



RIGHTS LIST SPRING 2024



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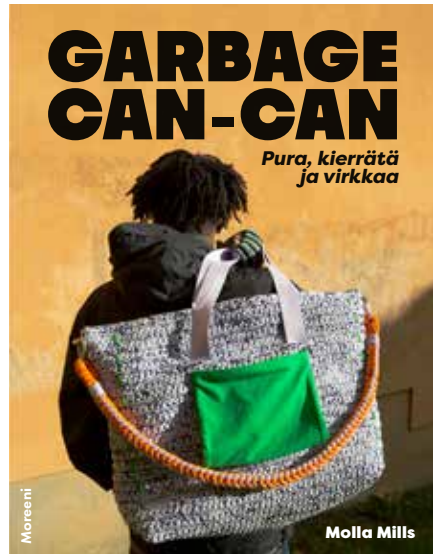
## About us

We are a literary agency based in Stockholm, specialising in books on food, craft, gardening and general lifestyle.

Bennet Agency  
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P.O. Box 27 323  
SE-102 54 Stockholm  
Sweden

# CRAFT & HOBBIES





## Contents

Garbage - yay!  
 Tips for crocheters  
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 GARMENTS  
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 Cap  
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 Backpack  
 Shoulder bag  
 Makeup bag  
 Weekend bag  
 Bike bag  
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 Wallet

## Garbage Can-Can

Crochet recycling

Molla Mills

In *Garbage Can-Can*, everyday items are made from recycled textiles: bags, accessories and decorative interior design products. The book offers fresh, sustainable and personal alternatives to fast fashion.

Colourful craft ideas inspire you to find materials at home and at flea markets and to make them yourself instead of buying them. Strip stretched sweaters into threads, cut old T-shirts into strips, grab a crochet hook and let your creativity blossom!

## About the author



**Molla Mills**, who conquered the world with her crochet books, is an art master from Kurikka, for whom crocheting is both a job and a way of life. She gets her inspiration from materials and colours and eagerly throws herself into new experiments in search of the perfect shapes and patterns. Her previous titles are sold to many countries.

Garbage can-can  
 185x240, 192 pp  
 Moreeni, 2024

## Crochet For Life

Clothes! Techniques! Inspiration!

Moa P. Blomqvist

Moa Blomqvist crochets clothes in ways you haven't seen before. She calls it Fake Knit, and it is sometimes difficult even for a trained eye to see that her garments are crocheted and not knitted.

With solid know-how, imagination, the enormous joy of colour and a healthy dose of nostalgia, Moa crochets her life in 16 garments and other projects. Among the autobiographical patterns are the Tall Dark Stranger sweater, which is inspired by her mother's red wedding dress; the 90s Baby turtleneck; the Matriarch sweater, which is a tribute to the grandmother who taught her to crochet; the Let's Boogie balaclava which has reached many crocheters worldwide, the On Brand cardigan and the green gala dress Saccharine.

She shares her love of beautiful stitches and gives tips on washing and storing crocheted garments.

Let yourself be inspired and find your way to create. Use a crochet hook and yarn to tell your story.

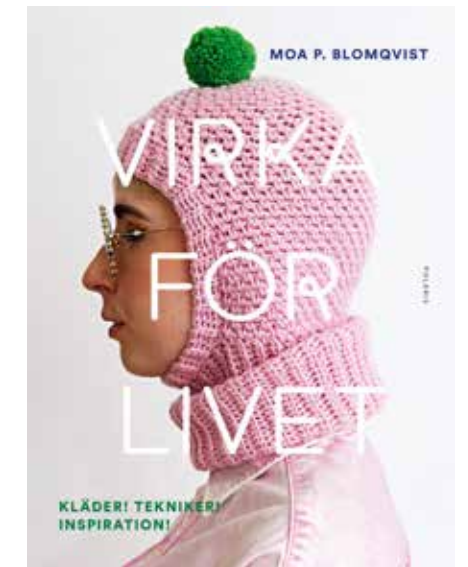
## About the author

**Moa P. Blomqvist** is the yarn artist behind Honse, who, with the crochet hook as a weapon, decided to revolutionise the view of crochet. Her creations, which move in the borderland between needlework and high fashion, have been seen in everything from local newspapers to international Vogue. In the coastal town of Varberg, she runs Sweden's most pink yarn shop, where visitors make pilgrimages worldwide.



Virka för livet  
 200x260, 163pp  
 Polaris, 2024

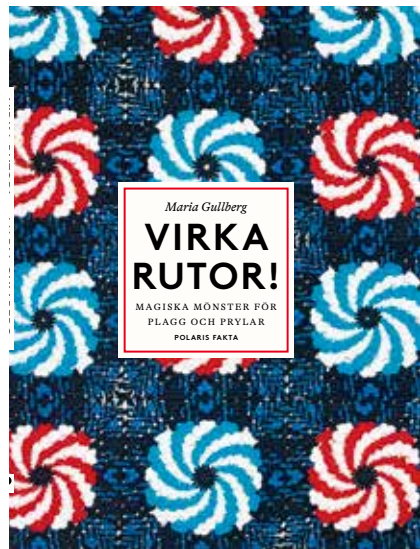
Rights sold: DK



## Contents

Pride & foreword  
 So, do you think you can crochet?  
 A brief introduction to every technique in this book  
 Is crocheting a material hobby?  
 To be seen in the seams: if you love seams that are not visible  
 Work descriptions  
 Tall dark stranger  
 90s baby  
 Rules + regulations  
 The matriarch  
 Knife rain  
 Crawford court  
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# MORE CROCHET



## Contents

Crochet squares!  
Crochet hooks  
Masks  
Advice and tips  
Granny squares  
Mosaic crocheting  
Basic patterns for clothes  
Mounting  
Colour  
Creativity and inspiration

## Crochet Squares

Granny squares and more

Maria Gullberg

A square is a small crochet project, easy to carry and very useful. When you put several together and form pattern reports, magic happens. Checkers can be something for the beginner but can also become a master's test. Maria Gullberg has created different types of squares that you can use for everything from sweaters, cardigans, shawls and waistcoats to throws, cushions, bags and rugs. The possibilities are endless.

In the book, Maria offers everything from the classic granny square and revisions to squares in mosaic crochet. Here are squares to crochet that you've never seen before; they can be square or hexagonal, but they can also be half. All can be put together to create different patterns.

The book also contains examples of projects for which you can use the different squares, but you can also create freely with other basic patterns and choose your colours.

## About the author



Maria Gullberg is active in crochet as a designer and inspirer with both courses and exhibitions. She is educated at Konstfack and has renewed crocheting in Sweden. She has developed various new techniques and experimented with new and exciting structures and patterns, often in a strict graphic style. She has published several books about crocheting in a long-term collaboration with Hemslöjden, most recently *Crochet!* (2013) and *Crochet Pattern Magic* (2017).

Virka rutor  
200x260, 170pp  
Polaris, 2023

# TITLES

## Frida's Friends

15 crochet toys

Christine Maria Sonnenschein

Do you know a child you would like to spoil with an adorable crocheted animal? In her debut book *Frida's Friends*, the popular designer Christine Maria Sonnenschein presents crochet patterns for 15 unique and delicate animals that bring warmth and joy to everyone.

Each animal is unique, from the rabbit Frida and the adventurous unicorn Emily to the lovable lion Lui. It's easy to find a good friend in this crochet book. All instructions include thorough step-by-step picture guides so beginners and experienced crocheters can easily and confidently create adorable animals. They can, moreover, be mixed crosswise since they are all the same size. That way, you can create just the animal you dream of.

Contents: Dear reader | About the projects | Material and tools | Techniques | Projects | Thanks | About the author



Frida og vennerne  
210x225, 150pp  
Turbine forlaget, 2023

Rights sold: DE, FR

## Glitter

Crocheted unicorns, rainbows and more

Jeanette Bøgelund Bentzen

Let yourself be captured by sparkling details and beautiful colours, and let yourself flow with and disappear into a sea of adventurous universes created by a boundless and fantastic imagination.

With the book *Glitter*, you get 12 designs containing crocheted items, rainbows, unicorns and much more. In addition, there are summer hats, wands and toy wings. In other words, it is a fine mixture of crochet projects, which are both practical and decorative - and not least for play. It is all designed in a calm and Nordic universe - with much glitter added.

Contents: Crazy horse | Playing wings | Magic wand | Play crown in two heights | Hair clip | Bag | Summer hat | Pen holder/Lantern | Row of pennants | Wall picture with rainbow | Wall picture with unicorn



En hæklet glimmerverden  
170x240, 150pp  
Turbine forlaget, 2023

Rights sold: WE



# SWEDISH MITTENS



## Contents

- Knit mittens!
- Anatomy and techniques
- Stitch descriptions
- Abbreviations and explanations
- Thumb gloves basic model
- Work gloves
- Kulle's ladies
- Thumb mittens with dotted border and wide collar
- Sven's gloves
- Close-stitched mittens
- Bleaching gloves
- Binge gloves flowers
- White lace mittens
- The life gloves
- Half mittens with thumb wedge
- Half mittens with fingers
- Striped mittens
- Mittens with turned-up collars and sewn bows
- Rule of thumb when knitting mittens
- Stick strength
- Make your own description
- Draw your own patterns
- Yarns
- Sources and inspiration
- Thanks
- About the author

## Knitted Mittens from Sweden

Karin Kahlund

In *Knitted Mittens from Sweden*, you will find traditional and new Swedish mittens, finger mittens, thumb mittens, and half mittens, which come in many variations.

Karin Kahlund provides educational descriptions of details and techniques to make different edges, collars, gathers and patterns. Here is everything you need to create your mittens. You can also knit according to Karin's basic models, for example, work gloves, the finest wedding gloves, thin mittens for the first autumn chill or the warmest mittens for the frozen one.

*Knitted Mittens from Sweden* is a future classic in your knitting library. A must for anyone who likes to knit mittens!

## About the author



**Karin Kahlund** has two master's certificates in the knitting profession. She is a valued course leader who, for many years, has led training courses in, among other things, double-ended knitting and the history of knitting. Karin runs her own company, Uppstickaren, focusing on knitting—she is the author of *Knit After Swedish Patterns* (2011) and *Two-Ways Knitting* (2019).

Sticka svenska vantar  
170x245, 152 pp  
Polaris, 2024

# FINNISH SOCKS & MITTENS

## Woollen Socks and Mittens from Finland

Niina Laitinen

In Finland, woollen socks are worn in all seasons and knitted all year round. In this book, we travel while knitting, look at the landscapes of Finland and capture memories in beautiful woollen socks. The inspiration is fascinating, beautiful or exciting places that you can visit along the way. As usual, there are instructions for knitting long- and short-sleeve bibs and surface-knit socks with thin, medium and thick yarns.

## About the author

**Niina Laitinen** is a fixed star in the knitting book sky, whose every book has shot to the top of the bestseller list as soon as it was published. Knitters appreciate the wonderful sock patterns and the carefully prepared, clear instructions and diagrams, complemented by Viola Virtamo's dazzlingly fine photographs.



## From the contents

- Abbreviations and knitting tips
- The yarns used in the book and their alternatives
- Finland
- Örö's treasure
- Archipelago
- Swamp dance
- Water hazard
- Kalajoki sands
- Golden dragon
- Pumpkin mittens
- Väisälänmäki
- The ringing forest
- Soiva Metsä mittens
- Paradise gorge
- Malla's tears
- Maroons
- The youngest

Villasukkien matkassa  
210x255, 160 pp  
Moreeni, 2024

# DANISH DESIGN



## Knitting Inspired by Friedrich

Ditte Larsen

**K**nitting Inspired by Friedrich is a knitting book inspired by the work of the famous German painter Caspar David Friedrich.

Caspar David Friedrich (1774-1840) was one of the great Romanticism artists. He was particularly inspired by the sky, the sea and the landscape, most often rendered violently and dramatically.

Knitting designer Ditte Larsen has collected thirteen of Friedrich's artworks and created new designs based on the paintings' colours, motifs and moods.

The book contains 36 instructions for knitting and embroidery, from accessories such as scarves, hats, and mittens– to larger projects such as skirts, shawls, jackets and blouses. In addition, there is guidance on how the embroideries can be mounted as, for example, bags and cushions. All models are made in Isager's luxurious yarns.

In 2024, the 250th anniversary of Caspar David Friedrich's birth will be celebrated with exhibitions in Hamburg, Berlin and Dresden.

## About the author



**Ditte Larsen** has published several knitting books inspired by artists: Anna Ancher, Svend and Vilhelm Hammershøi, Thorvald Bindesbøll and Marie Krøyer. She is also known as the founder and former owner of the legendary handicraft shop Sommerfuglen in Copenhagen.

## Contents

Author's foreword  
Foreword by Lilian Munk Røsing  
Shed of leaves  
Monastery in the oak forest  
Riesengebirge - Landscape with rising mists  
Coast in the moonlight  
After the storm  
The walker across the sea of mists  
The great community  
The monk by the sea  
Sea with sunrise & the moon rising over the sea  
The sea of ice  
Evening landscape with two men  
The woman at the window  
Abbreviations and explanations  
About Isager's yarn  
Bibliography

Friedrich på pindene  
200x255, 174pp  
Turbine forlaget, 2024

# FAIR ISLE KNITTING

## Knitting for Babies and Toddlers

Lotte Rahbek

**K**nitting for Babies and Toddlers contains instructions for designs for children aged 0-2 years. Since 2020, Lotte Rahbek has been behind the trademark Apple of My Eye, designing beautiful knitting patterns for babies and children with a clean, Nordic aesthetic and fine details. As a knitwear designer, she finds inspiration, especially in the colours that characterise nature by the sea. She often gets ideas for patterns from the beach - in sand, stones and the beautifully polished pieces of wreckage that have washed ashore.

"Knitting is a craft - it's unique, and it takes time. Even if you follow a knitting pattern, the result is still unique, as we all have different styles. Therefore, the result always has a personal expression. You cannot get a more personal gift than home knitting. And you often knit for someone you love," says Lotte Rahbek.

Contents: Foreword | Abbreviations | Techniques | Difficulty | Knitting samples | Instructions | Materials | Cooperation partners | Thanks

## Wool

### Knitting from the Faroe Islands

Navia

**T**here are 75,000 sheep on the Faroe Islands. It is clear that the sheep, therefore, take up much space in nature, as well as the history and consciousness of the Faroese. Wool was a valued and precious material in ancient times days. It still is. The largest Faroese yarn producer is Navia, which in 2024 celebrates its 20th anniversary.

*Wool* contains 25 patterns for Faroese knitting based on instructions from Navia. The patterns in the book are a good mix of classic Faroese sweaters and new, modern clothing – all designed by Navia over 20 years. Traditional techniques and patterns from the storm-tossed islands in the North Atlantic inspire all new and old designs.

The book contains instructions for classic Faroese sweaters with a modern twist and a contemporary touch, modern blouses, and beautiful accessories for everyday life. The book includes patterns for both adults and children of all genders.

Contents: The Faroe Islands, the farm, the sheep | Knitting culture | Navia | Knitting instructions



Du er min øjsten  
210x270, 176 pp  
Bogoo Books, 2022

Rights sold: NL



Ull  
210x260, 178 pp  
Bogoo Books, 2023

Rights sold: WE



# COLLECTION OF PATTERNS



## Contents

Lots of patterns!  
I see a pattern!  
Composition: putting patterns together  
A short colour theory for knitters  
A more extended dyeing practice for knitters  
How the patterns can be used  
Pattern  
Alphabet  
Single patterns  
Surface pattern  
Borders  
More on patterns  
Read more  
Thanks  
About the author

## The Book of Patterns

Anna Bauer

In *The Book of Patterns*, Anna Bauer offers many old and new patterns, which you can knit, crochet and embroider. Here are traditional and well-known patterns and new, more modern ones.

The book is something as unusual as a modern "märkbok". "Märkböcker" were the booklets published in Sweden from the 19th century onwards, with patterns for embroidery that could decorate pillows, sheets, towels, handkerchiefs and clothes. Today, "märkböckerna" from the 1930s, 40s and 50s are highly valued on the second-hand market.

Here, Anna Bauer shows how you can compose a pattern and how to colour your knitting pattern best so that the pattern stands out.

Let yourself be inspired and knit a shirt, put a mosaic on a tabletop and embroider your clothes!

## About the author

**Anna Bauer** has a master's degree in textile art from the University of Design and Arts and Crafts (HDK) in Gothenburg. She has also studied fashion design, pattern construction and sewing. Anna's work often appears in exhibitions, and she regularly holds courses and workshops. She has previously published the books *Hönsestrik, a love story*, *Hönsestrik Forever*, *Dyeing yarn & Knit* (together with Eva Zethraeus) and *Cardigan & Dress*.



Anna Bauers mönsterbok  
190x260, 150pp  
Polaris, 2023

# BEAUTIFUL MACRAMÉ

## Macramé Jewelry

Florian Mörbitz

Florian Mörbitz's designs are intricate yet easy to make. In *Macramé Jewelry*, he offers step-by-step instructions with lots of pictures – a video in the form of a book, if you will.

The skill level grows with each of the 18 projects – readers can start with the first beginner project, and by the end of the book, they can master even the most difficult pieces.

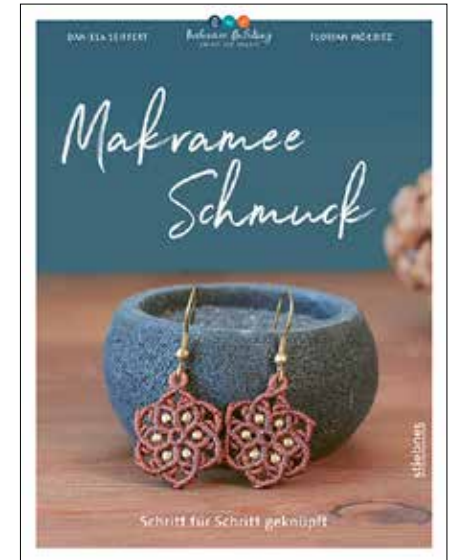
- First book of German »Macramee-Guru« Florian Mörbitz
- Detailed step-by-step instructions guide the reader to become a macrame pro
- Bracelets, earrings and necklaces: all designs have a WOW effect

## About the author

**Florian Mörbitz** lives on the island of Tenerife. Together with Daniela Seiffert, he runs the YouTube channel "Makramee Anleitung" and the website of the same name. Over 35,000 macramé fans have subscribed to his tutorial videos on knotting jewelry for beginners and advanced users. Florian Mörbitz discovered his love of macramé jewelry a few years ago during a trip to Thailand and has been developing new designs and sharing all facets of the art of knotting with his followers ever since.



Makramee Schmuck  
190x250, 176pp  
Stiebner Verlag, 2023



## Contents

Foreword  
How to use this book  
Materials & tools  
Basic knots and techniques  
Projects part 1  
Ready for your first tutorial?  
Projects part 2  
Time for a little more challenge  
Projects part 3  
Now you're a pro!  
Design your own projects.  
Sources  
Epilogue

# DYEING FABRIC



## Contents

Foreword  
Kimono  
Production & sustainability  
Basic knowledge  
Start dyeing!  
Equipment  
Colour bath  
Tie dye  
Bundle dye  
Eco print

## Plant Magic

Batik, bundle dye & other techniques for plant dyeing

Karin Bjurström

**L**earn to create colourful patterns on fabric with natural pigments from our local environment without using strong chemicals. The book combines traditional plant dyeing with contemporary techniques such as batik, bundle dye and botanical prints.

Karin Bjurström goes through the basics of plant dyeing and wants us to discover how easy it is to produce colour on your own. She encourages us to experiment; right or wrong does not exist. Using different techniques, you can create repeating patterns, precise impressions of flowers and leaves or a more fluid design - try experimenting with decoctions and impressions, squeezing, dipping and steaming. The results are beautiful and unique organic patterns in all the rainbow colours that can resemble anything from moonscapes and marble to abstract batik or a flower meadow.

The book contains about 20 colour recipes, and Karin shows, among other things, how to dye t-shirts, kimonos and scarves in a variety of colours and different patterns.

## About the author



**Karin Bjurström** is a textile artist and fashion designer. After several years in the fashion industry, she chose a more sustainable way of working, where craftsmanship and small scale come first. Karin wants to broaden the image of plant dyeing and show that it is possible to create vibrant colours and patterns without chemicals. In addition to her own production and artistic projects, she holds courses and lectures in plant dyeing.

# AND YARN

## Natural Dyes with Plants

Anna-Karoliina Tetri

**D**yeing yarns is becoming more and more popular. However, the process of dyeing wool is not suitable for vegetable fibres, the dyeing of which requires its own substances and methods.

The instructions in this book can be used to dye cotton, linen and other plant fibres, as well as plant-derived modified fibres. The sources of colour are bark and nuts of trees. The instructions are suitable for dyeing and patterning both yarns, fabrics and clothes. Surplus broth can be used to make colour pigment for, for example, watercolour painting.

The richly illustrated book contains many dyeing samples and examples of different fibres and unravelling techniques.



## Contents

To come

## About the author

**Anna-Karoliina Tetri** is Finland's leading natural dyeing expert and craft writer. She also teaches different natural dyeing techniques, writes a blog on natural dye topics and sells dyeing accessories in her own online store. [tetridesign.com](http://tetridesign.com).





# FUN CARPENTRY



## Contents

- Foreword
- Carpentry school
  - Material
  - Tools
- Furniture
  - Stool
  - Chair
  - Armchair
  - Small table
  - Big table
  - More furniture
- Paint & finish
- The to be satisfied-philosophy
- Index

## Raw Carpentry

We can all learn how to build furniture  
Finn Ahlgren

**R**aw carpentry is a method of carpentry with recycled material without prior knowledge. All you need is a screwdriver and a saw. It is a permissive technique where we let chance and the material guide our design and build primarily so that it will last and be comfortable.

The book begins with a brief overview of how wood works as a material and some simple principles for how to carve a sturdy piece of furniture. We go through basic sawing, how the screwdriver works and why it is good to pre-drill. After that, you will learn how to carve a stool, and with that knowledge in the luggage, we will move on to chairs, armchairs, tables, shelves, lamps and more.

In raw carpentry, we have no expectations of how the furniture should look but let the function determine the appearance. The book contains some simple but valuable tips and tricks but no rules. However, you get a toolbox to reuse, repair, fix, and care for what we have.

## About the author



With an education as a fine carpenter and a Furniture Design and Interior Architecture candidate at Konstfack, **Finn Ahlgren** takes on design and carpentry. With simple methods and tools, he explores aesthetics, status and morality as a reaction to the fact that in design, there are often clear and common opinions about what is right and wrong, good and bad, pleasant and ugly.

# AND DESIGN

## Wood

Carpentry handbook for interior design  
and cultivation

Moa Brännström Ott

**I**n *Wood*, we learn the foundation of carpentry skills required to furnish the home with attractive and functional objects. It has its basis in the book's 20 projects, adapted for those of us who may not have gone near a saw since woodwork class at school; we are guided step by step through techniques that make a friend of saws, planers, clamps and chisels.

The book contains practical timberyard knowledge, that is, how to pick the correct type of wood and the qualities of different wood types, a discussion of tools with an emphasis on handheld tools, as well as the methods used to measure, saw, plane, join, carve and finish in a way that opens up the possibility for domestic carpentry to become a satisfying and fun hobby.

Among the projects are kitchen items such as a spice rack, knife stand, breadboard and herb drier, and furnishing items such as shelves, stools, knobs, bookends and a balcony bench. For those interested in home cultivation, there is a planting bench, a box and trellis, and more for indoor and outdoor environments. All the projects are clearly illustrated and arranged according to the grade of difficulty for users who are not accustomed to working with wood but enjoy the material's organic feel and expression.

## About the author

**Moa Brännström Ott** freelances in fine carpentry and works with specially designed furniture and objects for restaurants and artists. She often works with designers, especially the design group Uglycute. She has graduated from the Capellagården course in furniture carpentry.



## From the contents

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- The forest and wood
- Soft and hard woods
- Heavy woods
- Tools and techniques
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- Drill and screw
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- Floor lamp
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- Flower pedestal
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- Balcony table
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- Bird table
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# MORE HANDICRAFT



## Contents

Foreword  
About braiding  
Techniques  
Material  
Projects

## Braiding

Techniques, material, projects

Emma Dahlqvist

Combining traditional braiding techniques with new thinking, Emma Dahlqvist introduces simple and more advanced methods for braiding bags, baskets and accessories.

This book aims to show the different varieties of braiding and inspire more people to braid. It does not matter whether it is with natural material you picked in the forest, purchased material, or recycled material. It is possible to braid with most fibres and most flexible materials. You can use anything that can be bent and shaped in three dimensions.

People have been braiding for tens of thousands of years around the world. Braiding baskets and bags are one of the world's oldest crafts. The techniques are similar regardless of geographical location; only the materials differ. The book shows projects in which you use oblique braiding, straight braiding, seven braiding and hexagon braiding, and various materials, such as twigs, paper, leather, wool, and steel wire.

## About the author



**Emma Dahlqvist** is a designer and artist who combines older craft techniques with experimental techniques and methods. She works as a freelancer with art and design projects. She is located in Östersund, where she gives courses and lectures in crafts and experimental design methods. She has also published the book *Bark*.

Fläta  
180x240, 160pp  
Natur & Kultur, 2022

Rights sold: DE, DK

# TITLES

## Leatherwork

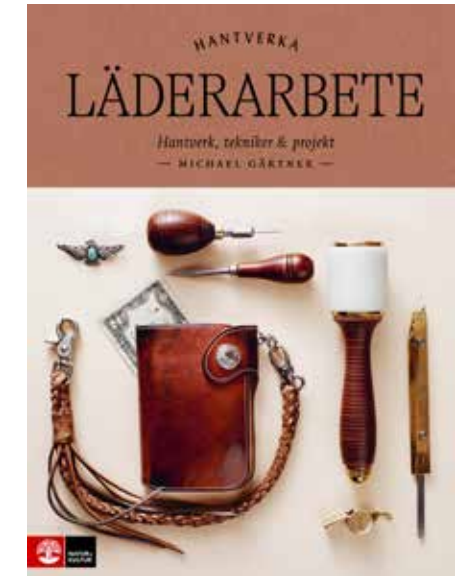
The craft, techniques & projects

Michael Gärtner

A guide to making bracelets, key holders and other more straightforward leather items at home at the kitchen table yourself with little money. The book presents around 15 projects and several variations on braids and knots. It also gives you knowledge about the different parts of the leather, what they are best suited for, what tools are available and how to use them, and sewing by hand.

But above all, the book is about the creative joy of working with this multifaceted natural material. You can nurture an old craft tradition by creating yourself and making your leather items more durable than today's wear and tear. This is a reissue of *Lone Wolf Leatherwork*, which first came out in 2015.

Contents: Foreword | Introduction | The leather | Technique and design | Braiding | Projects



Läderarbete  
160x230, 128p  
Natur & Kultur, 2024

Rights sold: WE, DE, FR, SP

## The Pottery

Susan Liebe & Sus Borgbjerg

Anyone can turn a cup, bowl, plate, jug or vase into ceramics. This book is an informative and practical handbook for beginners. All steps in the process are visualised and photographed, and the instructions are easy to follow.

*The Pottery* helps the reader to succeed in turning. Here is everything you need to know about shape and design, tools, types of clay, preparing clay, turning methods, drying process, firing and glazing. The book goes through the various techniques, and there is a link to YouTube, where the processes are shown.

It looks so easy, but getting good at it takes time. However, nothing is better than setting a beautiful table or drinking coffee from a cup you have made yourself.

Contents: Foreword | Get an overview of the process | Visualise what you want to turn | Select clay type | Get an overview of tools and accessories | Knead the clay | Center the clay | Turn a cup | Turn a bowl | Turn a plate | Turn a jug | Turn a vase | Hang up | Turn off | Add signature | Choose colors and settings | Dry the clay | Fire the clay the first time | Choose glaze and glaze the clay | Fire the clay a second time | About the authors



Drejbogen  
200x260, 200 pp  
Muusmann forlag, 2023

Rights sold: DE



# FUN PROJECTS FOR



## Creative Karin - Crafting Handbook

More than 180 inspiring projects  
Karin Andersson

This book is for those who love to craft, those who are curious about becoming more creative, and those who want a clear overview of crafting materials and techniques. This book is also for those who think you can't craft because you can. EVERYONE can craft!

This book contains everything you need to get started with your creativity, which tools are good to have and, of course, lots of inspiring and easy projects. Here, you can find craft projects based on paper, paint, clay, yarn, casting, candles, beads, plastic, rubber and textiles.

Creative Karin guides you through the fantastic world of crafts and shows some of her favourite projects. In the book, you will learn, for example, how to make pleated lampshades, lovely gift bags, dotted candles, personal jewellery, mailboxes and much, much more.

## About the author



Creative Karin is one of Sweden's most prominent profiles in crafts and DIY, and her Instagram account has over 100,000 followers. She has designed and developed toys and products for children, participated in several TV productions and is a frequently hired workshop organiser.

Kreativa Karins handbok i pyssel  
200x253, 176 pp  
Tukan förlag, 2024

# ADULTS AND CHILDREN

## Nature

Karin Andersson

**C**reative Karin - Nature is the third book in the series of books for crafty children. In the book, Karin Andersson goes through both classic and unexpected materials that nature offers. She also tells us what time of year you find different suitable materials to craft with.

As usual, the pages are filled with colourful and playful craft projects that are easy and fun. The book contains clear step-by-step descriptions in pictures and text and wonderful inspiration that makes you happy!

Contents: Introduction | Material | Seasons | Flowers | Cones | Stones | Shells | Tree branches | Nuts | Chestnuts | Leaves and leaves | Fruit, vegetables and berries | Walnuts | Tree seeds | Index



Kreativa Karin: Nature  
216 x 267, 128 pp  
Tukan förlag, 2023

## Beading

Karin Andersson

**K**arin Andersson takes beading to a new level!

*Creative Karin - Beading* is filled with fun, colourful and playful projects, clear step-by-step pictures and associated patterns that make creating with beads easy and relaxed.

The book contains step-by-step ironing school, tips on bead storage, how to create patterns, and lots of creative bead projects and detailed designs.

Contents: Introduction | Good to have | Ironing school | Custody | Create patterns | Beading project | Index



Kreativa Karin: Pärlor  
216 x 267, 128 pp  
Tukan förlag, 2022  
Rights sold: DE

## Recycling

Karin Andersson

**C**reative Karin - Recycling contains inspiring projects, step-by-step pictures, a thorough review of materials, things that are good to have, and tips and tricks from a DIY pro. The materials used in the book are things everyone already has at home.

Karin is behind the entire process of the book with everything from ideas, photography, text, form and layout.

Contents: Introduction | Good to have | Ironing school | Custody | Create patterns | Beading project | Index



Kreativa Karin: Recycling  
216x267, 128 pp  
Tukan förlag, 2021  
Rights sold: DE

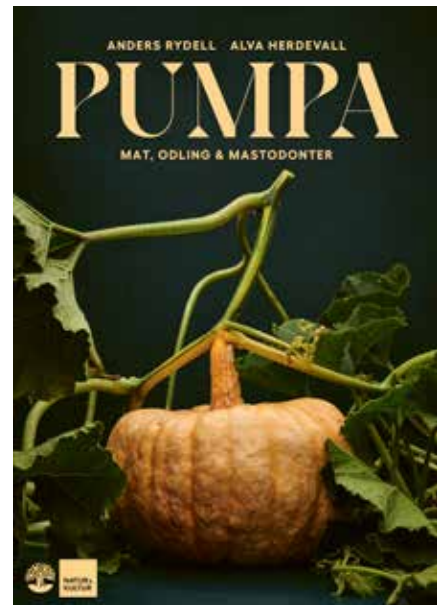


**FOOD  
&  
DRINK**





# MASTODONTS



## Contents

In the company of giants  
The history of the pumpkin  
Growing, harvesting and handling  
Recipes  
Varieties  
Index

## Pumpkins

Cooking, growing & mastodons

Anders Rydell & Alva Herdevall

Like few other crops, the pumpkin has come to be surrounded by mystery - a fairy-tale creature that seems to originate from another world. *Pumpkins* is a tribute and a declaration of love to the queen of the garden – the world's largest fruit.

In their garden outside Uppsala, Alva Herdevall and Anders Rydell grow about 60 different varieties of pumpkins. They love pumpkins for their variety, durability and flavour. Few crops put so much food on the plate that it can be stored for a long time and offer such richness in colour and form.

In the book, the authors discuss how to grow, care for, harvest and store pumpkins. They also show how the pumpkin can be much more than pumpkin pie – with exciting recipes from Japan and Italy to Mexico and Chile.

But it is also a book about the strange history of the pumpkin. It is a story about one of the world's oldest cultivated crops that has fascinated and captivated people for thousands of years, from its origins in an extinct world populated by mastodons and giant sloths to the pumpkin's journey on Portuguese ships across the oceans and into literature, cuisine and art.

## About the authors



**Anders Rydell** is a writer, journalist and editor-in-chief of the magazine *Författaren*. He has previously written *Modern Housekeeping* together with Alva Herdevall.

**Alva Herdevall** is a trained urban designer and author of *Modern Housekeeping*, which was named the cookbook of the year in 2022. Alva also runs *Krusenbergsodlarna*, which sells home-grown flowers, honey and vegetables.

Pumpa  
200x260, 176 pp  
Natur & Kultur, 2024

# RICE

## Rice

Tove Nilsson Jakobsson

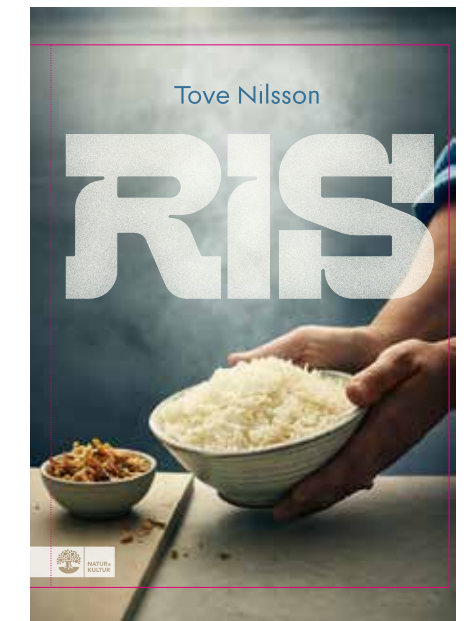
Arroz, fried rice, sushi, tadig, onigiri, jollof, biriyani, sticky rice, nasi goreng, mejadra, risotto, jambalaya and paella. Rice is not just an accessory but can form a whole dish, and depending on the kind of rice you use, it gives different types of experiences. The rice can be sticky, creamy, airy, crunchy, nutty, aromatic or gooey and has a unique way of absorbing the flavours of spices and broths during cooking. For many worldwide, the raw material rice is a basis for survival and is eaten for breakfast, lunch and dinner.

There are different types of rice in almost all the cuisines of the world – basmati, jasmine, brown rice, sticky rice, round grain shari, black rice, arborio, red rice, carnaroli, japonica, bomba. The large rice fields have mass-produced rice as a bulk commodity for many years. Still, recently, you see that small regenerative rice farmers are rethinking and finding new solutions to reduce climate impact, toxins, irrigation and, above all, to enhance the taste and the ancient cultivars.

In *Rice*, you can read about all types of rice worldwide, cultivation, polishing, history and travelogues. The book's 70 or so recipes are all based on rice. No rice - no dish.

## About the author

**Tove Nilsson Jakobsson** has previously published the internationally acclaimed books *Ramen*, *Thai at Home*, *Egg* and *Soda, Lemonade & Snacks*. In addition to being a cookbook author, she works as a food stylist, has been a television chef on TV4 *Nyhetsmorgon* for 15 years, participates in radio and runs the popular food and farming podcast *Jordkommissionen* with colleague Lotta Lundgren.



## Contents

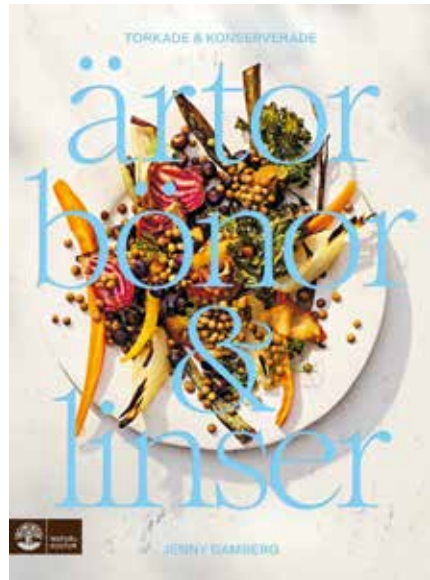
Risotto  
Deep fried  
Spicy  
Paella & Arroz  
Rice 'n' beans  
Fried & crispy rice  
Sushi rice  
Soup with rice  
Boiled rice  
Bowls  
Sticky rice  
Sweet

Ris  
200x260, 256 pp  
Natur & Kultur, 2023

Rights sold: WE, DE



# PEAS, BEANS



## Contents

Foreword  
Just cook!  
Cook yourself  
Which can is best?  
Measurements, ingredients & cooking times  
Hot & cold mixes  
Soups & pasta sauces  
Hot dishes & lovely stews  
Salads  
Old varieties get new life

## Dried & Preserved Peas, Beans & Lentils

Jenny Damberg

This book focuses on peas, beans and lentils. A mix of new and old crops lays the foundation for around 50 tasty soups, creamy stir-fries, lovely stews and contrasting salads. Much can be prepared quickly, and everything is easy to succeed with. And everything is good – on the plate, in the body and for the soil.

Because that's how it is with legumes; they are almost too tasty. Easy to succeed with. Cheap! It is nutrient-dense – rich in protein, iron, zinc, and slow carbohydrates. They lower blood sugar and increase satiety. If you want to eat climate-smart, you can hardly make a better choice. Legumes also do well when they grow by fixing nitrogen from the air and converting it into nutrients from which the soil can benefit.

In the last ten years, the cultivation of several important cultivars, such as peas, has gained new momentum. It's suitable for cultivated and culinary diversity, which benefits those who want to eat good, nutritious, and reasonably locally grown food.

## About the author



**Jenny Damberg** is a writer and freelance journalist. She has written several books on the history of food and drink and cookbooks based on excellent but overlooked ingredients such as preserves (*The New Cupboard Food*, 2020) and legumes (*Beans, Peas, Lentils*, 2015)

Torkade & konserverade ärtor, bönor & linser  
200x260, 144 pp  
Natur & Kultur, 2024

# LENTILS

## Legumes

Louisa Lorang

Eating more green proteins and less meat is healthy for us and good for the planet. But even though we know it, for many, it is probably more of a duty than a pleasure to eat beans, lentils and chickpeas, and Louisa Lorang thinks that is a shame. Eating legumes shouldn't be a punishment because you can make some delicious everyday dishes with legumes, but they must be prepared with plenty of flavor. This book is a helping hand for all those who want to eat more pods.

Here are both suggestions for how to make the most simple and classic dishes, such as a delicious minestrone and hummus, and recipes that are alternatives to meat dishes such as chickpea burgers, black bean burritos, lentil bolo, meatballs, pâté. Then, you learn to use pulses to bake with, for example. Legumes can make juicy, soft and light baked goods.

## About the author

**Louisa Lorang** is a chef, cookbook author, cook and food writer.

<https://louisalorang.dk/>

Insta: @louisalorang



Bælgfrugt  
195x250, 160pp  
Lindhardt & Ringhof, 2024



## Contents

Snacks & dips  
Salads  
Green dishes  
Meat & seafood  
Sweet



# EGG DISHES



## Contents

Techniques  
Eggs for breakfast and brunch  
Egg classics  
Eggs for dinner  
Eggs as side dishes and snacks  
Eggs as sweet dishes, pastries and cocktails

## Eggs

Recipes & technique

Tove Nilsson Jakobsson

There is nothing so tasty as Egg Benedict – crispy brioche, a perfectly poached egg topped with a buttery hollandaise. And nothing beats making an omelette just right in the classic French way, firm and smooth on the surface without colour, and juicily creamy inside.

How do you get a perfectly boiled egg with a creamy yolk? What is the ultimate time and temperature? What happens when the egg coagulates and when you whip a mayonnaise? In this book, you'll find the proper technique and facts to succeed with everything from boiled and poached eggs to 63-degree eggs and a Japanese omelette.

This is *the* book about eggs. The egg has a considerable role in many of the tastiest dishes known to us – egg noodles, shakshuka, huevos rancheros, pickled eggs, Scotch egg, egg pizza, 'sunny eye', Pelle Jansson, tea eggs and egg custard. With dishes like these, you can –if you wish – eat eggs at every mealtime.

## About the author



**Tove Nilsson Jakobsson** is a chef and food writer. She participates in TV4's Nyhetsmorgon and is regularly heard on the radio. Over the years, Tove has delved into food from New York, London, Los Angeles, Berlin, Oakland and Tokyo. Tove has previously written *Ramen* (2016), which has had great success internationally and in Sweden. As well as *Soda, lemonade and snacks* (2014), *Thai at home* (2019) and *Rice* (2023)

Ägg  
190x240, 192 pp  
Natur & Kultur, 2022

Rights sold: SP

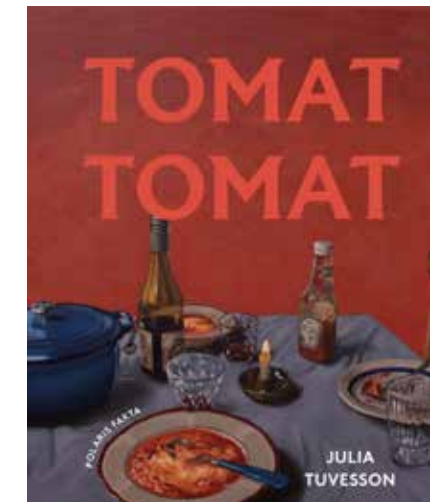
# TOMATOES & CHILLIES

## Tomato Tomato

Julia Tuveesson

*Tomato Tomato* is a personal story about one of our most beloved vegetables – with over 60 recipes for dinner dishes, soups, salads, sandwiches, sauces and stir-fries. In addition, we get an in-depth look at the history of the tomato with stories about everything from Warhol's pop art to a Spanish tomato war and an American mafia film.

Contents: The red thread | Tomato tomato | Finding a home through food | The history of the tomato | Pulp Fiction | The little tomato guide | The tomato's taste buddies | The various treatments for tomato | Technician: peel tomato, confit tomato and semi-dry tomato | 11 lessons in (two) cooking | We start with a Bloody Mary... | PART 1 Summer: May to October | Focus: Fresh tomato | PART 2 Winter: November to March | Focus: Canned tomato | PART 3 Sauces & mixes | ... and finish with a piece of cake | Thanks and goodbye! | Recipe index



Tomat, tomat  
170 x 245, 192pp  
Polaris, 2023

Rights sold: DK

## The Chilli Garage

Marc Wilcox

In *The Chilli Garage*, Mark Wilcox shows how we can grow all sorts of chillies – everything from pleasantly fruity varieties to insanely hot and spicy ones. Chillies may be cultivated on the windowsill in the kitchen, on the balcony, or in a greenhouse. The book answers all questions that might come up for the beginner or anyone who wishes to cultivate chillies for household use: the types of chillies that are most suitable, how to best look after them, how to extract seeds from one's plants, and how to make sure that they survive the winter.

The harvest is preserved using tried and tested techniques: drying, smoking, fermentation, and pickling. In the process, it creates some fantastic flavours and ensures the product will last a long time. Around twenty extremely practicable types are discussed: jalapeño, facing heaven, aji amarillo and more are all discussed in detail with specific tips and advice on cultivation, as well as recommending recipes for which they are best suited.

Contents: Preface | Chillies around the world | Cultivating chillies | Choosing a type | Chilli recipes | Drying | Smoking | Fermentation | Pickling | More favourite recipes



Chiligaraget  
180x240, 144 pp  
Natur & Kultur, 2018

Rights sold: NL



# GREEN TAPAS



## Contents

Foreword  
What is tapas  
Spanish products  
Pica pica - snacks  
Ensaladas - salads  
Fritos - deep-fried  
Estofados y cremas - stews and soups  
Plancha - fried  
Asado - grills  
Pan - bread  
Postres - sweet  
Index  
Places to visit in Barcelona

## Tapas de Verduras

Green tapas

Jonas Björkman

**T**apas de Verduras is a veggie cookbook inspired by the Spanish tapas culture. It contains recipes for Spanish classics, such as calcots with romesco sauce and tortilla española, but Johan has created many dishes based on what he thinks would be tasty. Several popular tapas dishes typically contain meat, fish or shellfish but are replaced by suitable vegetables.

In the last 20 years, Johan Björkman has spent much time in Spain, mainly in Barcelona. During his travels, he noted that there are few vegetable tapas - which should not be the case given the favourable climate and the fact that it is a country that grows a lot of vegetables.

The book contains approximately 90 recipes divided into snacks, salads, fried, stews, fried, grilled and bread.

## About the author



**Johan Björkman** was head chef at the one-star restaurant Koka in Gothenburg for many years, focusing on modern West Swedish gastronomy and ingredients. Since a year ago, he has been responsible for the food at Poppel's City Brewery. Johan's first book, *The Nordic Pantry*, was released in 2019.

Tapas de verduras  
180x240, 208 pp  
Natur & Kultur, 2024

# THE GREEK KITCHEN

## Greek Food

Sara Berg

**A** chef at a restaurant in Athens described Greek cuisine as gastronomy's answer to minimalist architecture. "Like a small, white-painted church on a rocky island. It's magical, it doesn't need more."

He's right: Greece has everything from olives and vegetables to fish, shellfish and cheeses. Most of it can be bought fresh from the market in the morning or from a small-scale producer nearby.

The problem has, therefore, not been the quality of the food but that it was not always prepared in the best way. But in recent years, something has happened. Today, a new generation of chefs prepares simple and beautiful dishes with greater awareness and without losing the Greek identity.

This book naturally contains classics such as Greek salad, stifado, and dishes not particularly well-known outside of Greece. Like the cheese-filled, velvety flatbread pie from Sfakia, the chocolatiest of chocolate cakes and a favourite are giouvetsi, a stew of meat and the tiny rice-shaped pasta orzo. You may have eaten food during a holiday in the country and missed it since then.

## About the author

**Sara Berg** is a freelance journalist and barista based in Malmö. She primarily writes about food and culture for newspapers such as Sydsvenskan, Expressen, Gourmet and Svenska Dagbladet. She and photographer Miriam Preis have previously published *Pasta in Italian* and *Berlin for Foodies*.



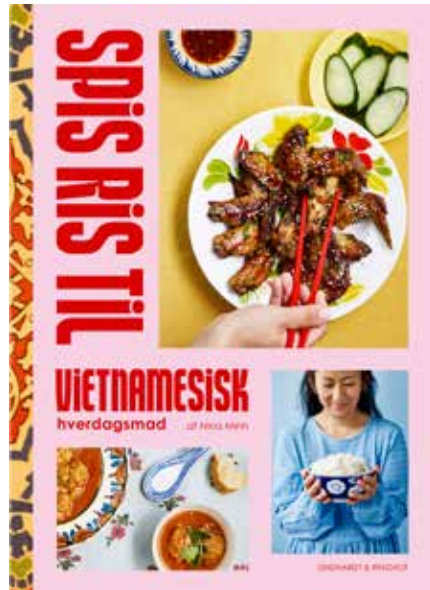
## Contents

Foreword  
Greek food products  
Meze  
Main dishes & sides  
Desserts & cakes  
Portraits of Greek foodies

Grekisk mat  
190x240, 176pp  
Natur & Kultur, 2024



# VIETNAMESE FAVOURITES



## Contents

- Foreword
- Snacks
- Family style
- Sauces
- Drinks
- Index

## Vietnamese Cookbook

Nina Mihn

In Vietnamese, there is an expression called "com gia đình". Directly translated, it means rice for the whole family, and the term is used for the food that the family gathers around every day: a table with small colourful and tasty dishes served with a bowl of rice. And that is precisely what this book contains. Classic Vietnamese everyday food - family style. Here are lots of delicious recipes and, not least, stories and pictures that ooze my love for Vietnamese cuisine.

Nina Mihn is behind the "Where I Come From" food universe and has been collecting her family's recipes for many years. Both to preserve the food culture her parents brought with them when they came to Denmark as boat refugees in 1980 and to pass it on. According to Nina, Vietnamese cuisine is not only among the best in the world, but it is also one of the easiest.

In the book, you will find everything from classic spring rolls and dumplings, the family's signature dish, caramelised chops with cucumber salad, and popular recipes such as fried aubergines and mother's chilli sauce with lemongrass.

## About the author



**Nina Mihn** is behind the popular food universe "Where I Come From". Her parents fled to Denmark from Vietnam in 1980, and Nina grew up in Randers and today lives in Aarhus.

<https://derhvorjegkommerfra.dk/der-hvor-jeg-kommer-fra/>

Spis ris til  
198x272, 232pp  
Lindhardt & Ringhof, 2024

# FOOD FROM NOLA

## NOLA

Food from New Orleans

Matthew Scott

A gastronomic journey to the home of jazz. More than 80 recipes to turn any moment into a New Orleans party.

In the south of the United States beats one of the most fascinating culinary destinations in the world: NOLA (New Orleans, Louisiana), the result of the confluence of great cultures during the colonial era. *NOLA* is a journey through the Cajun, Creole, soul, Southern, and homestyle cuisine of the city known worldwide as the Big Easy and the main port on the Mississippi River. A journey in which more than 80 recipes are intertwined with the history of New Orleans and its cultural anecdotes.

Author and chef Matthew Scott guides the reader through his hometown's genuine and traditional flavours and recipes, as well as his own creations that he has served at his restaurant in Madrid for nearly two decades. Delving into the cultural exchange that permeates New Orleans, Scott offers his vision of each gastronomic facet of the city and the historical influence of those who have inhabited this land. A cookbook that ranges from Cajun cuisine with dishes such as crawfish étouffée to bananas flam-béed in rum, typical of Creole, or chicken and okra gumbo, one of the most characteristic dishes.

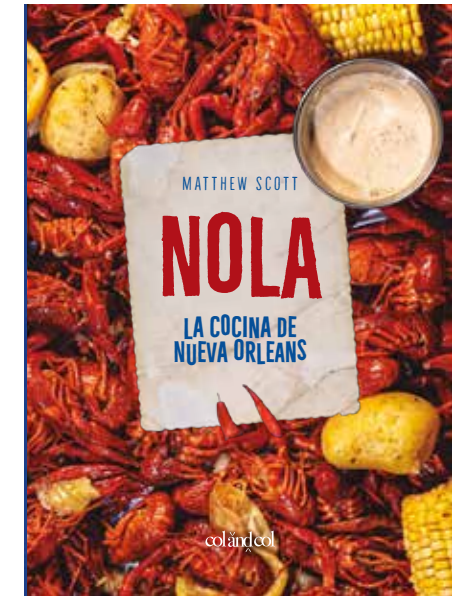
Beyond the recipes, the author discusses the history of New Orleans, its socio-cultural influences, its love of jazz and movies, and literary references that reflect the city's impressive culture. The reader will also learn about some of the most important American festivals, such as the Super Bowl with its essential chicken wings, and other celebrations of New Orleans, such as Mardi Gras.

## About the author

**Matthew Scott** is the owner and chef of the Gumbo restaurant in Madrid for more than 15 years.



NOLA. La cucina de Nueva Orleans  
190x250, 256 pp  
Col & Col Books, 2022



## Contents

- NOLA cuisine
- Cajun cuisine
- Creole cuisine
- Soul cuisine
- Southern cuisine
- Gumbo
- The celebrations
- Brunch
- Crayfish
- The Super Bowl
- Mardi Gras
- Thanksgiving
- Christmas
- The Restaurant



# FROM NORTH TO EAST



Lagom svenskt  
200x260, 160 pp  
Kakao Förlag, 2024

## Simply Swedish

Recipes from north to south

Louise Bondebjer

From the temperate south to the sub-arctic north, Sweden offers a bounty of culinary treats, all reflecting each region's unique climate and local conditions. And the climate is certainly crucial, as Swedes increasingly focus on the environment, making the best use of local produce and rediscovering classic dishes of the past.

Join Louise Bondebjer as she shares her easy-to-follow recipes for northern delicacies like reindeer stew and cloudberry jam to southern specialities like baked cheesecake and roast goose. Accompanied by Tine Guth's mouthwatering photography, these recipes are sure to inspire and delight!

Contents: Winter | Spring | Summer | Crayfish | Autumn | Christmas



Diadonna's balkangrill  
195x255, 155 pp  
Polaris, 2023

## Balkan Grill

Diana Dontsova

*Diadonna's Balkan Grill* is filled with recipes that put a golden edge on summer barbecue dinners and contains divinely delicious recipes for grilled vegetable dishes, as well as meat and fish, and lots of salads and stir-fries that you will continue to want to make well into the autumn.

*Diadonna's Balkan Grill* is the follow up to *Diadonna's Balkan Food*.

Contents: Balkan food is life | Grilling | Meat and chicken | Fish and seafood | Vegetables | Salads and side dishes | The dance and the music | Recipes



# NO ORDINARY HOT DOGS

## Cool Cats' Hot Dogs

No ordinary hot dogs

Lisa Wallén

Hot dogs with extra everything – in *Cool Cats' Hot Dogs*, we take hot dogs to the next level.

Lisa Wallén is the chef who started Cool Cats in 2014, a food truck serving hot dogs along Lake Geneva in Switzerland. Today, it is a popular restaurant in Chamonix in the French Alps.

With locally produced ingredients and dishes prepared from scratch, the seemingly simple is transformed into something tasty and mammoth, which also doesn't cost a fortune. Learn how to bake juicy bread, get recommendations for preparing the sausage for grilling, and share recipes for homemade toppings, dips, and side dishes such as BBQ sauce, kimchi, and French fries. Or replace the sausage with other options, such as Lisa's secret recipe for falafel or pulled pork that always runs out.

Let the Cool Cat party begin – and bon appetit!



## Contents

Foreword  
Grilling hot dogs  
Sausage bread in French  
My favourites  
The summer's best quick fixes  
Side dishes  
Alternatives to hot dogs  
The only drinks you need to impress your guests  
Saucy and crunchy

## About the author

Lisa Wallén is educated at the hotel and restaurant program at the Glion Institute of Higher Education in Switzerland. Lisa opened and ran the restaurant *Lisa's* on trendy Portobello Road in London before starting *Cool Cats* in Chamonix in 2014. A restaurant that has since been appreciated by both locals and travellers through its generous hot dogs, hospitable atmosphere and focus on good ingredients. Lisa lives with her husband and two children in Chamonix.



Cool Cats' Hot Dogs  
190x240, 144 pp  
L.B Förlag, 2024



# ASADO & TACOS



Asado  
185x240, 176pp  
Natur & Kultur, 2022  
Rights sold: DE, SP

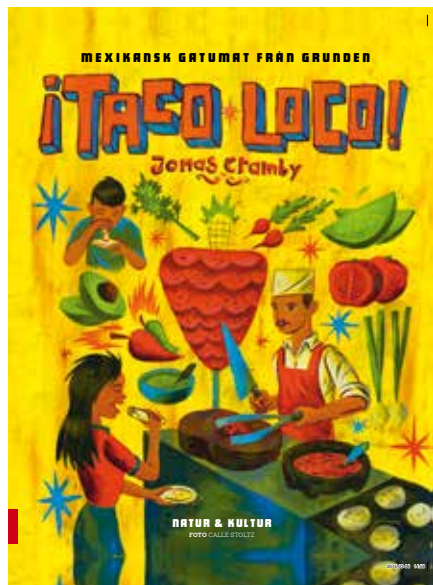
## Asado

Argentinian grills  
Florencia Abella

In Argentina, asado is not just a form of grilling. It is a national dish, a ritual and a lifestyle. Asado can be made with almost any equipment, from two stones and a lattice in a park to a straight-up and lowerable South American grill, a parilla, in one's backyard.

When the fire is on, you start cooking what goes fastest and needs the most heat: chorizo, blood sausage, veal brisket and vegetables. When the flames have subsided, and the embers are at their hottest, it's time for famous pieces of meat such as tira de asado, ribs, or vacío, flank steak, while the falling embers are best suited for ingredients that need to be cooked a little longer and on low heat, like chicken or whole grilled lamb. The grilled food is eaten with chimichurri, salad, bread and various small dishes.

Contents: Foreword | Technique | Argentina & asado | Asado at home | Argentinian grills | Asado with wood | Asado with charcoal | Meat details | Grilling technique | Asado recipe | Empanadas | Pages | Index



Taco Loco!  
190x240, 144 pp  
Natur & Kultur, 2015  
Rights sold: WE, SP

## Taco Loco!

Mexican street food from scratch  
Jonas Cramby

In *Taco Loco!*, you go on a journey through one of the most exciting and unexplored street food cuisines in the whole world. Taste freshly deep-fried *totopos* in one of Mexico City's chaotic street *mercados*. Eat the mysterious dish *barabacoa* – a goat buried in the ground with glowing coals, a crucifix and a bottle of *mezcal*. Or calmly sip an ice-cold *michelada* under the volcano in Oaxaca.

You will learn the secrets and the technique to re-create these dishes at home – the best recipes for *antojitos* (small dishes), *dulces* (sweet items) and *bebidas* (drinks). But also how you make sugar skulls for the Dia de los Muertos celebration and the simplest way to grind maize to make fresh nixtamal tortillas.

And, you will learn how to make *tacos*. Lots and lots of *tacos*.

Contents: Foreword | Part 1. Basicos (i.e. the basics) | Part 2. Antojitos (small dishes) | Part 3. Tacos (as it sounds!) | Part 4. Dulces (sweet items) | Part 5. Bebidas (drinks) | Index

# SUSHI & PIZZA

## Nordic Sushi

Frida Ronge

We have the world's best fish in the Nordics. Therefore, it is strange that we do not eat it raw more often because that is when it tastes best. Frida Ronge has worked with raw Nordic fish in restaurants for many years and has a penchant for flavours and techniques from Japan.

In this revised new edition of Frida's book *Raw as Sushi*, even more focus is placed on making the best possible sushi at home in a simple way - with fish, seafood, meat, vegetables and mushrooms. In addition to more recipes for the most common sushi variant, nigiri, the book also contains many new recipes for maki (rolls), temaki (rice cones) and several sushi bowls.

Contents: Technique | Ingredients | Sashimi | Sushi | Bowls | Small dishes | Desserts | Drinks



Nordisk sushi  
180x240, 176pp  
Natur & Kultur, 2022  
Rights sold: SP, NO

## Pizza Wizard

Oskar Montano

This is the authoritative guide for anyone who wants to bake pizza in their home oven. Oskar Montano, of the pizzerias *800 grader* and *800 grader slice* in Stockholm, has here adapted classic international pizzas to work perfectly at home.

The recipes are from places where pizza comes first: Naples, that pizza Mecca, where pizza-makers are seen as rock stars; Rome, with its thin, crisp pizzas; and New York, with its colourful by-the-slice culture.

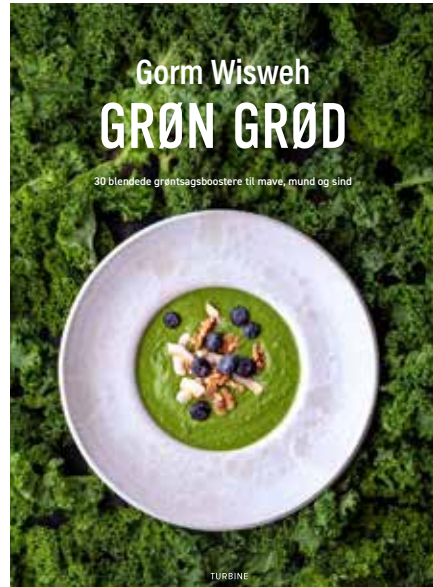
You will learn how to make perfectly fluffy "grandma pie" on a baking sheet to achieve a crispy, almost fried underside; how authentic *pizza in teglia* and *pizza bianca* is best baked at home; and what makes an authentic New York-style pizza. And you will learn everything you need to bake a Neapolitan pizza as soft and light as possible without an industrial-grade oven.

Contents: Foreword | Flour | Tomatoes | Cheese | Ingredients & sides | Technique & tools | Round pizzas | Squared pizzas | Pilgrimages | Rom | Naples | New York | Index



Pizza wizard  
190 x 230, 160 pp  
Natur & Kultur, 2021  
Right sold: SP, DK

# HEALTHY GREENS



## Contents

Foreword  
The blender  
In the pantry  
Cabbage  
Toppings  
Tips and tricks  
About porridge and nutrition  
Recipes (30 x green porridge + 3 shots)  
Overview of recipes  
Index

## Green Porridge

Gorm Wisweh

**G**reen Porridge is the cookbook for those who have opened their eyes to healthy vegetable porridge from the blender. It quickly makes it possible to eat the daily number of vegetables the body needs. Our physical health and mental well-being are deeply dependent on how the microflora in the intestines is doing, and this requires a large, daily intake of greens, which is much easier to achieve with a blender in the kitchen. To make green porridge a long-lasting life change for the benefit of body and mind and not let it become a quick fad, you must have an arsenal of exciting, varied, and delicious recipes.

*Green Porridge* by Gorm Wisweh includes 30 tasty recipes for vegetable-based porridge with various ingredients and inviting toppings. You will also get Gorm's best tips and tricks and good advice for building up your basic stock of dry and frozen food so that you are always just a touch of the blender away from a healthy portion of green porridge.

## About the author



**Gorm Wisweh** is the man behind the pizza chain *Gorm's*, known for countless TV appearances in morning programmes, participates in "Over the Atlantic", and hosts Maddysten on DR1. He published the cookbook *Gorm's One Pot* in 2020 and *Sauces* in 2021.

Grøn grøt  
190x260, 112 pp  
Turbine forlaget, 2023

# VEGAN FAVOURITES

## Pink Vegan

Susanne Wernicke

**T**his book brings colour to your everyday life! And onto your dining table. As this beautifully photographed cookbook shows, healthy vegan food does not necessarily have to be green!

All recipes are based on purely natural ingredients – the pink colour stems from the ingredients themselves, and no food colouring is required. From potato salad and summer rolls, asparagus risotto and burritos to porridge, cheesecake and shakes, the pink list goes on and on!

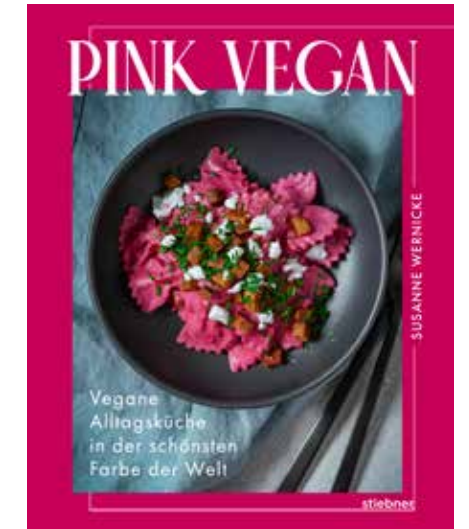
- Eighty daily vegan recipes – quickly cooked with a wow factor!
- Naturally pink: the colour is achieved solely through the ingredients themselves (no food colouring)
- Easy cooking methods and healthy ingredients

## About the author

**Susanne Wernicke** lives near Hamburg, Germany, with her husband Kai and their children. In 2014, the couple, who had previously eaten a vegetarian diet, decided to give up all animal ingredients for four weeks. The vegan challenge became a way of life, and the online diary with photo documentation became a new passion. Today, Susanne is a recipe developer, food stylist and photographer and runs the blog "Die Frischlinge" with her husband. *Pink Vegan* is her first book.



Pink Vegan  
190x250, 176pp  
Stiebner Verlag, 2024



## Contents

About me  
The pink factor - where does the colour come from?  
Special ingredients from my vegan everyday kitchen  
Recipes  
Breakfast  
Snacks  
Soups & salads  
Main courses  
Desserts  
Cakes & pastries  
Drinks  
Ingredients  
Thanks!



# GOOD FOOD



## Cook Vegan All Year Round

Anette Hoeg Nielsen

**C**ook Vegan All Year Round is a plant-based recipe book for tasty dishes with seasonal vegetables. The book provides inspiration for a meaningful, sustainable and climate-friendly lifestyle, where you both do something good and healthy for your body while helping to take care of our earth.

What we eat affects CO2 emissions, biodiversity, drinking water, and the ocean's condition. Therefore, there is an increasing focus on eating more plant-based and a lot, preferably, the local crops of the season, and this is precisely the basic idea behind this beauty cookbook.

Cook Vegan All Year Round is a seasonal cookbook, and after the chapters on spring, summer, autumn, and winter, there are recipes for baking, fermented delights, pickles, and, finally, a section about how to use herbs in cooking. It contains 100 recipes.

## About the author



**Anette Hoeg Nielsen** is a trained nutritionist who has worked with food and ecology for over 25 years. Anette grows many vegetables, berries, and fruits in her garden. On her blog, 'Food with a Glow,' she diligently shares tips, tricks, and experiences from her plant-based kitchen and excellent knowledge about vital, colourful, and tasty plant-based foods. Anette is the author of the book *Plante-Based Temptations*.

## Contents

- Foreword
- Organic, biodynamic and regenerative farming
- Local vegetables in season
- Legumes, grains, flour and seeds
- Tofu and tempeh
- Recipes
- Spring
- Summer
- Autumn
- Winter
- Fermented food
- Pickled food
- Pastries
- Herbs
- Special ingredients
- Index

Det grønne årstidskøkken  
190x260, 224 pp  
Turbine forlaget, 2024

# ALL YEAR ROUND

## Cooking Through the Seasons

Cena Atelier: Sophia Nilsson, Liv Bossuyt, Josephine Johansson & Agnes Regell

**W**hat should I cook? That's the question you most often ask yourself when you want to invite your friends over for dinner. It should preferably be something extra good without being too expensive or requiring hours of preparation. Just this - easily accessible food inspiration for those moments when you want to cook that little bit extra without breaking the bank - is the basis of the cookbook.

This year's goodies follow the four seasons, where ingredients, light, shades and feelings change from season to season. The chapters take us through the light edginess of spring, the sun-drenched summer leisure, and the embracing tranquillity of autumn, which finally leads us to crisp winter days. From spring's first tender oven-baked rhubarb to winter's mushy long-cooked ragu. The recipes are divided according to meals that are liked to be shared with loved ones: breakfast, aperitivo, dinner and dessert.

About 80 carefully selected recipes are presented, all to make early breakfasts and late dinners something extraordinary. Big and small, salty and sweet – meals to remember.

## About the authors

**Sofia Nilsson** is a dietitian, chef and food creator; **Josephine Johansson** is an art director; **Liv Bossuyt** is an editor; and **Agnes Regell** is a writer. They are united in their love of well-prepared, good food and dining experiences that are something extra, and they are passionate about inspiring just this. Together, they run the creative studio **Cena Atelier**, which has released food magazines since 2022.

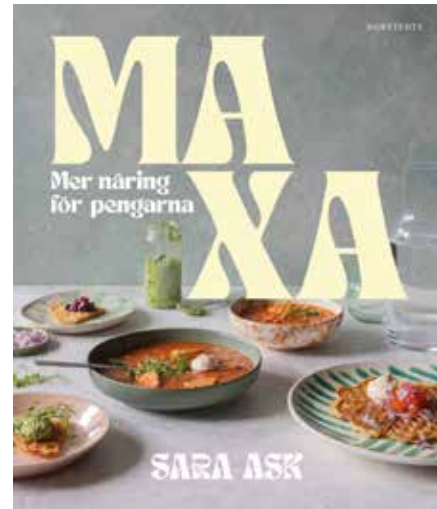


## Contents

- Foreword
- Spring
- Summer
- Autumn
- Winter

Årets goda  
188x250, 208pp  
Natur & Kultur, 2024

# MAXIMISE NUTRITION



## Contents

Good food is the thing  
Maxa - get more nutrition for the money  
10 budget besties  
Nutrition - for what?  
Breakfast  
Lunch  
Dinner  
Food for many  
Dessert, coffee and snacks  
Index

## Maximise

More nutrition for the money

Sara Ask

**M**aximise shows how we get the maximum flavour and benefits from our ingredients.

The economic situation and food prices have made many look at our eating habits differently. This book is full of inspiration and recipes that can simplify everyday life and help us make intelligent decisions. Here, you will find the dishes that provide the most nutrition and the best food for the money. This has several benefits: the most nutritious ingredients are often affordable and better for the environment.

In addition to about 50 recipes, dietitian Sara Ask gives helpful information on food. For example, about what whole grain is and does, how best to lift the legumes, what a cast iron pot can do for the content, how we can save electricity in the kitchen and how leftovers can be turned into new dishes. The recipes are mainly vegetarian, but nothing is excluded. Meat and fish are often used as possible side dishes.

While we maximise nutrition, we simultaneously maximise both time use and durability and – of course – taste!

## About the author



**Sara Ask** is a dietitian, recipe developer and author of many cookbooks and factual books about food. She also lectures on nutrition and health.

# HAPPY GUT

## Food For a Happy Gut

Søren Lange & Mette Bender

**F**ood for a Happy Gut is a straightforward guide for those who want to know how to get a healthy gut flora. The book lists the 20 food products that are richest in the substance prebiotics, 40 food recipes and a quick cure that improves the intestinal flora in 4 days.

One of the most important trends in healthy eating is prebiotics. Prebiotics are a type of fibre that is important for the bacterial balance in the gut, and according to the researchers, the intestinal flora has a greater importance for our general health than we have previously thought - including weight loss and blood sugar.

- Easy and accessible book about the importance of diet for intestinal flora
- Contains 40 recipes and a 4-day quick cure for better intestinal flora
- For readers who want to eat anti-inflammatory foods

## About the authors

**Søren Lange** is a nutrition consultant and chef, and **Mette Bender** is a science journalist. They are behind several books on health. Among other things, the bestseller *The Healing Kitchen*.



## Contents

Foreword  
Starting with prebiotic food  
10 things you need to know about gut bacteria  
10 things you need to know about prebiotics  
10 food products with maximum prebiotics  
10 food products that also provide prebiotics  
10 invaluable benefits of prebiotics  
Introduce your gut to prebiotics  
Better bacteria levels in 4 days  
Prebiotics for the rest of your life  
Prebiotic recipes



# BEAUTIFUL BREAKFAST



## Contents

- Pantry
- Yoghurt
- Chia
- Overnight oats & bircher
- Porridge
- Eggs
- Sweets & drinks
- Index

## All-Day Breakfast

Anna & Rasmus Axelsson

The food in *All-Day Breakfast* is good and healthy without being diet food, and vegetarian without being only for vegetarians. Many of the book's 70 or so recipes are, or can easily be, lactose- and gluten-free. Most importantly, it is simple and fun food made from delicious ingredients. Even a banana sandwich with homemade Nutella is healthy(ish).

Bowls – where a base consisting of yoghurt, chia, porridge or acai is topped with berries, roasted nuts, maple syrup and different kinds of granola – are mixed with recipes for avocado and egg sandwiches and toasts with scrambled eggs and pickled chilli. The book also contains sweet breads such as madeleine cake with lemon curd and toasted brioche with nut butter, ricotta and jam. And banana bread! And to this, cold coffee drinks, tea soda, lassi on kefir, milkshakes and matcha.

## About the authors

**Anna** och **Rasmus Axelsson** got the idea for Pom & Flora Café in Stockholm when they were on parental leave. In their area, there were many lovely pubs, but no cafes with light lunches and, above all, nothing that served real breakfast.



Frukost hela dagen vol. 2  
190x240, 176 pp  
Natur & Kultur, 2024

# SOURDOUGH BREAD

## Sourdough Bread for All

56 recipes

Kenny Jakobsson

If I can, you can! That is the hopeful call from baker Kenny Jakobsson. In *Sourdough Bread for All*, he guides you through all the steps required to start a sourdough, bake your first bread - and develop as a home baker.

Here, you will find 56 recipes, ranging from more straightforward bread with fewer ingredients to more advanced ones. Baguettes on wheat, herb bread with stout and moderate bread with cheddar and jalapeño, to name a few. Kenny also shares his best sweet bread – cinnamon buns included, of course – and tips on reducing food waste and making bun crusts, croutons and breadcrumbs instead!

But start with the simple: to get a good and filling loaf of bread, all that is required is flour, water, and patience.

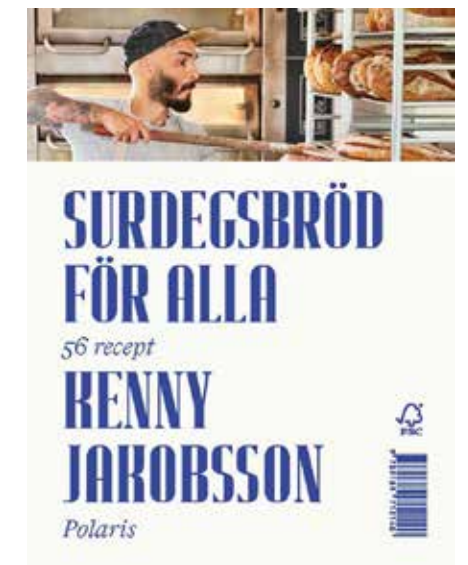
## About the author

**Kenny Jakobsson** runs a small bakery called Surdegsgott - Kullavik's Lilla Hantverksbageri. In parallel with that, he runs an appreciated YouTube channel that deals with baking, aptly named Kenny Jakobsson. Before Kenny became a baker, he worked as a cook, graphic artist and film worker.

In January 2022, Kenny debuted as an author with the book *Sourdough - A Craft*, which became a sales success.



Surdeggsbröd för alla  
190x250, 199pp  
Polaris, 2023



## Contents

- The bread and me
- Sourdough school
- Bake your first loaves
- Recipes
- Tips & tricks
- Flour & grinding
- Bakery
- Index

# SWEET BAKING



## Baking Kawaii

Ai Ventura

In Asia, pastries and cakes are fluffier, smoother, crispier and tastier than anywhere else – they are also adorable and cute! In *Baking Kawaii* you'll learn the tricks to succeed with mochi donuts, Harajuku crêpes, baobing, and the finest cookies. Discover wonderful sweets and pastries from countries such as Taiwan, China, Japan, Korea, and Vietnam – as well as drinks like boba or bubble tea, which is gaining popularity worldwide.

Kawaii means cute in Japanese, which is precisely what the pastries in confectioner Ai Ventura's new book are. Yet the recipes are anything but childish. Step-by-step, you'll learn the technique to succeed in creating pastries with balanced flavours and fantastic decorations.

## Contents

- Foreword
- Baking tips & ingredients
- Sweet bread
- Cookies
- Shaved ice
- Desserts
- Drinks
- Index

## About the author



**Ai Ventura** trained as a pastry chef in Japan and has, among other things, run her own pastry shop in Tokyo. Since 2013, Ai has lived in Sweden and has had great success with her pop-up café, Bon Aibon. Ai introduced Japanese baking to the Swedish public in 2019 with her book *Japanese Pastries*.

Baka kawaii  
180x230, 144pp  
Natur & Kultur, 2021

Rights sold: SP

# ICE CREAM

## Natural Ice Cream

Ice cream, gelato, sorbets, granités, parfaits and desserts

Jan Hedh

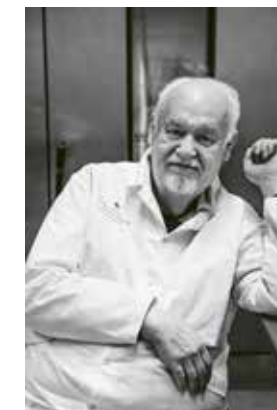
*Natural Ice Cream* opens up a world of ice cream, gelato, sorbets, granités, parfaits, and desserts. The book contains over 300 recipes and tips on experimenting and developing your flavours in infinite combinations.

Here, you will also find recipes and tips for delicious ice cream accessories such as macarons, cones, purees and meringues, as well as facts about ice cream chemistry, preparation, cooling and freezing, storage and much more. Sustainability and natural ingredients and flavours are also at the centre.

*Natural Ice Cream* appeals to amateurs and professionals. A book for all ice cream lovers!

## About the author

**Jan Hedh** is one of Sweden's leading confectioners and bakers. He has published several books, including *Glasspassion* (2008), a success that was translated into several languages. This book is based partly on that edition but has been revised with extensive additions.



Glass på riktigt  
190x270, 288pp  
Bokförlaget Arena, 2024

Rights sold: SP



## Contents

- Foreword
- The history of ice cream
- What is ice cream
- The contents of ice cream
- To make ice cream
- Ice cream recipes
- Gelato recipes
- Sorbets
- Spooms
- Granités
- Parfaits
- To make ice cream without an ice cream maker
- Desserts
- Ice coffee and ice chocolate
- Ice cream soufflé



# MOCKTAILS



Mocktails  
170x240, 150pp  
Muusmann forlag, 2023

Rights sold: NO

## Mocktails

André Spange Nabulsi

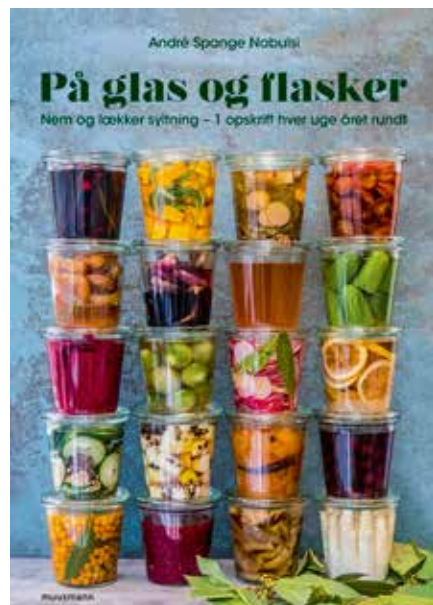
In recent years, the demand for non-alcoholic drinks has increased. Many bars and restaurants have dedicated a section of the drink's menu to non-alcoholic cocktails and juices. It's no longer just something you order if you are the driver of the evening, but something that is chosen for pure pleasure.

In *Mocktails*, the author introduces non-alcoholic cocktails, also called mocktails. The book contains recipes for syrups, such as tonic, ginger and wild berries, so that it will be possible for the reader to make refreshing mocktails from scratch.

The book aims to inspire the reader to choose alcohol-free alternatives and is for everyone wanting to reduce alcohol on weekdays and at parties.

It doesn't require a lot of equipment to make delicious mocktails at home. You can typically find the equipment in the non-food section in the supermarket or kitchen stores.

Contents: Foreword | Introduction | Recipes - syrup, bitter, juice | Recipes - mocktails | About the author | Thanks



På glas og flasker  
170x240, 232pp  
Muusmann forlag, 2021

Rights sold: DE

## Jars & Bottles

One recipe per week

André Spange Nabulsi

Making jams, lemonades, and pickles is still very popular and much easier than you think. This book gives you guidance and inspiration to make homemade jams and lemonades. With a few basic principles, you can create the most delicious homemade products in jars and bottles that are much tastier than in the shops.

The book follows the seasons and presents one weekly recipe based on what is in season, bought in your local store or market, or picked in your kitchen garden. It is about preserving the delicious summer flavours and bringing them out in the cold winter. The author will also tell some good stories about his year-long adventures.

Contents: Foreword | The glory of making jams | Choosing ingredients | Sustainability | Tools | Cleaning bottles and jars | How to use the recipes | 52 recipes | About the author | Thanks | List of ingredients

# EXOTIC SPIRITS

## Tequila & Mezcal

Madeleine Rapp & Josephine Sondlo

“You don't find mezcal; mezcal finds you.”

“We have worked together a long time and travelled a lot too. Often to New York, where – like many others – we fell for the city entirely.

It was in New York we discovered mezcal and tequila. Among innumerable bottles of spirits, in respectable cocktail bars, on dishwashing baskets and in dive bars, we have become very good friends, shaken drinks and got drunk a couple of times... Somewhere amid all this, we found what would finally result in our going to Mexico. We travelled to satisfy our curiosity and expected to find one of the most dangerous countries in the world – but we found a place we could never have imagined.”

*Tequila & Mezcal* describes the background of these spirits, detailing several different sorts of tequila and mezcal that can be bought in a good alcohol shop, essential things to consider when creating a home bar and not least sixty or so delicious cocktail recipes!

Contents: Agave and Mexico | Travel tales | Home bar | Drinks | Postscript | Index



Tequila & mezcal  
180x230, 144 pp  
Natur & Kultur, 2015

## Japanese Whisky

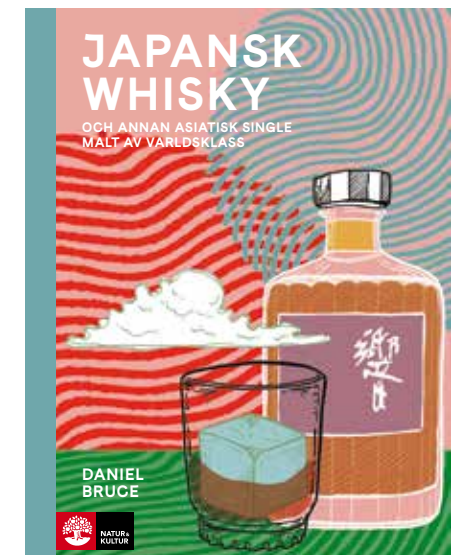
and other Asian world-class single malts

Daniel Bruce

Ten years ago, Japanese whisky was only moderately successful, but this has changed in just a few years. What has happened? And what characterises Asian single malt? In *Japanese Whisky*, we go on a journey to some of the world's most excellent distilleries. In Japan, the founder of the Japanese whisky industry tells the story of a 100-year-old tradition. His knowledge of chemistry and notes from his apprenticeship in Scotland paved the way for a new wave of distilleries in the 20th century.

In India and Taiwan, distillers have shown their quality in recent years. On the outskirts of Bangalore, Amrut distils raw alcohol in locally produced copper pans. In Taiwan, Kavalan was the first to produce a single malt following the abolition of the spirits monopoly. With one foot in their own terrain and the other in Scotland, Asian single malt whisky has developed into a unique phenomenon.

Contents: Foreword | What is whisky | Japan | Taiwan | India | Bars & cocktails | Asian word list | Thanks



Japansk whisky  
160x230, 160p  
Natur & Kultur, 2019

Rights sold: DK



# HOME & GARDEN





# GARDENING TIPS



## Contents

Foreword  
Take it easy and make a plan  
Soil  
Nutrition  
Plant school  
Challenges  
Plant locations  
Tools  
Thanks  
Index

## The Budget Garden

Filip Johansson

**D**on't buy expensive soil, tools, greenhouses, or overpriced plants. Be inspired by Filip Johansson instead, and create a beautiful, sustainable and personal garden.

*The Budget Garden* contains tips on intelligent solutions that will save you money and maximise your cultivation. For example, you get lots of tips on mixing your own soil, making different kinds of compost, using tools and nutrition, warding off pests, fixing climbing supports, and dividing plants.

Not only will you save money, but you will also put a unique touch on your garden and become more creative.

Filip Johansson is always looking for ingenious, inexpensive solutions and is passionate about helping experienced and inexperienced gardeners.

## About the author



**Filip Johansson** is an IT entrepreneur who left city life for the country and now devotes himself full-time to cultivation and sustainability. He has created the Gardenr app and associated Instagram account where small, short hacks are shared daily in video format to make gardening more accessible and fun. He has previously written the acclaimed and best-selling book *Gardening Hacks* (2022).

Budgetträdgården  
180x250, 183pp  
Polaris, 2024

# & TRICKS

## Gardening Hacks

70 smart recycling tips for the garden

Filip Johansson

**G**ardening *Hacks* is the book for those who want new inspiration, find clever shortcuts, have aha experiences and have fun in the garden while recycling, saving money and thinking sustainably. In the book, you will find over 70 simple hacks to succeed in cultivation, gardening and a sustainable garden.

Filip Johansson dropped out of a career in the IT industry to move to a farm in the country. His richly illustrated book *Gardening Hacks* presents smart things to do throughout the gardening year! It's easy and fun, and there are clear step-by-step instructions.

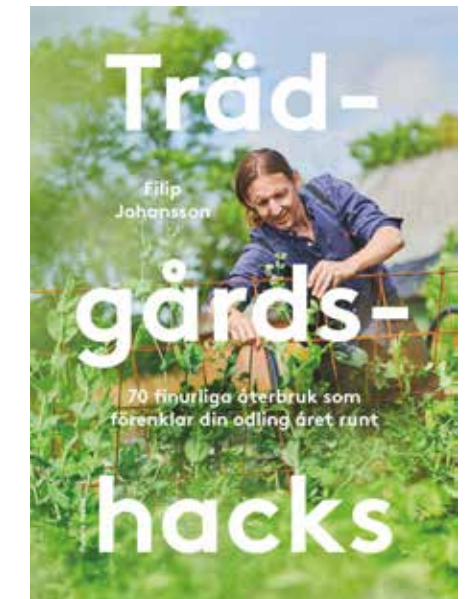
## About the author

**Filip Johansson** is behind the app and Instagram account *gardenr*. On his Instagram account, he shares short hacks daily in videos to make gardening more accessible and fun.



Trädgårdshacks  
180x250, 183pp  
Polaris, 2021

Rights sold: WE, EST



## Contents

Foreword  
Spring  
Summer  
Autumn  
Winter  
Index

# GROWING PLANTS



## Contents

- Foreword
- Compost and manure
- Soil
- The location
- Multiply
- Plant
- The kitchen garden
- Crop
- Challenges
- A garden for many
- Year-round
- Tools
- Index

## New Gardener's Handbook

André Strömqvist

**N***ew Gardener's Handbook* is packed with knowledge and smart tips that make growing fun and easy. Gardening profile André Strömqvist here presents a detailed understanding of everything from soil, compost and fertiliser to how to plant a vegetable garden, take care of the harvest and create biodiversity. We will learn how to improve soil and plant for best results, how to cut prune trees and create a carbon sink. In each chapter, vegetables, flowers and fruit are treated as a whole.

Here is everything you need to know to get started: valuable problem-solving along the way and inspiration to continue developing your cultivation. The starting point is cultivation in collaboration with nature, resource-saving and without chemical pesticides or artificial fertilisers.

## About the author



**André Strömqvist** is one of Sweden's most prominent garden profiles. He has previously published *The Gardener's Handbook*, the *Gardener's Notes*, *Gardener's Life in Kniva Garden* (together with Andreas Graveleij) and the *Handbook for an Old Garden*, which, just like the first edition of the *Gardener's Handbook*, was named Gardening Book of the Year.

# & FLOWERS

## From Seed to Flora

Grow cut flowers in your garden

Blomsterodlarna: Paulina Alesand, Sofia Wikander & Malin Mörner

**H**ave you long wished for a beautiful garden outside the window, a vibrant flower meadow in your garden or home-grown cut flowers? Not quite sure where to start?

*From Seed to Flora* brings your floral dreams to life and helps you navigate among seeds, plants and flowers.

This book is a helping hand as you find your way through planning, sowing, tending and harvesting. It contains many tips and advice on building flower beds, adapting to climate, putting together a beautiful bouquet, creating inspiring flower arrangements, and developing your creativity. Learn the growing season and get the right keys to get your garden in full bloom.

## About the authors

**The flower growers** consist of three flower lovers passionate about cultivation, sustainability and personal development. **Paulina Alesand**, **Malin Mörner** and **Sofia Wikander** are the gardeners, photographers and florists who train women in cut flower growing within the *Slow Flower* movement.

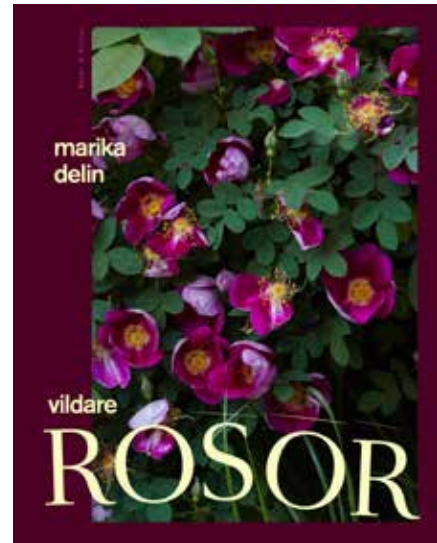


## Contents

- Foreword
- You and your garden
- How do you get started?
- Sow your first seed
- Create a flower bed
- Care of your flower bed
- Time to harvest
- Creativity and arrangement
- Arranging flowers
- Autumn bouquet
- Our herbarium
- Thanks



# WILD ROSES



## From the contents

- Under pink rosehips
- The rose man/woman
- Wild roses in the world
- Rose botany
- Pollination
- Wild rose blooming
- White roses
- Yellow roses
- Pink roses
- Red roses
- Use of wild roses in the garden
- Large wild roses
- Climbing wild roses
- Ground-covering wild roses
- Color & roses
- Rose companions
- Planting wild roses
- Pruning wild roses
- Plant register

## Wilder Roses

Marika Delin

In *Wilder Roses*, Marika Delin looks at the world's wild roses and presents around 40 in text and pictures. Portraits are also available of around 20 plants that fit and thrive exceptionally well together with the roses. Also, read about cultivation, growth methods, hardiness and how to use the roses in your garden - all interspersed with the occasional rose anecdote, personal rose memories and Karin Björkquist's fantastic photos.

## About the author



**Marika Delin** is a garden designer interested in plants, animals and the environment. Together with her husband, the ceramist Calle Forsberg, she has built an unusual house that hides on a ridge in Kummelnäs outside Stockholm with a large garden and a ceramics workshop.

Vildare rosor  
190x240, 176pp  
Natur & Kultur, 2024

# BEAUTIFUL DAHLIAS

## Dahlia Passion

Tina Brok Hansen

If you first open your eyes to the fascinating dahlias, it can quickly develop into a passionate love affair. This book celebrates the floral richness of dahlias and inspires us to grow more of them.

With a solid introduction and guide, the book covers all practical matters so that the reader can succeed in growing dahlias and get to know the nature of the flowers even better. Here is essential knowledge for the beginner and inspiration for the experienced dahlia grower.

In addition, a dozen passionate and experienced dahlia growers give their creative suggestions on how dahlias can be used in bouquets. The dahlia growers show which flowers they grow with the dahlias and share tips and experience.

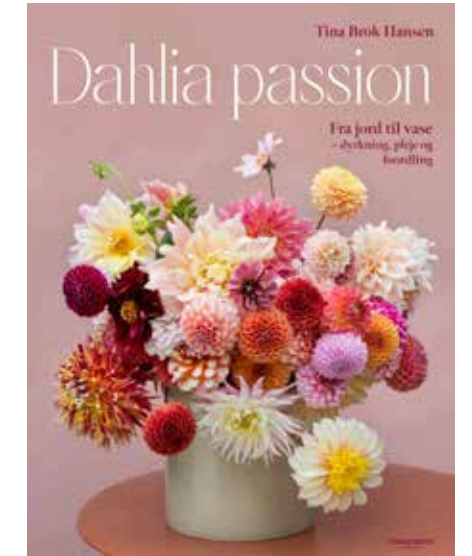
The purpose of the book's beautiful pictures is to infect the reader with dahlia passion and to get the reader to dig up some more lawns and create beautiful flower beds in the garden for the pleasure of themselves and the bees.

## About the author

**Tina Brok Hansen** is a photographer and writer who has provided beautiful photographs for 15 books, most of which have been published by Muusmann Forlag. *Dahlia Passion* is the author's first solo book, in which she provides both pictures and text. Tina Brok Hansen has experience in contributing content-rich articles to Danish magazines, where she photographs and writes, focusing on horticulture, flowers, biodiversity, ecology and zealots.



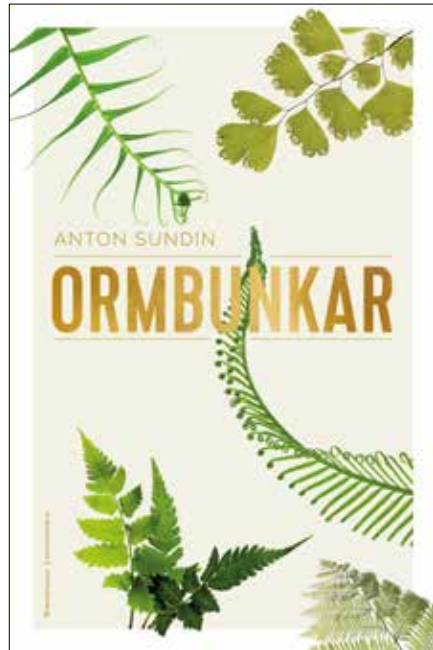
Dahlia passion  
200x260, 200pp  
Muusmann Forlag, 2024



## Contents

- Introduction
- The history of dahlias
- Parting of dahlia tubers
- Soil and light
- Planting of dahlia tubers
- Caring for dahlias
- Take cuttings of dahlias
- Sowing dahlias from seed
- Pinching of dahlias
- Picking of dahlias
- Pests and plant diseases
- Interplanting with dahlias
- Edible dahlias
- Harvesting seeds from dahlias
- Drying dahlias
- Digging up and winter storage of dahlias
- Cultivation of dahlias
- Dahlia gardens
- References
- Thank you
- About the author

# ANCIENT FERNS



## Contents

- Introduction
- History of the fern and their sprawl
- Botany and morphology
- Species
- The fern in the human world
- The Fern Craze - fern insanity
- The fern in art and design
- Growing ferns in the garden
- Gardens to visit
- Index

## Ferns

Anton Sundin

The dinosaurs rested millions of years ago in the shade of giant ferns. The dinosaurs are extinct, but the fern lives on.

We enjoy them in the forest, in the garden and as potted plants. The beautiful shapes of ferns and their varied colour splendour have always inspired interior design. We see it in our everyday lives as patterns on textiles, porcelain, and furniture.

Read about the history of the fern and their sprawl, botany and species, ethnobotany and folk religion, the fern craze, fern insanity, and the fern in art and design. The book also contains tips for growing ferns indoors and outdoors.

*Ferns* won the Garden Society Award for the Garden Book of the Year 2020. The motivation: "Ferns by Anton Sundin introduces a neglected plant group with fanfare. It's a beautiful book from cover to index; it informs and inspires. With generous chapters about biology, planting, and cultural history, it paints a portrait of the fern generally, more than giving us detailed species descriptions. It is, therefore, not the ultimate book about ferns, but it may very well wake the 19th-century fern mania. Put it on your coffee table and infect more people."

## About the author



**Anton Sundin** is a gardener and author. He holds workshops and courses about gardening. Anton is one of the authors behind *The Garden, a book about SOIL*.

# GARDEN DESIGN

## In a Garden Designer's Head

Nicole Wilson

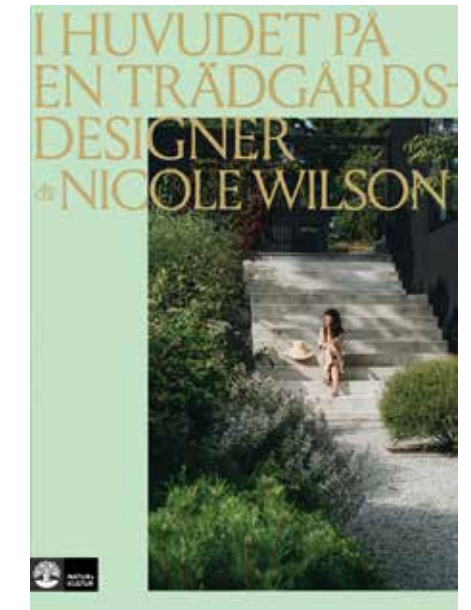
What does your dream garden look like? To arrive at that, you must learn to think like a garden designer - from dream and idea to homemade violet drink in one of the garden's rooms. The journey begins with finding a style and feeling via the garden's functions and the creation of different rooms, the often overlooked material choices and the garden's fixed constructions in terms of colour, shape and plant selection.

Nicole Wilson is the designer who, after many years, switched from fashion to gardening. She shares her passion for design and problem-solving in the book – how aesthetics and function live in symbiosis, how she thinks when she mixes styles to find a concept and capture a specific feeling in the garden. How materials, colours, constructions, proportions and combinations create moods that affect us differently.

Nicole loves experimenting and growing everything in her garden, from edible flowers to different kinds of vegetables. The book ends with recipes that follow the season – coming full circle when your idea for a garden leads to harvest and enjoyment.

## About the author

**Nicole Wilson** is an award-winning garden designer with a previous career as a shoe designer at Acne Studios and & Other Stories. In addition to designing gardens in the company New Generation Gardens, in autumn 2023 she hosted SVT's new garden program *Drömträdgården*, runs the Instagram account @newgenerationgardens and is a co-founder of the seed and cultivation company New Botanic.



## Contents

- Foreword
- Garden design
- Concept & style
- Project 1 - Villa P
- The garden room
- Project 2 - Villa E
- Material
- Project 3 - Villa L
- Constructions & furnishing
- Project 4 - Villa J
- Plants
- Project 5 - Villa W
- Collections - Garden food
- Index & sources



# DRIED FLOWERS



## Contents

Foreword: Why dried flowers  
Welcome to the world of dried flowers  
Dry, dye and store flowers  
Designing with dried flowers  
Create your own projects

## Loved Dried Flowers

Beautiful projects for dried flowers, grass and leaves

Anna Rupp

The sustainable alternative to fresh flowers.

Florist Anna Rupp loves flowers. But instead of throwing away flowers that were not sold, she started experimenting with drying and creating beautiful things with them.

In this book, she shares her knowledge. Readers will learn everything they need to know to forage and dry flowers, what to look out for if they buy dried flowers – and, of course, what you can make with them!

- Step-by-step, easy-to-follow instructions for all projects
- Lots of background information on materials and techniques
- Extra chapter on the creative process of designing your own projects

## About the author



**Anna Rupp** is the founder of the flower store "Annas Blumenpoesie". In addition to her training as a florist, her everyday work also incorporates knowledge from her art therapy studies and her love of art and poetry. In addition to the store, Anna is grateful for the opportunity to show her floristic ideas on SWR regularly. Anna's Instagram account @annasblumenpoesie has 10,000 followers.

Liebe trockenblumen  
190x250, 152pp  
Stiebner Verlag, 2020

# A SUSTAINABLE HOME

## Modern Housekeeping

Alva Herdevall & Anders Rydell

Do you want to grow cut flowers, season your gin, and roast coffee beans at home? Braid an onion braid, build a chicken coop and grow corn, peaches and hops? Brew beer, wine and compost tea?

On their plot outside Uppsala, Alva Herdevall and Anders Rydell run a small-scale self-catering farm with flower gardens, kitchen gardens, chickens, ducks and bees.

This is a housekeeping book for the 2020s. With the help of old methods and new thinking, Alva and Anders combine self-sufficiency and sustainability with a modern lifestyle. They want to show that combining family life and work with the dream of putting self-produced food on the table is possible. They also want to show that higher self-sufficiency is not a sacrifice but a luxury that cannot be bought for money. A home-grown tomato will always be tastier, a home-mixed vermouth drier and a homemade skin cream softer.

In *Modern Housekeeping*, you learn how to care for a sourdough, grow a tomato plant and tie your home-grown Friday bouquet. Harvest bee pollen and hatch chickens in the closet about how to make a gin and tonic from scratch. How to make shoe wax, pick a rooster and make your file pile.

## About the authors

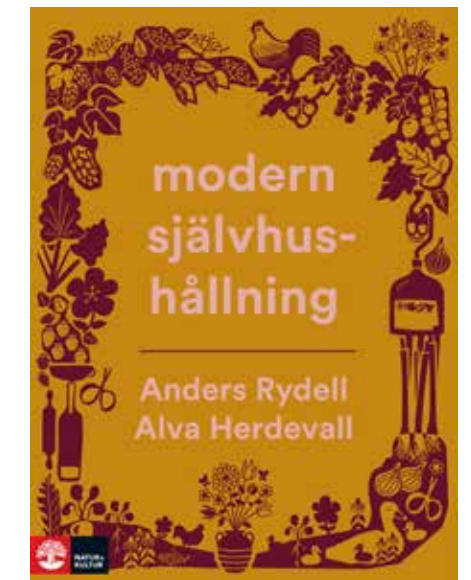
**Anders Rydell** is a writer, journalist and editor-in-chief of the magazine *Författaren*. Previously, Anders has written *Boktjuvarna* and *Plundrarna*, books that have been published in over 30 countries. He is also the author of *Pumpkins*.

**Alva Herdevall** is a trained urban designer and author of *Pumpkins*, and *Modern Housekeeping*, which was named the cookbook of the year in 2022. Alva also runs *Krusenbergsodlarna*, which sells home-grown flowers, honey and vegetables.



Modern självhushållning  
200x250, 368 pp  
Natur & Kultur, 2022

Rights sold: WE



## Contents

Foreword  
Cut flowers  
Sourdough & baking  
Become a chicken owner  
Start a microbrewery  
Compost & Nutrition  
Beauty & bath  
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Become a beekeeper  
Hot beverages  
Store & preserve  
Cleaning & housekeeping  
Ducks  
Beer & hops  
Make your wine  
Trees & shrubs  
Index

# THE STORY OF YOUR LIFE



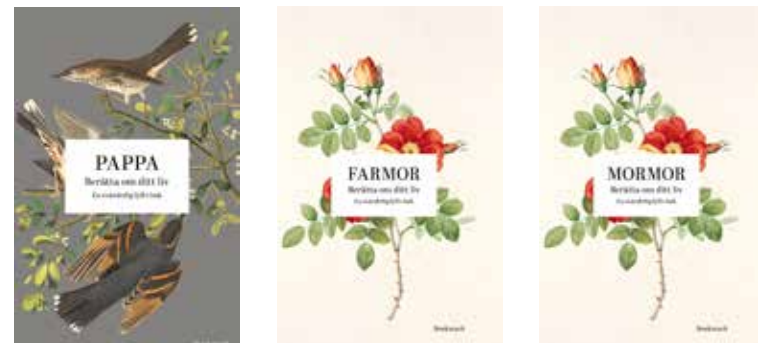
## Tell Me the Story of Your Life: Mother, Father, Grandmother

Invaluable fill-in books

**T**ell Me the Story of Your Life is a series of gift books that are perfect to give to a family member or relative to preserve precious memories together for the future.

Through a collection of creative and interesting questions, you can preserve an entire life story here with the help of your family member's answers. Learn more than you thought possible about one of the most important people in your life by asking about everything from their childhood to their future plans. The book is divided into three parts that cover your family members' lives, with questions covering everything from growing up and school to their parenting, career, and life in the fall of age.

Tell us of your life is the perfect gift. Its unique content makes it a treasure that can follow you throughout your life and be saved for future generations.



Berätta om ditt liv: mamma,  
pappa, mormor, farmor  
135x210, 151pp  
Bookmark, 2024

# BODY SMART

## Body Smart

For people in the move

Soheila Zhaeentan

**O**steoarthritis, heel spur, tennis elbow - why does it hurt? All humans have a body with arms and legs with joints that wear out over the years. We continue to play sports, exercise, and use the body, but we get scared when it hurts or creaks and clicks in the joints. "Is it dangerous? Can I continue to jog, play tennis, mow the lawn?"

Sometimes, the pain is normal - but we don't know what has happened and how we should behave. The body changes with stress and ageing, but there are things we can do to continue to feel good and be active and mobile. You get far only by understanding the pain and overcoming your fear of it.

Orthopaedic ailments are not dangerous in themselves; they are often self-healing. You also don't always have to go to the doctor; much can be handled on your own through self-diagnosis and self-rehabilitation with weight lifting and stretching exercises.

*Body Smart* reviews the function of the musculoskeletal system and joints. It provides recommendations for treatment, rehabilitation and practical exercises at home - everyday orthopaedics for people who want to keep moving!

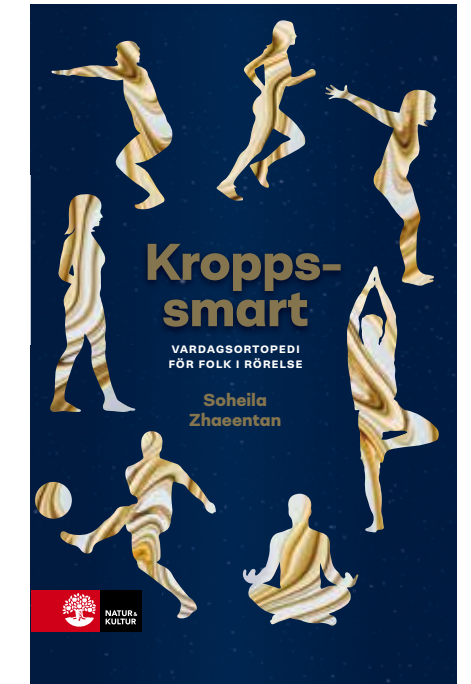
## About the author

**Soheila Zhaeentan**, trained as a doctor at the Karolinska Institutet, completed her dissertation on shoulder surgery and has been a specialist in orthopaedics for over 20 years. She has solid clinical experience from large and small hospitals in Sweden, Norway and Australia, where she did a one-year fellowship in sports medicine. Soheila Zhaeentan lives in Stockholm and works at Sturebadet's medical practice.



Kroppssmart  
140x215, 248pp  
Natur & Kultur, 2023

Rights sold: EST



## Contents

- Part I
  - Orthopedics and me
  - Why does it hurt?
  - What is osteoarthritis?
  - Muscles are the salvation
  - Tendons and bursae
  - Osteoporosis
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- Part II
  - The back-neck, thoracic spine, lumbar spine
  - The shoulder
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  - The hip
  - The knee
  - The ankle
  - Poor foot
  - Author's thanks
  - References: [nok.se/kroppssmart](http://nok.se/kroppssmart)



