MORE THAN CAKE
100 Baking Recipes Built for Pleasure and Community

NATASHA PICKOWICZ

The sumptuous debut cookbook from celebrated baker, activist, and pastry “it girl” Natasha Pickowicz

Nectarine and Miso Tarte Tatin. Olive Oil, Mascarpone, and Fennel Layer Cake. Pecan and Black Cardamom Sticky Buns. Shoyu Peanut Cookies. Kabocha Galette. With sweet and savory pastries like these, and scores of other recipes as delicious and surprising, it’s no wonder Natasha Pickowicz is such a creative force in the world of baking. But she is also a baker with a sense of mission—cooking, for her, is a chance to make a difference, and her celebrated bake sales for Planned Parenthood and collaborations with other nonprofits have raised hundreds of thousands of dollars. Hence the title More Than Cake. Not just as in “cookies and pies too,” but as in baking as a way to bring people together over something special that you’ve made. It’s more than cake—it’s community, honor, pleasure, activism, and so much more.

In her stunning debut cookbook, Pickowicz shares her singular perspective—how her ideas and recipes are inspired by her love of nature and art, her background in music and literature, her Chinese and Californian heritage. Her love of fruit, her adventurous combinations of flavors—yuzu and olive oil, rose water and mezcal, adzuki bean and brown butter—her philosophy of dessert (“it marks family traditions and spreads delight in a way that no other kind of dish can—it’s not optional”). And literally hundreds of invaluable tips that could come only from an obsessive, self-taught pastry chef. It’s a new dessert bible, filled not just with recipes for everything from cookies to layer cakes to panna cotta but with the inspiration to make baking and sharing a real part of every reader’s life.

Natasha Pickowicz is a New York City–based chef and writer. She’s a three-time James Beard Award finalist, from her time running the pastry programs at Altro Paradiso, Flora Bar, and Flora Coffee. Her social justice work has led to ongoing collaborations with Lenox Hill Neighborhood House, God’s Love We Deliver, and Planned Parenthood of Greater New York, for which she produced a citywide bake sale, raising over $150,000 between 2017 and 2019. Pickowicz runs the acclaimed pastry pop-up Never Ending Taste and has appeared in the New York Times, the Wall Street Journal, Bon Appétit, Saveur, Food & Wine, New York, Cherry Bombe, and many other publications. Find her on Instagram at @natashapickowicz.
THE BRAIN HEALTH KITCHEN

Preventing Alzheimer’s Through Food

ANNIE FENN, MD

A breakthrough dietary program to boost brain health

The foods we choose to eat—or not—sit at the core of the Alzheimer’s epidemic. They are also the heart of the solution. Annie Fenn, a doctor turned chef, presents a whole new way to think about brain health: it begins in the kitchen. Scientific studies show it’s even simpler than that. There are 10 powerfully neuroprotective foods, and by making them the center of your diet, which is what The Brain Health Kitchen shows readers how to do, you will keep your brain younger, sharper, more vibrant, and much less prone to dementia.

None of these brain superfoods will come as a surprise—berries, leafy greens, whole grains, fatty fish, and beans and lentils have been touted for their health-giving properties since researchers put a name to the Mediterranean diet. The Brain Health Kitchen takes this many steps further to create a unique food-based first-and-best line of defense against the heartbeat of Alzheimer’s. There are 100 recipes to put brain-healthy choices into every meal, from Caramelized Apple and Quinoa Pancakes for breakfast to Mushroom and White Bean Socca for lunch to dinners like Miso-Glazed Cod with Rice and Gingery Green Beans and Marinated Steak with Warm Kale Salad and Sweet Potatoes. Followed, perhaps, by Roasted Strawberries with Vanilla Bean–Cashew Cream.

But it’s not just a diet—it’s a dietary pattern, which includes the healthiest ways to cook, making diverse choices, what foods you combine, and what you drink. Science bites throughout the book explain the research behind the facts.

Dr. Annie Fenn is the founder of the Brain Health Kitchen, the only cooking school of its kind focused exclusively on brain health and helping people prevent cognitive decline through food and lifestyle. After 20 years as a board-certified ob-gyn, she traded in her stethoscope for an apron to pursue her passion for the culinary arts. But it was her mother’s diagnosis with dementia that helped Fenn find her path and her new calling, one that enabled her to not only help her mother but also create significant and meaningful impact for others. Fenn lives in Jackson, Wyoming. Find her on Instagram at @brainhealthkitchen.
KINFOLK WILDERNESS

JOHN BURNS

Celebrate the beauty and possibility of the great outdoors

Extolling the pleasures of “slow travel”—leaving the crowds and must-sees behind and exchanging clock and calendar for the rhythms of nature—Kinfolk continues its themed travel trilogy with volume two, this one devoted to journeys into the wild.

Three words evoke the promise of Kinfolk Wilderness: Adventure, Activities, and Awe. “Adventure,” as in exploring Ilulissat on Greenland’s west coast and witnessing the huge icebergs calving in Disko Bay, or sailing beneath the towering pali, or sea cliffs, in Nā Pali on the island of Kauai, Hawaii. “Activities,” like truffle-hunting in Tuscany or rock climbing in Fontainebleau, France. And “Awe,” the best word—perhaps the only word that captures the feeling of visiting the rain forests in Ibadan, Nigeria, or seeing Buddhist prayer flags flapping in the rarefied mountain air of the Bhumthang Valley in Bhutan. Filled with captivating stories, thoughtful essays, practical guidance, and stunning photography, Kinfolk Wilderness reminds us of what lies off the beaten track and the rewards of seeking it out.

And it continues the Kinfolk program’s extraordinary promise. With over 600,000 copies in print, larger initial orders each year, and this new focus on travel—which so many readers are craving—Kinfolk is the singular source where the beautiful, the authentic, and the inspiring meet.

John Burns is the author of Kinfolk Islands, Kinfolk Travel, and The Kinfolk Garden. He is also editor in chief of Kinfolk, the quarterly magazine based in Copenhagen, Denmark, that delves into personal values and quality of life, and inspires its readers to approach life with intention, energy, and a sense of community. Other books by the brand include The Kinfolk Table, The Kinfolk Home, and The Kinfolk Entrepreneur.

MARKETING & PUBLICITY

• National feature coverage in lifestyle, travel, and design outlets
• Social media campaign in partnership with Kinfolk (1.7 million Instagram followers)
• Targeted outreach to travel influencers and brands
• Instagram advertising

MARCH 2023

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TRAVEL
CUCINA POVERA
The Italian Way of Transforming Humble Ingredients into Unforgettable Meals

GIULIA SCARPALEGGIA

Celebrate the soul of Italian home cooking

The Italians call it l’arte dell’arrangiarsi—the art of making do with what you’ve got. They’ve been cooking this way for centuries, a unique approach to ingredients and techniques known as cucina povera, or peasant cooking, that results in the highest expression of what Italian food is all about—transforming simple components into unforgottably delicious and satisfying meals.

It’s also a way of cooking that, with some notable exceptions like minestrone, ribollita, and pasta e fagioli, is barely known outside of Italy. Author Giulia Scarpaleggia is all set to change that. She’s a Tuscan home cook, food writer, and cooking teacher who is writing both to elevate the cucina povera of her native country and to honor the ingenuity and resourcefulness of the strong Italian women who came before her. In 100 recipes, beautifully photographed, Cucina Povera shows how to take the humblest of ingredients—beans and lentils; lesser-known cuts of meat; vegetables from the garden; rice and pasta; and leftovers—and make magic: Roasted Squash Risotto, Florentine Beef Stew, Chicken Cacciatore, Nettle and Ricotta Gnudi, Summer Borlotti Bean and Corn Soup, Sicilian Watermelon Pudding. Soul satisfying, super healthy, budget friendly, no waste, easy to make, and as authentic as a piping-hot rice ball from a street vendor in Rome, the cooking of Cucina Povera is exactly how so many of us want to eat today.

Giulia Scarpaleggia is a Tuscan-born and -bred home cook. She is a food writer, podcaster, and cooking school instructor who has written five cookbooks in Italian. Her blog, Juls’ Kitchen, was named by Saveur as 2019’s best food culture blog. Scarpaleggia lives in Tuscany with her parents; grandparents; husband, photographer Tommaso Galli; and daughter, Livia. Her favorite comfort food is pappa al pomodoro (Tuscan tomato soup)—the ultimate in cucina povera. Find her on Instagram at @julskitchen.
THE BREATHWORK COMPANION
Unlock the Healing Power of Breathing

MARGARET TOWNSEND

A practical, accessible guide to our body's greatest wellness resource

Imagine having a powerful wellness tool at your fingertips. A tool to keep you calm, increase energy, clarify your thinking, release muscle tightness—even give you a youthful glow. A tool that enhances and improves physical, emotional, mental, and spiritual health and well-being, always at the ready whenever you need it. It's not some miracle app. It's your breath. And all you need to do is learn how to harness its power—it's innate wisdom—which is exactly what Margaret Townsend teaches readers in The Breathwork Companion.

A professional breathwork facilitator for almost thirty years, Townsend delivers a complete program of exercises, inspiring true stories, prompts, and more to give readers the skills they need to build and maintain a healing breath practice. We learn the best ways to wake the body up in the morning and tune it down at night. How to strengthen the mind-body connection to boost the immune system and decrease inflammation. How to help with specific emotions including anger, fear, anxiety, worry, sadness, grief, fatigue, and stress. How to increase self-compassion and find a calmer, more balanced, steady state. Even how to breathe better while wearing a face mask.

The breath is one of our greatest natural resources. Given that we inhale and exhale roughly 20,000 times a day, we have countless opportunities to make the most of it. Here's how to start.

Marketing & Publicity

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- Podcast and radio interviews
- Instagram and TikTok influencer campaign
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MINDFULNESS & MEDITATION

Margaret Townsend has been a certified and practicing breathwork facilitator since 1993, teaching individual and group breathwork sessions. She is also a certified Hakomi mindful somatic psychotherapy practitioner, and is trained in mindful self-compassion, qigong, and nonviolent communication, with a background in dance, yoga, and fitness. Townsend is an affiliate member of the Global Professional Breathwork Alliance. She lives in Portland, Oregon.

© KIM CAMPBELL
RAISING BABY BY THE STARS
A New Parent’s Guide to Astrology

MARESSA BROWN

A new parenting manual, filled with insight, practical tips, and fun!

There comes that moment in the life of new parents when they have just one wish—that their baby came with instructions. The fact is, they do. It’s called a birth chart. Based on a newborn’s date and time of birth, it’s a map that shows the position of the sun, major planets, moon, and other astral bodies and how, working together, they influence and shape a person’s life. In other words, as Raising Baby by the Stars so clearly shows, astrology reveals your baby’s personality, character traits, likes and dislikes, triggers for pleasure and triggers for fussiness, even best-suited books, toys, and activities.

Divided into three parts—The Twelve Signs; A Guide to Your Little One’s Mind, Spirit, and Well-Being; and Parent and Child Relationships: Bonding with Your Growing Star—Raising Baby by the Stars is a new kind of parenting manual. It’s not about “Baby” with a generic capital B, but about your own unique child. Readers will discover that their curious and precociously communicative baby Gemini loves to socialize 24/7, but nothing is better for their buzzing brain than a restful reading ritual. On the other hand, a pragmatic, tradition-loving Capricorn with their old-before-their-time personality will need extra help connecting with peers. There are specifics on how to parent based on your own astrological identity (an Aries parent and an Aries child will connect through outdoor activities but may clash as a result of their being equally hotheaded). Best ways to design a nursery (art supplies are a must-have for Libras). How to boost your little one’s physical and mental well-being (a back rub before bed will be especially soothing for a tense Leo). And so much more, all tapping into the timeless—and these days trendy—wisdom of the zodiac.

Maressa Brown is a journalist and self-taught astrologer who has written parenting, astrology, and general lifestyle content for nearly two decades. She is a regular contributor to Parents magazine online, as well as to What to Expect digital, InStyle magazine online, Shape magazine online, Horoscope.com, and Astrology.com. She lives in Los Angeles. Find her on Instagram at @maressasylvie.
TIME TO GO PACIFIC COASTING!

Introducing two new puzzles from artist Danielle Kroll, author of Pacific Coasting.

BEACH LIFE

In Beach Life, celebrate Southern California and the magical artery that winds through it, the Pacific Coast Highway. Take in the beaches, the breezes, the surfers—and the glorious profusion of flowers and palm trees lining the road. Come along and piece together a perfect day in the sun! You can almost hear the waves and smell the warm salt air in Danielle Kroll’s bold cheerful painting.

Box size: 7¾" x 10¾" x 2¼" • Puzzle size: 18¾" x 26½"

SUNSET HIKE

What a view in Sunset Hike! As the Pacific Coast Highway winds northward, the landscape becomes dense with lush forests and stunning vistas. And you can’t help but park and climb a trail to see the ocean spreading out before you. It’s a majestic sight, especially with the sun hovering over the horizon and painting the clouds with the enchanting colors of a Pacific sunset.

Box size: 7¾" x 10¾" x 2¼" • Puzzle size: 18¾" x 26½"

Also by Danielle Kroll

PACIFIC COASTING
ISBN 978-1-57965-871-7 • $19.95

Danielle Kroll is the author of Pacific Coasting, and an artist and designer known for her paintings and whimsical mixed-medium work inspired by travel, nature, and her ever-growing collection of vintage memorabilia. Find her on Instagram at @daniellekroll.
Recently Released

Noma 2.0
Vegetable, Forest, Ocean

RENÉ REDZEPI WITH METTE SØBERG AND JUNICHI TAKAHASHI

In 2018, René Redzepi closed the original Noma in Copenhagen and moved it to a new home across the water. And in the process, he and his team reinvented everything about the world’s most influential restaurant. Telling this story through the lens of 200 extraordinary dishes, *Noma 2.0* offers something we can all learn from, cooks or not: how to stay creative and challenge yourself over the course of a career.

300 color photographs • 352 pages • 9 1/2” x 13” • Paper-over-board • $75.00 • ISBN 978-1-64829-172-2

Ghetto Gastro Presents
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JON GRAY, PIERRE SERRAO, AND LESTER WALKER
FOREWORD BY DR. JESSICA B. HARRIS

Part cookbook, part manifesto, and created with big Bronx energy, *Black Power Kitchen* combines 75 mostly plant-based recipes with immersive storytelling and striking images and photographs that celebrate Black food and culture, and inspire larger conversations about race, history, food inequality, and how eating well can be a pathway to personal freedom and self-empowerment.

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AARON AYSCOUGH

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ANDREA GENTL

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JOHN BURNS

From the bestselling Kinfolk program, *Kinfolk Islands* is the first in a new series of themed travel books that celebrate the art of “slow travel.” Covering 18 unexpected island destinations and filled with practical information, vibrant photography, and thoughtful reflections, this beautiful book is both a getaway and a guide.

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NAOMI DUGUID

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MELISSA LOWRIE AND THE PLANT TEAM AT TERRAIN

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CHRIS MITCHELL AND PILAR GUZMÁN
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