

The Natural Baker A New Way To Bake Using The Best Natural Ingredients

Nick Baker's fascination with the natural world began at an early age, inspired by Gerald and Lee Durrell's classic book *The Amateur Naturalist*. His *The Complete Naturalist* is an up-to-date, practical introduction to observing, understanding and investigating the natural world around us. Whether you want to understand what makes an insect and insect, rear a family of frogs for your garden pond, or record bird songs and calls, Nick can give you all the advice and information you need. Fact-packed and brimming with practical tips, techniques and activities, *The Complete Naturalist* offers a rich source of new ideas for more experienced naturalists, as well as sparking the natural curiosity of a whole new generation. From communicating with wild animals to setting up an aquarium, this is the naturalist's guide no family bookshelf should be without. Nick is an experienced and well-travelled naturalist, and his book includes his international experiences.

A must-have for every baker, with 130 recipes featuring bold new flavors and ingredients. Here is the go-to cookbook that definitively ushers the baking pantry beyond white flour and sugar to include natural sweeteners, whole-grain flours, and other better-for-you—and delicious—ingredients. The editors at Martha Stewart Living have explored the distinctive flavors and alluring textures of these healthful foods, and this book shares their very best results. *A New Way to Bake* has 130 foolproof recipes that showcase the many ways these newly accessible ingredients can transform traditional cookies, pies, cakes, breads, and more. Chocolate chip cookies gain greater depth with earthy farro flour, pancakes become protein powerhouses when made with quinoa, and lemon squares get a wonderfully crumbly crust and subtle nutty flavor thanks to coconut oil. Superfoods are right at home in these baked goods; granola has a dose of crunchy chia seeds, and gluten-free brownies have an extra chocolaty punch from cocoa nibs. With a DIY section for making your own nut butter, yogurt, coconut milk, and other basics, and more than 150 photographs, including step-by-step how-to images, *A New Way to Bake* is the next-generation home-baking bible.

Delicious baking with gut-friendly ingredients, natural sugars, nourishing flours and sourdough starters. *Modern Baker* will transform the way you bake and think about bread and cake. The 120 recipes - including bread, cakes and biscuits - are all designed to promote gut health using easy baking methods and natural ingredients. *The Modern Baker* is a popular bakery in Oxford that passionately supports three key principles: good health, good provenance and most importantly, great taste. Try Rye Seeded Sourdough, Choc Chip Sourdough Cookies, Maple Sugar and Blueberry Scones and Maca and Vanilla Layer Cake. Bake your way to better health.

What's the main ingredient of bread? Flour! Find out how it is made, then use it to bake 20 sensational recipes from around the world. You don't need to travel to enjoy the variety of bread the world has to offer. Bring classic recipes to life from the comfort of your own home. From the humble loaf and classic baguette, to perfect pretzels, springy scones, and scrumptious cinnamon rolls, follow simple step by step recipes and learn how to bake brilliant bread for every occasion. Once you've mastered the basics of bread-making, you'll be ready to show off your new skills and wow your friends and family with some showstopping variations of your own. But this isn't just a beautiful recipe ebook. From farm and flour mill to bakery, this ebook will take you on a fascinating journey of discovery. Find out how flour is farmed and milled, discover the different grain flours and pulse flours, as well as the spectacular science behind the springy loaf. Would you have guessed that flour is explosive? Do you know what makes bread rise? Turn the pages of this book and discover that there's so much more to bread than meets the eye...

A sweeping achievement from a poet whose "rhythms are as alive to the roll and tang of syllables on the tongue as they are to the circulation of blood and sap" (Rosanna Warren, Theodore Roethke Memorial Poetry Prize citation). David Baker, acclaimed for his combination of "visionary scope" (Gettysburg Review) and "emotional intensity" (Georgia Review), is one of contemporary poetry's most gifted lyric poets. In *Swift*, he gathers poems from eight collections, including his masterful latest, *Scavenger Loop* (2015); the prize-winning, intimate travelogues of *Never-Ending Birds* (2009); and the complications of history and home in *Changeable Thunder* (2001). Opening the volume are fifteen new poems that continue Baker's growth in form and voice as he investigates the death of parents, the loss of homeland, and a widening natural history, not only of his beloved Midwest but of the tropical flora and fauna of a Caribbean island. Together, these poems showcase the evolution of Baker's distinct eco-poetic conscience, his mastery of forms both erotic and elegiac, and his keen eye for the shifting landscapes of passion, heartbreak, and renewal. With equal curiosity and candor, Baker explores the many worlds we all inhabit—from our most intimate relationships to the wider social worlds of neighborhoods, villages, and our complex national identity, to the environmental community we all share. With his dazzling formal restlessness and lifelong devotion to landscapes both natural and human on full display, David Baker demonstrates why he has been called "the most expansive and moving poet to come out of the American Midwest since James Wright" (Marilyn Hacker).

BreeAnna Barton was born right after WWII to loving parents and was the center of their world. Her life began as ordinary as the families of the hit TV shows during the 50's and 60's. By the time she was three years old however, a drastic change was beginning to take place in her secure little world. Bree wanted so much to be a normal, happy child and teenager but the word "normal" didn't seem to exist for her. Abused, time and again, both physically and mentally until she was eighteen years old, there seemed to be nothing but black clouds on her horizon. She rose each time with another ray of hope and strong determination, only to be beaten back down. Outsiders turn their heads as the brutality that takes place inside her home stays within those walls, never to be discussed or shared by anyone involved. The rainbow was gradually fading from the clear blue sky of her dreams. As Bree's story unfolds, you'll hold your breath as she rides along with the changing winds, wanting to encourage her as she fiercely attempts to fight back against her attackers. She is courageous, determined, and through it all, still has the capacity to love. But, just how long and to what extent can these traits carry her? How much pain and suffering will this diminutive child's body be able to endure? Tiny bits of happiness are dashed as she rounds each corner, her journey reaching it's final destination.....

First book on the enigmatic author J A Baker, author of *The Peregrine*.

A revelatory memoir by the former secretary of state and White House chief of staff describes his behind-the-scenes witness to numerous political machinations, in an account in which he discusses the Iran-Contra scandal, the Reagan assassination attempt, and the 2000 election in Florida, with an epilogue on the author's vision for U.S. foreign policy. Reprint.

Joy the Baker Cookbook includes everything from "Man Bait" Apple Crisp to Single Lady Pancakes to Peanut Butter Birthday Cake. Joy's philosophy is that everyone loves dessert; most people are just looking for an excuse to eat cake for breakfast.

The only comprehensive book, in English or Italian, to cover the entire range of Italian baking, from breadsticks and cornetti to focaccia, tarts, cakes, and pastries. This latest edition, updated for a new generation of home bakers, has added four-color

photography throughout, plus new recipes, ingredients and equipment sections, source guides, and weights. Carol Field introduces artisanal doughs and techniques used by generations of Italian bakers. Every city and hill town has its own unique baking traditions, and Field spent more than two years traversing Italy to capture the regional and local specialties, adapting them through rigorous testing in her own kitchen. Field's authentic recipes are a revelation for anyone seeking the true Italian experience. Here's a chance to make golden Altamura bread from Puglia, chewy porous loaves from Como, rosemary bread sprinkled with coarse sea salt, dark ryes from the north, simple breads studded with toasted walnuts, succulent fig bread, and Sicilian loaves topped with sesame seeds. One of the most revered baking books of all time, *The Italian Baker* is a landmark work that continues to be a must-have for every serious baker. Winner of the International Association of Culinary Professionals Award for best baking book Named to the James Beard Baker's Dozen list of thirteen indispensable baking books of all time

As our busy, technology-driven lives become more sedentary and less connected to wildlife, it is important to remember the natural, human connection we have to the wilderness. Nick Baker, naturalist and wildlife presenter, takes the reader back to our natural instincts. Journeying through the senses, his expert advice offers the practical tools to experience the wilderness on your own doorstep as well as in the wider, wilder world. From learning to observe the creatures and beasts within hands' reach and seeing and hearing the birds and trees of our forests, to an introduction to rewilding as a concept and the importance nature has to the wider world. Nick's vivid text mixes memoir with practical advice to entertain, inform and inspire us to get back to nature. *ReWild* is a beautiful and important exploration of the art of returning to nature.

"Staggeringly good." —Counterpunch A major new work, a hybrid of history, journalism, and memoir, about the modern Freedom of Information Act—FOIA—and the horrifying, decades-old government misdeeds that it is unable to demystify, from one of America's most celebrated writers Eight years ago, while investigating the possibility that the United States had used biological weapons in the Korean War, Nicholson Baker requested a series of Air Force documents from the early 1950s under the provisions of the Freedom of Information Act. Years went by, and he got no response. Rather than wait forever, Baker set out to keep a personal journal of what it feels like to try to write about major historical events in a world of pervasive redactions, withheld records, and glacially slow governmental responses. The result is one of the most original and daring works of nonfiction in recent memory, a singular and mesmerizing narrative that tunnels into the history of some of the darkest and most shameful plans and projects of the CIA, the Air Force, and the presidencies of Harry Truman and Dwight Eisenhower. In his lucid and unassuming style, Baker assembles what he learns, piece by piece, about Project Baseless, a crash Pentagon program begun in the early fifties that aimed to achieve "an Air Force-wide combat capability in biological and chemical warfare at the earliest possible date." Along the way, he unearths stories of balloons carrying crop disease, leaflet bombs filled with feathers, suicidal scientists, leaky centrifuges, paranoid political-warfare tacticians, insane experiments on animals and humans, weaponized ticks, ferocious propaganda battles with China, and cover and deception plans meant to trick the Kremlin into ramping up its germ-warfare program. At the same time, Baker tells the stories of the heroic journalists and lawyers who have devoted their energies to wresting documentary evidence from government repositories, and he shares anecdotes from his daily life in Maine feeding his dogs and watching the morning light gather on the horizon. The result is an astonishing and utterly disarming story about waiting, bureaucracy, the horrors of war, and, above all, the cruel secrets that the United States government seems determined to keep forever from its citizens.

The Natural Baker A new way to bake using the best natural ingredients Jacqui Small

FROM THE AUTHOR OF OUR KOREAN KITCHEN, WINNER OF THE OBSERVER FOOD MONTHLY'S 'BEST NEW COOKBOOK AWARD' 2016, AND FORTNUM & MASON'S 'COOKERY BOOK' AWARD 2016 'I learnt so much from this book. Jordan Bourke is a truly intelligent and inspiring cook' Diana Henry 'Another stunner!' Sue Quinn In this beautiful full-colour cookbook, award-winning author Jordan Bourke shows you how simple it is to make nourishing breads; savoury tarts and bakes; and indulgent yet wholesome sweet treats. Reclaiming 'healthy' for what it really means - nutritious, balanced food made from natural ingredients - these are recipes to bring joy and flavour back into your baking and beyond. Alongside sumptuous 'regular' bakes - such as the perfect Sourdough bread, Caramelised Onion, Sweet Potato and Rye Tart, and Italian Strawberry and Chocolate Chunk Cake - Jordan also gives ancient grains and pickles a western update, revealing how easy it is to make abundant salads, bubbling ferments, seasonal preserves and more. Healthy Baking provides over 100 nourishing and mouth-watering ways to revive and reinvent cooking at home. Using alternatives to refined sugar and featuring lots of options to make recipes gluten- and dairy-free, you'll quickly discover how ferments and grains can invigorate your cooking - from cultivating the perfect sourdough starter to creating delicious salads and decadent cakes.

Every day 1,500 Bostonians can't resist buying sweet, simple treats such as Homemade Pop-Tarts, from an alumna of Harvard with a degree in economics. From Brioche au Chocolat and Lemon Raspberry Cake to perfect croissants, Flour Bakery-owner Joanne Chang's repertoire of baked goods is deep and satisfying. While at Harvard she discovered that nothing made her happier than baking cookies leading her on a path that eventually resulted in a sticky bun triumph over Bobby Flay on the Food Network's *Throwdown*. Almost 150 Flour recipes such as Milky Way Tart and Dried Fruit Focaccia are included, plus Joanne's essential baking tips, making this mouthwatering collection an accessible, instant classic cookbook for the home baker.

AN IACP AWARD-WINNING COOKBOOK 100+ Recipes Featuring Corn, Oat, Chestnut, Almond, Buckwheat, Sorghum and Other Gluten-Free Flours Discover a Unique Palette of Textures, Tastes and Fragrances You Never Knew Existed Have you indulged in a golden corn flour biscuit that tastes like sunshine, or experienced the earthy sweetness of chestnut flour? Did you know teff flour smells of malted chocolate milk, and mesquite flour of freshly-baked gingerbread? Set aside your bland all-purpose flour to celebrate the compelling flavors of a wide array of nut- and grain-based alternative flours that are packed with flavor and are good for you, too. From peak-of-season fruit pies nestled in an irresistibly crunchy crust, to cookies that positively melt in your mouth, author Alanna Taylor-Tobin offers more than 100 wholesome treats utilizing easily accessible alternative grains and flours for every taste and baking level. Now let's get baking—let's reinvent dessert.

In this James Beard Award-winning cookbook, George Greenstein reveals 125 recipes for the yeasted and quick breads that have been handed down through his family by three generations of bakers—the breads that made his bakery so well-loved for so many years. For more than twenty years, Greenstein owned and operated a Long Island bakery that produced a wide variety of baked goods, from many different ethnic traditions—focaccia and Irish soda bread, Bavarian pumpernickel and naan—including many from his own culture, such as Jewish corn bread, challah, and bagels. Now that most neighborhood bakeries like Greenstein's are long since closed, this classic collection not only teaches bakers everywhere how to make those delicious, classic breads, but it also

preserves authentic versions of the recipes for all to enjoy. With the same helpful features that made this a cherished cookbook upon its original publication—separate instructions for mixing each recipe by hand, food processor, and stand mixer; tips for baking a week's worth of bread in as few as two hours; invaluable baker's secrets; and a very approachable style throughout—this revised edition also includes twelve new recipes to satisfy both old fans and new. So bring the spirit of that great old bakery back to life right in your very own kitchen, filling every room of your house with the wonderful aroma of freshly baked bread. And rest assured you'll bake with ease and success every time, thanks to George and his long-learned, very happily shared SECRETS OF A JEWISH BAKER.

A courageous memoir revealing a perfect life and marriage gone wrong and how the author overcame her setbacks to become a celebrated chef and businesswoman. Includes recipes.

Everybody wants to do their bit to help the environment in the 1990s and this practical book should be of interest to anyone concerned about the natural world and how they can play a part - however small - in conserving nature. It includes information on identifying tracks, preserving a wildlife area, collecting shells, taking lichen scratchings, making a cast of a footprint and caring for wounded birds.

Amara is a sweet little girl with hair as BIG, natural, and as beautiful as can be! Learn her weekly natural hair routine, as she continues to embrace what makes her unique. Amara encounters others who aren't used to seeing different hair styles and textures like her own. Experience the story of a bold, young girl, who is proud of who is, and the natural hair she was born with! Clean Cakes is the ultimate cookbook for anyone who enjoys baking as well as experimenting with new and alternative ingredients. It provides a wealth of ideas for cooking everything from spectacular cakes, energy-boosting muffins and wholesome loaves to stunning raw desserts and scrumptious tarts and pies, with distinctive flavour combinations and original twists on established classics. It will prove invaluable for anyone who for health or lifestyle reasons wants to eliminate gluten, dairy or refined sugar from their diet but who still wants to satisfy their sweet tooth and create their own nutritious guilt-free masterpieces. Henrietta Inman embraces nutritious whole food ingredients that are unprocessed, unrefined, natural, seasonal and local wherever possible. The first section shows how to stock your Clean Cakes larder, as well as including foundation recipes such as cashew cream, nut butters and homemade jams. Next come over 75 beautifully photographed recipes, from rich chocolate brownies, a show-stopping courgette, basil, lime and pistachio layer cake and raw desserts to five grain omega mix granola bars, spectacular fruit pies and enticing savoury tarts. These recipes are for everyone and show that cooking healthily doesn't have to mean compromising on flavour.

I want to show you how baking works. I want to prove how easy baking can be. Whether you want light cakes, squidgy brownies, perfect pastry, stress-free macarons or mountainous meringues, this book features a mini-masterclass for each one. Everything's split up into wee, simple steps. There's no faff and you don't need any expensive equipment. You don't even need a sieve. And for baking veterans, this book tells you why you're doing what you've been doing all these years. Here's to baking that just works.

'There are very few cook books that illustrate reliable methods of showcasing and elevating wholegrain flours as well as Henrietta's. Her recipes are inventive, elegant and truly delicious.' Amy Chaplin, author of *At Home in the Whole Food Kitchen*. 'A book brimful of things I want to make. Henrietta is my kind of baker, creating cakes and bakes as nourishing as they are delicious. This how we want to bake now.' Anna Jones, author of *A Modern Way to Eat*. From the author of the bestselling *Clean Cakes*, trained patisserie chef Henrietta Inman, this beautifully-designed bake book presents over 80 baking recipes – sweet and savoury – using natural, wholesome and wholegrain ingredients. Taking in every occasion from breakfast right through to supper and dessert, with plenty of joyous cakes, breads, brownies and biscuits along the way, it is full of unique bakes that are actually good for you. While some of the recipes are gluten-free, refined sugar-free and/or dairy-free, this book focuses on the natural goodness of the ingredients Henrietta chooses and offers a naturally healthier option to most baking books. Fresh produce, seasonal heritage fruit and vegetables will be given the chance to sing rather than being masked by too much sugar. The end results will taste amazing and do you good too!

Got a sweet tooth or someone to impress? Level up your dessert game with tried-and-tested recipes from modern-day MasterChef legend Reynold Poernomo. Perfect your butter cake, curd tart or creme caramel with Level 1. These are all the crowd pleasers and perfectly simple desserts for beginners or aficionados, each with a 'Reynold twist', like pavlova flavour pairings or a honey glaze for your cheesecake. Kick it up a notch with Level 2, for swoon-worthy jar desserts, the perfect oozy lava cake or the ultimate praline tart. Step by step, Reynold shows how each element is made so you can dream up your own combinations and increase your confidence. Are you an adventure cook? Or want to blow everyone's minds? Level 3 is an access-all-areas pass to the signature dishes and secret recipes for white noise, onyx, magic mushrooms and more - these creations need to be seen (and tasted) to be believed. Including choose-your-own-flavour-adventure flowcharts, endless tips on substitutions and the inside skinny on kitchen tools and specialty ingredients, *The Dessert Game* is everything you need for sweet, sweet victory at your place.

The ultimate quick, yet thorough, reference for bakers, with every metric conversion and ingredient substitution you could want, plus 18 recipes for basic, fail-proof cakes, frostings, and cookies—with variations that combine to make dozens of desserts. Bakers will wonder how they ever lived without this indispensable resource, featuring:

- Cups-to-grams conversions for ingredients
- Basic recipes for cakes, quick breads, cookies, frostings, and more, with dozens of variations
- Ingredient substitutions
- DIY extracts, natural food colorings, sprinkles, and more
- Decorating tips for cakes and cookies
- Conversions for oven temperatures
- Adjustments for baking at high altitudes
- Volume charts for baking pans of all sizes

From an award-winning baker, *Naturally Fermented Bread* introduces the principles of yeasted water baking, including recipes for nutritious, delicious sweet and savoury bakes.

Drawing on a myriad of global case studies such as Central Africa, India and New Zealand, this book introduces students to the issues involved in the promotion of sustainable development in a theoretically informed and critical way.

They searched for gold. They found death Iraq 2005 Seven mercenaries journey deep into the desert in search of Saddam's gold. They form an unlikely crew of battle-scarred privateers, killers and thieves, veterans of a dozen war zones, each of them anxious to make one last score before their luck runs out. They will soon find themselves marooned among ancient ruins, caught in a desperate battle for their lives, confronted by greed, betrayal, and an army that won't stay dead...

When *Bread* was first published in 2004, it received the Julia Child Award for best First Book and became an instant classic. Hailed as a "masterwork of bread baking literature," Jeffrey Hamelman's *Bread* features 140 detailed, step-by-step formulas for versatile sourdough ryes; numerous breads made with pre-ferments; and simple, straight dough loaves. Here, the bread baker and student will discover a diverse collection of flavors, tastes, and textures; hundreds of drawings that vividly illustrate techniques; and four-color photographs of finished and

decorative breads.

The Peregrine, which won the Duff Cooper Prize in 1967, recounts a single year from the author's ten-year obsession with the peregrines that wintered near his home in eastern England. The writing is lyrically charged throughout, as the author's role of diligent observer gives way to a personal transformation, as Baker becomes, in the words of James Dickey, "a fusion of man and bird."

We are all aware of the benefits of eating seasonally and healthily, and yet often this isn't something we consider when baking. Amber believes that cakes, bakes and puddings shouldn't be made with refined white flour and white sugar. She develops recipes using fruit and honey to give sweetness and ancient flours such as buckwheat, spelt and rye to give depth of flavour. Chapters are Seasonal Cakes; Puddings, including baked fruit, crumbles, pies, sponge and rice puddings; Tarts and Meringues; Small Bakes; Creams, Custards & Compotes; and Herbal Teas. Enjoy baking a Spiced Carrot Cake with a crumbly topping; make Berry Good Fairy Cakes for the kids, create a Coconut & Passionfruit Tart for a dinner party, or try the healthy Mince Pies with an orange zest pastry. Baking is always indulgent and comforting but, with Amber, it can be nourishing too.

Named one of the Best Cookbooks of 2020 by Food + Wine, David Lebovitz, and Delish.com, and one of the Best Baking Books of 2020 by Pastry at Home and Dallas Morning News "Jason's love of shaking up tradition is evident. Adding fruits to bolster flavors in familiar baked goods is groundbreaking . . . steering us to experiment, try new combinations of flavors, and expand our baking vocabulary." —From the foreword by Martha Stewart Jason Schreiber, one of New York City's most influential and popular food stylists, combines aesthetic flair and flavor in 75 whimsical recipes that celebrate fruit and cake in all their festive and delicious glory. In gorgeous photos and dozens of fresh and flavorful recipes, acclaimed food stylist Jason Schreiber shatters misconceptions about that most maligned of desserts—fruitcake—by imaginatively breaking with convention as he pays homage to the delicious combination of fruit and cake. Forget those dried artificially dyed candied doorstops that everyone regifts and passes on. Fruit Cake is a tasty epicurean tour through dozens of cakes and other pastries that use a variety of fruits, combining them with diverse fillings, as well as liquor, nuts, and more. Interwoven with the recipes are stories, anecdotes and asides that are just as charming and intriguing as the lush, full-color photos that accompany them. Each recipe in Fruit Cake showcases one of thirty-eight fruit, whose natural sweetness and juice make desserts that are perfectly moist and sweet without being overpowering. Indulge your taste buds with his beautiful, fanciful creations, including: Constant Cravings—cakes like Raspberry Tea Cake and Polenta Pound Cake with Spiced Mandarins that will satisfy your cravings at any hour of day Out of Hand—finger-focused treats perfect for pocketing or dressing to impress, such as Mango Coconut Cashew Bites and Blueberry Ginger Studmuffins Showstoppers—cakes for the spotlight that you can humblebrag about "just throwing together," including Passionfruit Lime Pavlova and Horchata and Roasted Plum Sorbet Cake All Rise—the next best thing to eating sumptuous creations like the Blood Orange Bee Sting Cake or Bourbon Peach Kugelhopf, and other sumptuous creations is smelling the just-risen yeasted dough Soaked—try one slice of these decadent cakes that marinate in booze for days—whether it's the likes of the Pomegranate Molasses Cake or the Fig, Port, and Chocolate Cake—and you'll need a designated driver Filled with divine desserts for all seasons, this wonderful cookbook will forever change the way you think about fruit and cake.

Escape into nature with Matt Baker in his first ever book - a diary of the natural year and a glimpse into family life on the farm Peppered with his hand drawn sketches and moments from his TV career throughout, this is a heartfelt and fascinating insight into Matt's life outside of our TV screens _____ Matt Baker is at his happiest on the farm. Away from the bright lights of hosting our favourite television programmes, Countryfile, The One Show, Blue Peter and many more, he is often in the company of his family, dogs, array of sheep, Mediterranean miniature donkeys and a whole host of wildlife in the farm's ancient woodland. Now, following the ever-changing seasons, Matt takes us on a journey with his family on the farm. We see woodland animals emerge after a long winter of hibernation, hear the dawn chorus in the height of summer and see the preparations unfold for the harsh and wild winter months. Peppered with hand drawn sketches, unforgettable moments from his TV career and stories of a landscape you'll fall in love with, Matt offers readers a touching insight into life on the farm, and how the power and beauty of the countryside can be an inspiration and source of joy for all of us. A celebration of the natural year, Matt Baker takes us on a journey through the seasons, his life on the farm and how the power and beauty of the countryside has made him who he is.

A reformatted, redesigned edition of this popular title. We are all fascinated by, and often wary of, the tiny creatures that creep and crawl in our gardens or lurk in the dark corners of our homes, but how much do we really know about insects and their relatives? For instance, could you identify the larvae of a ladybird, which each eat 50 aphids a day? And did you know that some species of snail are hairy? This book aims to encourage our understanding of all types of bugs that can be found in our back gardens and beyond - worms, snails, ants, woodlice, centipedes, flies, grasshoppers, beetles, bees, wasps, spiders and butterflies (to name but a few) - by offering practical information and fun activities for the whole family. Learn how to determine the sex of a spider, how to look after ants in a home-made formicarium and even how to rear your own dragonflies! Packed with details on essential equipment for bug watching and collecting, clear annotated diagrams on bug anatomy and amazing full-colour close-up photographs, as well as astonishing facts on insect behaviour and identification, this book is essential reading for budding entomologists of all ages.

The new children's book from No. 1 bestselling author David Walliams – a fantastically funny tale illustrated by artistic genius, Tony Ross.

The highly anticipated cookbook from the immensely popular food blog Minimalist Baker, featuring 101 all-new simple, vegan recipes that all require 10 ingredients or less, 1 bowl or 1 pot, or 30 minutes or less to prepare Dana Shultz founded the Minimalist Baker blog in 2012 to share her passion for simple cooking and quickly gained a devoted worldwide following. Now, in this long-awaited debut cookbook, Dana shares 101 vibrant, simple recipes that are entirely plant-based, mostly gluten-free, and 100% delicious. Packed with gorgeous photography, this practical but inspiring cookbook includes: • Recipes that each require 10 ingredients or less, can be made in one bowl, or require 30 minutes or less to prepare. • Delicious options for hearty entrées, easy sides, nourishing breakfasts, and decadent desserts—all on the table in a snap • Essential plant-based pantry and equipment tips • Easy-to-follow, step-by-step recipes with standard and metric ingredient measurements Minimalist Baker's Everyday Cooking is a totally no-fuss approach to cooking for anyone who loves delicious food that happens to be healthy too.

Nourish Cakes offers 50 stunning recipes for cakes and bakes, both large and small, focusing on healthy ingredients such as nuts, vegetables and dried fruit. Many of the recipes are allergy- or intolerance-friendly, using wheat-free flours and unrefined sugars, and each recipe is clearly coded to show which dish will suit you. With sections covering Light and Zesty bakes (Lime, coconut and courgette cake; Lavender and spelt sables), Vibrant and Fruity (Peach, olive oil and rosemary friands; Fig and honey tart), Warm and Nutty (Sweet potato brownies), and Dark and Spicy (Chocolate, buckwheat and chestnut roulade; Clementine, oat and cranberry muffins), the emphasis is on including exciting new ingredients, rather than on cutting things out, showing how you can get the same amazing tastes and textures with healthy alternatives. With all the recipes checked by a qualified dietitian, the cakes in the book will lead you to embrace a more positive, balanced and inclusive approach in your baking. There's also an index to

