



2022
Fall



Storey Publishing

Hands-on projects and activities that demonstrate the workings of the major body systems

- **Creative ways for kids 8-12** to learn all the body systems through experiments, colorful diagrams and infographics, model building, and challenging games.
- **Wellness and self-care have taken center stage** with the pandemic; kids learn about how their bodies work and the science behind it are important tools for today's youth.
- **Written by pediatrician Betty Choi**, a parent, homeschooling blogger and influencer with thousands of followers through her work on her popular website, Chalk Academy.

NOVEMBER 2022

144 pages; 7 x 10 7/8; Full-color

Paper; \$18.99 US / \$23.99 CAD / £13.99 UK

ISBN 978-1-63586-479-3; No. 626479



Library edition; \$28.99 US / \$36.99 CAD / £22.99 UK

ISBN 978-1-63586-488-5; No. 626488



Betty Choi, MD, trained in pediatrics at Boston Children's Hospital, has dedicated her career to medical education for all ages. Through her website chalkacademy.com she has reached families around the world advocating healthy, positive parenting. She lives in California with her husband and children.

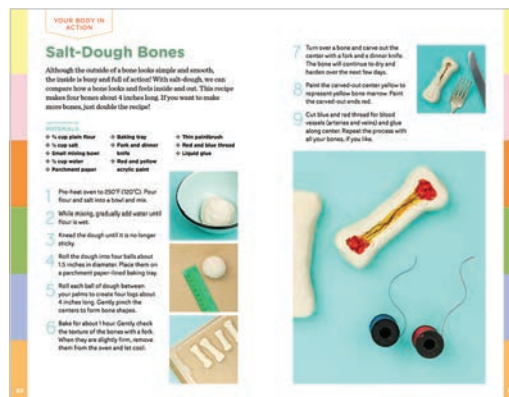
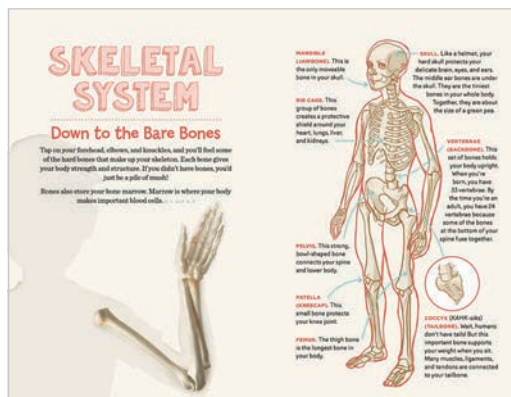
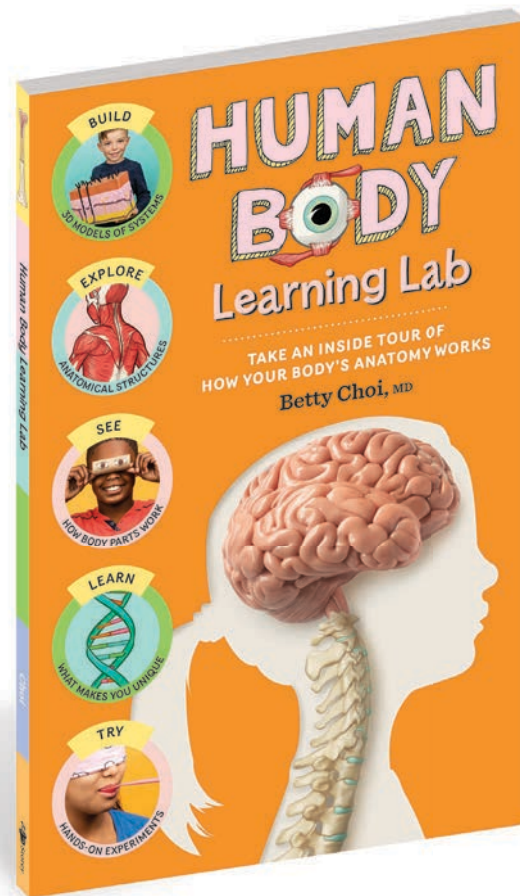


Human Body Learning Lab

Betty Choi, MD

Pediatrician Betty Choi invites kids ages 8 and up to explore the marvels of the human body with lively hands-on projects and activities, including shaping bones from salt dough, creating a moving model of the eyes, crafting a 3d skin model, making a blow-up model of how a bicep muscle contracts, tracing capillary action, and even setting up a working model of the urinary system to show how pee is produced.

Packed with colorful diagrams of how each major body system works, fun facts, and easy tests kids can use to explore how their own body functions, *Human Body Learning Lab* makes biology more exciting and engaging than ever.



Engaging diagrams and models are accompanied by 29 hands-on experiments and activities.



Busy Little Hands: Science Play!

Susan Edwards Richmond

Preschoolers get a head start on science learning with the creative hands-on activities and games in *Busy Little Hands: Science Play!*

Colorful, easy-to-follow photo sequences invite pre-readers to set up a pulley and learn a simple law of physics; explore earth science by making a vinegar volcano; and create animal tracks from plastic animals to learn how biologists study animal behavior. Twenty fun experiments and play activities use everyday household objects to foster science-readiness. Additional notes for grown-ups provide prompts and guidance for making the learning process fun and successful.

Introduce preschoolers to core science concepts with 20 hands-on activities

- **Fun introduction to science for toddlers and preschoolers ages 3-5.** Games, activities, and hands-on fun are specially designed for preschoolers to introduce them to core concepts of physics, earth science, chemistry, and biology.
- **Everyday routines like snack time and bedtime** become the foundation for a love of science for kindergarten and beyond.
- **Addition to the Busy Little Hands series.** The fourth book in the series joins *Art Play!*, *Food Play!*, and *Math Play!* and features the same kid-friendly format with easy-to-follow, step-by-step photography and open-ended activities written by an early childhood learning expert.

DECEMBER 2022

48 pages; 8 x 9; Full-color

Hardcover; \$12.99 US / \$16.99 CAD / £9.99 UK

ISBN 978-1-63586-465-6; No. 626465



9 781635 864656



Susan Edwards Richmond is the author of *Bird Count*, winner of the Parent's Choice Silver Award and the International Literacy Association's Primary Fiction Award. A passionate naturalist, Richmond teaches preschool on a farm and wildlife sanctuary. She holds an M.A. in creative writing and lives in Massachusetts with her family.

Also Available:



5-copy counter display

\$64.95 US / \$84.95 CAD

ISBN 978-1-63586-643-8;

No. 626643



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An empowering collection of mindful affirmations for kids from a respected meditation teacher and recording artist

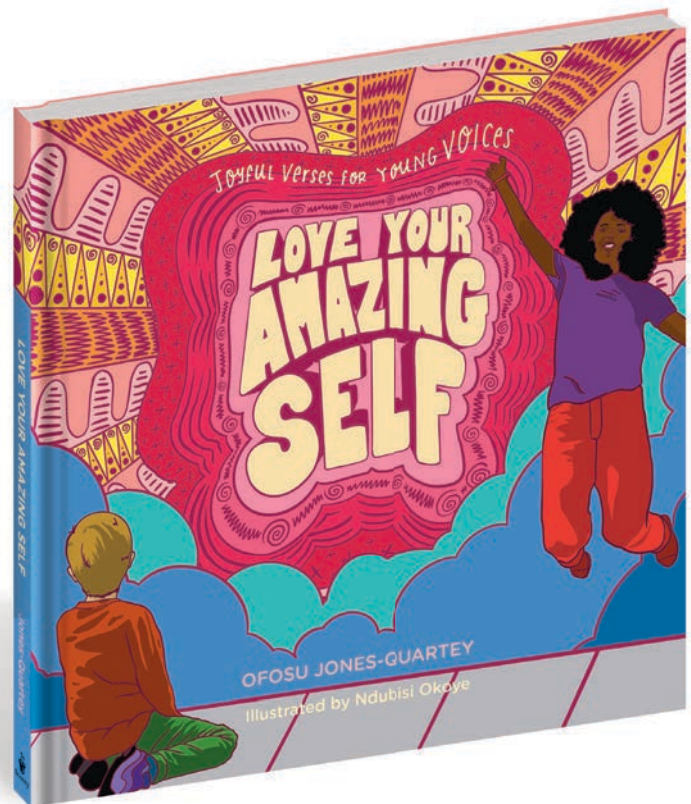
- **Lyrical meditations for kids ages 10 and up** to recite or sing aloud with a focus on inclusiveness and nurturing joy and resilience for all kids.
- **Unique authorship with a platform in both the mindfulness and music worlds.** In addition to many years of practicing and teaching mindfulness meditation, Jones-Quartey is a hip-hop and electronic musician known as BORN I.
- **Exuberant illustrations from Ndubisi Okoye** complement the inspiring text and give the collection a special package that people of all ages will connect with. Okoye creates unique stories to motivate, represent, and inspire people.

NOVEMBER 2022

72 pages; 9 x 9; Full-color

Hardcover; \$16.99 US / \$22.99 CAD / £12.99 UK

ISBN 978-1-63586-547-9; No. 626547



Ofosu Jones-Quartey, a mindfulness and meditation teacher for more than 10 years, works with families to bring mindfulness into practice in daily life. As the recording artist BORN I, he combines his meditative philosophy with hip-hop and electronic music.



Ndubisi Okoye is a multidisciplinary creative who combines hand-lettering, geometric shapes, vibrant color palettes, and tribal patterns, to create unique stories that motivate, represent, and inspire people, especially those throughout the African diaspora.



Love Your Amazing Self

Ofosu Jones-Quartey

The empowering lyrical verses of Ofosu Jones-Quartey, a meditation teacher and hip-hop musician, offer a unique entry point to mindfulness and self-empowerment for kids ages 10 and up, with words that call out to be spoken, recited, or sung aloud.

Accompanied by the vibrant illustrations of Ndubisi Okoye, each verse carries a theme that encourages kids to affirm the positive in themselves and their lives, including: Be True to Yourself, Find Your Magic, Stand up for Kindness, Embrace Impermanence, and Ask for Help. Short reflections and activities accompanying each verse help kids embody the messages, strengthen their self-confidence, and bring greater joy into their own lives and those around them.

The world has its ideas of who you are but you don't need them, to be the person you really are inside is Freedom.



The vivid colors of Ndubisi Okoye's mural-style art complement the lively verses.



The Great Ball Game

Rebecca Sheir

The Great Ball Game, a classic folktale originating from the Cherokee, Creek, Ojibwe and Menominee people of North America, is adapted for a contemporary audience by Rebecca Sheir, host of the award-winning Circle Round podcast, and accompanied by the magical illustrations of Joshua Mangeshig Pawis-Steckley, an Ojibwe Woodland artist.

A dispute between the animals and the birds over who is best leads to a ball game challenge. When the game is disrupted by the arrival of a tiny creature named Bat who doesn't seem to fit on either team, all the participants learn the value of diversity and celebrating those who seem "different." The accompanying activities and prompts encourage children to develop their own storytelling skills.

Retelling of a popular Indigenous North American folktale in stunning picture-book format, accompanied by storytelling activities

- **The story recounts the time** the animals on land and the birds in the sky staged a contest to decide who is better. Both the animals and the birds learn to appreciate the power of difference and diversity.
- **Third book in the Circle Round book series** in partnership with the award-winning children's storytelling podcast which receives 1.2M+ unique downloads monthly from people in nearly 200 countries across the world.
- **Art by Joshua Mangeshig Pawis-Steckley**, an Ojibwe woodland artist and member of Wasauksing, First Nation and written by Rebecca Sheir, host and co-creator of Circle Round.

NOVEMBER 2022

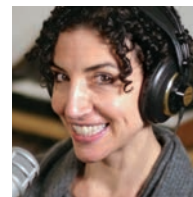
44 pages; 8½ x 8½; Full-color

Hardcover; \$14.99 US / \$19.99 CAD / £11.99 UK

ISBN 978-1-63586-343-7; No. 626343



9 781635 863437



Rebecca Sheir is the author of Circle Round books *The Tale of the Unwelcome Guest* and *A Taste of Honey*, and the host, writer, and producer of the Circle Round storytelling podcast—heard in nearly 200 countries. Sheir holds an MFA in creative nonfiction from the University of Iowa.



Joshua Mangeshig Pawis-Steckley is an Ojibwe Woodland artist and a member of Wasauksing, First Nation. His fine art focuses on promoting and reclaiming Ojibwe stories and teachings, in a modern interpretation of the Woodland tradition.

Also Available:



A new series teaching independence for kids ages 2-5, with an interactive skills chart to track daily accomplishments.

- Montessori-inspired activity books.** The Montessori education empowers kids ages 2 to 5 to complete activities on their own, develop concentration, gain a sense of order, and strengthen motor skills.
- Teaches responsibility and self care.** Kids like to do things on their own. With these books, kids learn the routines of cleaning, dressing, and caring for themselves.
- Innovative package includes a skill chart with slider windows.** The step-by-step photos for self-care tasks are specially written to ensure success for 2- to 5-year-olds. And when they've completed the task, they can slide the window on the skill chart to declare, "I did it!"

DECEMBER 2022

32 pages; 6 x 10; Full-color

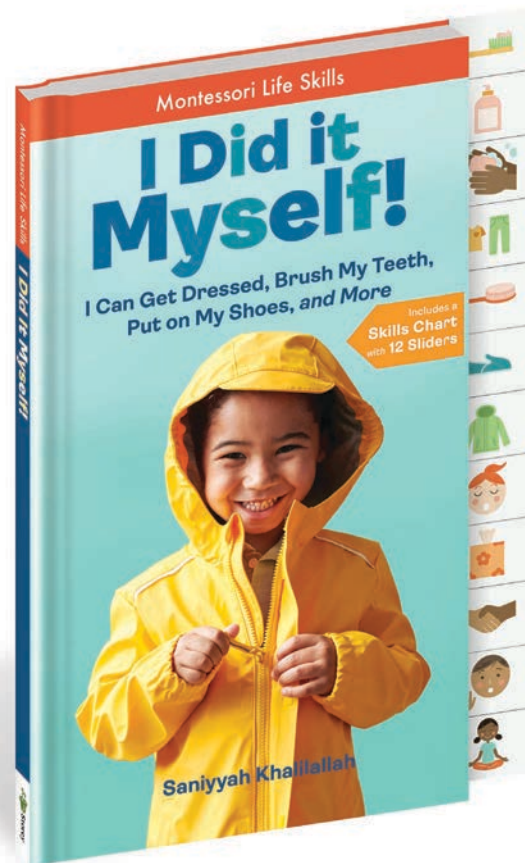
Hardcover with moveable slides

\$16.99 US / \$22.99 CAD / £12.99 UK

ISBN 978-1-63586-551-6; No. 626551



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I Did It Myself!

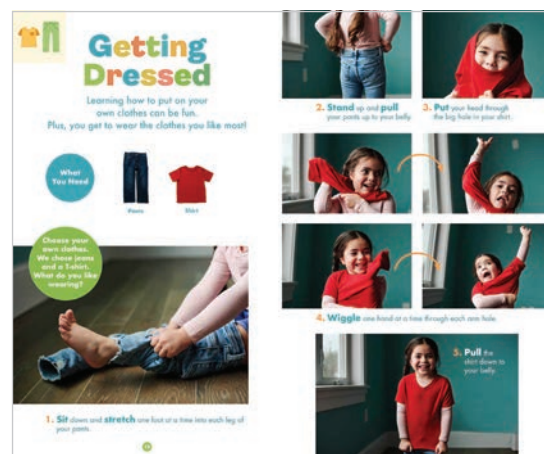
SANIYYAH KHALILALLAH

Saniyyah Khalilallah is a certified Montessori educator with over ten years of experience teaching children aged 3 to 6 years old. A passionate advocate of the Montessori philosophy, she shares practical life skills activities on her blog, skmontessori.com, and offers consulting services to parents who are beginning their journey of setting up a Montessori-inspired homeschool environment. She lives in Chicago, Illinois.

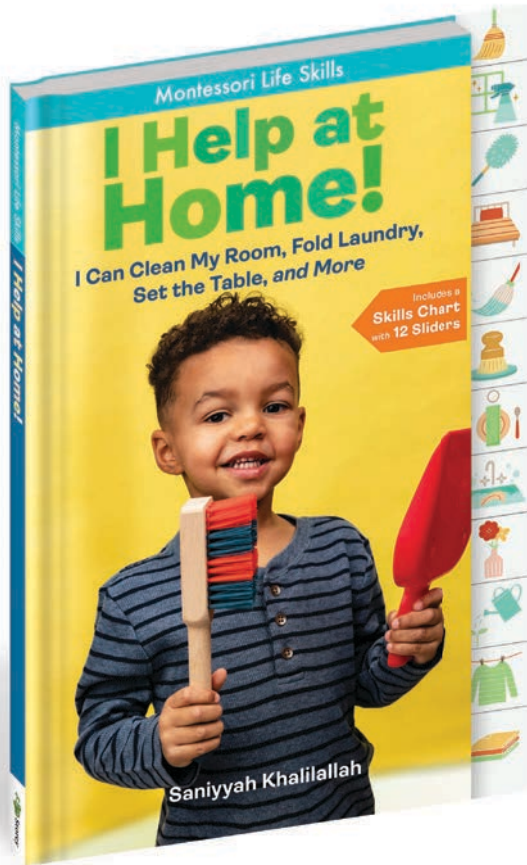


With a child-sized hairbrush, a mirror hung at just the right height, and the step-by-step photos in *I Did It Myself!*, children ages 2 to 5 are on the path to mastering self-care skills.

Inspired by the Montessori curriculum, the step-by-step photos in this book teach twelve essential daily activities, including getting dressed, washing hands, brushing teeth, putting on a coat, meeting someone new, and excusing yourself from the table.



Step-by-step photos make it easy for pre-readers to follow the directions.



— — — — SLIDE →



Inspired by the Montessori curriculum, the unique book format features an interactive skills chart on the inside back cover, with sturdy slider windows for each activity. This offers preschoolers the perfect incentive to make self-care and home chores a daily routine, as they complete each activity, slide the window, and confidently declare, "I did it!"

I Help at Home!

SANIYYAH KHALILALLAH

Sweeping, scrubbing, dusting, and picking up are perfect hands-on activities for teaching preschoolers to care for their environment, while also fostering independence and developing strong motor skills. Inspired by the Montessori curriculum, this colorful guide specially created for 2- to 5-year-olds teaches practical life skills with step-by-step photos.

From setting a table to washing dishes, dusting shelves, and cleaning the bedroom, preschoolers learn the confidence and satisfaction that comes from being able to help at home.

DECEMBER 2022

32 pages; 6 x 10; Full-color
Hardcover with moveable slides
\$16.99 US / \$22.99 CAD / £12.99 UK
 ISBN 978-1-63586-523-3; No. 626523



9 781635 865233



Kids learn household chores that they can do without an adult.

Hours of farm fun with 250 barnyard stickers for kids

- **Packed with twelve full sheets of colorful stickers—250 images in all!** Featuring chickens, ducks, cows, sheep, goats, pigs, tractors, hay bales, and much more.
- **Fold-out laminated scenes.** Front and back covers fold out to provide backdrop scenes of a full farm, a barn interior, a barnyard, an animal pen, and a chicken coop where kids can place the stickers to create their own special pictures.
- **Perfect gift for ages 4-8.** At just \$7.99, this makes a great birthday gift for any farm-loving kid.

OCTOBER 2022

12 pages; 8½ x 10½; Full-color

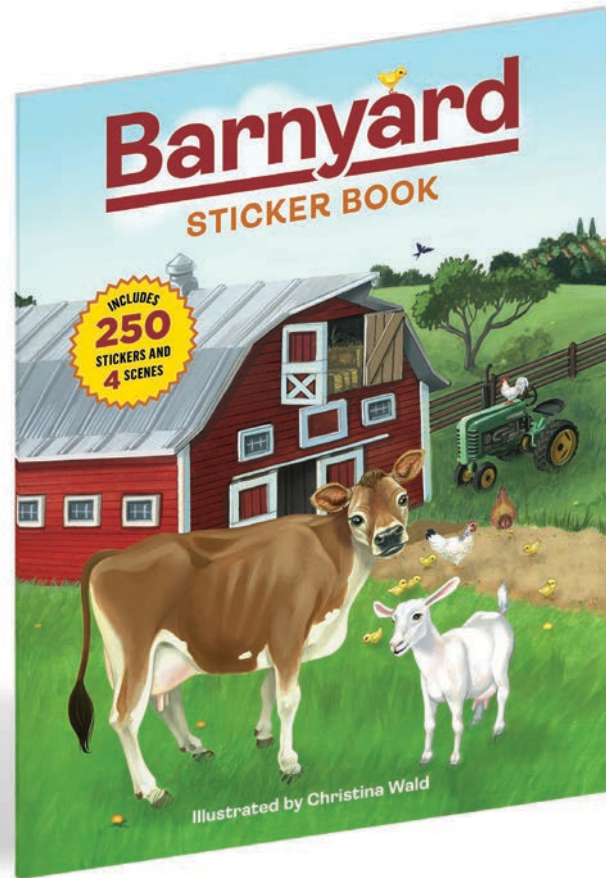
Paper with 12 sticker sheets

\$7.99 US / \$11.99 CAD / £6.99 UK

ISBN 978-1-63586-494-6; No. 626494



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Barnyard Sticker Book

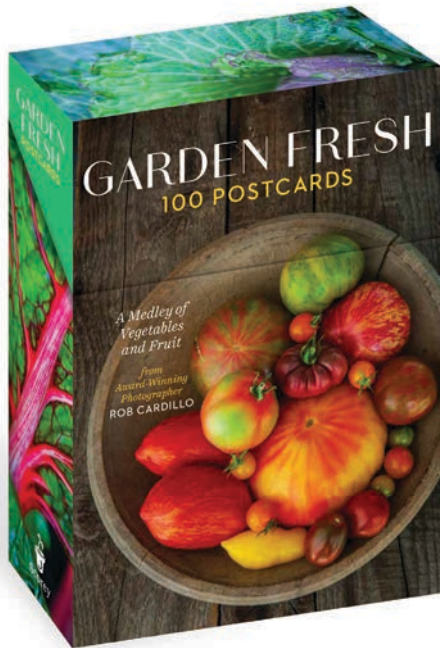
250 colorfully illustrated stickers of barnyard animals, along with laminated fold-out covers with farm scenes, promise hours of fun for kids creating their own barnyard pictures.

Farms and stickers! These two kid favorites come together in the **Barnyard Sticker Book**. Two-hundred fifty colorful stickers capture every aspect of the farm, including all the animals—chickens, pigs, sheep, goats, ducks, geese, cows, horses, dogs, and cats—as well as equipment, tools, and supplies—tractors, wheelbarrows, hay bales, wagons, pails, troughs, and feed. The book includes 4 fold-out scenes on the laminated covers: the full farm, a barn interior, an animal pen, and a chicken coop. Open the pages and watch the barnyard drama begin!



The laminated cover folds out with four different farm settings where sticker pictures can be created.





Garden Fresh, 100 Postcards

Rob Cardillo

Garden Fresh, 100 Postcards features 50 different images of vegetables, fruits, and herbs from the camera of award-winning garden photographer Rob Cardillo. Up-close shots capture the distinctive shapes and features of heirloom varieties, including the curling pretzel bean, the vibrant pink 'Jackson wonder' lima bean, and the rare 'Nanticoke' winter squash. From the 'Dark Roden' red lettuce to golden beets, green tomatoes, lavender chive blossoms, and purple artichoke flowers, the rich, sunlit colors saturate every card, accompanied on the back by short descriptions of the pictured varieties. A lidded keepsake box completes this perfect gift for fresh-from-the-garden food lovers, gardeners, and nature enthusiasts.

An award-winning garden photographer's stunning curated collection in a keepsake box

- **This vibrant collection of 100 postcards** (50 distinct images) is from Rob Cardillo, winner of numerous photography awards and a member of the Garden Writer's Association Hall of Fame.
- **For cooks, gardeners, nature enthusiasts,** and vegetable lovers, every card features a luscious image of vegetables, from carrots and kale to unusual varieties of eggplants, heirloom tomatoes, beans, and squash, with a short description on the back.
- **Beautiful gift box:** Richly printed cards are packaged in a sturdy flip-top box, making it a perfect keepsake gift.

AUGUST 2022

pages; 4¼ x 6; Full-color

100 postcards in a flip-top box

\$19.95 US / \$24.99 CAD / £15.99 UK

ISBN 978-1-63586-586-8; No. 626586



9 781635 865868



Rob Cardillo has been photographing gardens, plants, and the people who love them for nearly 30 years. Formerly the director of photography at *Organic Gardening*, he now works for horticultural suppliers, landscape designers, and publishers including *Gardens Illustrated*, *Better Homes and Gardens*, and the *New York Times*. Cardillo is an inductee to Garden Writer's Association Hall of Fame. He lives in Pennsylvania.



The postcard collection features two sets of 50 different images, each one more stunning than the next.

A stunning and thoughtful gift
for nature lovers

- A treasure trove of powerful writings, mindfulness exercises, and inspiring quotes from a wide range of figures, across cultures and through the centuries.
- Foreword by Robin Wall Kimmerer, best-selling author of *Braiding Sweetgrass*, who says "Hannah Fries guides you down a winding path of wonder that offers the peace and companionship of the forest world."
- Irresistible gift package filled with stunning artwork and photography that will leave you feeling like you just walked in the woods.

AUGUST 2022

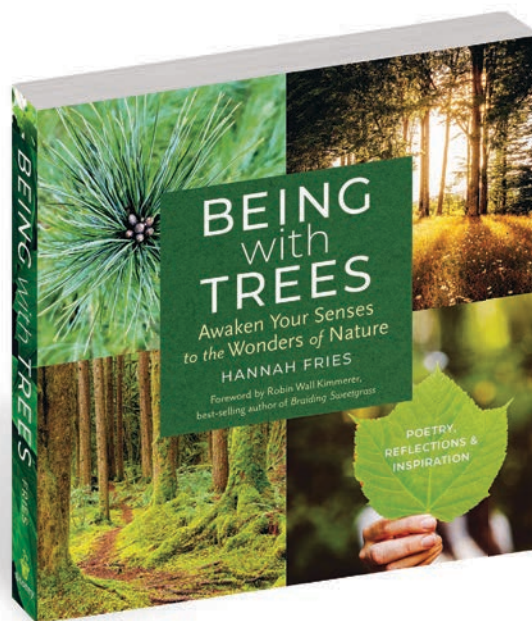
192 pages; 6 x 6; Full-color

Paper with flaps; \$14.95 US / \$19.99 CAD / £11.99 UK

ISBN 978-1-63586-605-6; No. 626605



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Being with Trees

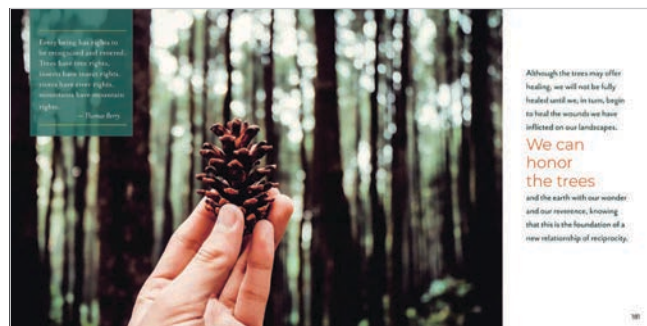
Hannah Fries

Hannah Fries is an award-winning poet, writer, and editor whose work has been featured in *Orion*, *American Poetry Review*, and the *Massachusetts Review*. She is the author of *Forest Bathing Retreat* and *Little Terrarium* (Hedgerow Books). Her work has been nominated for the Pushcart Prize. Fries is a graduate of Dartmouth College and holds an MFA in poetry from Warren Wilson College. She lives in Massachusetts.

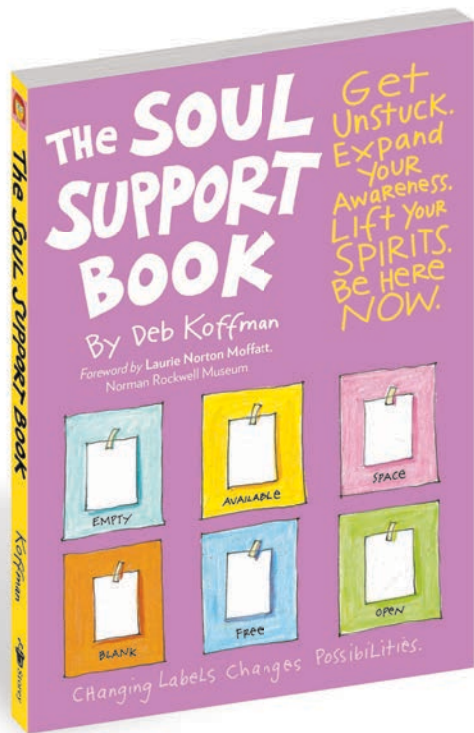


The healing benefits of time spent in nature are enhanced by this curated collection of poems, prompts, and scientific insights designed to awaken the senses and deepen appreciation of the small wonders and mysteries of the outdoors, whether in a backyard, a city park, or a nature preserve.

Poet and nature lover Hannah Fries combines her own reflections and guided mindfulness exercises with inspirational writing from poets, naturalists, and thinkers throughout the centuries and across cultures, including Japanese haiku masters, nineteenth-century European Romantics, American Transcendentalists, and contemporary environmentalists. Accompanied by beautiful forest photography, *Being with Trees* is a distinctive gift that invites frequent revisiting for fresh insights and inspiration.



Browsing through the pages is like taking a walk in nature, with inspiring thoughts and prompts that foster mindful awareness and curiosity.



A tribute collection of cartoons that promote getting unstuck, living mindfully, and unleashing creativity

- **Special tribute edition, including a foreword by Laurie Norton Moffatt, CEO of Norman Rockwell Museum.** Deb Koffman (1956–2021) brought an original voice and cartoon style to the mindfulness and creativity spaces and built a community that attracted writers, poets, musicians, and performers.
- **A new-found audience with the pandemic:** Featured in 2021 on The Today Show, *The Soul Support Book* resonates with a broad range of people seeking guidance on how to get unstuck and live a joyful, creative life.
- **Irresistible gift package with universal themes of mindfulness**—presence, acceptance, and perspective are all covered in clever cartoons.

SEPTEMBER 2022

112 pages; 5¼ x 7; Full-color

Paper with flaps; \$12.99 US / \$16.99 CAD / £9.99 UK
ISBN 978-1-63586-601-8; No. 626601



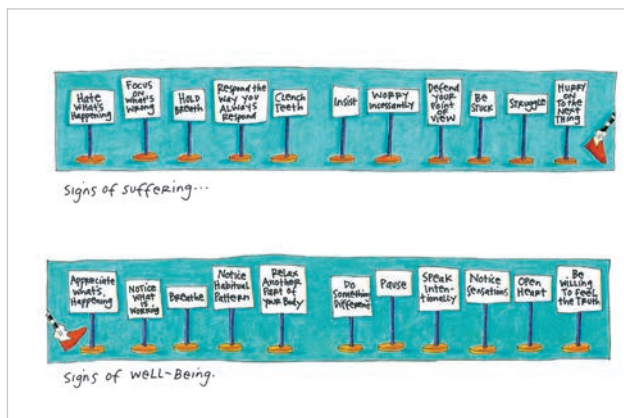
The Soul Support Book, 2nd Edition
Deb Koffman

With playful, witty cartoon art, *The Soul Support Book* offers wise and reassuring observations on getting unstuck, gaining new perspectives, and opening to love, creativity, and joyfulness in everyday life.

Author and artist Deb Koffman first created these colorful cartoons as reminders to herself, with clever visual interpretations of common sayings like: Explore Options; Make Room for What you Need; Consider Another Point of View; Notice What is Happening Now; and Anything is Possible Here. Her delightfully uplifting mini-meditations have found a broad audience, with appeal to anyone seeking a little bit of encouragement for approaching life’s challenges with insight, open-heartedness, and a healthy dose of laughter.



For many years, **Deb Koffman** worked out of her studio and gallery in Housatonic, Massachusetts, creating clever cartoon art on all scales, from small doodles to larger-than-life installations. Her joyful, colorful artwork explores ways to get unstuck, seek new perspectives, be fully present, and change thought patterns that may hold us back from experiencing life to the fullest.



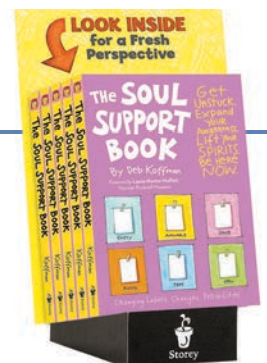
Each cartoon is a mini-meditation, encouraging fresh insight, positivity, and greater self-awareness.

5-copy counter display

\$64.95 US / \$84.95 CAD

ISBN 978-1-63586-642-1;

No. 626642



Contemporary preserving method for enjoying year-round fresh flavors

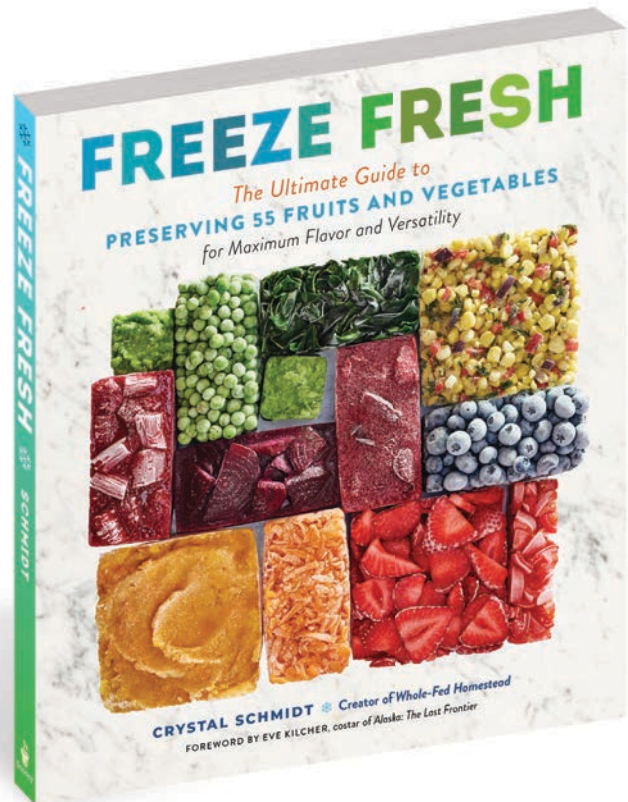
- An in-depth guide to the best ways to preserve homegrown or locally grown produce in the freezer, including techniques and tips for 55 popular fruits and vegetables
- Includes 100 recipes for preparing foods before freezing (such as apple pie filling) that are easy-to-use when thawed; as well as recipes for using thawed vegetables and fruit for best results.
- Freezing is the easiest and most accessible method and this book show the versatility and breadth of options for getting the most from the freezer.

JULY 2022

208 pages; 8 x 9; Full-color

Paper; \$19.99 US / \$24.99 CAD / £15.99 UK

ISBN 978-1-63586-447-2; No. 626447



Freeze Fresh

Crystal Schmidt

Crystal Schmidt is the creator of Whole-Fed Homestead. She shares the skills of modern-day homesteading including growing, preserving, and cooking with whole foods on wholefedhomestead.com and broadly on social media. She is also a contributor to *Countryside* magazine. Schmidt lives with her partner in Wisconsin.

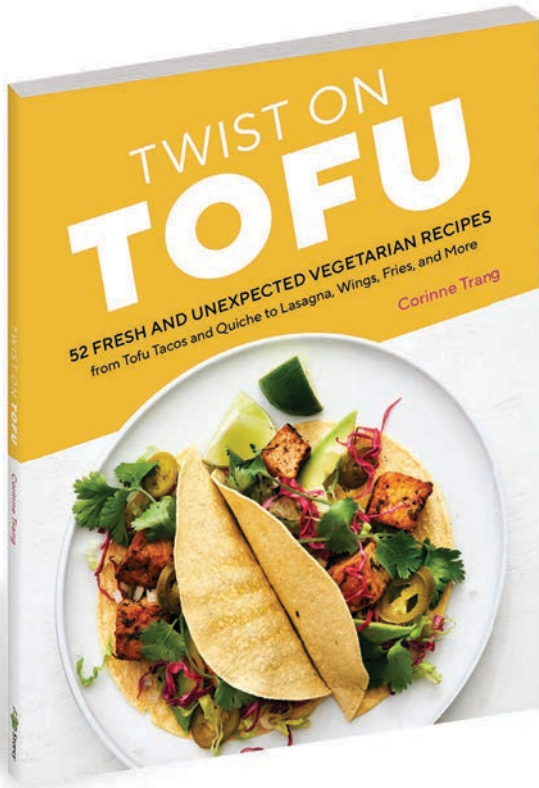


Capturing the peak flavor of freshly harvested produce and preserving it for year-round eating is easier than ever with **Freeze Fresh**, the ultimate guide to freezing and enjoying 55 popular fruits and vegetables.

Author Crystal Schmidt shares her time-tested preparation techniques that ensure color, texture, and flavor are retained in the freezer. From familiar favorites like apples, corn, potatoes, and peas to surprises like lettuce, avocado, and citrus fruit, Schmidt details the best ways to prepare each food for the freezer, including pre-cooking, slicing, blanching, and more. She offers more than 100 recipes that freeze well, as well as delicious ways to cook the frozen food after thawing.



Up-close photos show the best techniques for preparing each fruit or vegetable for the freezer.



Award-winning cookbook author serves up 52 vegetarian recipes for high-protein tofu dishes

- **Healthy plant-based protein.** Tofu is high in protein, low in calories, gluten-free, and packed with vitamins and minerals that are essential for a healthy diet.
- **Easy recipes** feature tofu-centric versions of many family favorites, ranging from wings and lasagna to curries, and even desserts.
- **Offering variety,** author Corinne Trang's recipe collection includes tasty creations you can make with any variety of tofu in the supermarkets today, whether it's a stir fry with extra-firm tofu or a dessert made with silken tofu.

OCTOBER 2022

128 pages; 7 x 9; Full-color

Paper; \$16.99 US / \$22.99 CAD / £12.99 UK

ISBN 978-1-63586-481-6; No. 626481



Twist on Tofu

Corinne Trang

As the popularity of a plant-based diet continues to grow, tofu sales are soaring, along with the demand for new recipes that showcase this healthy, budget-friendly meat alternative.

In *Twist on Tofu*, award-winning food writer Corinne Trang shows how versatile and flavorful tofu can be, with 52 recipes for creative dinners, as well as starters, soups, salads, sandwiches, and even desserts. There are tofu twists on familiar favorites like French fries, Buffalo “wings,” tacos, satay, and empanadas. Recipes for lasagna, Bolognese pasta, chili, poke bowl, and bibimbap offer delicious options for tofu-rich dinners. Trang tops off this celebration of tofu with a bit of sweetness—bumbleberry tofu custard and luscious tofu mocha brownies.



Corinne Trang is an award-winning author of several books on Asian cuisine. A former producing editor for *Saveur Magazine*, she has contributed to *Food & Wine*, *Fine Cooking*, *Cooking Light*, *Gourmet*, and the *New York Times*, appeared on Martha Stewart Living, NBC's TODAY Show, and the Food Network, and collaborated with American Diabetes Association. She lives in Sweden.



Inventive recipes demonstrate tofu's versatility, from “wings” to dessert!

Popular cheesemaker shares 60 creative recipes for using whey, a nutrient-rich byproduct

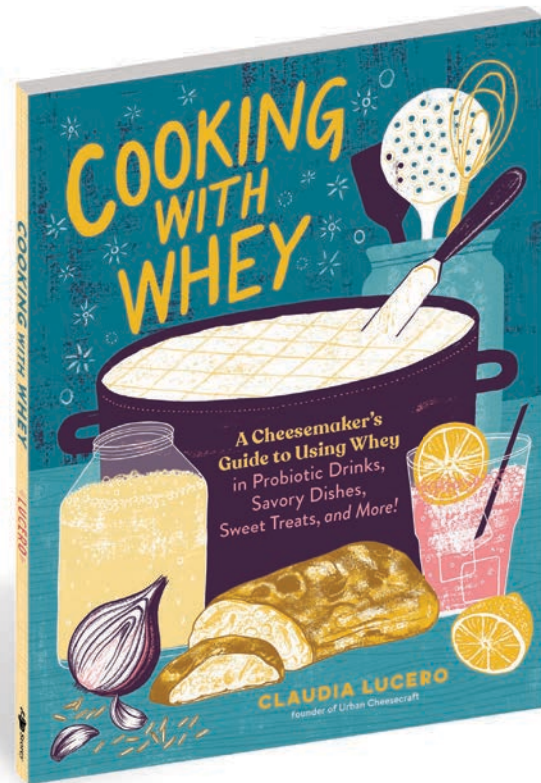
- **Don't throw it away! Use it.** On average, nine pounds of sweet whey are produced for every pound of cheese, and for every four cups of greek yogurt, at least one cup of acid whey is created. Claudia Lucero, a professional cheesemaker has spent years developing creative, flavorful ways to use the nutritious byproduct of cheesemaking.
- **Reduces food waste for the environment.** Finding new uses for whey is part of the effort to reduce food waste in both home and commercial kitchens. On a commercial scale, what to do with the acid whey from Greek yogurt production is a serious environmental concern.
- **Range of uses of whey includes** beverages, cocktails, sweets, breads, soup, and dressings.

OCTOBER 2022

128 pages; 7 x 9; Two-color

Paper; \$16.99 US / \$22.99 CAD / £12.99 UK

ISBN 978-1-63586-263-8; No. 626263



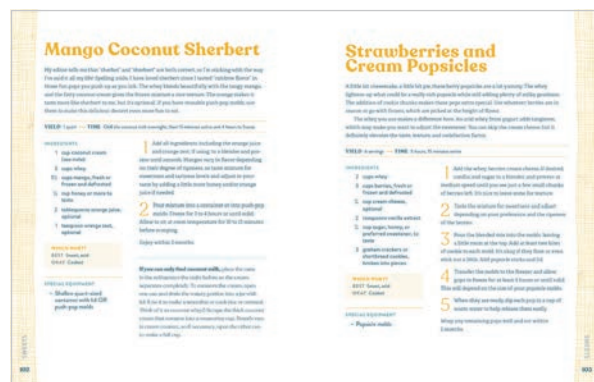
Cooking with Whey
Claudia Lucero

Claudia Lucero is the author of *Instant Pot Cheese*, *One-Hour Cheese*, and *One-Hour Dairy-Free Cheese*. She is the entrepreneur behind UrbanCheesecraft.com and DIY Cheese Kits, which she sells through Etsy, specialty food shops, and select Whole Foods stores, and she developed the home cheesemaking kits for Williams-Sonoma's Agrarian product line. She lives in Portland, Oregon.

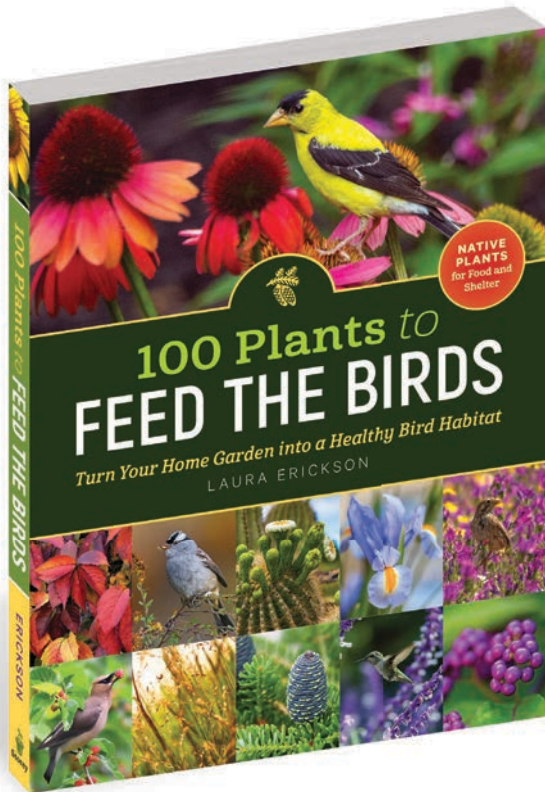


Anyone who's ever made cheese at home knows that roughly three-quarters of every gallon of milk ends up going down the drain—in the form of whey. "Don't through away your whey!" says cheesemaker Claudia Lucero.

In *Cooking with Whey*, Lucero shares 60 inventive recipes that use whey, which is rich in protein, minerals, and vitamins, and adds creaminess and flavor to foods. Sweet whey, a byproduct of cheesemaking, enhances baked goods and smoothies. Acid whey, produced in yogurt- and kefir-making, is ideal for grilling meat, turning into tangy beverages, and adding zip to main dishes. This little book is the key to unlocking the many ways to put whey to work!



The many ways to use whey include surprises like cocktails, popsicles, and no-yeast pizza dough.



In-depth profiles of 100 native plant species that support birds

- 50 million North Americans feed wild birds, but the bird population has declined over the past 50 years due to human expansion and habitat loss
- Award-winning author **Laura Erickson** explains the close connection between birds and native plants and includes a chart listing 50 common birds and their favorite plants for feeding and nesting
- **Third book in a successful series** following Storey's *100 Plants to Feed the Bees* (55,000 copies in print) and *100 Plants to Feed the Monarch* (12,000 in print)

DECEMBER 2022

256 pages; 7 x 9; Full-color

Paper; \$16.99 US / \$22.99 CAD / £12.99 UK

ISBN 978-1-63586-438-0; No. 626438



100 Plants to Feed the Birds

Laura Erickson

For the growing group of bird enthusiasts who enjoy feeding and watching their feathered friends, adding selected plants to the home landscape is a wonderful way to expand their support for wild birds.

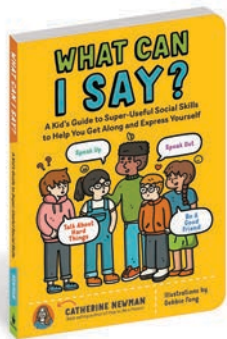
100 Plants to Feed the Birds features in-depth profiles of 100 native plant species that provide food and shelter for birds throughout the year, from winter all the way through breeding and migrating periods. Readers will discover useful plants to include in the garden, such as early-season pussy willow and late-season asters, and beneficial wild plants to protect, like goldenrod—along with 29 tree species that provide food and nest sites. Plant photographs and range maps offer visual guidance for selecting the right plants for any location in North America.



Laura Erickson is the author of *The Love Lives of Birds* and *The Bird Watching Answer Book*, and is coauthor of *Into the Nest*. A recipient of the American Birding Association's Roger Tory Peterson award, she has served as science editor at the Cornell Lab of Ornithology and editor of *Bird Scope* magazine. She produces the For the Birds podcast, and lives in Duluth, Minnesota.



In-depth profiles of native plants and the birds they benefit make this an indispensable reference for creating a backyard bird sanctuary.



What Can I Say?
CATHERINE NEWMAN

Parenting expert and best-selling author of *How to Be a Person*, Catherine Newman offers confidence-building advice and real-life scenarios to guide kids ages 8 and up in developing their social skills and expressing themselves fully and effectively. Clever graphic illustrations provide accessible scripts for learning what to say in all kinds of situations.

Paper; 160 pages; 6½ x 9
Full-color

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How to Sleep Tight Through the Night
TZIVIA GOVER & LESLÉA NEWMAN

This collection is packed with creative, kid-friendly solutions for soothing bedtime anxieties, easing nightmares, and developing the ability to fall—and stay—asleep. Includes 28 imaginative ways for kids ages 5 to 9 to welcome sleep using creative visualization, mindfulness techniques, and a wide range of other effective strategies.

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Full-color

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A Taste of Honey
REBECCA SHEIR

Adapted from a traditional Indian folktale, this new picture book tells the story of a clever young woman named Kamala who uses her smarts to solve a problem that brings financial security to her family. Sheir's contemporary telling of this story is brought to life by the rich, colorful illustrations of Chaaya Prabhat, who lives in Chennai, India. The first in a new series from the award-winning podcast Circle Round.

Hardcover; 44 pages; 8½ x 8½

Full-color

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ISBN 978-1-63586-569-1; No. 626569



The Tale of the Unwelcome Guest
REBECCA SHEIR

This stunning picture book tells the folktale of Nasruddin and his clever way of awakening his community to the dangers of judging someone based solely on their outer appearance. The vibrant illustrations of Turkish-born artist Mert Tugen bring to life Sheir's adaptation from the award-winning podcast Circle Round.

Hardcover; 44 pages; 8½ x 8½

Full-color

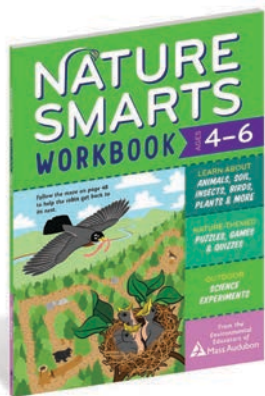
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Nature Smarts Workbook, Ages 4-6
MASS AUDUBON

MASS AUDUBON

The first book in a new Nature Smarts Workbook series features outdoor-themed mazes, puzzles, quizzes, and hands-on discovery activities to help kids get outside and learn STEM-related skills. The 4-6 workbook is focused on teaching basic observational skills and introducing investigative methods. Kids learn to identify a range of common mammals and know each one's habitat.

Paper; 96 pages; 8½ x 11½; Full-color

\$9.95 US / \$12.95 CAD / £7.99 UK

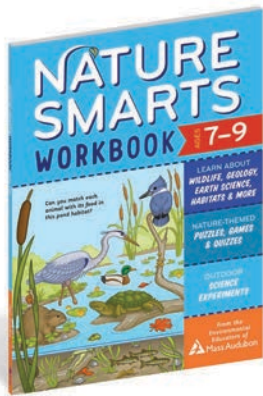
ISBN 978-1-63586-396-3; No. 626396

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(5-Nature Smarts Workbook for Bears and 5-Nature Smarts Workbook for Owls)

\$99.50 US / \$129.50 CAD

ISBN 978-1-63586-568-4; No. 626568



Nature Smarts Workbook, Ages 7-9
MASS AUDUBON

MASS AUDUBON

Packed with interactive learning activities that expand children's basic knowledge of geology, earth science, wildlife habits, botany, and more, the 7-9 workbook also introduces important concepts such as pattern recognition and classification systems. Activities range from understanding how rocks transform to distinguishing between vertebrates and invertebrates, and identifying types of bird beaks and plant parts.

Paper; 96 pages; 8½ x 11½; Full-color

\$9.95 US / \$12.95 CAD / £7.99 UK

ISBN 978-1-63586-397-0; No. 626397

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(5-Nature Smarts Workbook for Bears and 5-Nature Smarts Workbook for Owls)

\$99.50 US / \$129.50 CAD

ISBN 978-1-63586-568-4; No. 626568



Kids Cook Dinner
DEANNA F. COOK

DEANNA F. COOK

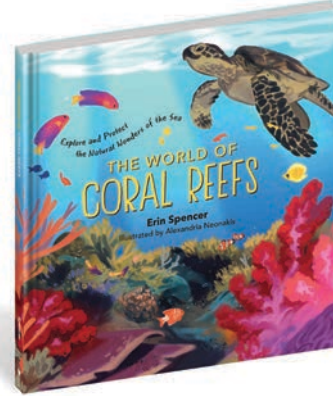
This selection of 25 easy, budget-friendly dinner recipes from the best-selling Cooking Class series teaches kids ages 8 to 12 how to make tasty, healthy meals with easy-to-follow step-by-step photos. All the recipes are budget-friendly, use accessible pantry staples, and deliver high nutritional value. Includes a visual glossary of basic cooking skills.

Paper; 64 pages; 8½ x 9½

Full-color

\$9.95 US / \$12.95 CAD / £7.99 UK

ISBN 978-1-63586-463-2; No. 626463



The World of Coral Reefs
ERIN SPENCER

ERIN SPENCER

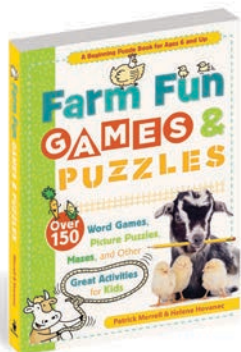
A stunning, large-format introduction to the wonders of the reef for children ages 7 to 10. Marine ecologist and underwater explorer Erin Spencer provides fascinating facts about the types of coral and their anatomy and life cycle, along with the story of how reefs develop and the incredible range of marine animals that live among them.

Hardcover; 48 pages; 11 x 11

Full-color

\$16.95 US / \$22.95 CAD / £12.99 UK

ISBN 978-1-63586-337-6; No. 626337

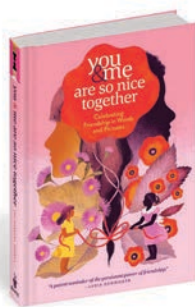


Farm Fun Games & Puzzles

PATRICK MERRELL & HELENE HOVENAC

This puzzle bonanza is chock-full of corny jokes, brainteasers, picture puzzles, mazes, crosswords, and many other engaging challenges for kids ages 6 to 10. The expert puzzle team of Patrick Merrell and Helene Hovenac present an exciting range of on-the-page activities that combine learning with fun.

Paper; 240 pages; 7 x 9 3/4
Illustrations throughout
\$12.95 US / \$14.95 CAD / £9.99 UK
ISBN 978-1-63586-522-6; No. 626522

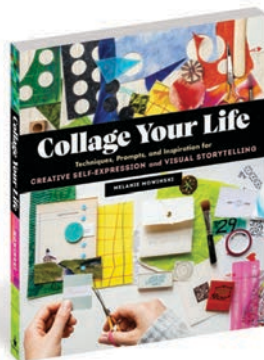


You & Me are So Nice Together

MARLENA AGENCY

Sixty-two international, prize-winning artists put a fresh visual spin on the many facets of friendship in this quirky contemporary gift book focused on the most enduring of human relationships. Each artist chose and illustrated a quotation that they found personally meaningful. The art styles range from sweet to graphic, abstract, cartoon, graphic novel, representational, collage, and more.

Hardcover with 2 pull-out postcards; 144 pages; 5 x 7; Full-color
\$12.95 US / \$14.95 CAD / £9.99 UK
ISBN 978-1-63586-432-8; No. 626432
5-copy counter display
\$64.75 US / \$74.75 CAD
ISBN 978-1-63586-562-2; No. 626562



Collage Your Life

MELANIE MOWINSKI

Artist Melanie Mowinski combines in-depth technique instruction with more than 50 original prompts to jumpstart the collage process, including: make a self-portrait; disrupt your routine instincts; assemble mementos from a trip; embrace challenges; and incorporate text or block-out poetry. Step-by-step photos teach stamping, stenciling, transfers, and a range of adhesive methods.

Paper; 224 pages; 8 1/4 x 10
Full-color
\$22.95 US / \$26.95 CAD / £15.99 UK
ISBN 978-1-63586-356-7; No. 626356



The Path to Kindness

EDITED BY JAMES CREWS

Following his best-selling anthology *How to Love the World*, James Crews offers a new anthology of 100 contemporary poems focused on the theme of kindness. A diverse range of voices from around the world celebrate and meditate in this beautiful volume that also features journaling prompts and a book group discussion guide.

Paper with flaps; 224 pages; 5 x 7
\$14.95 US / \$19.95 CAD / £11.99 UK
ISBN 978-1-63586-533-2; No. 626533



Farm Anatomy Sticker Book

JULIA ROTHMAN

A compact gift package featuring Julia Rothman's acclaimed illustrations from her best-selling book, *Farm Anatomy* with more than 750 colorful stickers depicting chickens, bees, bugs, knots, fences, tractors, sheep, pigs, goats, vegetables, and much more of the bountiful parts and pieces of farm life.

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ISBN 978-1-63586-564-6; No. 626564



Nature Anatomy Sticker Book

JULIA ROTHMAN

From her best-selling book, *Nature Anatomy*, Julia Rothman offers her nature illustrations in this collection of more than 750 stickers depicting birds, feathers, wildflowers, butterflies, mammals, fungi, insects, constellations, and so much more. Perfect for nature lovers of all ages, these colorful, detailed drawings will brighten any surface.

Pad binding; 56 pages; 6 x 9
Full-color
\$12.95 US / \$14.95 CAD / £9.99 UK
ISBN 978-1-63586-536-3; No. 626536
5-copy counter display
\$64.75 US / \$74.75 CAD
ISBN 978-1-63586-563-9; No. 626563

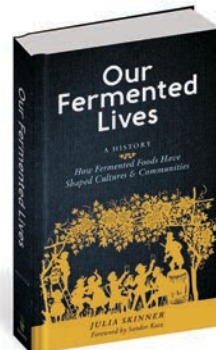


Ocean Anatomy Sticker Book

JULIA ROTHMAN

From Julia Rothman's best-selling book, *Ocean Anatomy*, comes this collection of more than 750 stickers depicting whales, shore birds, lighthouses, coral, fish, lobsters, snails, sharks, jellyfish, shells, penguins, turtles and much more. Perfect for decorating, crafting, and embellishing paper products to share and enjoy her illustrations in a whole new way.

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\$64.75 US / \$74.75 CAD
ISBN 978-1-63586-565-3; No. 626565

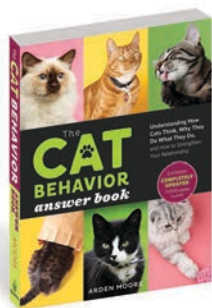


Our Fermented Lives

JULIA SKINNER

Food historian and fermenting expert Julia Skinner explores the fascinating roots of a wide range of fermented foods in cultures around the world, with a focus on the many intersections fermented foods have with human history—from the evolution of our microbiome to food preservation techniques, distinctive flavor profiles and preferences around the globe, and the building of community.

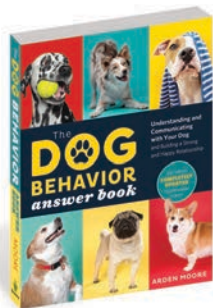
Hardcover; 384 pages; 6 x 9
Two-color
\$30.00 US / \$38.95 CAD / £23.99 UK
ISBN 978-1-63586-383-3; No. 626383



The Cat Behavior Answer Book, 2nd Edition
ARDEN MOORE

The updated 2nd edition, featuring a larger format and fresh, colorful design, includes the most current health and training advice, along with Moore's answers to hundreds of questions and real-life scenarios. For everyone who aspires to a stronger, happier relationship with their cat, this book offers friendly, easy-to-implement guidance.

Paper; 224 pages; 6 x 8
Full-color
\$16.99 US / \$22.99 CAD / £12.99 UK
ISBN 978-1-63586-449-6; No. 626449



The Dog Behavior Answer Book, 2nd Edition
ARDEN MOORE

The completely updated 2nd edition, in a new, larger format, features the latest science and recommended techniques for training, caring for, and understanding dogs. Long-time pet expert Arden Moore answers real-life questions. Combining her friendly, entertaining tone with her seasoned, hands-on knowledge of dogs, Moore is the perfect guide to navigating dog ownership with confidence and success.

Paper; 224 pages; 6 x 8
Full-color
\$16.99 US / \$22.99 CAD / £12.99 UK
ISBN 978-1-63586-451-9; No. 626451



Beef It Up!
JESSICA FORMICOLA

This beef-lover's cookbook from popular food writer Jessica Formicola features 50 irresistible ways to serve up ground beef, steaks, stews, roasts, ribs, and more. Hearty recipes for flavorful suppers include a range of techniques with recipes for the slow cooker, sheet pan, oven, and grill. Includes a quick-reference guide to popular cuts.

Paper; 152 pages; 8 x 9
Full-color
\$16.95 US / \$22.95 CAD / £12.99 UK
ISBN 978-1-63586-453-3; No. 626453



Tomato Love
JOY HOWARD

A joyful collection of recipes that include new takes on classic dishes like red sauce and tomato soup, along with a mix of fresh ideas. Home cooks and backyard gardeners will find dozens of inspiring ideas for introducing fresh, jarred, or canned tomatoes into everyday meals, with color photos of every dish adding to the appeal.

Paper with flaps; 104 pages; 7 x 9
Full-color
\$14.95 US / \$19.95 CAD / £11.99 UK
ISBN 978-1-63586-467-0; No. 626467
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\$74.75 US / \$99.75 CAD
ISBN 978-1-63586-566-0; No. 626566

BEST-SELLING TITLES OF 2021



Backpack Explorer: On the Nature Trail

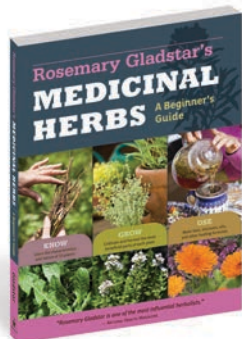
In this take-along field guide for kids, seek-and-find lists, on-the-trail art projects, games, and a real pull-out magnifying glass help young explorers to engage in hands-on learning about nature wherever they are.

■ For ages 4-8
■ **256,000 COPIES IN PRINT**

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Full-color

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Rosemary Gladstar's Medicinal Herbs: A Beginner's Guide
ROSEMARY GLADSTAR

For a new generation of gardeners and natural health enthusiasts, here is a fresh introduction to growing and using 33 healing herbs, including aloe vera, chamomile, lavender, and turmeric. More than 100 easy-to-follow and effective recipes for teas, salves, tinctures, oils, syrups, and pills help naturally fortify against common upsets and ailments.

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How to Love the World
JAMES CREWS

A curated collection of uplifting, inspiring work from leading contemporary poets focused on the theme of gratitude. Featuring poems by inaugural poet Amanda Gorman, Joy Harjo, Naomi Shihab Nye, Ross Gay, Tracy K. Smith, and others. Includes pauses for stillness and invitations for writing and reflection throughout.

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\$74.75 US / \$ CAD
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The Backyard Homestead
EDITED BY CARLEEN MADIGAN

Put that backyard to work! Just one-quarter acre can yield 1,400 eggs, 60 pounds of fruit, 2,000 pounds of vegetables, and 75 pounds of nuts. Plant, grow, harvest, cook, brew, keep animals, make cheese, preserve fruits and vegetables, gather eggs and honey, make sausage, and much more—the how-to is all here for the enterprising homesteader.

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Paper; 368 pages; 7 x 9
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