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How to Fall in Love with the Future

A Time Traveller's Guide to Changing the World

Rob Hopkins

**POLITICS & PUBLIC POLICY,
BUSINESS & ECONOMY**

In 2020, when the COVID-19 pandemic disrupted every aspect of daily life, climate activist Rob Hopkins responded the way a lot of people did: by starting a podcast. But it wasn't any ordinary podcast. In each episode, Hopkins and his guests would "time travel" together to the year 2030—walking down imagined future streets, talking with imagined future neighbors, visiting imagined future local businesses. While Hopkins's guests came from all walks of life—economists, politicians, bakers, comedians, novelists and more—they all shared a willingness to suspend their worries about the future long enough to mentally inhabit and then describe a world they were thrilled to be a part of.

What Hopkins discovered was no less profound: this simple exercise of visiting a positive future forced him to rethink the work he'd been doing as a climate activist for decades.

How to Fall in Love with the Future is the result of that radical disruption. Hopkins brings essential new thinking to anyone overwhelmed with dread and anxiety for the future. He asks us to consider: what would the world look like if we all got to work imagining—and then building—a world we were deeply in love with?



“Rob Hopkins puts imagination back at the heart of future-dreaming, offering us an irresistible invitation to dream bigger and then make those dreams a reality.”—KATE RAWORTH, author of *Doughnut Economics*

ROB HOPKINS is the cofounder of Transition Network. He is the author of several books, including, most recently, *From What Is to What If: Unleashing the Power of Imagination to Create the Future We Want*. An Ashoka Fellow, Hopkins has spoken at TED Global and several TEDx events, and he runs 'Imagination Catalyst' trainings for a wide range of organisations, including Balenciaga and Patagonia.

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SPRING 2025

Grow A New Garden

Plan, Design, and Transform
any Outdoor Space

Becky Searle

GARDENING



Create a new garden that blooms for you, in any space or patch of land that you want to call a garden.

In *Grow a New Garden*, Becky Searle offers a warm and chatty practical guide to designing and planting beautiful, healthy gardens, based on her own experiences.

Becky has changed gardens several times in the last few years due to changes in her personal circumstances, but she has created a garden everywhere she goes. The garden that she has today is a new-build property garden. When she moved in December 2022, it was entirely devoid of plants. Two years later, Becky has created a joyful space for growing food and flowers and for her growing family!

Becky came to realise that what she had learned in this garden could apply to any new garden, whether you are starting from scratch, dealing with an overgrown or neglected garden or redesigning an existing garden.

From building healthy soil to creating a natural and sustainable garden with a thriving ecosystem that encourages biodiversity to planning your dream garden while dealing with awkward spaces, noise or privacy, Becky will give gardeners, whether new or experienced, a complete

understanding of how gardens work, demystifying garden design and making gardening easier and more enjoyable.

Grow a New Garden that works for you!

BECKY SEARLE is an ecologist turned kitchen gardener. Becky has a monthly feature in *Kitchen Garden* magazine, for which she was shortlisted for 'Environmental Journalist of the Year' by the Garden Media Guild in both 2022 and 2023. Becky also writes for *Gardener's World*, and her work has been featured in *The English Garden* magazine, *Grow Your Own* magazine and *Amateur Gardening* magazine. Her own garden has been featured in the *Guardian* and *Modern Gardens* magazine.

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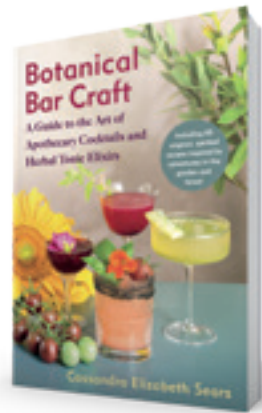


Botanical Bar Craft

A Guide to the Art of Apothecary Cocktails and Herbal Tonic Elixirs

Cassandra Elizabeth Sears

HEALTH & WELLNESS,
FOOD & DRINK



For cocktail enthusiasts, herbalists, foragers, and bartenders, *Botanical Bar Craft* serves up original, spirited recipes and invaluable plant knowledge, inspired by adventures in the garden and forest.

In *Botanical Bar Craft*, innovative herbalist and mixologist Cassandra Sears invites readers to create herbal elixirs and apothecary cocktails infused by a close connection to nature. With original recipes that tie together the creative arts of herbal medicine and craft cocktail making, Sears blends herbal tinctures, teas, and botanical infusions into modern-classic cocktails as well as sensational and unique nonalcoholic drinks that hit the spot for relaxation without sedation.

More than just a collection of recipes, *Botanical Bar Craft* is also an herbal handbook for bartenders and a mixology guide for herbalists. Readers will delight in the journey as Sears combines dashes of herbal lore and history with instructions for developing the spirited philosophy of apothecary bartending, lessons on mixology, and a primer on the beneficial actions of medicinal herbs.

- 65 original recipes for potions, tonics, elixirs, and cocktails

- More than 40 plant profiles that include how those plants grow and suggestions for how to use them behind the bar to draw out their beneficial actions.
- An accessible explanation of the chemistry and energetics of medicinal herbs.
- Behind-the-scenes interviews with artisan distillers.
- Advice and tips for growing a garnish garden.

CASSANDRA ELIZABETH SEARS is an apothecary bartender, gardener, and herbalist. She has been studying herbal medicine for sixteen years, growing lush gardens while working as an organic gardener, and playing in the wild while mixing drinks inspired by nature.

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SPRING 2025



The Accidental Seed Heroes

Growing a Delicious
Food Future for All of Us

Adam Alexander

FOOD & DRINK



Across the world, chefs, farmers, plant scientists and backyard growers are doing something extraordinary: creating new generations of fruit, vegetables and cereals, all bred specifically to flourish locally, taste delicious, and contribute to our food future.

In *The Accidental Seed Heroes*, Adam Alexander dons his seed detective homburg to meet these twenty-first century seed heroes, who are not only championing traditional varieties but also breeding delicious new ones that will help create a sustainable future for our planet.

We don't all need to become backyard breeders or even, like Adam, accidental ones. We don't even need to eschew, as growers, the modern hybrid cultivars our seed catalogues are stuffed with or, as consumers, boycott those same uninspiring specimens that populate our supermarket shelves. Adam just wants that choice to be better informed and infinitely more diverse and enjoyable.

This story is a celebration of the locally and sustainably grown produce, whether traditional or innovative, that is at the heart of all our food cultures and empowers our rural communities and farmers. Adam believes these new varieties of fruits,

vegetables and even grains will not just offer us all nutritious and delicious food but also be part of the solution to combating climate change and returning fertility to our soils and biodiversity to our land.

'A special, important book of hope, action and integrity.'—MARK DIACONO, food and garden writer

ADAM ALEXANDER is a consummate storyteller thanks to forty years as an award-winning film and television producer, but his true passion is collecting rare, endangered but, above all, delicious vegetables from around the world. He lectures widely on his work and has appeared on *Gardeners' World* and *The Great British Food Revival*, CNN's *Going Green* and Radio New Zealand.

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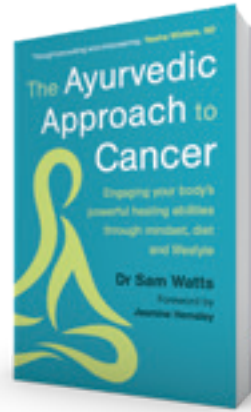
SPRING 2025

The Ayurvedic Approach to Cancer

Engaging your Body's Powerful Healing Abilities Through Mindset, Diet, and Lifestyle

Sam Watts

HEALTH & WELLNESS



Harness the power of your body to heal through clinically proven, natural, Ayurvedic holistic practices.

The Ayurvedic Approach to Cancer aims to break new ground with its unique approach to supporting those living with cancer by integrating the holistic practices of Ayurveda, a natural system of medicine, with the most advanced, cutting-edge science from the field of exceptional cancer survivorship research.

Sam Watts has a PhD in cancer survivorship from the University of Southampton. He is also a trained clinical practitioner of Ayurveda. Sam has led large-scale, NHS-funded clinical investigations of people living with incurable cancers who defy the statistical odds. Over the last decade, Ayurveda has become one of the most-utilised forms of complementary medicine adopted by those living with cancer.

In this book, Sam has integrated his exceptional cancer survivorship research and Ayurveda practices into a practical and easy-to-follow blueprint that will engage the body's natural ability to heal so you can live with cancer with vitality, well-being and optimism.

SAM WATTS has a PhD in cancer research from the University of Southampton's School of Medicine, where he worked for ten years. He has led large-scale NHS-funded cancer clinical trials in several leading hospitals, including Southampton General Hospital, Portsmouth's Queen Alexandra Hospital and University College London Hospitals NHS Foundation Trust. Also a trained clinician of Ayurvedic and natural medicine, Sam founded Mind-Body Medical in 2018 to bring evidence-based and practical Ayurveda to those living in the UK and Europe. Mind-Body Medical has grown to become one of the leading providers of Ayurvedic healthcare in the UK.

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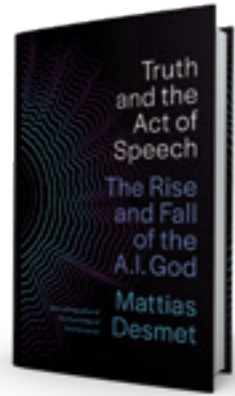
SPRING 2025

Truth and the Act of Speech

The Rise and Fall
of the A.I. God

Mattias Desmet

POLITICS & PUBLIC POLICY



The highly anticipated follow up to the bestselling *The Psychology of Totalitarianism* (over 100,000 copies sold in English and licensed in 19 languages!)

How, Desmet asks, do we find our way forward in a world in which it is difficult to tell what is real and what is illusion? That way forward, Desmet argues, will necessarily include a revival of truth-telling, or what he refers to as the “art of sincere speech”—even (indeed, especially) in the most quotidian of circumstances. He believes that when this occurs—and we have all experienced it—there is something resonant and liberating that will be our most powerful antidote to the threats of mass formation and totalitarianism.

The situation in the world is urgent and the global population needs an antidote to the march towards tyranny and totalitarianism. *The Art of Sincere Speech* is that antidote.

MATTIAS DESMET is recognized as the world’s leading expert on the theory of mass formation as it applies to the COVID-19 pandemic. He is a professor of clinical psychology in the Department of Psychology and Educational Sciences at

Ghent University (Belgium) and a practicing psychoanalytic psychotherapist. His work has been discussed widely in the media, including on *The Joe Rogan Experience* and in *Forbes*, the *New York Post*, Salon.com, and *Fox News*, among hundreds of other outlets. His interviews have been viewed by millions of people around the world.

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Rights Available: World excluding
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FALL 2025

Finding Lights in a Dark Age

Sharing Land, Work, and Craft

Chris Smaje

POLITICS & PUBLIC POLICY



A compelling, honest look at how we can meet the challenges of our age by moving away from the accepted political and economic philosophies—of both the left and right—to a more equitable re-organization of society, economy, land and food production, driven by the local community rather than a central government.

Chris explores a world where we live slower lives more immersed in local ecologies. Where our present age has inflicted a thorough alienation from place and local livelihood, Chris proposes other models of collective organization, where land and capital are seen as a common good that involves a widespread and secure redistribution. These ideas are the basic principles associated with distributism – broadly, that issues should be dealt with at the most immediate or local level feasible and governance, wherever possible, should be bottom-up. There should also be a moral economy founded in ideals of justice.

Work and production should rest on commitments struck in a community rather than deals in a market. There should be a concept of shared common good, of what life is for. Ultimately, we should build a sense of future possibility

around local ecological societies dedicated to human and ecological wellbeing.

Much of the global damage to the environment has arisen not because people were there in the landscape, but because they weren't. It's time to hospice modernity and build a green Earth rising. In this book, Chris discusses what this society and landscape might look like in the near future and longer term.

CHRIS SMAJE has coworked a small farm in Somerset, southwest England, for the last twenty years. Previously, he was a university-based social scientist, working in the Department of Sociology at the University of Surrey and the Department of Anthropology at Goldsmiths College in the UK.

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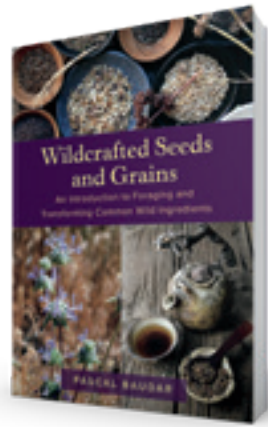
FALL 2025

Wildcrafted Seeds and Grains

An Introduction to Common Edible Wild Seeds and Grains

Pascal Baudar

FOOD & DRINK



Award-winning author and forager Pascal Baudar presents the first book exclusively dedicated to the identification, preparation, and culinary uses of wild seeds and grains.

In his latest book, wild food expert and explorer Pascal Baudar introduces us to the 100 most common edible wild seeds and grains. Ever on a mission to demystify foraging practices and processes, Pascal shares his time-tested methods for seed and grain extraction, storage and handling, and preparation for culinary use. The book also features a wide selection of Pascal's creative recipes, from salads and side dishes to condiments and ferments, crackers and breads to beverages and soups.

Complete with Pascal's beautiful food photography, *Wildcrafted Seeds and Grains* will be a go-to source of information and inspiration for adventurous foragers and foodies who want to incorporate these more elusive wild ingredients into their cooking.

For the climate-conscious reader interested in local food systems, ecological restoration, and self-sufficiency/prepping, Pascal's work focuses on transforming nonnative and invasive wild edibles—in

addition to native—into nutritious and tasty food.

PASCAL BAUDAR is the author of four previous books: *Wildcrafted Vinegars* (2022), *Wildcrafted Fermentation* (2020), *The Wildcrafting Brewer* (2018), and *The New Wildcrafted Cuisine* (2016). A self-described “culinary alchemist,” he leads classes in traditional food preservation techniques. Through his business, Urban Outdoor Skills, he has introduced thousands of home cooks, celebrity chefs, and foodies to the flavors offered by their wild landscapes. Baudar was named one of the most influential local tastemakers by *Los Angeles Magazine*.

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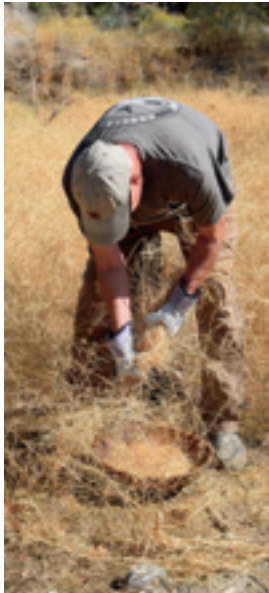
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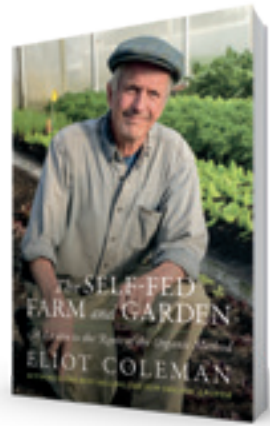


The Self-Fed Farm and Garden

The New Organic Grower Returns to the Roots of the Organic Method

Eliot Coleman

GARDENING



The first all-new book in fifteen years from renowned organic grower and bestselling author, Eliot Coleman, presenting his “self-fed” growing method that continuously sustains soil fertility and produces delicious, exceptionally nutritious vegetables with no need for purchased fertilizer or compost.

The Self-Fed Farm and Garden presents the organic method as a self-sustaining system rooted in soil health care and shows readers how they can shift to a self-fed model that continually recharges the soil with organic matter, thus allowing the soil food web to provide all the nutrients crops need for healthy growth and excellent yields. Based on his long study of his library of classic farming and gardening books, Eliot Coleman re-engineered the way he managed soils and crops at Four Season Farm over the past decade so that he would never need to purchase off-farm inputs of compost or fertilizer.

A self-fed system is safe from contamination by pollutants and also has the benefit of far lower expenses than those that rely on purchased fertilizers from off the farm.

In the book's conclusion, the 84-year-old Coleman describes the final chapter in his farming career including envision-

ing the future of his farm in new hands and a passionate appeal to organic farmers to resist the increasing pressures to weaken their standards and protect true organic farming.

ELIOT COLEMAN is the author of *The New Organic Grower*, *Four Season Harvest*, and *The Winter Harvest Handbook*. He has more than 50 years' experience in all aspects of organic farming, including field vegetables, greenhouse vegetables, rotational grazing of cattle and sheep, and range poultry. During his careers as a commercial market gardener, the director of agricultural research projects, and as a teacher and lecturer on organic gardening, he studied, practiced, and perfected his craft.

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