, a welcoming approach to drawing that's both easy and fun. In these pages, first-time artists will find themselves easily creating beautiful images, while more experienced doodlers can expand their artistic talents.

Easy pattern building, where to get inspiration, and how to look for it in an average day will inspire and delight artists of all ages. Using patterns from nature, etchings, petroglyphs, pottery, sculptures, and textiles, readers can unlock their own creativity, line by line, loop by loop, and dot by dot. Here, too, are a few opportunities to color in mandalas and more!



Cher Kaufmann is an inspirational author, artist, and teacher. Her extensive studies of photography and art, combined with her training in massage therapy and Reiki, have helped her discover unique patterns in the world. She teaches meditative drawing to packed classes. She lives with her family outside Dallas, Texas.

MARKETING & PUBLICITY

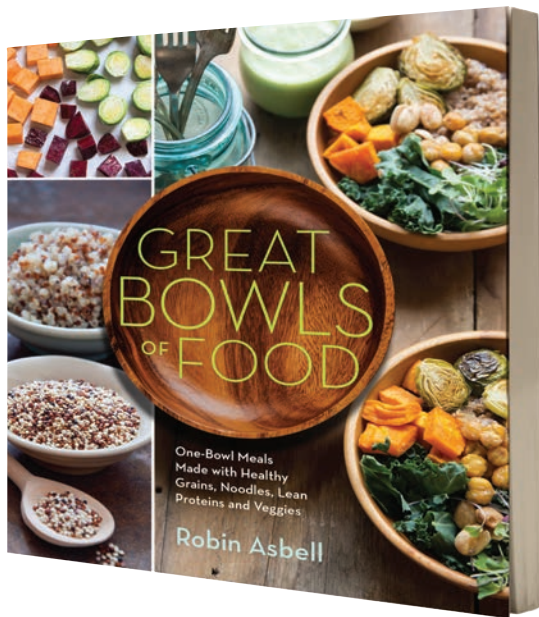
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APRIL 2016

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130 illustrations
8" x 8"
Paperback

\$14.95 / (\$19.50)
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TERRITORY: W
CQ 24

GAMES



Great Bowls of Food

ONE-BOWL MEALS MADE WITH
HEALTHY GRAINS, NOODLES,
LEAN PROTEINS AND VEGGIES

Robin Asbell

Bowl food is the perfect solution for busy foodies

Whether it's a rice bowl, a grain bowl, or even a low-carb, high-protein Buddha bowl, bowl food eating is easy, delicious, and never dull. In this hip new cookbook, renowned cookbook writer Robin Asbell shares 75 of her favorite bowl food recipes, as well as a handy chart that helps readers mix and match ingredients at a glance to create the perfect bowl. Recipes include:

- Paleo Cauliflower Tabouli Bowl with Lemon Mint Dressing
- Sweet Potato, BBQ Chicken, Corn, and Chips Bowl
- Rice, Tofu, and Green Bowl with Kimchi and Spicy Spinach
- Miso Poached Vegetable and Shrimp Noodle Bowl

There's something here for everyone.

MARKETING & PUBLICITY

- **Print and online cooking features**
- **Blog campaign to healthy living blogs**
- **Social media promotion**
- **www.RobinAsbell.com**

MARCH 2016

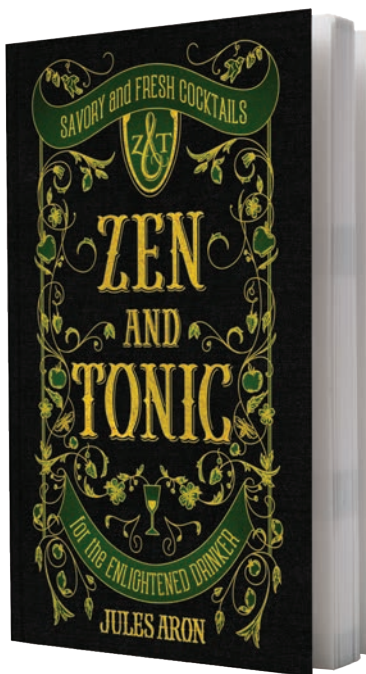
208 pages
40 color photographs
7.5" x 9"
Paperback with flaps

\$21.95 / (\$28.50)
ISBN 978-1-58157-338-1
TERRITORY: W
CQ 16

COOKING



Robin Asbell is a cookbook writer and chef. Her work has appeared in *Clean Eating*, *Better Homes and Gardens*, *Vegetarian Times*, *Real Food*, and elsewhere. She lives and teaches cooking classes outside Minneapolis.



Zen and Tonic

SAVORY AND FRESH COCKTAILS
FOR THE ENLIGHTENED DRINKER

Jules Aron

Green drinks gone boozy

If you add fresh vegetables, herbs, fruit, and other garden-to-glass ingredients to booze, is the resulting drink actually healthy? Well . . . everything is relative! It will be tasty, though, as bartender Jules Aron reveals in this collection of her most-requested recipes. 100 sweet and savory selections include:

- Sage Berry Sparkler
- Georgia Peach Gingerade
- Turmeric Honey Bomb
- Sangria, Three Ways

Lavishly illustrated with color photographs, this book will be sure to win fans.



Jules Aron is a mixologist, beverage consultant, and green lifestyle expert. The founder of greenandgorgeouslife.com and thehealthybartender.com, Aron has been featured in fitness and wellness magazines and websites. She lives in New York City.

MARKETING & PUBLICITY

- **Off-the-book-page features in spirits publications**
- **Features on healthy lifestyle blogs and sites**
- **Social media and Pinterest promotion**
- **www.JulesAron.com**

APRIL 2016

224 pages
75 color photographs
5.5" × 9"
Hardcover / Paper over boards

\$21.95 / (\$28.50)
ISBN 978-1-58157-307-7
TERRITORY: W
CQ 24

COOKING / BEVERAGES /
WINE & SPIRITS



The Forager's Feast

HOW TO IDENTIFY, GATHER,
AND PREPARE WILD EDIBLES

Leda Meredith

A field guide/cookbook for foraging enthusiasts

Delicious wild edible plants and mushrooms are abundant throughout North America, not only in the wilderness but in urban areas, too. Learn how to identify, harvest, and eat the tastiest plants in your backyard and beyond. Intended as much for the cooking enthusiast as for the survivalist, this book includes recipes that will transform even the most common edible backyard weeds into guest-worthy fare.

Even experienced foragers will be impressed with plantain leaf chips that are crisper and tastier than kale chips. Dandelion flowers become wine; Japanese knotweed becomes rhubarb-like compote and tangy sorbet; red clover blossoms give quick bread a delightfully spongy texture and hint of sweetness.

MARKETING & PUBLICITY

- Outreach to foraging/natural living community and radio
- Podcast interviews
- Collaboration with author's foraging tours and events
- www.LedaMeredith.net

APRIL 2016

352 pages
75 color photographs
8" x 8"
Paperback

\$19.95 / (\$25.95)
ISBN 978-1-58157-306-0
TERRITORY: W
CQ 24

COOKING / NATURAL FOODS



Leda Meredith is the guide to food preservation at About.com, teaches food preservation and foraging throughout the Northeast, and is a regular contributor to numerous food-related publications. The author of *Preserving Everything*, she lives in Brooklyn.



Herb Gardening

HOW TO PREPARE THE SOIL,
CHOOSE YOUR PLANTS, AND CARE
FOR, HARVEST, AND USE YOUR HERBS

Melissa Melton Snyder

A comprehensive guide to starting an herb garden, written for beginners

The consummate beginner's guide for anyone interested in starting an herb garden. It explains, in simple terms, everything you need to know about

- choosing the site
- preparing the soil
- choosing and caring for the plants
- dealing with pests and diseases
- and using the harvest at the end of the summer.

Included are actual easy-to-follow garden plans, lots of helpful tips, and expert advice.



Melissa Melton Snyder is co-owner of Barleywine Herb Farm with her husband, Stephen, and the author of several books on beer and homebrewing, including *The Brewmaster's Bible*. In addition to writing articles for various publications, the Snyders give frequent seminars, tours, and workshops. They live in Vermont.

MARKETING & PUBLICITY

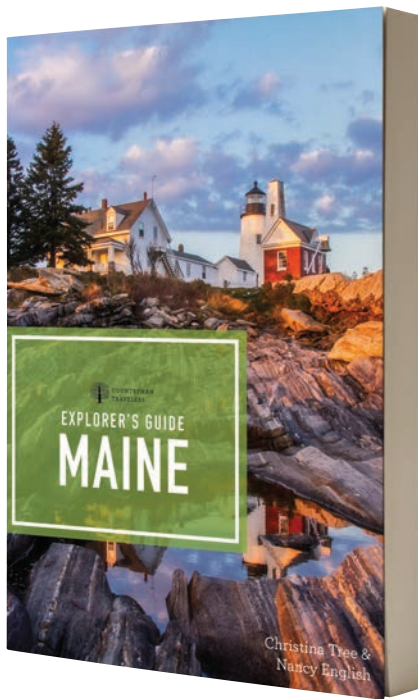
- **Print and online gardening features**
- **Excerpts featured on cooking and natural living sites**
- **Cross-promotion of Countryman Know-How series**

APRIL 2016

288 pages
50 color photographs
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Paperback

\$19.95 / (\$25.95)
ISBN 978-1-58157-312-1
TERRITORY: W
CQ 24

GARDENING / HERBS



Explorer's Guide Maine

18th Edition

Christina Tree and Nancy English

The standard by which all other Maine travel guides are judged—now completely revised and re-envisioned

The best-selling and most trusted guide to Maine is back! Once again fully updated and revised, this 18th edition features a brand-new design with expanded sidebars, itineraries, and lush color photographs throughout. As always, authors Christina Tree and Nancy English offer the best, most up-to-date recommendations for food, lodging, recreation, shopping, events, and much more. Whether you're a native New Englander or one of the thousands of visitors who flock to "Vacationland" every year, in *Explorer's Guide Maine* you'll find the most comprehensive and useful information to make your stay more enjoyable.

MARKETING & PUBLICITY

- Author events and lectures
- Outreach to travel publications
- Local media promotion

MARCH 2016

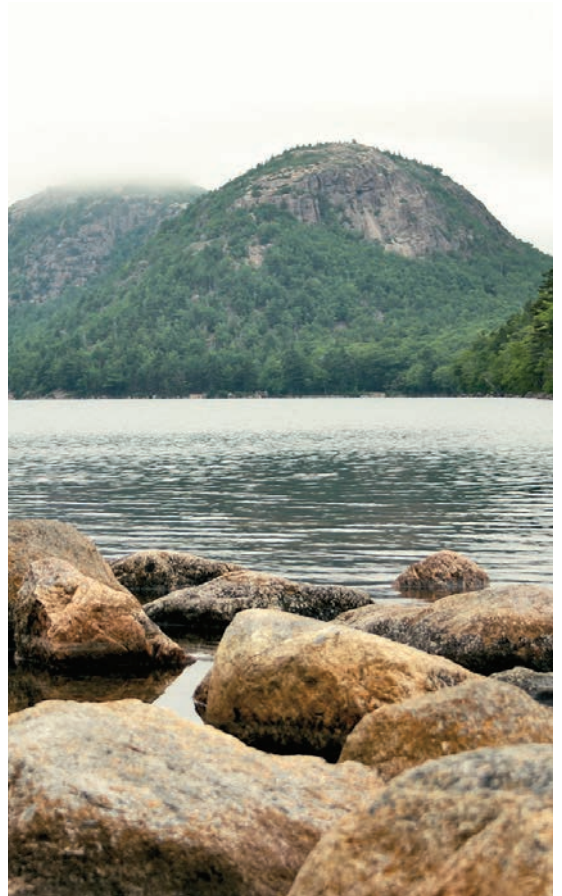
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150 color photographs + 50 maps
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Paperback

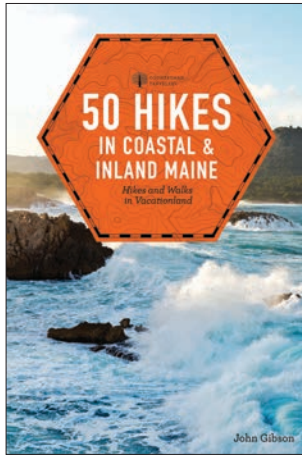
\$21.95 / (\$28.50)
ISBN 978-1-58157-330-5
TERRITORY: W
CQ 12
PREVIOUS EDITION:
978-1-58157-216-2

TRAVEL



Christina Tree (pictured) launched the Explorer's Guide series more than 30 years ago. Tree travels thousands of miles every year doing research to revise her books. She lives in Cambridge, Massachusetts. **Nancy English** is the author of *Chow Maine*. She lives in Portland, Maine.





50 Hikes in Coastal & Inland Maine

5th Edition

John Gibson

A best-selling hiking guide to Maine's most widely traveled region, completely revised and with 10 new hikes

Locals and visitors to Maine's beautiful coastline will find miles of satisfying hiking, with outings that range from short walks for families to all-day excursions for serious hikers. Each hike in this guide includes a topographic map, information on difficulty, mileage, and elevation, and a detailed description of the route. An overview chart at the beginning of the book describes the 50 hikes at a glance for easy trip planning.

Writer and outdoorsman **John Gibson** has been hiking the hills of Maine and northern New England for more than 40 years. He is the author of *Walking the Maine Coast*, *Maine's Most Scenic Roads*, and *Go Light*. He lives in Hallowell, Maine.

MARKETING & PUBLICITY

- Local media outreach
- Outreach to travel publications
- Promotion with regional hiking groups

APRIL 2016

224 pages • 75 black-and-white photographs
6" x 9" • Paperback

\$19.95 / (\$25.95) • ISBN 978-1-58157-357-2

TERRITORY: W • CQ 24

PREVIOUS EDITION: 978-0-88150-796-6

HIKING / TRAVEL

50 Hikes in Ohio

4th Edition

Ralph Ramey

A veteran hiker revisits old favorite trails in the Buckeye State

In this revised and updated edition, Ralph Ramey visits old and new trails that reflect his love of hiking in Ohio. Walks through remnant prairies and an area of drifting sand dunes, a climb to a dolomite promontory, and a hike through a deep deciduous forest are among the trekking adventures that Ramey describes in detail in this update of his classic hiking guide.

Ralph Ramey is retired chief of the Division of Natural Areas and Preserves with the Ohio Department of Natural Resources. He lived in Westerville, Ohio, for many years and now lives in rural Washington.



MARKETING & PUBLICITY

- Local media outreach
- Outreach to travel publications
- Promotion with regional hiking groups

APRIL 2016

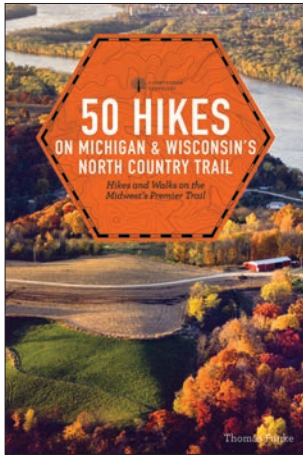
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6" x 9" • Paperback

\$19.95 / (\$25.95) • ISBN 978-1-58157-348-0

TERRITORY: W • CQ 24

PREVIOUS EDITION: 978-0-88150-729-4

HIKING / TRAVEL



50 Hikes on Michigan & Wisconsin's North Country Trail

Thomas Funke

Challenging hikes on the Midwest's most famous trail

In the same class as the Appalachian Trail, the North Country National Scenic Trail is over twice as long as its older cousin. This guidebook for both the day hiker and the long-distance backpacker includes resources to help hikers connect trail segments and find local services, as well as mileage charts, elevation profiles, and other valuable information.

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

MARKETING & PUBLICITY

- Outreach to regional hiking groups
- Outreach to outdoor media
- Local author events
- Website: Trailspotters.net

MARCH 2016

240 pages • 75 color photographs
6" x 9" • Paperback

\$19.95 / (\$25.95)
ISBN 978-1-58157-225-4
TERRITORY: W • CQ24

HIKING / TRAVEL

50 Hikes in Orange County

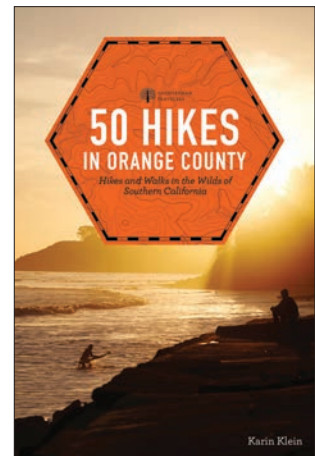
2nd Edition

Karin Klein

Hikes and walks in the wilds of Southern California, featuring 5 new hikes

Covering the most interesting hiking trails in Orange County, each hike in this guide provides detailed directions and maps and offers a unique perspective on its environs—whether hot springs, earthquake faults, or vibrant wildflower displays—giving as close an experience as possible to hiking with a live guide. Several area hikes are available only in this book, making it a must-have for your California sojourn.

Karin Klein is an award-winning editorial writer for the *Los Angeles Times*, covering education, environment, and culture. A 25-year resident of Orange County, Klein is also a volunteer naturalist and hike leader.



MARKETING & PUBLICITY

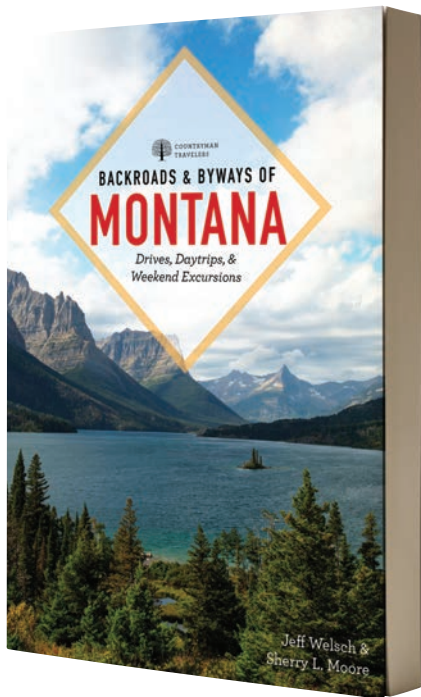
- Local media outreach
- Outreach to travel publications
- Promotion with regional hiking groups

FEBRUARY 2016

256 pages • 75 color photographs
6" x 9" • Paperback

\$19.95 / (\$25.95) • ISBN 978-1-58157-333-6
TERRITORY: W • CQ 24
PREVIOUS EDITION: 978-0-88150-872-7

HIKING / TRAVEL



Backroads & Byways of Montana

DRIVES, DAY TRIPS & WEEKEND EXCURSIONS

2nd Edition

Jeff Welsch and Sherry L. Moore

With natives as your guides, *Backroads & Byways* leads you down the road less traveled

Montana offers breathtaking landscapes, charming towns, and unmatched hospitality. In *Backroads & Byways of Montana*, Jeff Welsch and Sherry L. Moore, your guides to Big Sky Country, share their favorite places both on and off the beaten track.

Whether you need to get away for a weekend or longer, or want to explore your home state or make plans for free time in an area you don't know well, take to the road with a *Backroads & Byways* book. With itineraries appropriate for visits of differing durations and in different seasons, tips for comfortable accommodations, great food, and good shopping too, look to *Backroads & Byways* for the most interesting and diverse short trips available.

MARKETING & PUBLICITY

- Outreach to regional travel associations, including AAA
- Local media promotion

APRIL 2016

224 pages
75 color photographs
6" x 9"
Paperback

\$21.95 / (\$28.50)
ISBN 978-1-58157-350-3
TERRITORY: W
CQ 24
PREVIOUS EDITION:
978-0-88150-899-4

TRAVEL



Jeff Welsch and **Sherry L. Moore** are the authors of *Explorer's Guide Yellowstone* and *Explorer's Guide Oregon Wine Country*. They live on the Gallatin River outside Bozeman, Montana.



Hear Dat New Orleans

A GUIDE TO THE RICH MUSICAL
HERITAGE & LIVELY CURRENT SCENE

Michael Murphy

By the author of *Eat Dat* and *Fear Dat*, a charmingly irreverent guide to the thriving, world-famous music scene in New Orleans

“Where can I go to hear music?” is a question often asked by visitors to New Orleans. The question might better be asked, “Where can I go and *not* hear music?” Music is everywhere in this city, but to experience the best of it you need the right guide.

In *Hear Dat*, New Orleans travel expert Michael Murphy brings his signature quirky and offbeat sensibility to the Big Easy’s biggest tourist draw: its music. With in-depth recommendations for the trendiest clubs, the best musicians, and the must-see music festivals, *Hear Dat* is the indispensable companion for anyone who wants to really experience New Orleans—live and uncensored.



Michael Murphy, a book publishing professional, has been a vice president at Random House, publisher of William Morrow, and founder of the literary agency Max & Co. By day two of his first visit to New Orleans in 1983, he knew he was home. He finally moved to New Orleans in 2009, and will never leave.

MARKETING & PUBLICITY

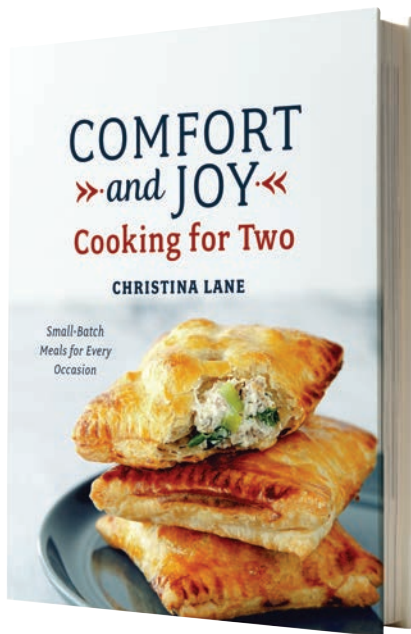
- Regional and national travel features
- Outreach to music sites and publications
- Author events and appearances
- Collaboration with author’s tour company

APRIL 2016

256 pages
50 color photographs
6" x 9"
Paperback

\$18.95 / (\$24.95)
ISBN 978-1-58157-316-9
TERRITORY: W
CQ 24

TRAVEL



Comfort and Joy Cooking for Two

SMALL-BATCH MEALS
FOR EVERY OCCASION

Christina Lane

More desserts for two—plus brunch, lunch, and dinner!

Christina Lane is back, this time with a gorgeous full-color cookbook filled with delicious comfort—and special occasion—meals for every hour of the day. Her signature friendly voice invites readers to try everything from her Southern Sweet Tea Fried Chicken to a Holiday Ham, perfectly proportioned for whomever is sitting around the table. Recipes include:

- Bruleed Toasty Oats
- Pimento Grilled Cheese with Fried Pickles
- Roasted Salmon Sheet Pan Supper
- Perfect Filet Mignons with Twice-Baked Potatoes
- Rummy Oatmeal Cookies

Comfort and Joy is an essential book for singles, couples, and small families.

MARKETING & PUBLICITY

- TV and radio appearances
- Features targeting post-college, newlywed, and retired readers
- Social media and blog promotion

SEPTEMBER 2016

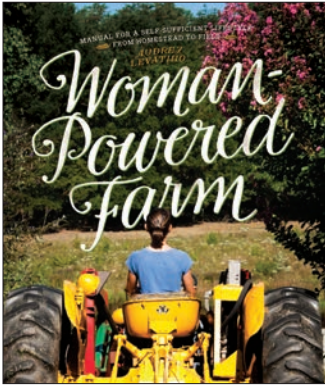
240 pages
100 photographs
7.5" × 10"
Hardcover

\$24.95 / (\$29.95)
ISBN 978-1-58157-342-8
TERRITORY: W
CQ 12

COOKING



Christina Lane is the author of the popular food blog *DessertForTwo.com*. Her work has been featured in many publications nationwide, and she has appeared on *The Today Show* and QVC. A Texan by birth, she has lived all over the States and describes her recipes as a unique blend of Southern, Californian, and Midwestern. This is her second book.

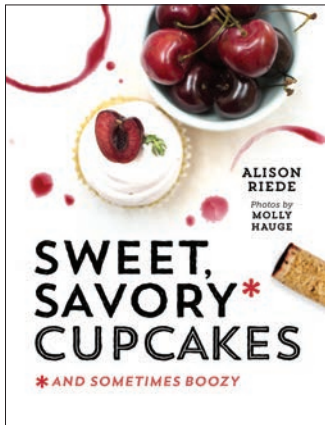
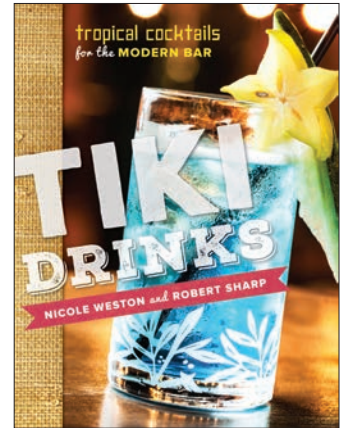


Woman-Powered Farm

\$24.95 (\$29.95) / Paperback with flaps
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Tiki Drinks

\$19.95 (\$23.95) / Paper over boards
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 COOKING/BEVERAGES/BARTENDING

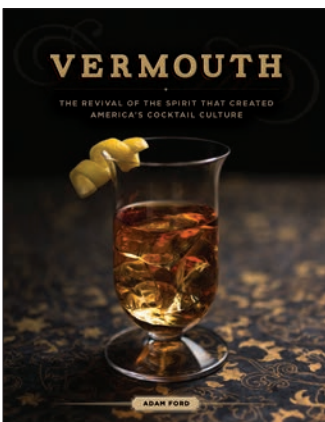
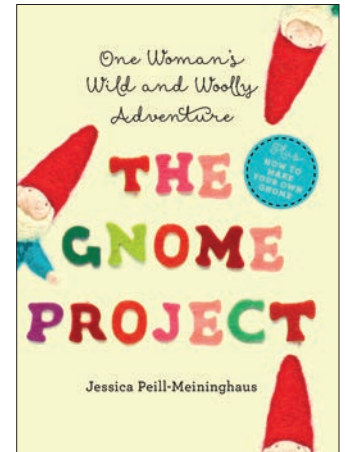


Sweet, Savory, and Sometimes Boozy Cupcakes

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 COOKING/DESSERTS

The Gnome Project

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 CRAFTS & HOBBIES



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 COOKING/BEVERAGES

Jerky Everything

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 COOKING/CANNING & PRESERVING



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Vodka Soda

You don't have to be an aspiring actress living in Los Feliz to enjoy these basically calorie-free cocktails. You can also be working in finance. Either way this is a strong, straightforward drink that looks good on you, bro.

Makes one large drink

4 ounces vodka
8 ounces soda water
lemon wedge

Pour the vodka into a glass. Top with soda water and stir. Toss in an ice cube and a wedge of lemon. Congratulate yourself on your recent callback/bonus.

Red Wine

Wine is made from grapes and comes in a bottle or a box. There's just the one ingredient so it's a great first-time recipe.

Makes one large drink or two or three smaller ones

1 bottle of wine

Open the wine and let it breathe. Just kidding. Pour into a large glass immediately and drink it up like a suburban housewife.

