



FIREFLY BOOKS

SPRING 2025
CANADIAN CATALOGUE

Dear readers,

Better gardening and astronomy have been foundations of our list for 40 years.

This season we're publishing new material in these areas and more favourite backlist that deserves new life in your stores.

Thanks for your business and find more treasures in our backlist.



Lionel Koffler, President

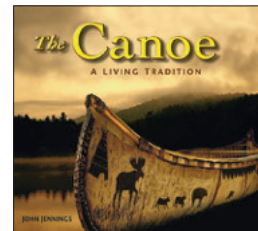
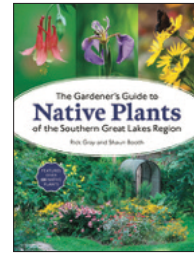


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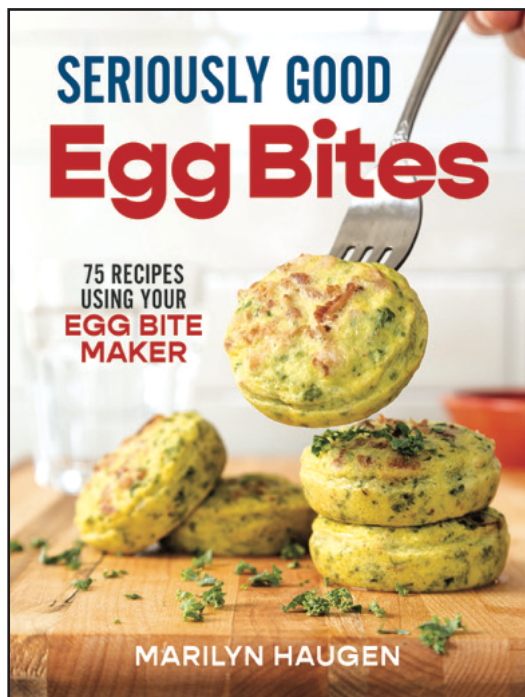
When price differs between US and Canada, two prices are shown. Prices and title availability subject to change without notice.

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Funded by the Government of Canada



Cover image from *Front Yard Gardens* by Liz Primeau (see page 14).
Image © Liz Primeau



SERIOUSLY GOOD EGG BITES

75 Recipes Using Your Egg Bite Maker

Marilyn Haugen

Everybody loves egg bites!

They are portable, healthy and delicious, and at-home egg bite makers are quickly becoming a must-have in every kitchen. Using an egg bite maker is a breeze. No preheating is needed. Just get your ingredients ready and you're good to go. This small appliance steams the egg bites, locking in moisture and flavor. It's efficient and saves you time and clean up in the kitchen. Discover the ease of creating perfectly fluffy egg bites bursting with wholesome ingredients.

Seriously Good Egg Bites includes 75 inspiring recipes designed for your egg bite maker.

- Recipes work with every egg bite maker model.
- Recipe examples include Smoked Salmon and Dill Bites, Classic Bacon and Cheddar Bites, Western Egg Bites, Eggs Benedict, Classic Deviled Eggs, Coffee House Egg Whites and Roasted Red Pepper, Quick Huevos Rancheros and so much more.
- Each recipe in this book includes easy-to-follow ingredient amounts to make 2, 4, 6, and 8 egg bites.
- Includes details on refrigeration, freezing and reheating.

ROBERT ROSE

160 pages

978-0-7788-0726-1

7.5 x 10

paperback \$24.95

75 recipes, full color

Ctn qty:

photography throughout

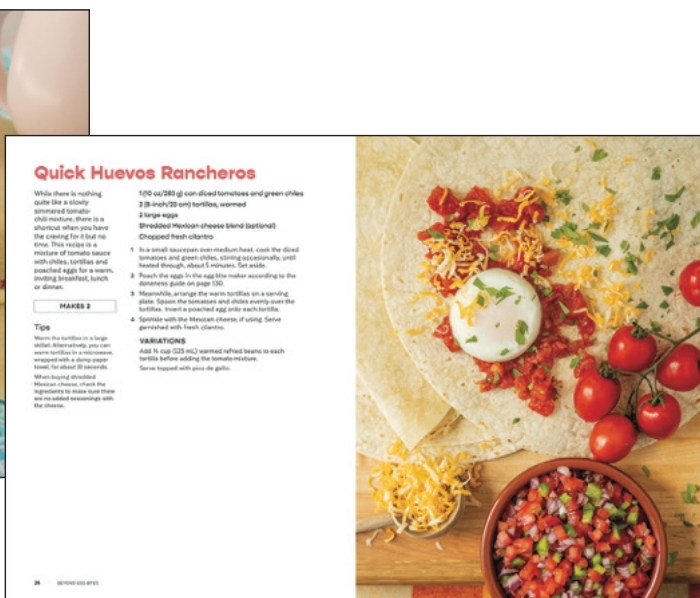
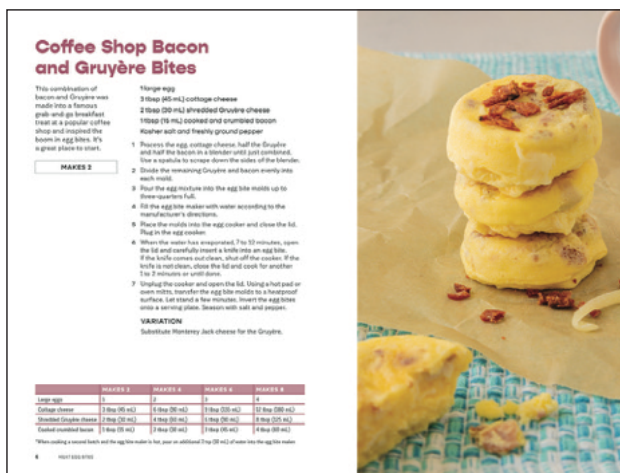
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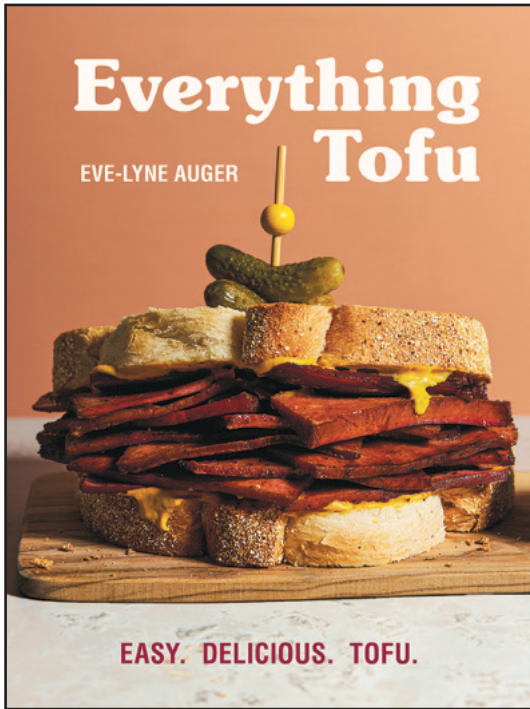
Rights: World



When you're looking for a fast, nutritious breakfast, snack, lunch or appetizer, look no further than **Seriously Good Egg Bites**.

Marilyn Haugen is a bestselling cookbook author, recipe developer, business owner and a former finance director at a Fortune 100 company. She holds a BBA and an MBA. She has authored several bestselling cookbooks, including *150 Best Spiralizer Recipes*, *150 Best Breakfast Sandwich Maker Recipes*, and *175 Best Instant Pot Recipes*. She is the founder of SmashingEats.com a food blog dedicated to sharing delicious, easy comfort food.





EVERYTHING TOFU

Easy. Delicious. Tofu.
Eve-Lyne Auger

Discover the exciting (and delicious!) possibilities of tofu!

If tofu feels like a mystery or you're stuck in a cooking rut, **Everything Tofu** is your guide to unlocking its full potential. This book is designed to take you from tofu novice to aficionado, with easy and flavorful recipes that show just how versatile this plant-based protein can be.

Inside you'll find:

- Tips on choosing the right tofu for each dish
- Tofu Cooking Charts
- Easy-to-follow instructions on how to make your own silken, medium, firm and smoked tofu right at home
- Marinades for even tastier tofu
- Lots of up-to-date info on the health benefits of tofu
- Unique and delicious recipes that cover everything from breakfast to dessert.

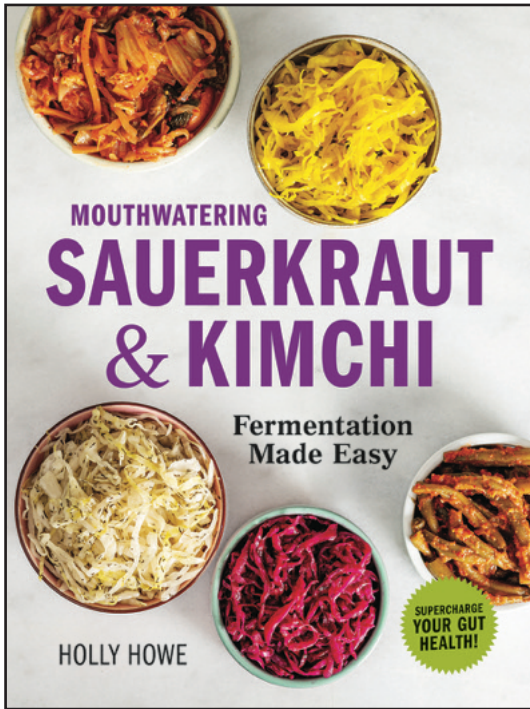
Start your day with Cinnamon Bun–Style Soft Tofu Pancakes or a Maple Tofu Seitan Croque Monsieur. Discover the satisfying big-bite of a Smoked Meat–Style Tofu Sandwich, elevate the holiday vibes with Tofu Skewers with Cranberry Barbecue Sauce, and then wow your friends and family with a tofu-based Chai Crème Brûlée or Tiramisu. Whether you're looking to broaden your vegetarian options or simply add a versatile protein-packed boost to your meals, **Everything Tofu** delivers a wealth of tantalizing ideas designed to inspire.

Eve-Lyne Auger is passionate about vegetarian cuisine, and everything related to nutrition and the environment. She is the founder, author and culinary creator of the popular *la Fraiche* brand where she champions an intuitive vegetarian lifestyle through recipes, values, home and health content.

ROBERT ROSE 160 pages
 978-0-7788-0727-8 7.5 × 10
 paperback \$24.95 75 recipes, full-color
 Ctn qty: photography throughout

JANUARY Rights: World





MOUTHWATERING SAUERKRAUT & KIMCHI

Fermentation Made Easy

Holly Howe

Supercharge Your Gut Health

Experience the profound health benefits of fermenting sauerkraut and kimchi — a time-honored tradition that enriches your diet with vibrant flavors and essential nutrients. ***Mouthwatering Sauerkraut & Kimchi*** explores how easily fermented foods can transform your overall well-being by enhancing your gut health. Holly Howe, a Fermentation Educator and cookbook author, provides step-by-step instructions for fermenting your own sauerkraut and kimchi at home. Learn about the essential tools, ingredients, and techniques to create delicious, health-boosting fermented vegetables with 40 easy-to-follow recipes.

Why Ferment Sauerkraut and Kimchi?

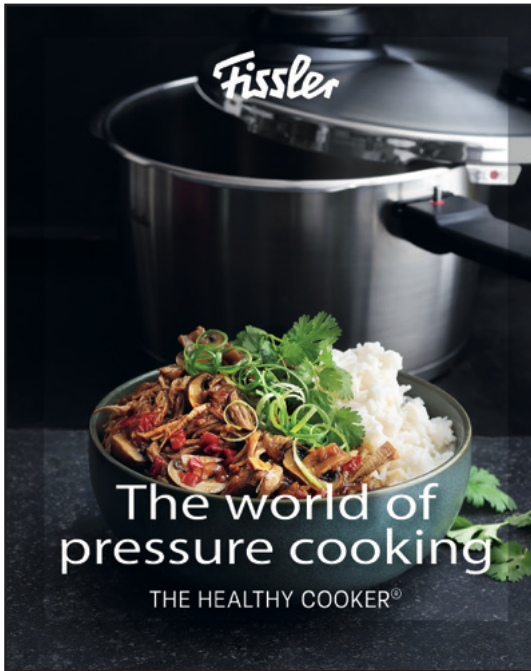
- **Boost Gut Health:** Fermented foods like sauerkraut and kimchi are rich in probiotics that help balance gut flora, improve digestion, and enhance nutrient absorption.
- **Strengthen Immunity:** The probiotics found in fermented vegetables contribute to a robust immune system.
- **Support Mental Well-being:** Emerging research links gut health with mental health.
- **Enhance Flavor and Variety:** Adding homemade sauerkraut and kimchi to your meals introduces unique flavors and textures, enriching your culinary experience and encouraging a diverse diet.

Unlock the transformative benefits of fermentation and elevate your health with the probiotic power of sauerkraut and kimchi. Discover how these traditional foods can be a flavorful, nutritious part of your wellness journey.

Holly Howe, a.k.a. the Sauerkraut Wizard is a fermentation educator and founder of the MakeSauerkraut website. Holly's family lives on Vancouver Island, in beautiful British Columbia. She has guest recipes in *WECK Small-Batch Preserving: Year-Round Recipes for Canning, Fermenting, Pickling, and More* by Stephanie Thurow and *Cowichan Grown: Seasonal Recipes & Local Wisdom*.

ROBERT ROSE 160 pages
 978-1-9990666-0-4 7 x 10
 paperback \$24.95 40 recipes, 50 full color
 Ctn qty: photographs
 MARCH Rights: World





THE WORLD OF PRESSURE COOKING

Includes over 400 Recipes
Fissler

One Essential Pot – Endless Possibilities

Pressure cooking helps you to gain back time in your everyday life, while cooking healthier and with more flavor. Discover Fissler's **The World of Pressure Cooking**: with over 400 recipes and a ton of information, instructions, tips and tricks, this book contains everything you need to know about pressure cooking.

Fissler presents all the possibilities of the pressure cooker!

Healthy: pressure cooking preserves valuable vitamins, minerals, colours and flavors.

Easy to use: audible and visual cues make Fissler pressure cooking simpler and easier

Quick: pressure cooking reduces many standard cooking times by up to 70%.

Trustworthy: since 1953, Fissler pressure cookers, with their patented safety valve, have been awarded again and again for their best in class performance and quality

Energy Efficient: thanks to shorter cooking times and cutting-edge technology, you can reduce the amount of energy consumed when cooking by up to 50%.

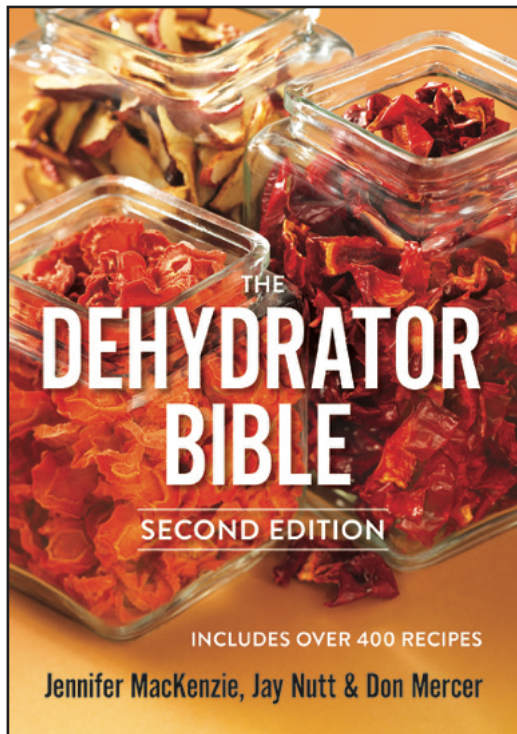
Discover: 150 incredible recipes from Pilaf and Risotto to Tender Pulled Pork with Crunchy Vegetables to Calamari Ripieni to Moist Chocolate Pudding and much, much more.

Fissler has won numerous international awards for design and performance. Known as The Healthy Cooker®, Fissler products are made in Germany and are readily available on www.fissler.com, Amazon, Wayfair, Nordstrom, Macy's and leading North American kitchenware stores.

ROBERT ROSE 312 pages
 8 x 10.5
 400 recipes, 70 full color photos
 978-0-7788-0729-2
 hardcover \$44.95
 Ctn qty:

MARCH Rights: U.S. & Canada





2nd EDITION

THE DEHYDRATOR BIBLE

Includes over 400 Recipes

Jennifer MacKenzie, Jay Nutt, Don Mercer

Updated Second Edition

Dehydrating foods is one of the oldest and safest forms of food preservation. With the rising popularity of at-home dehydrators, this ancient practice is now more popular than ever.

The Dehydrator Bible 2nd Edition has been skillfully updated to include the latest information on dehydrating foods and 40 new recipes for Snacks, Leathers, Jerkys and the ever-popular Pet Treats!

Updates and Highlights include:

- Up-to-date best practices for safe and economical food dehydration and storage
- Enhanced recipe sections for snacks, fruit and veggie leathers and pet treats
- Easy-to-follow drying instructions and time guides for all types of dehydrators
- More than 200 recipes for dehydrating everything from herbs and seasonings to fruits and vegetables to meats and fish
- More than 200 recipes that use dehydrated foods as ingredients so you can put preserved food to work for you in your home, RV, boat or campsite.

Jennifer MacKenzie is a professional home economist specializing in recipe development, testing and editing. She is the author of seven other cookbooks.

Jay Nutt is a former chef and restaurateur and co-author of *The Complete Trail Food Cookbook* and *Sous Vide Basics*.

Don Mercer Ph.D., P. Eng., is a professional engineer and an associate professor in the Food Science department at the University of Guelph.

ROBERT ROSE

978-0-7788-0213-6

paperback \$29.95

Ctn qty:

MARCH

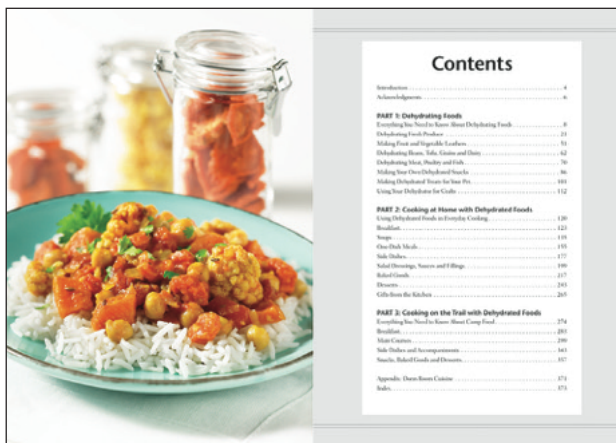
384 pages

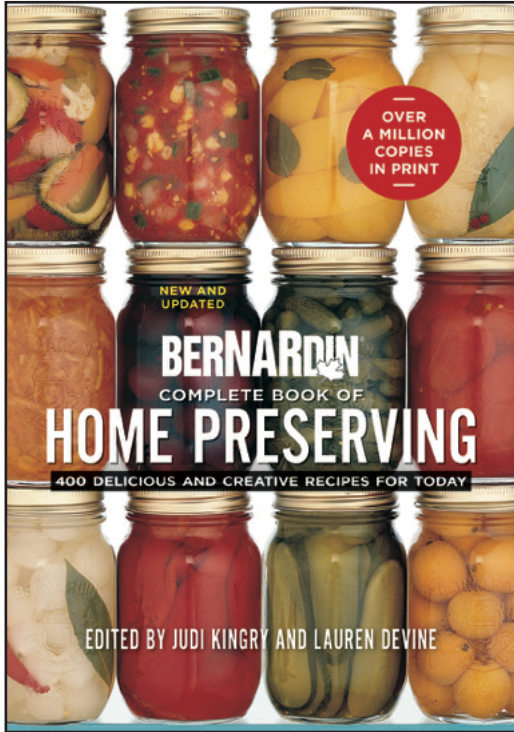
7 x 10

400+ recipes, full color

photo inserts

Rights: World





UPDATED FOR CANADA

BERNARDIN COMPLETE BOOK OF HOME PRESERVING

400 Delicious and Creative Recipes for Today

From the experts, the updated bible in home preserving.

The hugely bestselling **Bernardin Complete Book of Home Preserving** has been broadly updated to reflect changes over the last 15 years with new recipes and larger sections on low sugar and fermentation. Bernardin Home Canning Products are the gold standard in home preserving supplies, the trademark jars on display in stores every summer from coast to coast. This companion to their products is this bible of home preserving from the experts on the practice which has sold more than a million copies. The book includes 400 innovative recipes for salsas, savory sauces, pickles, chutneys, relishes and of course jams, jellies and fruit spreads. The book includes comprehensive directions on safe canning and preserving methods plus lists of required equipment and utensils. Specific instructions for first-timers and handy tips for the experienced make this book a valuable addition to any kitchen library.

Judi Kingry honed her skills and passion for preserving as the Marketing and Consumer Services Manager at Bernardin®.

Lauren Devine has experience as a Product Research and Test Kitchen Scientist at Ball® Fresh Preserving.

Sarah Page brings her knowledge and expertise to this updated edition. She has experience as the Culinary Marketing Manager for Ball® Fresh Preserving.

ROBERT ROSE 496 pages
 978-0-7788-0137-5 7 × 10
 paperback \$29.95 48 full-color photographs,
 Ctn qty: 16 index

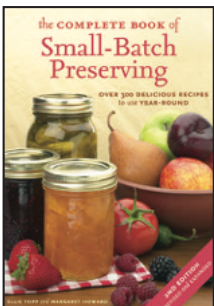
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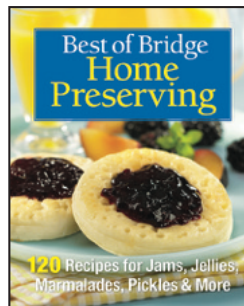
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 paperback display: 6-copy paperback
 display: \$179.70
 Ctn qty: 1



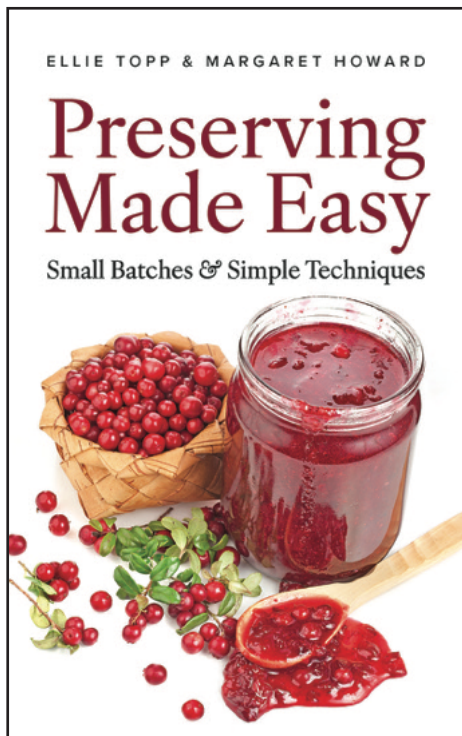
Also available:



The Complete Book of Small-Batch Preserving
 978-1-55407-256-9
 paperback \$24.95



Best of Bridge Home Preserving
 978-0-7788-0482-6
 wirebound hardcover
 \$29.95



FIREFLY BOOKS

978-1-77085-094-1

paperback \$14.95

Ctn qty:

FEBRUARY

304 pages

4.375 x 7

over 200 recipes, 32

pages color illustrations,

index

Rights: World



PRESERVING MADE EASY

Small Batches and Simple Techniques

Ellie Topp and Margaret Howard

Preserving Made Easy is the perfect book for today's busy cooks who still want to prepare and enjoy the homemade goodness of fresh fruits and vegetables. These recipes were selected for their delicious taste and because they are easy to prepare.

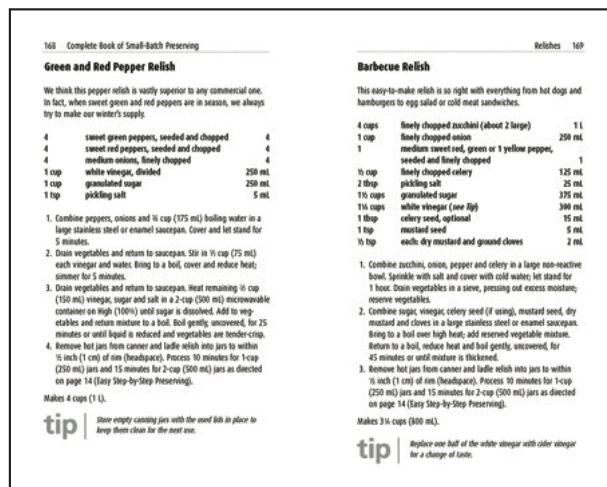
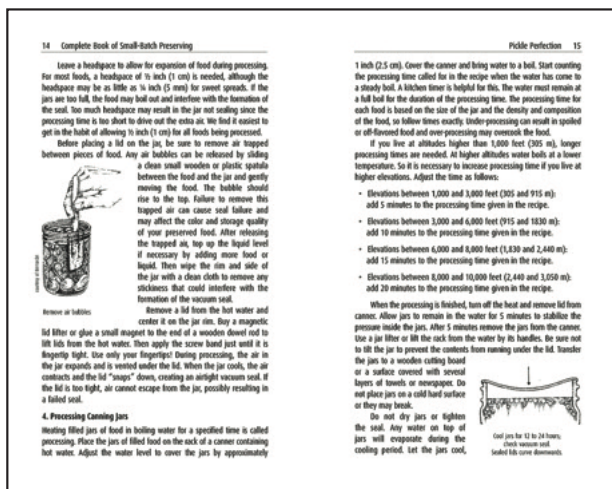
Thoroughly tested and perfected, each recipe offers something special — a new twist on an old favorite, a new way to mix and match flavors and tips to make the whole process easier and more fun.

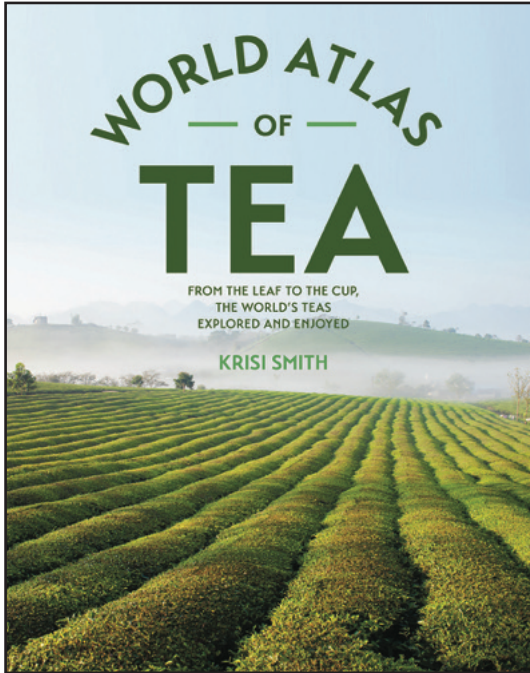
The authors offer delectable recipes for jams, jellies, conserves, pickles, relishes, chutneys, salsas, mustards, marinades, flavored oils and more. Everything you need to delight family and friends is here. Using this book will ensure that your family has only the best and freshest ingredients carefully prepared for their needs.

Preserving Made Easy is ideal for first-time users who will benefit from the step-by-step introductions, and for experienced cooks who are just looking for that extra twist that will make the batch memorable.

Ellie Topp holds a Masters degree in Foods and Nutrition from the University of Wisconsin and was a research associate in the Department of Food Research at the University of Illinois. Ellie writes a monthly column, "Food Bits," and has authored eight cookbooks.

Margaret Howard is a Registered Dietitian, and holds a Bachelor Degree in Science with a specialty in Home Economics from Western University. Margaret has authored 15 cookbooks, and she also tests recipes and writes for magazines.





NOW IN PAPERBACK

WORLD ATLAS OF TEA

From the Leaf to the Cup, the World's Teas Explored and Enjoyed

Krisi Smith

“This book will delight tea lovers, history buffs, and travelers... Public libraries will find this book a good buy.”
—American Reference Books Annual

The United States is the fourth largest global consumer of tea, with Canada following right behind. Black tea is the most popular but green tea sales are growing rapidly — more than 60 percent in ten years — driven by its proven health benefits.

The World Atlas of Tea covers tea from the ground up, including why the soil in China makes different tea than the soil in India. Tea mixologist Krisi Smith explains what a tea drinker needs to know to appreciate teas of all descriptions. She follows tea from the plantation to harvesting and processing to how to make the perfect cup. The book is illustrated throughout with beautiful color photographs taken in the field.

The contents are:

- **Part 1 Tea Basics** — The Tea Plant; Varieties of tea; Altitude, climate and seasons; Harvesting and processing; The tea voyage
- **Part 2 Tea Brewing and Drinking** — Tea-brewing basics; Tea tools; Buying, storing and tasting
- **Part 3 Tea Blending** — Tisanes, herbal and fruit teas; Scenting, infusions and blending herbs; Blending tea at home; Blending for health; Tea mixology
- **Part 4 The World of Tea** — Country profiles of China, Taiwan, Japan, India, Nepal, Sri Lanka, Vietnam, East Africa.

FIREFLY BOOKS
978-0-2281-0538-1
 paperback \$34.95
 Ctn qty:
FEBRUARY
 Rights: U.S. & Canada

240 pages
 7.75 x 10
 200 color images, 30
 color maps, glossary,
 index



Previous edition (hardcover): 978-1-77085-816-9

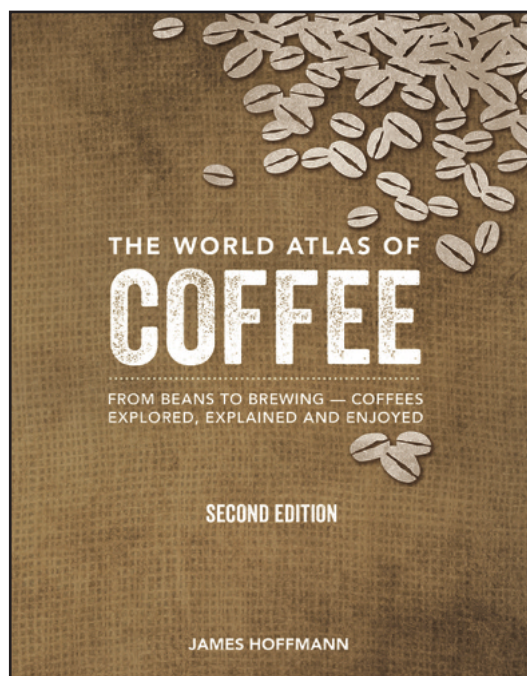


In this last section, the country profiles open with an introduction that describes the country's tea-growing history alongside a map showing the tea regions. Each area is described as to name, amount of tea produced, tea type, climate, location, and major plantations. Another spread sets out the specific teas grown in that country and describes their production, growing conditions, grade, processing methods, and taste profiles.

The world of tea is here to stay. New varieties will be introduced, new health benefits will be proven, and tea sales will continue to grow. **The World Atlas of Tea** is an exceptional gift choice and specialty selection for this new world.



Krisi Smith is co-owner of Bird & Blend Tea Co. (birdandblendtea.com) in the UK. After years working in the tea industry, Krisi and her partner Mike decided to create their own tea company. As well as its online retail operation, Bird & Blend Tea Co. has a flagship mixology store and runs courses in tea mixology.



BACK IN PRINT

THE WORLD ATLAS OF COFFEE

From Beans to Brewing — Coffees Explored, Explained and Enjoyed

James Hoffmann

The bestselling reference updated and expanded with seven new coffee-growing countries.

Praise for the first edition:

“Fills a gap in the popular reference literature. Recommended.”
— Booklist

“The definitive guide.... Well-written, informative, and a must-have for general readers who want to know more about their favorite morning brew.”
— Publishers Weekly

“Educational, thought-provoking, and substantial. I’ve already recommended this book to (our) readers countless times.”
— Barista Magazine

FIREFLY BOOKS

978-0-2281-0094-2

hardcover \$45.00

Ctn qty:

AVAILABLE

272 pages

7.5 × 10

full-color throughout,
maps, glossary, index

Rights: U.S. & Canada



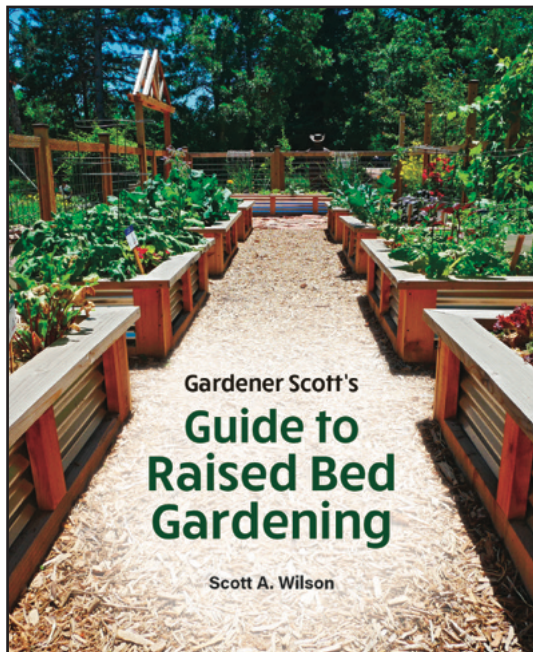
The World Atlas of Coffee takes readers on a global tour of coffee-growing countries, presenting the bean in full-color photographs and concise, informative text. It covers where coffee is grown, the people who grow it and the cultures in which it is a way of life. It also covers the world of consumption — processing, grades, the consumer and the modern culture of coffee.

For this new edition, the author expanded his research travels over the last several years to include seven additional coffee-growing regions: Democratic Republic of Congo, Uganda, China, Philippines, Thailand, Haiti and Puerto Rico. These are covered in 16 additional pages. As well, all of the book’s maps have been updated to show greater detail, and all statistics and data have been updated to the most recent available.

Organized by continent and then country or region, *The World Atlas of Coffee* presents the world’s favorite brew in color spreads packed with information.

The coverage in *The World Atlas of Coffee* is wide and deep. The book is used by barista and coffee-tasting instructors in North America and overseas and has been welcomed by enthusiastic coffee drinkers everywhere. Appropriate for special and general collections alike, it is an essential selection.

James Hoffmann is a coffee expert, author and the 2007 World Barista Champion. Along with a team of experts, he operates Square Mile Coffee Roasters, a multi-award-winning coffee roasting company based in East London, UK. James travels frequently to the coffee producing countries and is a popular speaker. His website is www.jimseven.com.



GARDENER SCOTT'S GUIDE TO RAISED BED GARDENING

Scott A. Wilson

Imagine growing thriving vegetable plants, fragrant herb gardens, robust perennials and stunning annuals. It's time to think inside the box — one that's filled with good-quality soil teeming with beneficial soil organisms, that is.

Raised bed gardening is a wildly popular method that gardeners everywhere can take advantage of, no matter your space or the quality of your native soil. Raised bed gardening has numerous benefits for both the beginner and expert gardener, but chief among those is the ability to build the best soil for your plants. **Gardener Scott's Guide to Raised Bed Gardening** is a no-fuss, step-by-step guide to planning, building and growing in your first raised bed. With his signature approachable, easy-to-follow style, YouTube's Gardener Scott shepherds you through every stage of creating a thriving, productive raised bed garden — from the crucial planning phases where you'll consider the design and how you're going to use your raised bed, to building your first raised bed, filling it with soil and growing your dream garden. The book features:

- Seven detailed, step-by-step building projects to try at home
- Excellent advice on building good soil and creating the best soil blends for your raised bed
- Information on garden planning, including successional planting and intensive planting
- Expert recommendations on growing and garden maintenance, such as watering, weeding, trellising and harvesting
- Advice for protecting your plants from the wrath of pests, diseases and extreme weather
- Guidance on planning and maintaining your garden year-round
- Money-saving tips and informative features.

Gardener's Scott's Guide to Raised Bed Gardening is replete with hundreds of beautiful photos that will both instruct and inspire as you explore the wonderful world of raised bed gardening.

Scott A. Wilson, better known as YouTube's Gardener Scott, is a Colorado-based Master Gardener. Scott's videos have drummed up millions of views and he has more than 400,000 YouTube subscribers. A retired U.S. Air Force Command Pilot, Scott began teaching gardening classes for the Master Gardener program in 2004 and has educated thousands of gardeners since. For four and a half years, beginning in 2014, he oversaw the development of 105 raised garden beds and 20,000 square feet of garden space for the Galileo Garden Project in Colorado Springs, teaching hundreds of students about gardening and helping them grow more than 2,000 pounds of produce for the school district each year.

FIREFLY BOOKS

978-0-2281-0536-7

paperback \$29.95

Ctn qty:

MARCH

304 pages

7.75 × 9.5

full-color photographs,

illustrations, detailed

building projects, index

Rights: World



Simple Wooden Raised Bed



Difficulty level: Easy
Final project dimensions: 4' x 4' x 10"

What you'll need:

- Three 2" x 10" x 8' wooden boards
- Tape measure
- Hammer and 3" galvanized nails
- Screwdriver and #8 or #10 3" exterior wood or deck screws (optional)
- Drill (optional)
- Four corner brackets (optional)
- Four 4" x 4" posts, cut to desired bed height (optional)

I prefer to use standard lumber that is available in most home improvement stores. It is relatively inexpensive, easy to work with, and comes in different widths to match my construction plan. Most of my wooden raised beds are made using 2-inch by 10-inch lumber, which is commonly sold in 8-foot and 10-foot lengths. I prefer the sturdiness of boards at least 10 inches thick. Less robust lumber is more likely to fall sooner.

When filled with soil, that size bed gives my plant roots 8 inches or 9 inches of depth within the bed and additional room for the roots if there is suitable soil beneath the bed. That is enough for most garden plants.



1. The build begins with three wooden boards. Start by measuring one of the boards and mark the halfway point. This is the board that will be cut in two to make the ends. The two long boards become the sides of the new bed. I like to use a cordless circular saw at the location I'm constructing the bed. If you don't have a saw, most home improvement stores will cut the board in half for you if you ask.

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Chapter 2

Planning a Raised Bed Garden

Patience is an important attribute that gardeners should develop, yet it can be difficult to cultivate. We see a new product for the garden, a new gardening method, or an interesting plant and we want to try it — right now. It is often better to wait. Garden planning can involve a lot of waiting. Registering too soon before we have the most important things figured out seldom produces success.

Before even starting to build your raised beds and filling them with soil, there are a few things to consider, such as the placement and design of your beds. Observing your garden and then carefully thinking through how you'll use your raised beds and what they'll look like will help ensure the time and effort you put in will pay off — not only in the success of your plants, but also in your enjoyment of your garden.

As you read through this chapter, which is full of guidance and many photos of different raised beds, begin choosing which beds you think would look good in your garden. Highlight a design you like and use it to begin the process of adding raised beds to your garden.

- Planning your raised bed garden before you start building your first bed will make your garden a pleasurable place to spend your time, like in this organized and well-planned growing space.

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experience because there were no gardening mentors available to me with a background in growing in raised beds.

When I first sought to grow my own fresh vegetables, I set up the city rows, sowed seeds, and tended the plants. I anticipated beautiful harvests, but that didn't happen. It wasn't a successful garden. I didn't know that my inexperience, my poor Montana soil, and unusually harsh weather would pose problems for me, a novice gardener, but I did know I didn't want to give up.

I had better results after moving to California and setting up a small home garden in the heart of the remarkable San Joaquin Valley, one of the most productive agricultural regions in the world. The flat rectangular garden patch along the fence in our suburban backyard could grow anything that was planted and produced abundantly. I put the Montana experience behind me and began to think that gardening could be easy.

Then a failed garden in Oklahoma followed, and my initial gardening efforts in Colorado were far from successful. I knew what went wrong, but I didn't know how to make it right. At no point did I think it was how I was gardening — in-ground beds versus raised beds.

In 2004, I became a certified Colorado Master Gardener and learned about the benefits of raised beds. Now, two decades later, most of my gardening is done in them. I've learned much more about raised bed gardening than was taught for Master Gardeners. My vegetable garden, fruit garden, pollinator garden, herb garden, and much of my landscape consists of raised beds of many varied types. Even my greenhouse includes a raised bed.

In 2014, I was hired as the Master Gardener for the massive Galileo Garden Project. Starting with no beds and no prepared growing space at a local school, I used a corps of volunteers to build a series of gardens that included 109 raised beds. This project helped teach gardening to students and produced more than 2,000 pounds of healthy produce for the school each year. That experience, managing the production of plants in raised beds, shaped much of how I grow in my home garden.

This book will highlight those and other benefits of raised bed gardening and how it can become easy, even when challenged by pests, poor soil, harsh weather, and all of the other factors that negatively impact gardeners. My lifetime of experience and long gardening journey have led me to become a raised bed advocate and educator.

8

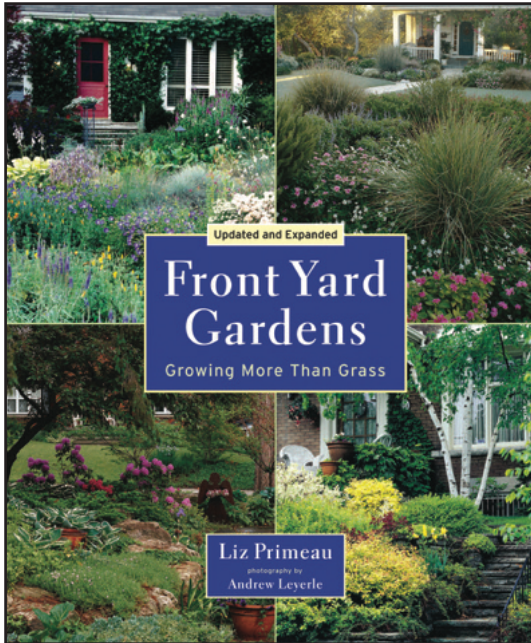


Walking through the Galileo Garden Project, which I started in 2014. This was a formative experience for me and helped shape how I grow plants at home.

We will begin with the basics of raised beds and move to the important planning considerations to get the most out of this fantastic gardening method. For DIYers, you'll find examples of many different raised bed types that you can build yourself. You'll learn how to select plants and how to grow them.

Each chapter provides information you need to build a strong foundation in raised bed gardening. Throughout the book, you'll find key points highlighted, examples of my preferred gardening methods, and money-saving tips. The chapters are filled with beautiful photos of what you can achieve with raised beds. You'll see pictures of beds of all types in many different places.

9



BACK IN PRINT

FRONT YARD GARDENS

Growing More Than Grass

Liz Primeau

Praise for the first edition:

“The book is handsome, informative and amusingly written, and it should serve as an inspiration to those who are tired of old-fashioned lawns.” —Publishers Weekly

Liz Primeau was ahead of her time when she transformed her manicured lawn in the suburbs into a mixed garden with a profusion of flowering plants, shrubs and cacti. Ever since, she has enjoyed an eye-catching front garden that requires no chemicals and little watering.

Packed with practical tips and more than 250 beautiful photographs, this revised edition of **Front Yard Gardens**:

- Explores the history of the lawn and our attachment to it
- Profiles 75 front yard gardens from across North America
- Provides step-by-step instructions to start and grow a fabulous front yard garden.

This updated edition of a classic guide covers planning and design, removing the grass, enriching the soil and planting and maintaining the garden. It is divided into several types of front yard gardens, including cottage, minimalist, secret, neighborhood, downtown and natural. Primeau discusses the key elements of each type and also provides a comprehensive list of complementary plants for each.

Primeau also chronicles how her own garden and neighborhood have evolved, profiles several new and delightfully different gardens, and offers timely advice such as eco-friendly solutions for controlling bugs and weeds.

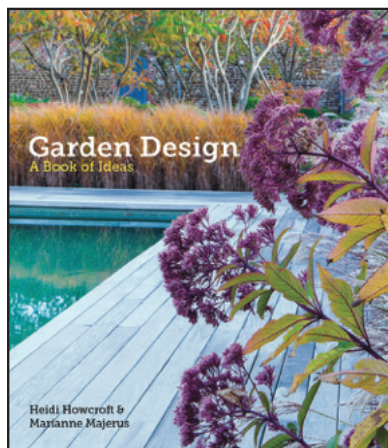
Front Yard Gardens is an inspiring treasure-trove of ideas for home gardeners.

Liz Primeau is renowned for her garden writing and regularly lectures on garden design at horticultural society meetings and garden shows.

FIREFLY BOOKS
978-1-55407-598-0
 paperback \$29.95
 Ctn qty:
 FEBRUARY
 256 pages
 8 x 10
 256 color photographs,
 sources and
 recommended reading,
 index
 Rights: World



Outstanding books on gardening



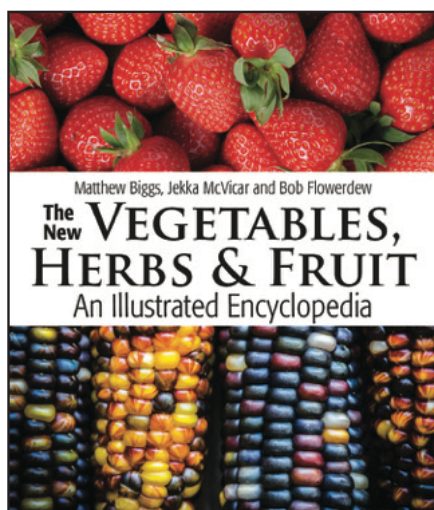
GARDEN DESIGN

A Book of Ideas

Heidi Howcroft and Marianne Majerus

With sales of 25,000 and now back in print, *Garden Design* is an essential purchase for all retail and library garden collections. It is a must-have visual reference for garden owners, with over 600 images of gardens and garden elements along with incisive advice on garden design. Through the pictures and words, it takes readers from concept to execution of a personalized garden built on sound design principles.

978-1-77085-874-9 · paperback · \$39.95
320 pages · 9.5 × 11 · 600 color photographs, index
Rights: U.S. & Canada



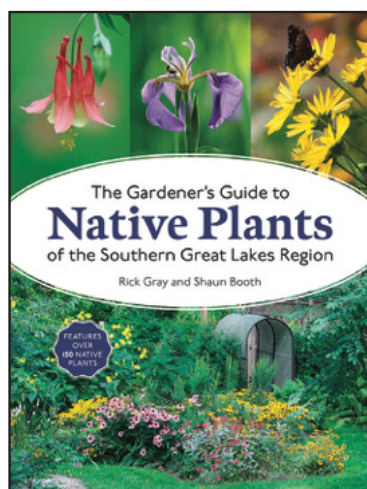
NEW VEGETABLES, HERBS AND FRUIT

An Illustrated Encyclopedia

Matthew Biggs, Jekka McVicar, Bob Flowerdew

This new edition of the huge, classic reference ***Vegetables, Herbs and Fruit*** is updated in design — with more and better color — and expanded by 60 pages, covering a total of 70 vegetables, 100 herbs and 100 popular fruits. The most current information on plant varieties and cultivation techniques make it the essential sourcebook for all food gardeners, especially for anyone who wants to grow their own produce and who feels that they could use some expert advice.

978-1-77085-798-8 · plastic-laminated hardcover · \$65.00
704 pages · 9.25 × 11 · more than 1800 color photographs and illustrations,
A-Z directory, recipes, charts, glossary, further reading, seed sources,
hardiness zones, index
Rights: U.S. & Canada



GARDENER'S GUIDE TO NATIVE PLANTS OF THE SOUTHERN GREAT LAKES REGION

Rick Gray and Shaun Booth

Gardening with native plants is perhaps the fastest-growing sector in the gardening world. ***The Gardener's Guide to Native Plants of the Southern Great Lakes Region*** is unique in that it distills all the information essential for growing 150 species of garden-worthy native plants into a single, at-a-glance guide.

978-0-2281-0460-5 · paperback · \$45.00
352 pages · 7.5 × 10 · over 500 color photographs, tables, common name index,
further reading, range maps
Rights: World

Featuring birds



HOW BIRDS FLY

The Science and Art of Avian Flight

Peter Cavanagh

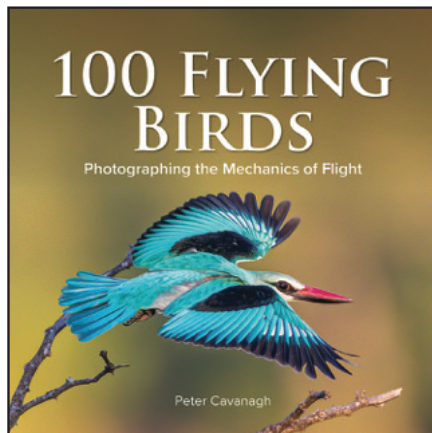
Bird flight is a mesmerizing spectacle, yet its intricacies remains largely shrouded in mystery for most. Even after over a century of study, certain aspects of bird flight continue to baffle the public and ornithologists alike.

Peter Cavanagh, a dedicated bird photographer, pilot and expert in the fields of biomechanics and anatomy, has dedicated a decade to crafting this remarkable book, *How Birds Fly*. Through awe-inspiring photography and conversational prose, Peter unveils the complex evolutions and physics of bird flight, making it accessible to bird lovers of all levels.

978-0-2281-0486-5 · hardcover · \$49.95

336 pages · 9 × 11 · 350 color photographs and illustrations

Rights: U.S. & Canada



100 FLYING BIRDS

Photographing the Mechanics of Flight

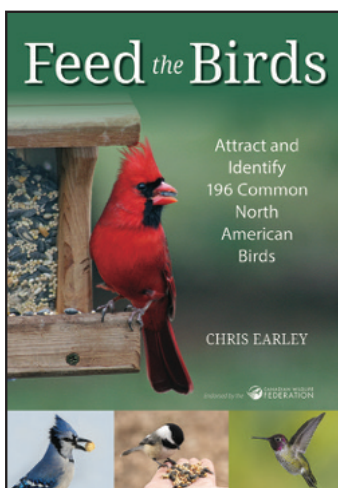
Peter Cavanagh

100 Flying Birds: Photographing the Mechanics of Flight offers a vivid and varied glimpse into the world of birds. A white-tailed eagle plummeting through a Japanese sky, a brown pelican striking a silhouette against an Ecuadorian sunset, an Atlantic puffin carrying its fish dinner above the Scottish coast, or a keel-billed toucan gliding through a Costa Rican jungle canopy; readers will marvel at the splendor of birds in flight while learning the techniques to capture these gravity-defying moments from a world-class nature photographer.

978-0-2281-0333-2 · plastic-laminated hardcover with jacket · \$49.95

320 pages · 10 × 10 · 120 full-color photographs, notes, illustrations, further reading, index

Rights: U.S. & Canada



FEED THE BIRDS

Attract and Identify 196 Common North American Birds

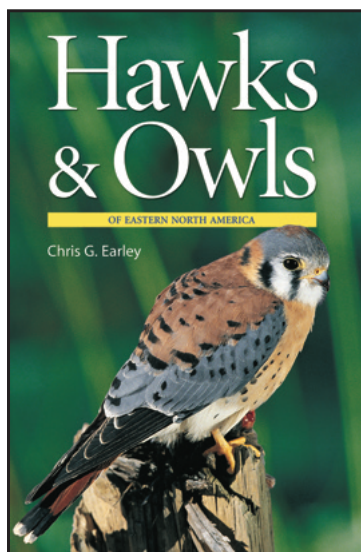
Chris Earley

Feed the Birds is designed as a resource for beginners and experienced birdwatchers alike. Covering 196 bird species that are attracted to backyard bird feeders, this book helps the reader not only attract and identify birds but also understand their behavior and adaptations to the environment. A wide variety of feeders and seed types are presented with helpful tips on how to attract the largest variety of birds.

978-0-2281-0201-4 · paperback · \$29.95

296 pages · 7 × 10 · full color throughout, bird feeder plans, bird ID guide, works cited, further reading, index

Rights: World



Hawks and Owls of Eastern North America

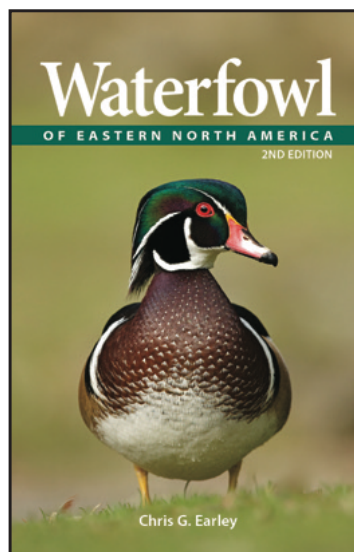
by Chris Earley

144 pages · 5.5 × 8.5

978-1-55407-999-5

\$19.95 paperback

Rights: World



Waterfowl of Eastern North America

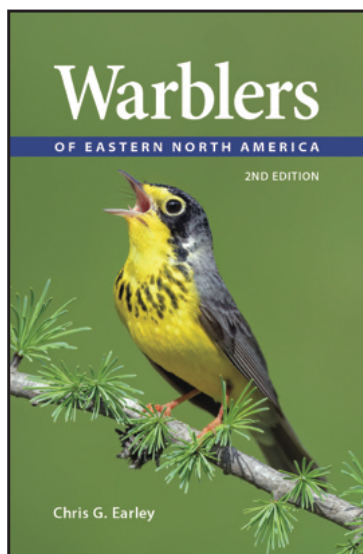
by Chris Earley

160 pages · 5.5 × 8.5

978-0-2281-0247-2

\$19.95 paperback

Rights: World



Warblers of Eastern North America

by Chris Earley

128 pages · 5.5 × 8.5

978-0-2281-0425-4

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Rights: World



Sparrows and Finches of the Great Lakes Region and Eastern North America

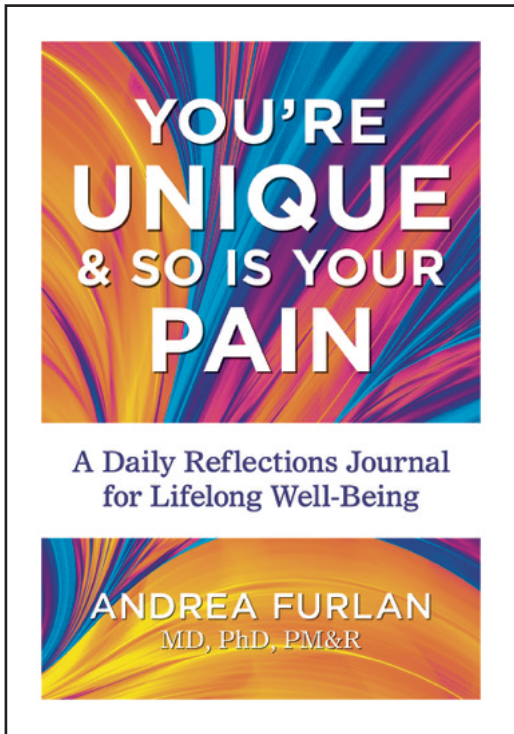
by Chris Earley

128 pages · 5.5 × 8.5

978-1-55297-707-1

\$19.95 paperback

Rights: World



YOU'RE UNIQUE & SO IS YOUR PAIN

A Daily Reflections Journal for Lifelong Well-Being

Dr. Andrea Furlan

A journal for those who want to forget their chronic pain and live their life.

Life with chronic pain can be unpredictable! One day you're in misery, the next you feel better, maybe you see a glimmer of hope . . . and then, boom, you're crashing down again. You think you know what's causing your pain, but maybe you don't. Dr. Andrea Furlan, award-winning pain specialist and internationally respected author of *8 Steps to Conquer Chronic Pain: A Doctor's Guide to Lifelong Relief*, knows from extensive experience that people need to fully understand their individual pain to learn what is at the root of their suffering and how to overcome it. And she knows that journaling can be a very effective tool in your pain management journey.

Ninety days of guided writing prompts will help you to understand your pain and inspire you on your journey of self-discovery and healing:

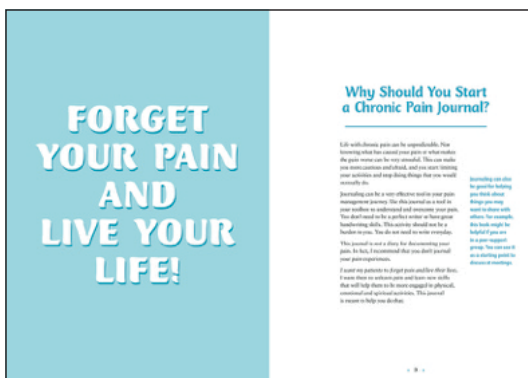
- Learn about the mind-body connection and how one influences the other.
- Understand what has happened and how pain has changed you as a person.
- Rediscover your strengths and potential.
- Document your ongoing progress and celebrate each victory.
- Recognize pain triggers, patterns and solutions.
- Track soothing and calming experiences.
- Prepare lists of helpful resources in case of a future pain flare.

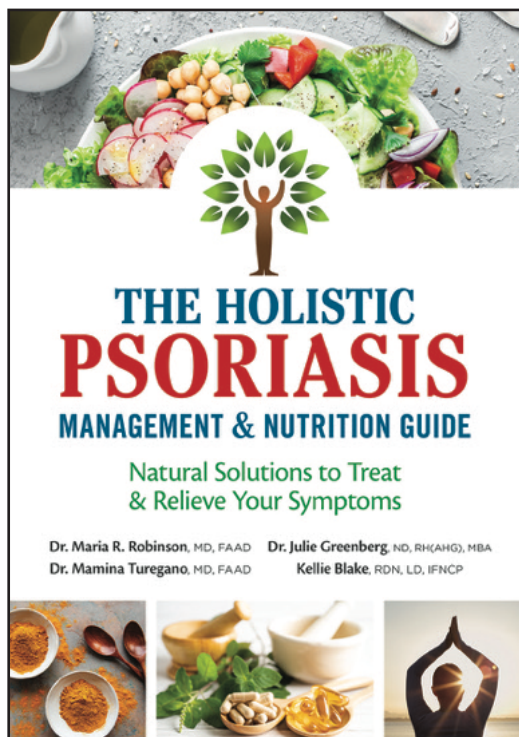
Don't let chronic pain make your life be smaller than it has to be. Through journaling, with Dr. Furlan guiding the way, you can discover ways to forget your pain and live a fulfilling and happy life.

Dr. **Andrea Furlan** is an Associate Professor in the Department of Medicine at the University of Toronto and a Staff Physician and Senior Scientist at the Toronto Rehabilitation Institute. Her YouTube channel has more than 670,000 subscribers and more than 61 million views. She received a CIHR New Investigator Award, and her research focus is on treatments of chronic pain including medications, complementary and alternative therapies, and rehabilitation.

ROBERT ROSE 192 pages
 978-0-7788-0731-5 7 x 10
 paperback \$24.95 2-color throughout
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APRIL





THE HOLISTIC PSORIASIS MANAGEMENT & NUTRITION GUIDE

Natural Solutions to Treat & Relieve Your Symptoms

Dr. Maria Robinson, Dr. Mamina Turegano, Dr. Julie Greenberg, Kellie Blake, RDN

Unlock the Power of Integrative Healing for Psoriasis

While advancements in targeted medications have significantly improved symptom relief, psoriasis remains a chronic condition with no definitive cure. **The Holistic Psoriasis Management & Nutrition Guide** embraces both innovative treatments and time-tested holistic approaches, empowering you with an integrative strategy for managing psoriasis symptoms including achieving clearer, healthier skin.

Authored by leading experts in dermatology, naturopathy and functional nutrition, this comprehensive guide offers an extensive exploration of psoriasis and a holistic approach to its management.

Inside This Guide:

- **Understanding Psoriasis:** Delve into the genetic and environmental factors as well as common triggers contributing to psoriasis.
- **Psoriasis Symptoms:** Know what to expect in skin changes and other associated chronic medical conditions.
- **Current Treatments and Medications:** Gain a succinct overview of traditional treatments and common medications available for psoriasis and their effectiveness.
- **Integrative Approaches:** Discover how combining conventional treatments with complementary and alternative therapies can enhance your management of psoriasis.
- **Diet and Nutrition:** Discover an eating strategy for psoriasis. Access a curated selection of easy and delicious recipes designed to support skin health and a detailed 30-day meal plan tailored to reduce psoriasis symptoms.

Whether you're seeking to complement traditional treatments or explore alternative therapies, this book provides all the insights and practical strategies you need.

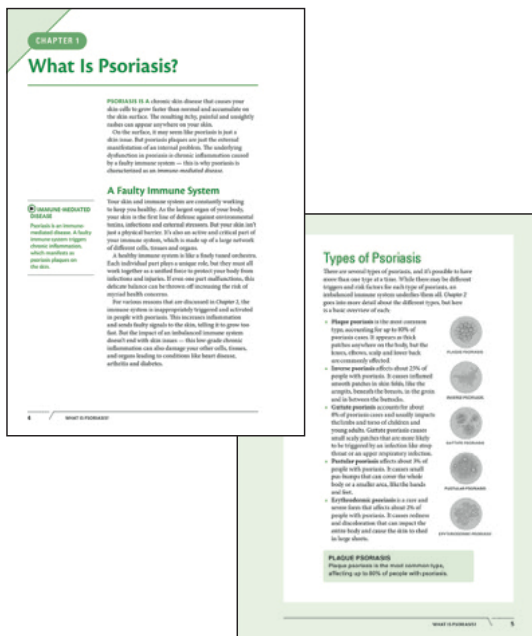
Dr. **Maria R. Robinson**, MD is a practicing dermatologist (skin specialist). She is board-certified in dermatology and dermatopathology.

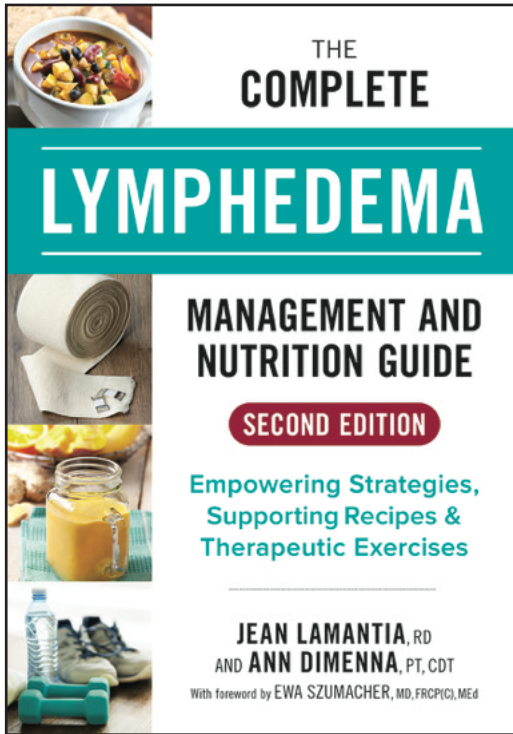
Dr. **Mamina Turegano**, MD is a triple board-certified dermatologist, offering a refreshing approach to holistic skincare focusing on the connection between your mind, body, and skin health.

Dr. **Julie Greenberg**, ND, RH(AHG), MBA, is a naturopathic doctor who specializes in dermatology. She is the founder of the Center of Integrative & Naturopathic dermatology and Root Cause Dermatology, a medical education website.

Kellie Blake, RDN, LD, IFNCP is a registered dietitian specializing in integrative and functional nutrition. She's the co-owner of NutriSense Nutrition Consulting, LLC.

ROBERT ROSE 256 pages
 7 x 10
 2-color throughout
 978-0-7788-0730-8
 paperback \$29.95
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 APRIL





2nd EDITION

THE COMPLETE LYMPHEDEMA MANAGEMENT AND NUTRITION GUIDE

Empowering Strategies, Supporting Recipes & Therapeutic Exercises

Jean LaMantia and Ann DiMenna

Updated Second Edition

In *The Complete Lymphedema Health and Nutrition Guide*, 2nd Edition, experts Jean LaMantia, RD, and Ann DiMenna, PT, CDT, share their extensive knowledge of the condition and explain nutrition and lifestyle adjustments that can lessen symptoms and improve quality of life.

This supportive and comprehensive guide has been skillfully updated for the millions of people who suffer from lymphedema and lymphatic diseases and includes an updated exercise and nutrition program, along with 50 recipes and meal plans for delicious healthy meals. Step-by-step photographs and detailed illustrations offer guidance on performing self-MDL, putting on compression bandages, exercising safely and more.

Chapters include: Lymphedema Risk Reduction; Skin Care; Manual Lymphatic Drainage; Multilayer Compression Bandaging; Exercise and Lymphedema; Lymphatic Taping; Reducing Chronic Inflammation; Supplements; and Meal Planning.

Jean LaMantia, RD, is a registered dietitian, cancer survivor and bestselling author of *The Essential Cancer Treatment Nutrition Guide and Cookbook*. In her private practice, she provides nutrition counseling and leads nutrition seminars.

Ann DiMenna, PT, CDT, is a trained physiotherapist with many years of clinical experience, including private practice, inpatient hospital settings and home care. She is an active member of the Lymphedema Association of Ontario and a regular attendee of conferences on lymphedema.

ROBERT ROSE 256 pages
978-0-7788-0627-1 7 x 10
 paperback \$29.95 50 recipes, B&W
 Ctn qty: photographs, charts and graphs
MARCH Rights: World



Previous edition (paperback): 978-0-7788-0627-1

CHAPTER 1
The Lymphatic System and Lymphedema

To understand lymphedema and why it develops, you must first understand how your lymphatic system is designed, how it works and why it fails. This chapter of the book is designed as a practical and accessible system to help you explore how the lymphatic system works and how lymphedema develops.

How does fluid move through our bodies?
 The circulation of fluid throughout the body is done via arteries, veins and lymphatic vessels. These three different vessels are all part of one system called the circulatory system. The circulatory system is divided into two parts: the pulmonary system and the systemic system. The pulmonary system is responsible for circulating blood from the heart to your body organs and tissues, and the systemic system is responsible for circulating blood from your body organs and tissues back to the heart. The lymphatic system is called the "third" circulatory system because it carries lymph, which is a fluid that is made up of plasma and white blood cells, away from the site of injury or infection and back to the heart to be re-used.

What is the lymphatic system?
 The lymphatic system is a complex network of vessels that carries lymph throughout the body. It is designed to help the body fight off infection and to remove excess fluid from the tissues. The lymphatic system is made up of lymphatic vessels, lymph nodes and lymphatic organs. The lymphatic system is a closed system, which means that the fluid that is carried by the lymphatic vessels is not mixed with the blood. The lymphatic system is a self-cleaning system, which means that it is able to remove excess fluid from the tissues and return it to the heart to be re-used.

How much lymphatic fluid does my body circulate in a day?
 The amount of lymphatic fluid that circulates throughout your body changes—typically between 1 and 4 quarts (0.9 and 4.1 per day). This volume is dependent on a number of factors, including:
 • Activity level: People who are very active, such as athletes, tend to have more fluid in their lymphatic system.
 • Temperature: In hot climates, the body loses more fluid through sweating, which can lead to dehydration and a decrease in lymphatic fluid volume.
 • Hydration: Drinking enough water is essential for maintaining a healthy lymphatic system.
 • Age: The volume of lymphatic fluid decreases as you age.
 • Health: Certain medical conditions, such as heart failure, kidney disease and liver disease, can lead to an accumulation of fluid in the lymphatic system.

What is lymphatic fluid composed of?
 Lymphatic fluid is a clear, colorless fluid that is composed of water, electrolytes, proteins, lipids, and white blood cells. It is a fluid that is made up of plasma and white blood cells. The lymphatic system is a closed system, which means that the fluid that is carried by the lymphatic vessels is not mixed with the blood. The lymphatic system is a self-cleaning system, which means that it is able to remove excess fluid from the tissues and return it to the heart to be re-used.

What are the lymph nodes and where are they located?
 Lymph nodes are small, bean-shaped structures that are part of the lymphatic system. They are located throughout the body, with a high concentration in the neck, armpits, and groin. Lymph nodes act as filters, trapping and destroying any bacteria or viruses that may be present in the lymphatic fluid. They also produce and store lymphocytes, which are a type of white blood cell that is important for the body's immune system.

How does the lymphatic system work?
 The lymphatic system works by carrying lymph throughout the body. Lymph is made up of plasma and white blood cells. The lymphatic system is a closed system, which means that the fluid that is carried by the lymphatic vessels is not mixed with the blood. The lymphatic system is a self-cleaning system, which means that it is able to remove excess fluid from the tissues and return it to the heart to be re-used.

How does the lymphatic system relate to lymphedema?
 Lymphedema is a condition in which there is an accumulation of lymphatic fluid in the tissues. This can happen if the lymphatic system is blocked or if the lymphatic vessels are damaged. Lymphedema can cause swelling, pain, and discomfort. It is a chronic condition that can be managed with a combination of medical and lifestyle interventions.

Sample 1500-Calorie Meal Plan

Breakfast
 1 cup (250 mL) oatmeal
 1/2 cup (125 mL) low-fat plain Greek yogurt
 1/2 cup (125 mL) blueberries
 1/2 cup (125 mL) sliced almonds
 1/2 cup (125 mL) sliced strawberries
 1/2 cup (125 mL) sliced kiwi
 1/2 cup (125 mL) sliced banana

Afternoon Snack
 1/2 cup (125 mL) low-fat plain Greek yogurt
 1/2 cup (125 mL) sliced almonds
 1/2 cup (125 mL) sliced strawberries
 1/2 cup (125 mL) sliced kiwi
 1/2 cup (125 mL) sliced banana

Dinner
 3 oz (85 g) baked salmon
 1/2 cup (125 mL) cooked quinoa
 1/2 cup (125 mL) steamed green beans
 1/2 cup (125 mL) sliced almonds
 1/2 cup (125 mL) sliced strawberries
 1/2 cup (125 mL) sliced kiwi
 1/2 cup (125 mL) sliced banana

Morning Snack
 1/2 cup (125 mL) low-fat plain Greek yogurt
 1/2 cup (125 mL) sliced almonds
 1/2 cup (125 mL) sliced strawberries
 1/2 cup (125 mL) sliced kiwi
 1/2 cup (125 mL) sliced banana

Lunch
 3 oz (85 g) baked salmon
 1/2 cup (125 mL) cooked quinoa
 1/2 cup (125 mL) steamed green beans
 1/2 cup (125 mL) sliced almonds
 1/2 cup (125 mL) sliced strawberries
 1/2 cup (125 mL) sliced kiwi
 1/2 cup (125 mL) sliced banana

Sample 1800-Calorie Meal Plan

Breakfast
 1 cup (250 mL) oatmeal
 1/2 cup (125 mL) low-fat plain Greek yogurt
 1/2 cup (125 mL) blueberries
 1/2 cup (125 mL) sliced almonds
 1/2 cup (125 mL) sliced strawberries
 1/2 cup (125 mL) sliced kiwi
 1/2 cup (125 mL) sliced banana

Afternoon Snack
 1/2 cup (125 mL) low-fat plain Greek yogurt
 1/2 cup (125 mL) sliced almonds
 1/2 cup (125 mL) sliced strawberries
 1/2 cup (125 mL) sliced kiwi
 1/2 cup (125 mL) sliced banana

Dinner
 3 oz (85 g) baked salmon
 1/2 cup (125 mL) cooked quinoa
 1/2 cup (125 mL) steamed green beans
 1/2 cup (125 mL) sliced almonds
 1/2 cup (125 mL) sliced strawberries
 1/2 cup (125 mL) sliced kiwi
 1/2 cup (125 mL) sliced banana

Morning Snack
 1/2 cup (125 mL) low-fat plain Greek yogurt
 1/2 cup (125 mL) sliced almonds
 1/2 cup (125 mL) sliced strawberries
 1/2 cup (125 mL) sliced kiwi
 1/2 cup (125 mL) sliced banana

Lunch
 3 oz (85 g) baked salmon
 1/2 cup (125 mL) cooked quinoa
 1/2 cup (125 mL) steamed green beans
 1/2 cup (125 mL) sliced almonds
 1/2 cup (125 mL) sliced strawberries
 1/2 cup (125 mL) sliced kiwi
 1/2 cup (125 mL) sliced banana

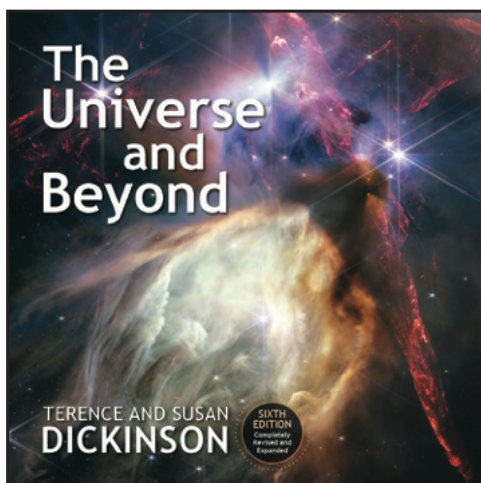
How This Meal Plan Helps You Meet Your Daily Goals

	IF RATIO	CALORIES	FAT (g)	PROTEIN (g)	FIBER (g)	SODIUM (mg)
TOTAL FOR THE DAY*	1500	1500	65	65	25	2300
Meat/Seafood**	20	4	21	13	19	190
Vegetables***	50	14	20	22	70	100
Grains****	40	16	10	14	50	100
Dairy*****	30	4	10	10	10	100
Other**	10	4	10	10	10	100

How This Meal Plan Helps You Meet Your Daily Goals

	IF RATIO	CALORIES	FAT (g)	PROTEIN (g)	FIBER (g)	SODIUM (mg)
TOTAL FOR THE DAY*	1800	1800	80	80	30	2300
Meat/Seafood**	25	5	25	15	25	250
Vegetables***	55	15	25	25	75	100
Grains****	45	18	12	18	60	100
Dairy*****	35	5	12	12	12	100
Other**	15	5	12	12	12	100

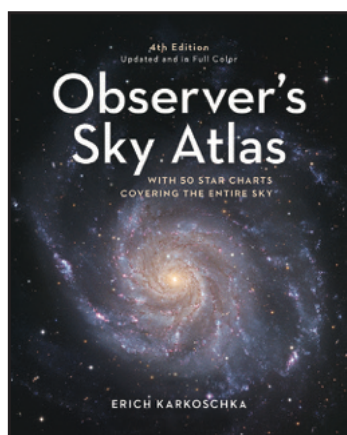
Important astronomy titles



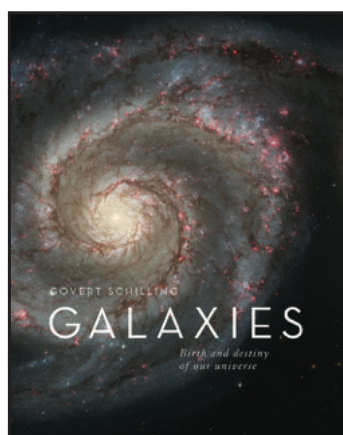
The Universe and Beyond, 6E
 by Terence Dickinson and Susan Dickinson
 224 pages · 10.5 × 10.5
 978-0-2281-0492-6
 \$39.95 hardcover
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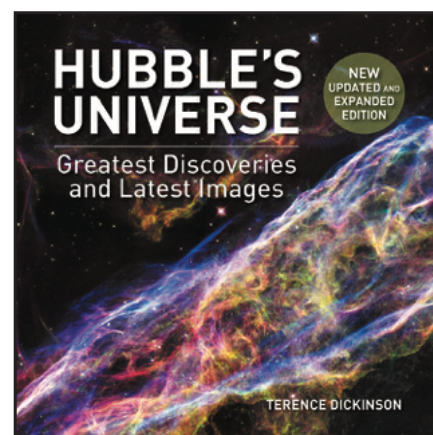
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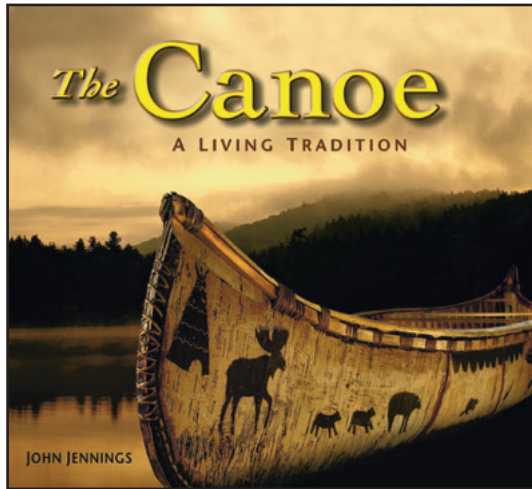
Observer's Sky Atlas, 4E
 The 500 Best Deep-Sky Objects With Charts and Images
 by Erich Karkoschka
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 978-0-2281-0410-0
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Galaxies
 Birth and Destiny of Our Universe
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Hubble's Universe, 2E
 Greatest Discoveries and Latest Images
 by Terence Dickinson
 332 pages · 10 × 10
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BACK IN PRINT

THE CANOE

A Living Tradition

John Jennings

“Thoroughly entertaining, beautifully illustrated ... An utterly enchanting trip back in time.” – Booklist

“This tribute is a wonderfully rich volume on [the canoe’s] history in North America ... Adeptly written and wonderfully illustrated with over 400 photographs and maps.” – Library Journal

The canoe was essential to the early exploration of North America. Today, it is a vital link to the natural environment and vast wilderness, still widely used for recreation, transportation and sport.

The Canoe is the definitive history of the construction and use of the canoe, kayak, dugout and umiak in North America. The book covers the canoe’s origins among Native peoples, its quick adoption by European settlers, its development from a working vessel to a recreational craft. Rare archival images, maps, artwork and stunning photographs of vintage canoes are included.

Produced with the support and collaboration of scholars and museums throughout the world, **The Canoe** also features:

- High-tech sport canoes and kayaks used in contemporary Olympic Games
- 400 beautiful images of canoe craftsmanship
- Step-by-step photos and explanations for building a traditional bark canoe
- Profile of the famous model-builder, Tappan Adney
- Detailed maps, glossary, source list and index.

John Jennings is co-editor of *The Canoe in Canadian Cultures* and a professor at Trent University. With support from the Canadian Canoe Museum, he brought together 12 experts in canoe and kayak scholarship and culture, including Eugene Arima, Hallie E. Bond, Steven C. Brown, David Finch, Don Gardner, Gwenyth Hoyle, Fred Johnston, John Jennings, Kenneth R. Lister, Ted Moores, Rick Nash and James Raffan, to create this book. He was one of the 2019 Appointees to the Order of Ontario.

FIREFLY BOOKS 288 pages
 978-0-2281-0551-0 10.625 × 10.625
 hardcover \$39.95 illustrations, maps and
 Ctn qty: sketches throughout

FEBRUARY Rights: World



Previous edition (paperback): 978-1-55407-080-0



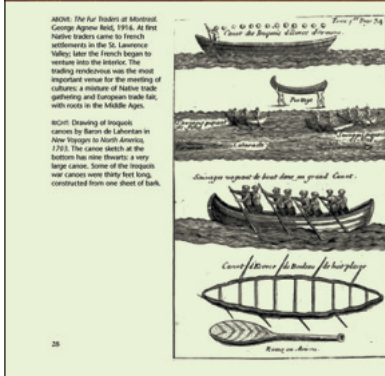
I cried out to God and began to pull my canoe toward me ... As for our Frenchmen, they did not fare any better, and several times were nearly lost.

Samuel de Champlain

Samuel de Champlain's entreaty to his Algonquin allies was prompted by his first attempt, in 1613, to travel inland in the bark craft of the Native peoples. Specifically, he was asking for a bit of help in liming a canoe (pulling it on a rope) up a rather difficult rapid on the Ottawa River. His Algonquin allies had made it look easy, but his canoe had spun broadside in a whirlpool and "had I not luckily fallen between two rocks, the canoe would have dragged me in, since I could not quickly enough loosen the rope that was twisted around my hand, which hurt me very much, and nearly cut it off... Having escaped I gave praise to God, beseeching Him to preserve us." Actually Champlain's beamed Algonquin allies did the preserving, especially after Champlain next lost his assistant on a mosquito-infested portage a short time later. Fortunately, the Algonquins were patient tutors as the French bumbled their way into the interior. The French, on their part, quickly realized that they had much to learn if they were to venture west in a country where travel was only possible by water.

The canoe frontier of North America began with the French. As the European powers (the Spanish, Portuguese, English, Dutch and French) turned their attention to the New World after Columbus, the French by pure luck stumbled onto the only river on the eastern seaboard that led to the heart of the continent. When the French laid claim to the St. Lawrence Valley in the early seventeenth century, they had no idea that their history in the next century and a half would be unlike that of all the other colonizing nations in the western hemisphere.

Much of the greatness of New France was based on her command of the complex network of rivers, lakes and natural portages—the legacy of the Ice Ages—which was linked to the St. Lawrence River. This river, where Jacques Cartier first ventured in 1535, was North America's one avenue to the interior from the eastern seaboard, via the Ottawa and Mattawa rivers to Lake Nipissing and then down the French River to Georgian Bay on Lake Huron. From there it was clear paddling to Michilimackinac at the narrows between Lake Huron and Lake Michigan and the Mississippi Valley or Grand Portage at the head of Lake Superior. By happening on this river in the sixteenth century and then laying claim to it, the French determined their destiny for the next



ABOVE: The fur traders at Montreal, George Agnew Reid, 1916. As first Native traders came to French settlements in the St. Lawrence Valley, later the French began to venture into the interior. The trading rendezvous was the most important venue for the meeting of cultures, a mixture of Native trade gathering and European trade sale, with roots in the Middle Ages.

RIGHT: Drawing of Ingonquo canoe by Pierre de l'Archeveque in New France in North America, 1761. The canoe sketch at the bottom has one thwart; a very large canoe. Some of the Ingonquo war canoes were thirty feet long, constructed from one sheet of bark.

28

two centuries as traders and explorers of the inland waterways of the continent.

The St. Lawrence was also the key to the vast network of rivers and lakes above the Great Lakes. Here there emerged a "dominion of the North," as historian Donald Creighton called it, a geographic dominion of rivers and lakes upon which the bark canoe of the original peoples reigned supreme. This geography, and the adoption of the Native craft to go with it, defined a very significant part of the early history of European expansion in the northern half of the continent. The vast St. Lawrence River system formed the basis of a great transportation system on which the commodities of the old world were traded for the products of the new.

The North American frontier of the canoe, which the French initiated, was unlike all other frontiers of the western hemisphere. While it lasted, it was the meeting place of cultures who each found mutual benefit in a trading relationship that was undertaken on relatively equal terms. For the French, it was a frontier of discovery and commerce for Native peoples, of course, it was not a frontier at all. It was home.

In broad terms, there were three North American frontiers; the frontier of the canoe, the settler frontier of the axe and plow, and the frontier of the horse, which began with the Spanish in Mexico and the southern United States and was later incorporated by Americans. A vast expanse of the frontier of the horse, the part that is so imbedded in the American psyche, was given its character by the absence of water. The Great Plains, roughly the middle third of America, was, at one time, referred to as the Great American Desert and was considered too arid



LEFT: Hudson's Bay Store, Fort William, William Armstrong, circa 1840-70, after the abandonment of the HBC and the NWC in 1821, Fort William declined in importance as a fur trade post, but it was still a significant Métis community.

RIGHT: Indian Encampment, Art. Fort William, 1840-1850. Fort William, situated at the western end of Lake Superior, became one of the most important inland-trade centers of the North West Company. It was the mid-point between Montreal and the rich fur territory of the Athabasca country. Goods from Montreal were brought to Fort William in Montreal canoes and exchanged for furs brought to North Canada from the western interior.



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TOP: Montreal canoe on Lake Champlain, Quebec, 1882. By the late nineteenth century, the Canadian fur trade was continuing the fur trader's exploration and mapping of the north, sending canoe expeditions to every part of the continent. Some of this area, most notably the Barren Lands between Great Slave Lake and Hudson Bay, had never been visited by Europeans.

BOTTOM: The Montreal canoe (canoe de milieu). Tugboat Ashley reveals, July 31. These canoes, built mostly at Two Rivers at the junction of the St. Maurice and St. Lawrence rivers, midway between Montreal and Quebec City, were usually between thirty feet and forty feet in length. They were capable of carrying up to eight thousand pounds of cargo, plus eight to twelve paddlers.

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The canoe frontier was based on the fact that the northern half of the continent contains a large portion of the fresh water of the world. Whoever controlled these water routes, starting with the St. Lawrence-Great Lakes axis, controlled the early trade of half a continent. This canoe frontier was not an agricultural frontier of land acquisition and settlement involving the dispossession of Native peoples. While it lasted, the canoe frontier set itself apart from all the others in the western world. Unlike the frontiers of the settler and the horse, the frontier of the canoe did not cover the land, only its bounty.



ABOVE: Crest of the North West Company, drawing by Neil Bradford. The crest's official name is "The Perseverance of Arts."



LEFT: The Spring Rendezvous at Lachine, Quebec, for the voyage up the St. Lawrence, 1743. The rendezvous was the meeting point for western voyagers from the time of Champlain until the nineteenth century. This is where Champlain looked up the Lacine Rapids in the early 1600s and realized that the head of Europe were situated in the wilderness of America.

31



7th EDITION

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Robin Scagell

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With its improved features, sturdy construction, portability, weather resistance, smooth wheel rotation, easy-to-read booklet and protective pocket, the *Firefly Planisphere* is simply the handiest guide to the night sky for the amateur astronomer.

Robin Scagell is the author of *Stargazing with a Telescope* and five other astronomy titles. He runs Galaxy Picture Library, which is devoted to photographs of astronomy and space.

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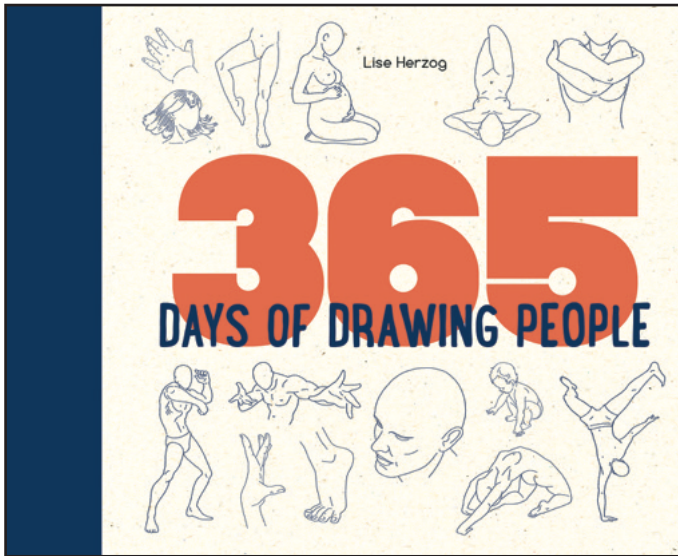
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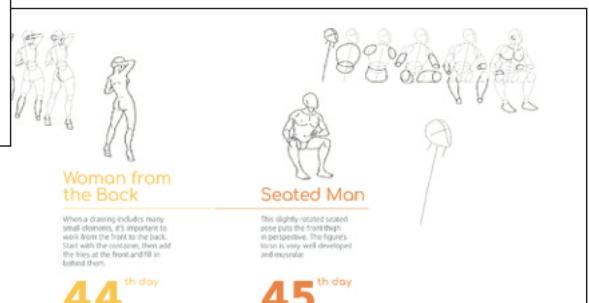
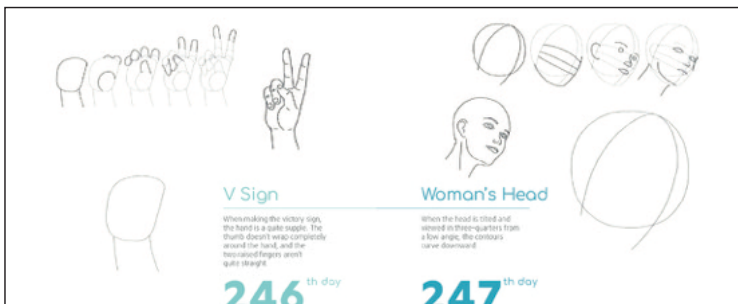
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Lise Herzog graduated from the School of Decorative Arts in Strasbourg in 1999. She has worked as an illustrator of both adult and children’s books, and she has collaborated with educational programs at museums. She lives in France.



Also by Lise Herzog:

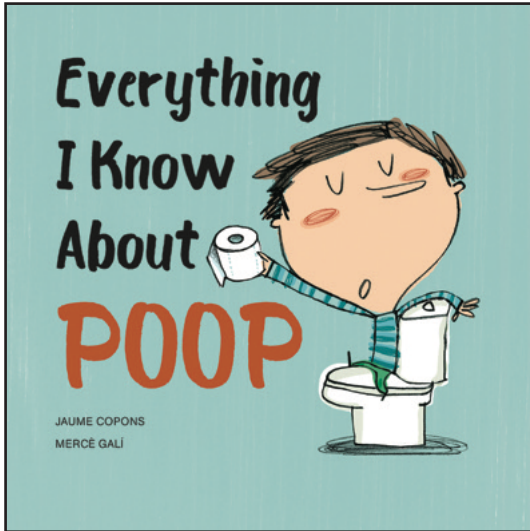


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Jaume Copons

Illustrated by Mercè Galí

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Everyone knows how to make a nice poop!

And people who do not know, learn sooner or later.

If you poop raise your hand!

Our little brother poops...

Mom and Dad also poop.

Even Grandma and Grandpa still poop!

A hippo poops.

With its tail spinning like a helicopter, it flings poop through the air.

Yuck! What a mess it makes!

Birds know how to poop.

Onto people, sometimes. (But not on me!)

Grandma has a cute puppy that poops anywhere on the street.

You have to pick it up, and throw it away. (The poop, not the dog.)

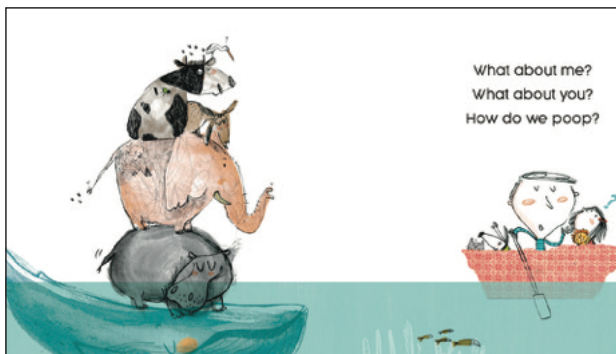
While our very proud cat, prefers to poop in his litter box.

What about me? What about you? How do we poop?

Kids will find this book hilarious and will commit it to memory.

Jaume Copons is a scriptwriter for the Spanish version of *Sesame Street*, as well as for other TV programs, songs, records and advertisements. He has written more than 40 novels for young readers.

Mercè Galí does drawings for stories, textbooks, posters, magazine covers and other projects. She has illustrated stories in books and major children's magazines in Spain.





The Spanish-language version of Love You Forever, now in a board book

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Text by Robert Munsch

Illustrations by Sheila McGraw

With 38 million copies sold, *Love You Forever* is an all-time children's bestseller.

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This is a highly appealing book, and this format will satisfy a new group of people who have kids of their own.

Robert Munsch is the bestselling, widely celebrated author of more than 50 books for children. *Love You Forever* is his internationally bestselling book with over 30 million copies sold. He lives in Guelph, Ontario.

Sheila McGraw has illustrated six children's books, including the best-selling *I Promise I'll Find You* and has written children's and adult craft books *Papier Mâché for Kids* and *Painting and Decorating Furniture*.

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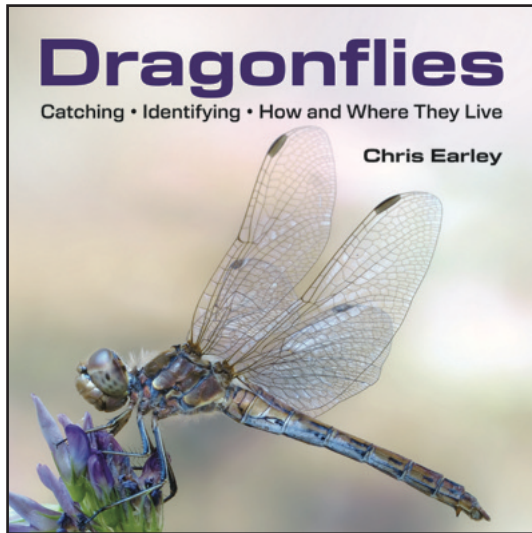
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BACK IN PRINT

DRAGONFLIES

Catching · Identifying · How and Where They Live
Chris Earley

“Enter the enchanted world of dragonflies.... Chris Earley’s 32-page book offers a fresh introduction to dragonflies with close-up photos of life-cycle stages and details for identification, what they eat, and who eats them. A mini field guide describes the basic families of dragonflies found in North America and offers additional resources for more information. This is a great book for explorers ages 8 and up.” –Green Teacher

An illustrated guide to observing, catching and releasing dragonflies.

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Dragonflies are as fascinating as they are beautiful. In this book readers will learn how to observe them in the wild and have them hover as close as their nose! Dragonflies and their close relatives, damselflies, have been around longer than dinosaurs and can be found on all continents except Antarctica. One dragonfly species makes the longest migration of any insect in the world. Dragonflies can be found in wetlands, forests, fields and even backyards. This illustrated guide to dragonflies and damselflies is packed with all the facts about what they are, what they eat, and what eats them. Their life cycle is explored, beginning from eggs that hatch into wingless nymphs that live underwater and breathe through gills.

With the help of this detailed guide featuring close-up photographs, readers will learn tips and tricks for how to properly catch, hold and let a dragonfly go. An identification section allows the reader to quickly and easily identify the most popular species and illustrates how each is unique, from darners to clubtails, spiketails to cruisers, and emeralds to skimmers.

Chris G. Earley is the interpretive biologist at the University of Guelph’s Arboretum and author of *Hawks and Owls*, *Sparrows and Finches* and *Warblers*, all specific to the Great Lakes and Eastern North America regions.

Life Cycle

There are three stages in the life cycle of a dragonfly: egg, nymph, and adult. The length of each stage of the life cycle of a dragonfly can be different depending on the species of dragonfly. Some of the nymph stage of some of the bigger dragonflies can be as long as they are!

Egg
Have you ever seen a pair of dragonflies flying together in perfect harmony? If so, you have most likely seen the mating pattern of the dragonfly. This pattern is called "the wheel".

Nymph
Dragonfly eggs hatch into wingless nymphs that live underwater and breathe through gills to their abdomen. Nymphs can force bubbles and without anything they can catch. They have a large mouthpart that can quickly extend and grab their prey. Some nymphs smelt up on their prey while others hold and then point when the consuming prey goes down enough. Dragonfly nymphs can eat small organisms such as insects, larvae, and some fish and tadpoles.

Adult
When a nymph is mature, it will emerge from its skin (called an exoskeleton) to become an adult dragonfly with wings. Most nymphs emerge at night so there is less danger of birds feeding and eating them.

1 This adult dragonfly is emerging out of the back of its nymphal skin.

2 These damselfly nymphs are hatched and are in a position called "the wheel".

3 Damselfly nymphs have three pairs of legs that are used to grab their prey.

4 Dragonfly nymphs are underwater predators.

5 These damselfly nymphs are hatched and are in a position called "the wheel".

6 Damselfly nymphs have three pairs of legs that are used to grab their prey.

7 Dragonfly nymphs are underwater predators.

8 These damselfly nymphs are hatched and are in a position called "the wheel".

9 Damselfly nymphs have three pairs of legs that are used to grab their prey.

10 Dragonfly nymphs are underwater predators.

How to Identify Dragonflies

There are more than 300 different kinds of dragonflies in North America, and you can probably find quite a few different ones right around where you live.

1 **Body Parts**
Dragonflies are insects, so they have three pairs of legs and six abdominal segments. Their body parts can help you identify your dragonfly. Different dragonflies have different markings and can be different shapes and sizes. You can look for markings such as those stripes, the wings, abdominal spots, spiracle shape and wing patterns.

2 **Head**
The easiest way to begin to identify dragonflies is by their abdomen. Darners and spiketails are the largest dragonflies, and many others are fairly small. The abdomens, heads and thoraxes are generally multiple-colored.

3 **Wings**
You should also try to figure out what group or family your dragonfly belongs to. The following information gives you some common dragonfly families.

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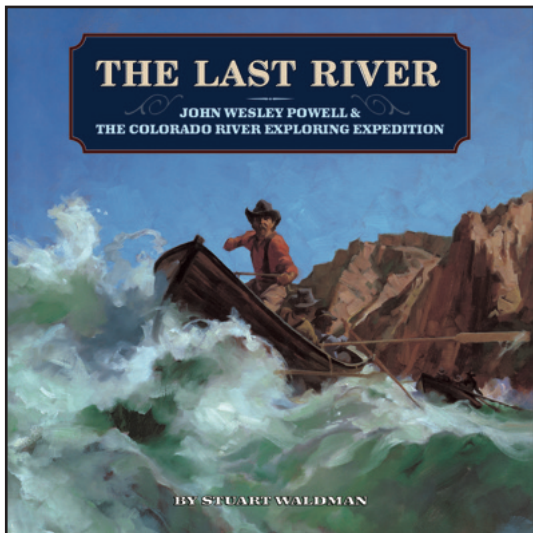
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BACK IN PRINT

THE LAST RIVER

John Wesley Powell and the Colorado River Exploring Expedition

Stuart Waldman

Illustrated by Gregory Manchess

“It was a wild ride... and this book does it justice. Well-chosen thrills, spills, and conflicts are spliced into a narrative that highlights the danger underlying this scientific mission... Handsomely designed text... large, full-color impressionistic paintings convey the action.”

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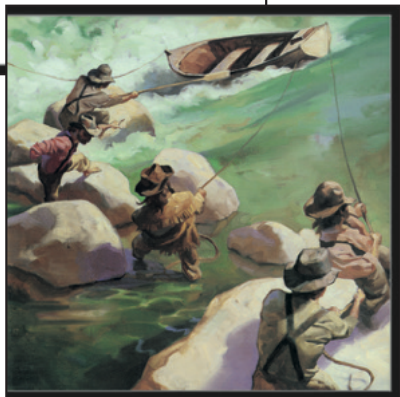
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The next morning they rowed toward another rapid, one that seemed far more dangerous. The river here descended like a scalding, a child, sucking with noise and detail with jagged rocks. Powell ordered the *Emma* down to shore. Standing on the riverbank he looked down the “drop.” He declared it too dangerous to run and told the men to “lose” the boat.

They unhooked the rope and pulled it on shore. They tied ropes to the front and back of the *Emma* then. One of the men reached the front line to a rock on the riverbank at the bottom of the drop. Using the back line, the rest of the crew carefully pulled the boat out into the rapid and slack down the drop. The force of falling water pushed at the *Emma*. The men pulled the ropes as if they were in a tug of war against the river. At one point the boat came close to a rock and one of the men had to push it away with his own hands, when the *Emma* then was close of all obstacles, and near the bottom of the drop, they let go. The men stationed below pulled the front line and pulled it to shore.

When they had finished tying all four boats, the crew had to move the lines of rope scattered along the riverbank. Wriggled down the pack animals they carried inches of food, boxes of instruments, gun cases, tools, blankets and spare clothes down to where the boats were tied up. They made dozens of trips, back and forth, and when they were finished, they began pulling the rope compartments. Lifting both lines and men, tedious and exhausting, but it was a safe way to get past a dangerous drop.



No European had ever taken boats down the Colorado River and come out alive. In May 1869, 10 men boarded four rowboats in Green River City, Wyoming. Three months and 1,000 miles later, two battered boats carrying six exhausted and starving men emerged from the depths of the Grand Canyon. ***The Last River*** tells their remarkable story.

The man who challenged the Colorado, Major John Wesley Powell, was a small, bookish geology professor from a Midwestern farm. Despite his size and the constant pain from the Civil War wound that had cost him his arm, Powell’s twin passions — adventure and scientific exploration — drew him to the Colorado River.

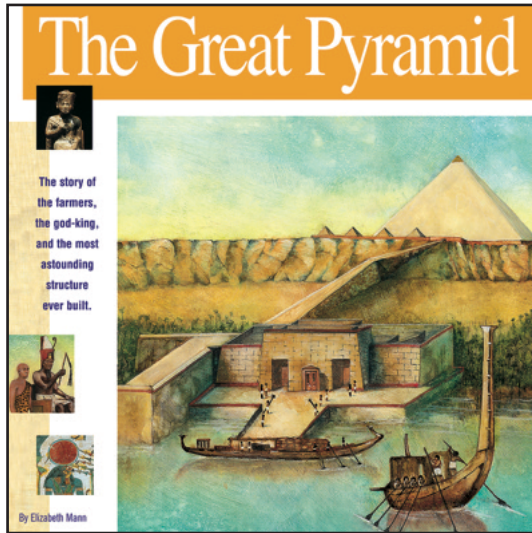
For three months, he and nine crewmembers rode the rapids and endured the backbreaking labor of transporting boats and cargo past rapids too dangerous to run. They discovered canyons of unsurpassed beauty and gave them names like Music Temple and Canyon of Lodore. They saved each other from drowning and suffered together as their food supply dwindled to nearly nothing.

Excerpts from journals of crewmembers personalize the gripping text. Original paintings and a foldout map allow the reader to follow the expedition’s route and its adventures.

The Last River is an inspiring and riveting true adventure written with drama and compassion that brings history to life.

Stuart Waldman is a writer and editor. His previous Great Explorers Book, *We Asked For Nothing: The Remarkable Journey of Cabeza de Vaca*, won an International Reading Association Children’s Book Award, Notable Book for 2004.

Gregory Manchess’s paintings have appeared in such publications as *Time*, *Newsweek*, *Atlantic Monthly*, *Smithsonian* and *National Geographic*. He has also illustrated many movie posters, billboards and children’s books. His work has received a gold medal and three silver medals from the Society of Illustrators in New York.



BACK IN PRINT

THE GREAT PYRAMID

The Story of the Farmers, the God-king and the Most Astounding Structure Ever Built

Elizabeth Mann

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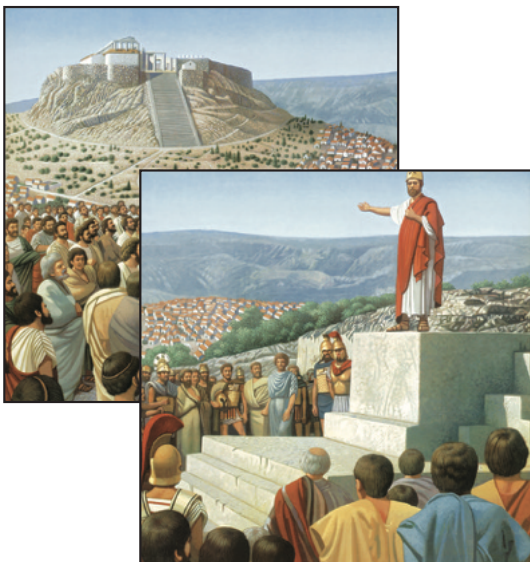


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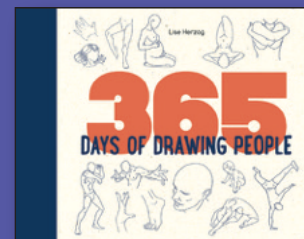
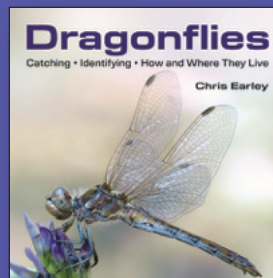
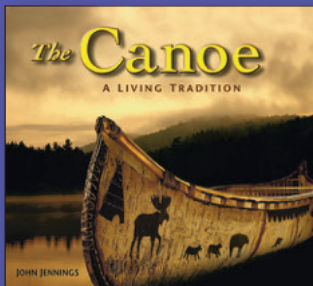
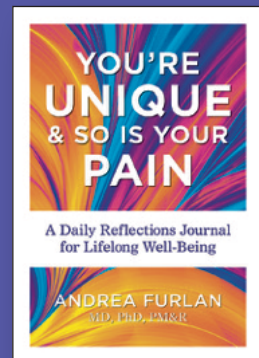
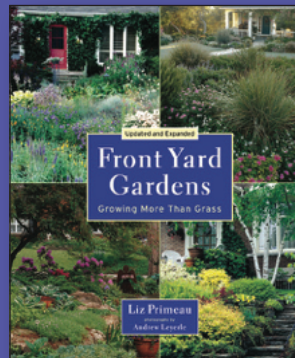
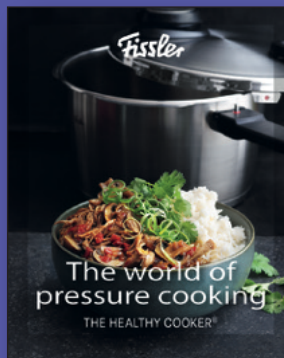
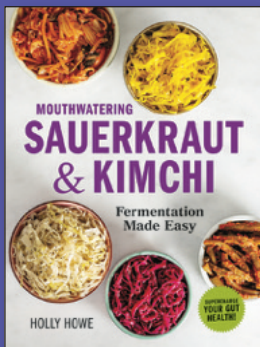
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