



RIGHTS LIST AUTUMN 2022

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## About us

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

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Natur & Kultur Media AB  
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SE-102 54 Stockholm  
Sweden

# CRAFT & HOBBIES

# PAPER CRAFT



## Contents

- Foreword
- Introduction
- Material and tools
- Technique
- When darkness comes
- Advent
- Christmas
- New Year's party
- When the light returns
- Finishing
- Thanks

## Stars & Crystal

Paper craft for the dark season  
Jennie Lantz & Cecilia Möller Kirchsteiger

**H**ave you seen the beautifully folded Christmas stars that evocatively light up windows during Advent? Do you wish you could do similar things at home? With the help of this book, you can fold these popular stars and other things out of paper yourself. A meditative activity that does not cost much at all and where the biggest investment is your time.

In *Stars & Crystal* you get templates and instructions for stars, all photographed in beautiful environments for maximum inspiration.

There are also a lot of other paper craft projects for the time from the beginning of autumn to Advent and Christmas until when the light comes back in spring. Flowers, wreaths, spruces and garlands - everything can be folded into beautiful decorations with just paper and glue.

## About the authors

**Cecilia Möller Kirchsteiger** is a photographer with a focus on interior design and lifestyle. She lives outside Mantorp and is currently building her dream house on Östgötaslätten. Cecilia and Jennie met when Cecilia photographed an interior design reportage at Jennie's home for a magazine. After the meeting, they made several interior design reportages together that were sold to newspapers around the world.



**Jennie Lantz** runs a large interior design and craft account on Instagram under the name *White Shades*. She lives in Härnösand and works as an interior designer. For the past two years, Jennie has been creating her own templates for paper stars and sharing them with her followers on Instagram.

Vinterstjärnor & iskristall  
175x245, 192pp  
Norstedts, 2022

# CHRISTMAS DECORATIONS

## The Florist's Christmas

Lars Jon

**F**lorist Lars Jon guides us to make Christmas decorations with materials found in nature.

At Christmas we bring in nature and decorate our homes. We decorate our living rooms and window sills, our doors and tables. We even bring in a whole tree and decorate it. There is no other season in which we capture nature and decorate our entire world with it.

That's why Christmas is the florist's busiest and funniest time. In *The Florist's Christmas*, Lars Jon opens up the florist's toolbox and gives ideas for decorations that everyone can make.

It may look difficult, but with the right methods, it is easy and fun tying wreaths, make inventive Christmas decorations, and decorate both Christmas cards and Christmas trees in completely new ways.

*The Florist's Christmas* is a book full of ideas that you can use year after year.

## About the author

Florist **Lars Jon** is behind the award-winning Florist Lars Jon Flower Studio in the middle of Copenhagen. Every year, he creates the flowers for a large number of weddings and events. His Christmas opening every year is something of a happening. He has previously published the books *Buket*, *krans* and *Nordisk Jul* and participated in the Christmas TV shows *Nordisk Jul* and *Bord dæk dig* on DK4 and on *Go' Morgen Danmark*.



Floristens jul  
210x280, 224 pp  
Turbine forlaget, 2021



## Contents

- Foreword
- Outdoors
- Wreaths
- Decorations with light
- Trees
- Decorations
- Bouquets
- Table decoration
- Christmas tree decorations
- List of words
- Thanks

# THE ART OF BRAIDING



## Contents

Foreword  
About braiding  
Techniques  
Material  
Projects

## Braid

Techniques, material, projects  
Emma Dahlqvist

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

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

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

## About the author



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

Fläta  
180x240, 160pp  
Natur & Kultur, 2022

# HIMMELI

## Straw Art

Himmeli – geometric straw art  
Eija Koski

Creating roof crowns from rye straw, so-called heavens, is an old Finnish craft. The straw crowns with their straight lines, geometric shapes and their crisp, airy feeling have something natural and timeless about them. With the addition of new materials and colours they become modern sculptures.

In *Straw Art* you get a basic introduction to building heavens with technical tips and 24 different models. For each project, there is a drawing that shows you how to build it, step-by-step.

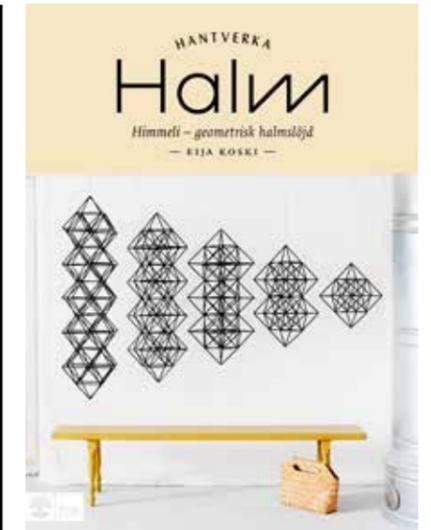
The heavens in the book convey the feeling of being close to nature, and you get additional suggestions for alternative materials.

## About the author

**Eija Koski** is the world's only artist with the title Himmeli artist. She has exhibitions, gives lectures and holds courses in the art of creating heavens, both in the Nordic area and in the rest of the world. *Straw Art* was first published in 2016 with the title *Himmeli*.



Halm  
170x230, 128p  
Natur & Kultur, 2022



## Contents

Foreword  
Himmeli – history and folklore  
Rye straw – the farmer's gold  
Geometrical beauty  
The technique of building a himmeli  
Projects  
Thanks

# SOAP



## Contents

- Foreword
- Theory
- Soap lingo
- A dirty story
- The process
- What you need
- The price for a good soap
- Lye & safety
- Oils & butter
- Water
- Additives
- Colouring
- Practice
- Creating a recipe
- Step-by-step
- Recipes
- Trouble shooting & actions
- The law
- Literature, homepages, apps
- Index

## Making Soap

Natural oils, scents & colours  
Agnes Stuber

It is perfectly possible to make soap at home - from the simplest everyday soap to a fragrant masterpiece. Additionally, craft soaps are better for the skin than the synthetic soaps available in the store. Making soap is an equal part chemistry and art, where you handle lye, pH values and chemical processes while your creativity blossoms in terms of colour, shape, and scent.

*Making Soap* describes what cold-stirred craft soap is, why it works, what you need and how to make it. You will learn how to make soap from ingredients you already have at home, as well as more advanced recipes with suggestions for additives. Read about fatty acids, essential oils, natural dyes and other materials that give the soap its characteristics.

Recipes are available for scrubbing poppy soap, fragrant facial soap with activated carbon, dish soap on coconut oil and mild soap with red clay. You will also receive guidance on how to develop your own recipes. Grease, tracking, gel phase and soap ash are some of the variations you will learn about.

Welcome to the world of soap!

## About the author

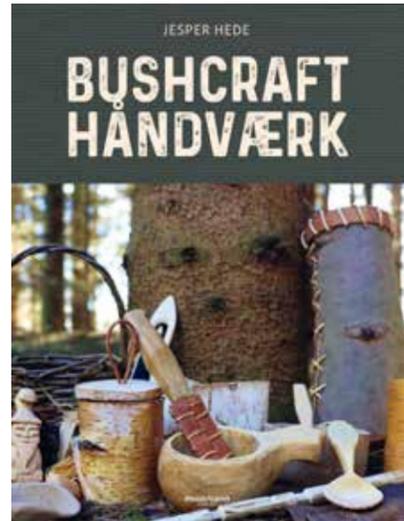


**Agnes Stuber** has previously published *Houseplants for everyone* and she is the founder of the Plant Community Plant Beris. With a clear DIY attitude, she has entered the world of soap. She develops her own recipes and she is constantly testing new ingredients. Agnes Stuber is also a photographer.

# MAKING



# BUSHCRAFT



## Contents

Foreword  
The history of bushcraft  
Sustainability and bushcraft  
Tools  
Safe use and maintenance of tools  
First aid in the wilderness  
Access and rules in nature  
Usage of trees  
Knobs  
Projects  
Bushcraft dictionary  
About the author  
Thanks

## Bushcraft

Jesper Hede

Many have forgotten how to use the resources of nature to produce the things we need in our daily lives. This book introduces the reader to this forgotten skill.

*Bushcraft* provides a thorough guide to more than 50 different projects that you can conduct on your next trip into the wilderness.

The book targets both beginners and more experienced bushcrafters who would like to expand their creativity in the wilderness. In addition, it presents stories about the different projects, which also makes it suitable as a textbook. It is written in an easy-to-understand language with step-by-step guides to all the projects.

Many of our old traditional crafts risk extinction in our modern everyday life. *Bushcraft* is the first book of its kind. It is written with the aim of preserving the old crafts and awakens the joy of creating useful things from nature's resources in a sustainable way.

## About the author



Through his entire life, **Jesper Hede** has been interested in the primitive outdoor life and traditional crafts. Since 2013, he teaches people about bushcraft and crafts through his own company, Bushcraft Denmark. Jesper Hede is the author of the book *Bushcraft in the Nordics*, which is approaching its 4th edition, and is a consultant for various TV and radio programs, such as DR's *Alone in the Wilderness*.

Bushcraft Håndværk  
200x260, 200pp  
Muusmann forlag, 2022

# HOMEMADE SAUNA

## Build a Sauna

Step by step and inspiration for a free-standing, wood-fired sauna

Lisa Gerholm

Do you also dream of building your own sauna, but do not really know where to start?

*Build a Sauna* is a practical guide that takes you through the whole process, from the first hammer blow to the first scoop of water on the stones.

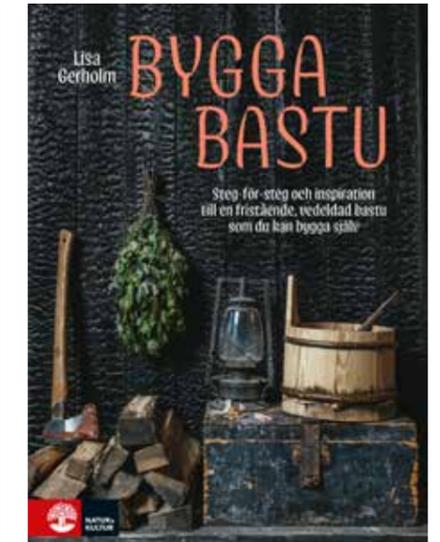
The chapters contain pedagogical step-by-step instructions, including all the aspects of construction, carpentry advice, methods for building maintenance, and clear drawings. You will learn how the most important tools work and how to cast plinths, build a frame, surface panel inspired by Japanese yakisugi, insulate, build a door, lay a roof, boil your own paint, carve door handles and renovate windows.

In the inspiration chapter, you get to know other beautiful, exciting, home-made saunas - such as a cone-shaped sauna trolley in Södermanland's forests and a floating sauna in Stockholm.

If you already have a sauna, you can still make small modifications to the drawings, and use them as a basis for garden storage, an outdoor toilet or a shed.

## About the author

**Lisa Gerholm** is a carpenter and sauna bather. The door to traditional crafts was opened during her long journey to China with the East Indiaman Gothenburg. Her interest in wood and history led to a boat building course in Norway. Today she is a carpenter at Skansen in Stockholm. She has given courses in subjects like carpentry, window renovation and sauna construction. *Build a Sauna* is her first book.



## Contents

Foreword  
To build a sauna  
The components of a sauna  
Tools  
Carpentry school  
Building a sauna  
Tutorials  
Inspiration  
Material  
Sources and reading tips

Bygga bastu  
180x240, 160pp  
Natur & Kultur, 2022



## Contents

Gallery  
 Introduction  
 My sister Mun - cardigan  
 Soulmates III - sweater  
 Pride & prejudice - embroidered sweater  
 The annals embroidered - sweater  
 Midwest nights - embroidered jacket  
 In the time of cherry blossoms - nap blanket  
 Metropoli - circular knit  
 Christmas morning - knitted top  
 The mystery - embroidery mitts  
 A first look - scarf  
 Kaiho - sweater  
 Stone waters - sweater  
 I promise to be - embroidered jacket  
 Mentioning - short-sleeved knitted sweater  
 Master drawing - neck scarf  
 Adventure - beret  
 Blue wing - rectangular scarf  
 I'll stay with you - circular knit  
 Seedlings - embroidered dress  
 Abbreviations

## Knitwear by Niina Laitinen

Niina Laitinen, Novita Oy

The famous sock queen Niina Laitinen's knitting patterns are favourites for knitters in both Finland and internationally. Novita designers Linda Permanto and Minna Metsänen have launched Niina's sock designs on the basis of a collection of knitwear and accessories.

The book contains over 20 knitting instructions for sweaters, jackets and blankets. The level of challenge vary in the instructions, so both beginners and advanced knitters will be inspired.

Different kinds of yarns, from wool to mohair blends, are used in the book.

## About the author



**Niina Laitinen** is one of Finland's most popular knitwear designers. All her five sock books have been sales successes in Finland and abroad.

Siskoni mun ja muita neuleita  
 210x255, 192 pp  
 Moreeni, 2022

Rights sold: DE, DK

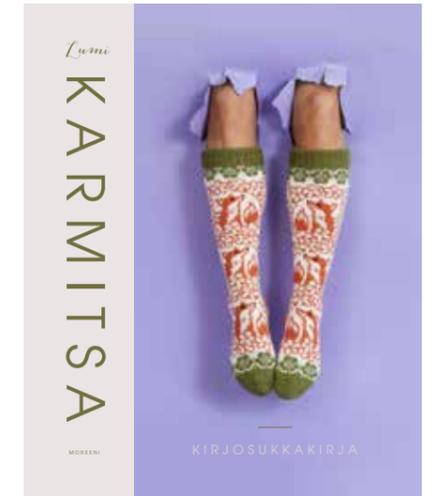
## The Book of Socks

Lumi Karmitsa

Lumi Karmitsa's new book features instructions for 20 different embroidered socks, but all socks come from the same pattern! If you can do one of the socks in this book, you can do them all.

Lumi Karmitsa is known for her clear and precise instructions. Her embroidery patterns are easy, as they are knitted with only two colours without long runs of yarn.

Each embroidered pattern can also be used for other knitwear, for example a beanie or a sweater.



## Contents

Socks  
 Patterns  
 Guide  
 Diagrams

## About the author

**Lumi Karmitsa** is one of Finland's top knitting designers. Her books have been translated into English, German and Russian.



Kirjosukkakirja  
 210x255, 160 pp  
 Moreeni, 2022



## Contents

For the reader  
 Abbreviations and techniques  
 Flora  
 Floti  
 Permafrost  
 Rootstock  
 Yellow hill  
 Favourite  
 Little bud  
 Cloudberry  
 Kalle  
 Lapland anemones  
 Hallanvaara  
 Fox forest  
 Terra  
 Shepherd's son  
 Bladding white  
 Moss trail  
 Shade  
 Heartland

## Icelandic Knits

Pirjo Iivonen, Tiina Kaarela, Annika Konttaniemi, Niina Laitinen, Anna-Karoliina Tetri, Merja Ojanperä, Soile Pyhänniska, Minttu Wikberg

In *Icelandic Knits*, eight top Finnish knitwear designers have made their own interpretations of the famous *lopapeysa* sweater. Some patterns are traditional, while others play with fresh ideas like adding a hood or creating a cardigan from wool rests. Two patterns include instructions for hand-dyeing the yarn.

*Icelandic Knits* contains 18 sweater designs for adults and children. The instructions are presented with clear diagrams and beautiful photographs taken in the landscapes of Lapland.

## About the authors

Eight of Finland's top knitwear designers.

Minun islantilaisneuleeni  
 210x255 mm, 160 pp  
 Moreeni, 2022

Rights sold: WE, DE, NL, DK

## Traditional Mittens and Gloves

Anna-Karoliina Tetri

*Traditional Mittens and Gloves* contains 25 instructions for mittens and rib knits, including traditional crocheted mittens and patterned mittens. In addition, the history and cultural meanings of handmade mittens are told, as well as the typical features of mitten models from different regions of Finland.

The prototypes of the gloves have been found in historical documents, on the basis of which Anna-Karoliina Tetri has prepared instructions that match the original pattern as closely as possible. The embroidery patterns and pattern surfaces are presented in clear diagrams.

## About the author

**Anna-Karoliina Tetri** is familiar with the traditional handicraft skills having written several books on, for example, natural dyeing, felting and knitting. This is her sixth title at Moreeni.



## Contents

Foreword  
 History of Finnish gloves and mittens  
 Knitting  
 Crocheting  
 Patterns and instructions  
     Traditionally coloured knitted mittens (20 patterns)  
     Single-coloured traditional gloves and mittens (5 patterns)  
     Crocheted gloves and mittens (3 patterns)  
 Taking care of the gloves and mittens  
 Traditional textured knitting  
 Colloquial sayings  
 Sources  
 Thanks

Perinteiset lapaset  
 210x263, 192 pp  
 Moreeni, 2022



## Contents

Initial words  
 Tuulenpäs sweater  
 Long jacket  
 Maple leaf top  
 Sweater - combination of two yarns + crocheted scarf  
 Alpaca tunic  
 Chestnut dress  
 Short wool jacket  
 Braid poncho with sleeves  
 Band  
 Green-hued crocheted tunic  
 Knitted shirt  
 Beanies  
 Yellow braid scarf  
 Bag - yarn combinations  
 Brown dress  
 Fake braid collar  
 Pocket poncho shirt  
 Flat braided shirt - reversible shirt  
 Wool pants  
 Ribbed knitted sweater  
 For love

## OMA KOPPA - Combinations with hook and needle

Virpi Marjaana Siira

Popular crafts writer and clothing designer Virpi Marjaana Siira is now persuading crocheters to pick up the needles and knitters to try a hook, as changing tools refreshes one's head.

Crochet columns and blocks, knit plain and braid, plait. Try matte and shiny, create your own yarn mixes.

Feel free to make unique combinations. Could your next craft project be a combination of a shirt and a jacket?

A versatile craft book inspired by the trees growing in an urban environment, full of timeless beautiful and simple models, clothes and accessories. All ideas have clear drawings, picture and text instructions, without craft jargon and abbreviations. This could be called the OMA KOPPA readers' wish book.

## About the author



Virpi Marjaana Siira is a Finnish hand crafter and anarchist known for her books OMA KOPPA and their visual crochet instructions.

## Don't Get Cold

Knitted and crocheted heaters  
 Heidi Kormano

Warm yourself with personal and easy accessories. The heater is a practical accessory. It is put on your hips over clothes, from where it can then be effortlessly removed. For a beginner or for a crocheter, it's a great project. Launched on social media by Heidi Kormano, this outfit is already familiar to thousands of followers in Finland.

In this book, Heidi has compiled her 16 best models and designs! In addition to hip heaters, there are also instructions for capes, collars and ponchos.

Warm yourself with personal and easy accessories.

The heater is a practical accessory. It is put on your hips over clothes, from where it can then be effortlessly removed. For a beginner or for a crocheter, it's a great project. Launched on social media by Heidi Kormano, this outfit is already familiar to thousands of followers in Finland.

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## Contents

Welcome to well-being!  
 Follow the instructions and get support  
 Basics of knitting  
 How to knit  
 Basics of crocheting  
 How to crochet  
 Cords and elastic bands  
 Finishing the work  
 Hip heaters  
 Where to buy needles and yarn  
 Thanks  
 Authors

## About the author

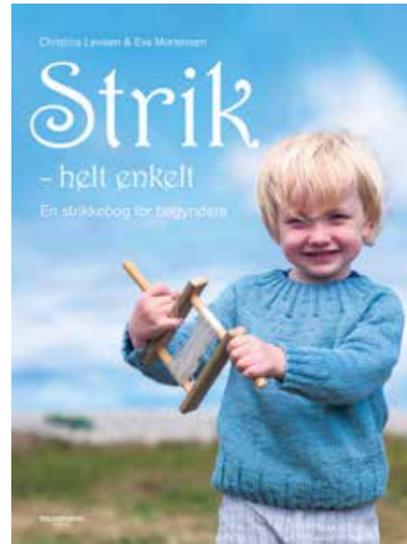
Heidi Kormano is a craft entrepreneur and journalist from Tampere, Finland, an artisan of environmental design and construction and the administrator of the recycling-minded Heidididit blog. She also holds workshops that encourage creativity and crafts at work. Handicrafts have been a joy for Heidi all her life.



OMA KOPPA. Kombinaatioita koukulla ja puikoilla  
 235x222, 180 pp  
 Moreeni, 2022



Älä palele! Pylyttimet ja muut neulotut ja virkatut lämmittimet  
 195x224, 176 pp  
 Minerva, 2022



## Contents

- Foreword
- Thanks
- About the book
- Good to know
- Projects
- Dish cloth
- Pot holders
- Scarf
- Hat
- Vest
- Sweater (child)
- Shawl
- Sweater (adult)
- Diploma
- What now?
- Yarns

## Simply Knitting

Knitting for beginners  
Christina Levisen & Eva Mortensen

**S**imply Knitting is the ultimate knitting book for beginners. The road to mastering the art of knitting may feel long and impassable, but here is a real beginner's book with a unique combination of learning, variation and development.

The book consists of instructions for ten different projects. You start with a dish-cloth and finish with a sweater. Each design and order of instructions are carefully thought out and ensures the perfect combination of repetition and challenge. In this way, the book forms a good ground for the learning of more advanced techniques and development.

Simply Knitting is written in an easily accessible language and does not require any experience in reading knitting patterns. Techniques are explained along the way and the beginner is in safe hands from the first stitch to the last page.

## About the authors

**Christina Levisen** and **Eva Mortensen** are both knitting enthusiasts. Christina has been knitting for almost 15 years and always has a project on the needles, several of which have been regularly published online. Eva will soon have her 3-year knitting anniversary and clearly remembers what it means to be a novice and decode knitting patterns. In the development phase of the book, the authors' different perspectives on the art of knitting have formed the optimal combination of experience, wonder, curiosity, go-ahead and desire to spread the art of knitting.

Strik helt enkelt  
200x260, 130pp  
Muusmann forlag, 2022

## Nostalgic Knits

Anne-Sophie Nørby Velling

**K**nit with warmth and nostalgia - an embracing collection of timeless patterns designed for the lasting wardrobe.

Nostalgic Knits contains a series of knits, which have their roots in the Nordic tradition, structure and tone. As is characteristic of Anne-Sophie's designs, each model is formed with a simple, tactile alignment and a language that seeks out contrast and volume.

All the models in the book have in common that they are created with care for details and simplicity.

The book contains a collection of 14 instructions in sizes XS-XXL, where each model is knitted in muted natural tones on large needles.

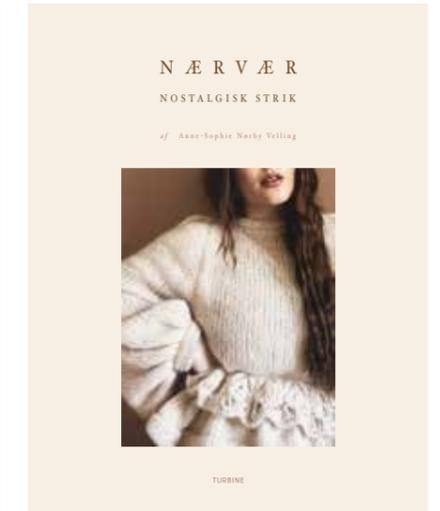
Anne-Sophie Nørby Velling has 73,000 followers on Instagram.

## About the author

In addition to her architectural studies, **Anne-Sophie Nørby Velling** started in 2015 what has today become the design studio Augustins, where she develops nostalgic knitting patterns. Needlework - and expressing oneself through a tactile medium - has always had a large presence in Anne-Sophie's life, who went to Skals Handicraft School as a child.



Nærvær - nostalgisk strik  
200x255, 225 pp  
Turbine forlaget, 2022



## Contents

- Concept  
An introduction to the collection's 14 models
- Yarn  
A description of the yarn used and its qualities
- Care  
Advice on how to preserve one's knitwear
- Overview  
A visual logbook of the 14 designs
- Gallery  
An evocative insight into the collection's character
- Instructions  
The book's 14 instructions
- Abbreviations  
An overview of the abbreviations and symbols used
- Diagrams  
An overall index of the diagrams.
- Listing  
A series of pages for writing down your own notes
- A warm thank you

# NORWEGIAN



## Contents

Foreword  
Faroese binding pattern  
Hans Marius Debes  
Knitting in the Faroe Islands  
Some advice along the way  
Projects for women and men

## Knitting from the Faroe Islands

Svanhild Strøm & Marjun Biskopstø

The Faroese tailor Hans M. Debes realized that the traditional patterns were about to be forgotten. To prevent this, he traveled around the islands and collected traditional knitting patterns, everything from fishing sweaters to undershirts. This resulted in the book *Føroysk bindamynstur* which was published in 1932. The book is still on sale today and has inspired several generations of knitters in the Faroe Islands.

Knitting designer Svanhild Strøm and her mother Marjun Biskopstø are two of those who have been inspired. The result has been this magnificent book, a modern knitting book, full of contemporary, beautiful knitwear based on the traditional Faroese patterns. *Knitting from the Faroe Islands* is a treasure chest for both knitters and people who are interested in traditions from the Faroe Islands.

## About the author



**Svanhild Strøm** has written a *Knitting from the Faroe Islands* together with her mother **Marjun Biskopstø** who comes from the Faroe Islands.

Færøysk strikkebok  
x, 224pp  
Forlaget Press, 2016  
Rights sold: WE, DK

# KNITTING

## Krote Cardigans

Kristin Holte

Chalk carving is an old decorative art used in decorating the timber walls in old living rooms. It was especially widespread in Western Norway. Knitting designer Kristin Holte has recently made cardigans based on this distinctive art of decoration. The result is an inspiring book for both knitting enthusiasts and for those interested in cultural history!

The book contains instructions for 21 models for both women and men. With this book, Kristin Holte aims to bring back this old, Norwegian handicraft tradition. She uses this rich decorative art on new and modern cardigans.

## About the author

**Kristin Holte** has a master's degree in traditional art and is a teacher in design and crafts. She has previously published the books *Knitted Treasures*, *Cardigans and Mittens* and *Mittens*.



Krotekofter  
x, 232pp  
Forlaget Press, 2017



## Contents

Foreword  
Introduction  
Themes  
The story of krote cardigans  
Knitting tips  
Vavollstua - 9 projects  
Borgstua - 3 projects  
Listua - 3 projects  
Bogastua - 3 projects  
Lundarhaugstua - 2 projects  
Viklånastua - 1 project  
Instructions  
Literature list

# URBAN KNITWEAR



## Contents

Foreword  
Abbreviations  
Technique  
A good way to start  
Lookbook  
Patterns  
Material  
Cooperations  
Thanks

## Color Pop!

Urban knitwear 8-16 years  
Trine Frank Påskesen

Young people are crazy about knitting, but there is a lack of relevant fashionable designs for tweens and teens. The author Trine Frank Påskesen has set out to change this situation with her book. *Color Pop!* contains 23 fantastic, colourful knitting patterns for young people aged 8-16 years. The style is raw, urban streetwear with a twist of retro. The models have a modern cut, fit and construction, with cool elements and details such as cords, zippers, embroidery as well as pockets and edges in fabric and rib jersey. Much work has been done with colour compositions and styling of the models so that they can be used by the whole age and gender spectrum. You will find all the classics; hoodies, sweatshirts, croptops, pants, blouses and dresses among the patterns, and also lots of accessories, hats, and bags.

The patterns are well written and well thought through, and they play with colours, details and exciting techniques. There are video tutorials for most of the book's techniques. The patterns vary in difficulty so there is something for beginners as well as for experienced knitters.

## About the author



**Trine Frank Påskesen** is the designer behind and owner of the company Knit By TrineP, which she started in 2016. She designs and sells knitting patterns, yarn and accessories.

Trine started knitting when she was on sick leave during her pregnancy and quickly started developing patterns herself. In 2017 she published the book *Nordic - Dansk Børnestræk*, which is now available in 5 different languages. In 2019 she published *Lilledu - Ministrik 0-4 år*, which is available in 3 different languages. Trine focuses on making designs with a good fit and exciting constructions for both children and adults, and she especially focuses on knitwear for children and young people.

Homepage: [www.knitbytrinep.com](http://www.knitbytrinep.com)

Instagram:

[https://www.instagram.com/knit\\_by\\_trinep/@knit\\_by\\_trinep](https://www.instagram.com/knit_by_trinep/@knit_by_trinep)

Color Pop!  
200x255, 158pp  
KnitByTrineP, 2022

# SWEDISH KNITTING

## Knit For Yourself

Stina Tiselius

*Knit for Yourself* is full of inspiration and simple design ideas for knitted sweaters, ponchos, hats, scarves, wrist warmers and other wonderful things you can pamper yourself with. There are garments that are suitable for work, for a party, when you are freezing or when you just want to relax.

This book includes patterns for both the beginner and the knitting professional, who appreciates simple knitting. With *Knit for Yourself*, you can knit without having to keep track of diagrams and complicated multicolor patterns.

The book's patterns are presented with beautiful pictures, clear instructions and information about yarn, size of knitting needles and more. A chapter on the basics of knitting is also included.

## About the author

**Stina Tiselius** has a burning interest in most forms of needlework and runs the blog [garnterapi.com](http://garnterapi.com). She is a graphic designer and has previously published *Knitted potholders*, *Simple Knitting for Children*, *Knitted Accessories*, *The Dog's Knitted Favourites* and *My Knitting Book*.



Sticka till dig själv  
200x250, 128pp  
Ordalaget, 2022

Rights sold: DK, NO



## Contents

Foreword  
Good to know before you start  
Hats  
Ponchos and shawls  
Sweaters and tops  
Knitting school  
Care and washing instructions

Sticka till dig själv  
200x250, 128pp  
Ordalaget, 2022

Rights sold: DK, NO



Sticka grytlappar  
200x240, 112pp  
Ordalaget, 2014

Rights sold: WE, DK, FI

## Knit Potholders

Projects & inspiration  
Stina Tiselius

**W**hat evokes more grandmotherly memories than nice homemade potholders? It is simple, fast, and perfect for those who would like to start knitting. You do not even have to buy yarn - leftover yarn is enough. Why not surprise with a self-knitted potholder for the dinner party next time, a gift that will be both appreciated and useful.

*Knitted Potholders* contains 30 patterns. All are for knitting but many have crocheted details. In the knitting and crochet school in the back, you learn about basic techniques, illustrated with educational photos. The potholders are photographed in different environments in a playful way.

Contents: Foreword | Good to know before you start | Classic squares | Animals, beasts and other forms | Smooth and patterned | Holidays | Good to know about knitting and crochet



Sticka enkelt till barn  
195x235, 120pp  
Ordalaget, 2015

Rights sold: DK, NO, FI

## Simple Knitting for Children

Stina Tiselius

**S**imple *Knitting for Children* inspires you to start knitting! For your own children, your grandchildren, your friends' children, your neighbor's children ...

The book contains easy projects and patterns for children's clothes: a cozy shawl to fold over the shoulders, a tube scarf to wrap nicely around the neck, an oversize sweater for games in the woods.

The book is aimed at beginners, but the patterns are of varying difficulty, so there is something for the more experienced knitter as well.

The patterns are adapted for children 0–5 years and are presented with beautiful pictures and clear instructions together with information about yarn, size of knitting needles and more.

Contents: Foreword | Good to know before you start | Cute for the baby | Hats | Sweaters, vests and ponchos | Fun, cute and practical | Knitting and crochet school | Tassels and lashes | Care and washing instructions

## Knitting accessories

Stina Tiselius

**I**n *Knitted Accessories* Stina Tiselius has put together the best patterns for scarves, hats, gloves and other warm clothing. The book contains 30 small projects that even the one with the least amount of patience dare to try. Here you'll find knitting patterns for women, men and children. All patterns are easy to understand and easy to make. This book is mainly for beginners.

All patterns are presented through beautiful pictures and clear instructions, with information about yarn, needle sizes, etc.

Contents: Before you begin | For freezing ears | For cold necks | Shivering shoulders | For freezing hands | For freezing feet | Knitting school | Care and washing advice



Sticka småvarmt  
205x255, 122pp  
Ordalaget, 2020

Rights sold: NO

## The Dog's Knitted Favourites

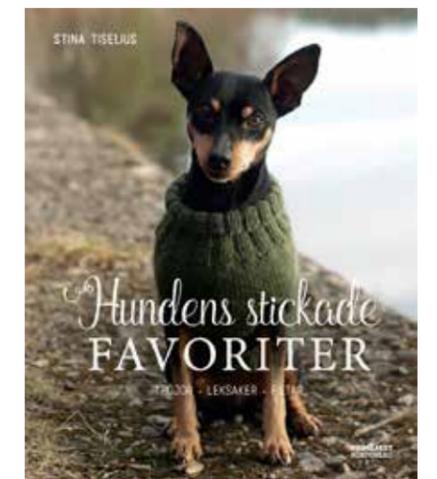
Sweaters, Toys, Blankets

Stina Tiselius

**F**inally, a knitting book full of patterns for our best friend – the dog! Featuring simple and distinctive patterns, even beginners can easily follow.

In *The Dog's Knitted Favourites* you will find cozy sweaters, practical reflective outfits, and good looking accessories. The book includes patterns in several sizes in order to suit a range of small and medium-sized dog breeds.

Contents: Before you start | Snarling knitwear | For chilly walks | For play | For relaxation | Knitting school | Care and washing tips



Hundens stickade favoriter  
200 x 240, 72 pp  
Ordalaget, 2021

Rights sold to: DE, DK, WE

# EASY CROCHET



## Simply Crochet

Sys Fredens

A simple cut and a Nordic expression are the recurring themes in *Simply Crochet*. In addition, the designs are easy to crochet. The book is therefore aimed at anyone who likes to crochet: crocheters who have already crocheted smaller things for the home such as cloths and napkins, experienced crocheters who seek new challenges in larger, pattern crocheted works and experienced knitters who want to take up crocheting as an alternative.

The instructions are sorted by degree of difficulty. Projects include blouses, sweaters, jackets, summer tops, vests and dresses (in sizes from S to XL). There is also a guide if you want to scale sizes up or down.

The yarn qualities used are wide ranging and made from natural materials such as wool, silk, mohair and alpaca. Some models are crocheted with a thin crochet hook, others with a thicker.

## About the author



**Sys Fredens** is the owner of yarn shops in Copenhagen and in Aarhus. She has also written many books on crocheted and knitted clothes and home accessories and is a dedicated teacher and lecturer on the subject.

## Contents

- Foreword
- About me
- About crochet hooks
- About yarn
- About assembling and washing
- About sizes
- Summer blouse
- Summer peak
- Blouse with stripes
- Vest with collar
- Roll collar sweater in mohair
- Jacket with round collar
- Jacket with shawl collar
- Bouclé sweater
- Relief blouse
- Dress
- Yarn used in the book
- Abbreviations and explanations

# TUNISIAN CROCHET

## Tunisian Crochet for All Seasons

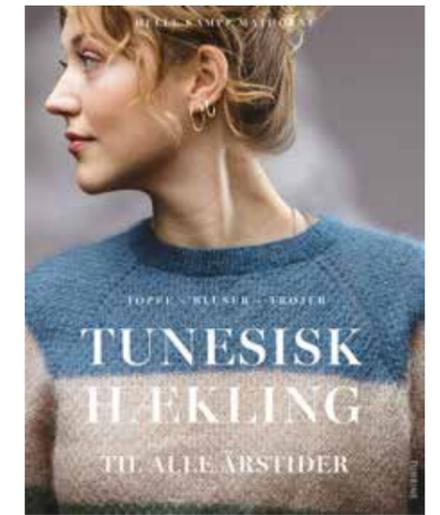
Tops, blouses, sweaters  
Helle Kampp Mathorne

Tunisian crochet ranges widely - from the compact and textured to the lighter and more airy expressions. This book offers a wide range of designs that represent the seasons in a beautiful harmony of colours, shapes and patterns. Many of the designs include a twist of knitted and crocheted edges.

The book contains 17 instructions with everything from elegant sweaters, blouses and summer tops to winter skirts and sweaters. The sweaters are in sizes 36 to 46. The difficulty levels vary, so everyone can join.

## About the author

**Helle Kampp Mathorne** has loved needlework all her life. She is a trained needlework teacher from Hellerup Handicraft Seminar and has taught both about yarn and sewing and held workshops on almost everything involving yarn. In addition, Helle Kampp Mathorne has designed patterns in knitting / crochet / Tunisian crochet for *Burda International*, *Region Nordic*, and also for the magazines *All about Needlework*, *Knitting* and *Creative Knitting* and runs the company *Kampp Design*, which sells patterns in knitting, crochet and Tunisian crochet.



## Contents

- Foreword
- Spring
- Summer
- Autumn
- Winter
- Abbreviations
- Technical instructions
- Finish
- Yarn
- Thanks

# AMIGURUMI



## Contents

- Foreword
- Crochet school
- Instructions
- Garlands with balls
- Moon
- Drop pillow
- Cuddly toys
- Pennant rows
- Curves
- Hair clips
- Cloud
- Pillows with animal face
- The octopus Bengt
- Carpet
- Afterword

## Crochet for the Children's Room

Vibeke Fantoft Magnesen

**C**rochet for the Children's Room is a collection of crochet patterns where an old and traditional technique is used in a new and modern way. The crocheted figures are called amigurumi, and the technique is originally an art form from Japan.

The book contains simple instructions for colourful and fun characters that children love. Make the children's room vibrant with pennants, baskets, stuffed animals and other lovely figures.

The book contains both a crochet school with step-by-step explanations and links to instructional videos that thoroughly show you everything you need to know.

If you are looking for a gift for the creative, or even feel that you want to learn to crochet - then you have found the right book.

## About the author



**Vibeke Fantoft Magnesen** was born and raised in Bergen. Here she still lives with her husband, son and dog. She works as a nurse at Haukeland University Hospital. She has previously published the book *Crochet for Children* (2015).

# RESTYLE & RESTITCH

## Go Recreate

Linnea Larsson

**35** simple projects from recycled garments. Linnea Larsson got the brilliant idea of recycling worn-out clothes and transforming them into baby clothes while on maternity leave. This book helps you tidy up your wardrobe and sew fantastic baby clothing for your baby or a friend's baby. A win-win situation!

Choosing second hand is really the right thing to do. You help to reduce the mountain of clothes and you can choose models that are unisex. Older textiles are soft, washed and free from poison. They also have a nice patina.

In *Go recreate!* you will find 35 projects for stylish baby clothes, from newborn up to two year olds, for example a pair of jeans, dresses, sweaters, mittens, shirts and socks.

In addition, there are instructions for accessories and objects for home decoration, such as bags, cushion cases, hangers and sheets. You will also learn about textile printing.

## About the author

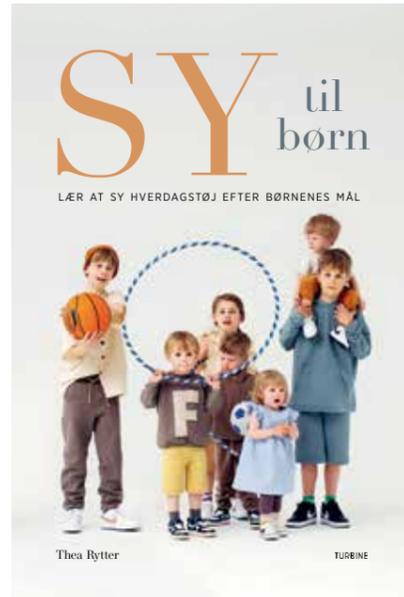
**Linnea Larsson** is an architect. She has designed offices and homes at Wingårdhs in Gothenburg since 2009.

Linnea Larsson also conducts her own business in which she designs villas and summer cottages. She likes to paint in watercolor too and has shown her work at exhibitions. Linnea Larsson has been awarded the Carl Larsson Scholarship in 2009 and the year after she won Åhléns's design competition.



## Contents

- Foreword
- Old becomes new
- For the sake of the environment
- To resize
- Before you begin
- Security
- Own prints
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- Projects
- From prints to transfer paper



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- To play and grow
- How to use the book
- Measure the child
- About the different goals
- Measurement chart
- Draw the child's body
- Draw the child's upper body
- Draw the child's lower body
- Make patterns from the body templates
- Fitting
- Seam space on patterns
- Basic patterns
- Basic patterns for trousers
- Basic patterns for tops
- Sewing
- Sewing and seams
- Sewing of upper part with attached sleeves
- Sewing of tops with raglan sleeves
- Sewing of trousers
- Skirt
- Details
- Edges
- Pockets
- Zipper
- Buttonholes
- Fabric
- Thread direction
- Stretch
- Projects
- Thanks

## Sewing for Kids

Thea Rytter

**C**lothes for the wardrobe, for pre school, for the gym class, dress-up clothes and more.

A child's life requires a variety of different clothes and sizes. Kids can jump a size over night and grow out of all their pants in a week. That's why it's amazing to be able to sew a proper stack of clothes for the kids. Clothes that are soft and playful, clothes that you can sew quickly, and not least: clothes that are made exactly to the child's measurements.

*Sewing for Kids* is the basic book for you who want to sew for children. You will find patterns and instructions for nice everyday clothes for active children, which you sew according to the children's very own measurements.

The book begins with a section on fabric types, stitches, tips and basic techniques, as well as how to measure the kids. All patterns are made with step-by-step pictures for the seams and with tips and tricks on how to "hack" the pattern.

In *Sewing for Kids* you will find tutorials for sewing leggings for everyday and sports use, making cool sweatsuits, hats, dresses, jackets and everything else you need in an active childhood: backpacks, pencil cases, hair bands and many other things.

## About the authors



**Thea Rytter** is the artist behind VaskavullaKnit, where she posts original knitting patterns that anyone can use. She spreads creative joy through her Instagram account and her innovative workshops. Thea works as an editor at the magazine *Mari's Ideas*. She has also published *Knitted Food* (2022), *Sew* (2021), *Knitted Halloween* (2021), *Knitted Easter Decorations* (2021), *Knitted Christmas Decorations* (2020).

Sy till børn  
210x277, 160 pp  
Turbine forlaget, 2022

Sy  
210x277, 160 pp  
Turbine forlaget, 2021

Rights sold: DE, FR

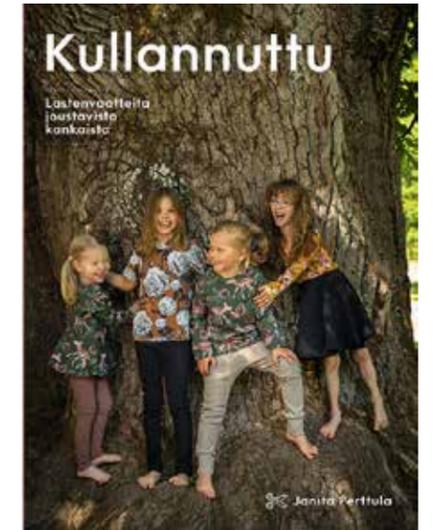


## Sewing for Kids in Elastic Fabric

Janita Perttula

**T**his inspiring book contains a lot of basic information about children's clothing and clear instructions for comfortable clothing with elastic fabrics. It presents both easy models suitable for beginners and more challenging projects for more experienced crafters.

The book shows you how to sew everything your child needs. Underwear and accessories. Modern, well designed patterns cover sizes from 44 to 146 cm.



## Contents

- Designs
- Foreword
- Part 1
- Basics of sewing children's clothes
- Part 2
- Patterns and instructions
- Word list
- Thanks

## About the author

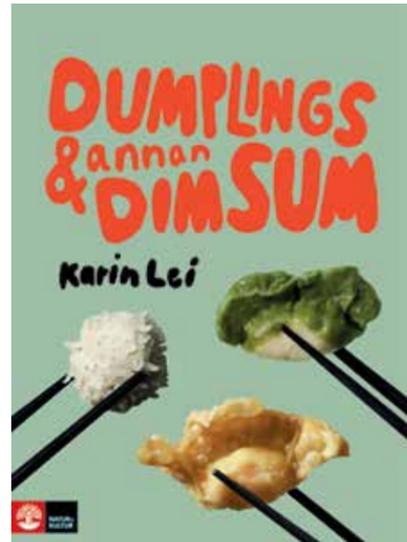
**Janita Perttula** is a 39-year-old craft teacher and craft entrepreneur from Espoo. With the birth of her own child she started designing and sewing children's clothes. Since then she has taught sewing children's clothing at the Workers' College.



Kullannuttu  
210x255, 144 pp  
Moreeni, 2022

# FOOD & DRINK





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- Foreword
- Dim sum - close to the heart
- Wisdom & etiquette
- Pantry
- Tools & technique
- Prep & freeze
- Steamed & boiled dim sum
- Fried dim sum
- Larger dishes
- Sweet dim sum
- Drink & brew tea
- Tea types
- Index
- Thanks

## Dumplings & Other Dim Sum

Karin Lei

**D**im sum means "touching the heart" in Chinese and among the dishes in this book there is something for everyone – from various stuffed dumplings, fluffy steamed buns and fried spring rolls to egg tarts and silky rice rolls.

Dim sum is loved all over the world. Cantonese cuisine stands for the most famous varieties, but over the years, other regional cuisines and street food favourites have been included in the menus. Today there are over a thousand different dishes that can be counted as dim sum.

The book contains 50 recipes for classics and new dishes such as gow (shrimp dumpling), shumai (steamed pork dumpling) and char siu bao (bao with pork filling). You can also read about the dim sum culture, ingredients and tips for cooking dim sum at home.

Traditionally, dim sum is served so that you can share and taste many different dishes during the same meal, but most of them also work to eat separately with rice, noodles or vegetables. In addition, they can often be prepared in advance and frozen.

## About the authors



**Karin Lei** spent much of her childhood at her Taiwanese parents' restaurants in Sweden. Her interest in food has always been big, and on social media she shares Chinese and Taiwanese home cooking tips, among other things. This is Karin's first cookbook where she has collected many of her dim sum favourites.

Dumplings & annan dim sum  
180x235, 160pp  
Natur & Kultur, 2022

Rights sold: DK, NL

## Korean Stews

Gustav Kyhlberg

**T**his is comfort food at its best!

The Korean cuisine is filled with lots of chili, garlic and heat! Almost all meals have hints of stew or soup. Some are perfect for lunch or dinner, either as a main course with rice or as a larger side dish. An important part of a Korean dinner is to share and eat together, and many of the dishes are perfect for many people where a large pot is cooked on a gas burner in the middle of the table.

Gustav Kyhlberg is a Swedish chef who for a few years spent his days eating at local restaurants in Seoul and then in the evenings trying cooking the dishes at home in his own kitchen. He bought cookbooks, searched for information online and asked food-loving Koreans to recreate the unique flavours.

In this book, he presents a new world of guk, tang and jjigae, a total of 40 recipes for kimchichige (stew with kimchi, pork loin and tofu), gamjatang (aromatic potato and pork stew), maeun tang (fish soup with the taste of ginger) and dakgaejang (strong chicken soup with bean sprouts). Many recipes can be prepared quickly and nowadays most ingredients are available in regular grocery stores.

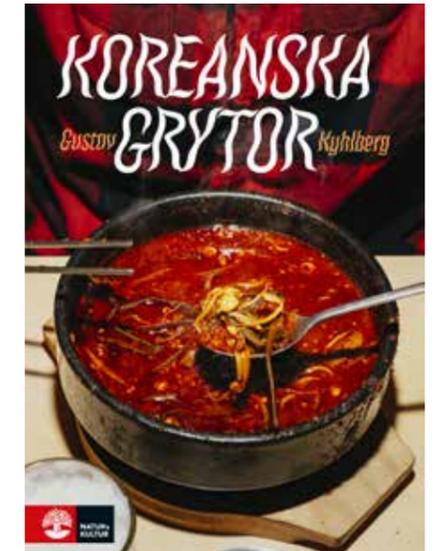
Since no Korean meal is complete without kimchi, the book ends with kimchi recipes and other side dishes. You also get an overview of important ingredients, tools and equipment that can be fun to have when you cook Korean stew at home.

## About the author

**Gustav Kyhlberg** is a chef and owner of Madam, a Korean restaurant at Södermalm in Stockholm. In 2012, he moved to Seoul with his family and immediately became fascinated by the Korean cuisine. When he returned to Sweden, he missed the genuine Korean food so much that he opened his own Korean restaurant.



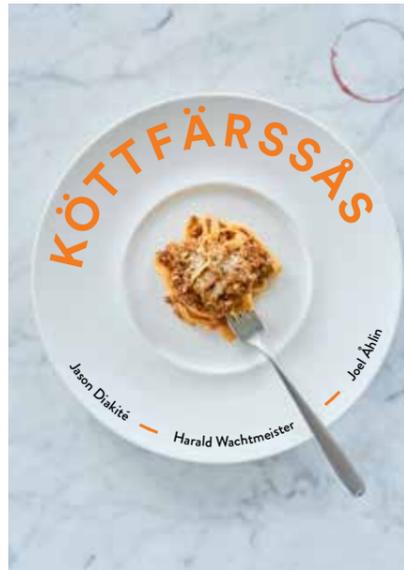
Koreanska grytor  
180x240, 160pp  
Natur & Kultur, 2022



## Contents

- Why I love Korean stews
- Ingredients
- Tools
- How to eat Korean stews
- What to drink
- Round up the meal with Bokkeum bap
- Jjigae
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# THE ITALIAN



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- Harald
- Joel
- Ragù alla Bolognese - an Italian story
- Köttfärssås - a Swedish story
- Salvatore & Salvatore
- The ingredients
- Method
- Boosters
- Köttfärssås, ragù & bolognese
- Sides
- Drinks
- Spin-offs
- Desserts
- The journey to the heart of the ragù
- Thanks

## Ragù

From classic Bollo to veg alternatives  
Jason Diakité, Harald Wachtmeister, Joel Åhlin

This is the story about a dish we all love! *Ragù* presents a wide range of recipes, from delicious and unpretentious “Spaghetti Bolognese” to more advanced with game and vegetarian variations. The book also takes you on a fantastic journey to the soul of Italian food and people.

“The dish Ragù alla Bolognese is a world citizen that we all know. Therefore, we would like to offer our readers a more intimate relationship with this dish, a way to cook it again, even more delicious, with a deeper taste. From game versions to marrow tops and sides – this is everything you need to know.”

Spin the fork, and here we go!

More than 10,000 copies sold in Sweden!

## About the authors



Star chef **Joel Åhlin**, artist **Jason Diakité** and entrepreneur **Harald Wachtmeister** have written, cooked, eaten and drunk together in search of the perfect Ragù alla Bolognese. They have compiled the knowledge they gained along the way in this book that gives this faithful servant of a dish a place of honor in our food history.

Köttfärssås  
190x260, 192 pp

# KITCHEN

## Vegetariana Siciliana

Francesca Magueri Holmström

In *Vegetariana Siciliana* Italian Francesca Maugeri Holmström presents her best vegetarian recipes and food memories from her childhood in Sicily. The book's chapters revolve around typical Sicilian ingredients such as citrus, nuts, artichoke, fennel, zucchini and eggplant, and provide recipes such as pistachio gnocchi, penette with lemon and walnuts, chocolate cake with chili and much more.

This is a book for anyone who loves genuine Italian food. In Sicilian!

## About the author

Italian **Francesca Maugeri Holmström**'s vegetarian cooking courses in Malmö have been fully booked during most of the 16 years she has lived in Sweden. Francesca is known for her versatility and to master the art of creating innovative vegan dishes – with a Sicilian touch and passion.

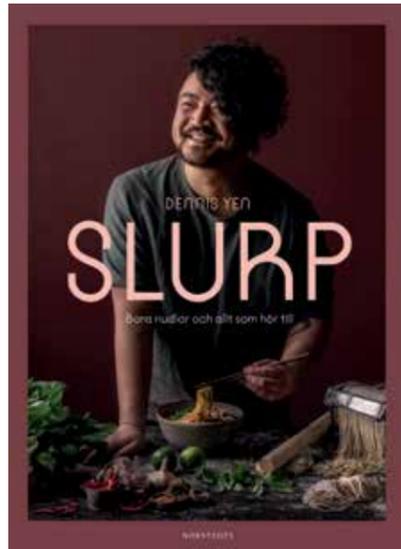


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- Briefly about Sicily
- Food talk in Italian
- Flour / Farina
- Citrus / Agrumi
- Health & sustainability
- Tomatoes / Pomodori
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- Fennel / Finocchi
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Vegetariana Siciliana  
190x270, 152pp  
Bokförlaget Arena, 2022

# RAMEN



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My noodle philosophy  
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## Slurp

Just noodles and everything that goes with it  
Dennis Yen

In *Slurp*, Dennis Yen, who grew up in a family with roots in China and Vietnam, shows how you can cook the most fantastic ramen and other popular noodle dishes at home in your own kitchen. You get tips on side dishes and seasonings that lift any simple noodles, but also recipes for classic noodle dishes, deep broths and the occasional innovative variant. Here are the genuine noodle dishes that Dennis grew up with, with inspiration from cuisines in Southeast Asia – and not least from his mother.

There are also tricks for those who want to make their own noodles or fold wontons and spring rolls. The philosophy is that noodles should not be complicated, it can be as simple as cooking macaroni and frying sausages! You are the one who decides the level.

## About the author



**Dennis Yen** is an interior designer and home cook who is passionate about cooking with influences from cuisines in Southeast Asia, from broths that boil for 48 hours to instant noodles and everything in between. His inspiration comes from the family and mainly from his mother.

Slurp  
190x265, 160pp  
Norstedts, 2022

# CURRIES

## Vego Curry

The essentials of Indian & Bengali food  
Nahid Hassan

In *Vego Curry* we are shown the basic principles of vegetarian curry cuisine, precisely the way it is done in India and Bangladesh. Among the 60 wonderful recipes in the book are classics such as korma, tikka and daal, and many more fantastic dishes – everything from breakfast, bread and sweet desserts.

Learn step-by-step how to mix your own spice blends and pastas, cook vegetables and prepare the delicious staple mince palak paneer. With the side dish of vadji and a comprehensive selection of sauces, chutneys and raitas the Stockholm-based restaurateur Nahid Hassan opens the door to a total experience of Bengali food culture. We gain a unique insight into genuine family cooking, how it all works and what we need in the larder at home to quickly prepare vegetarian food that is full of flavour.

## About the author

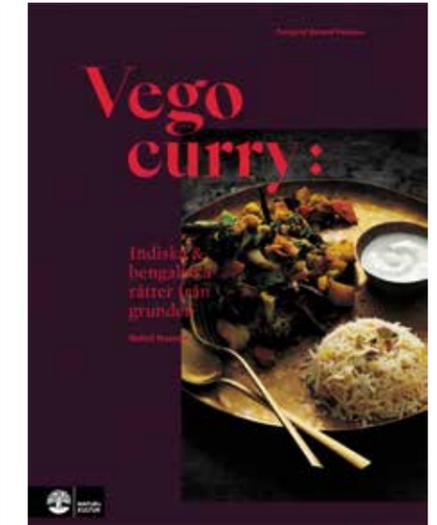
**Nahid Hassan** has been a restaurateur for 18 years and is the owner of the Shanti group with six Indian and Bengali restaurants in Stockholm. He is an ambassador for the food culture of his homeland Bangladesh and has won several international prizes for his restaurants and entrepreneurship.

**Isa Ekstam** is a vegetarian cook and food creator, with a passion for vegetarian food and exotic spices. She runs the GreenIsaDream company in Stockholm.



Vego curry  
180x250, 160pp  
Natur & Kultur, 2018

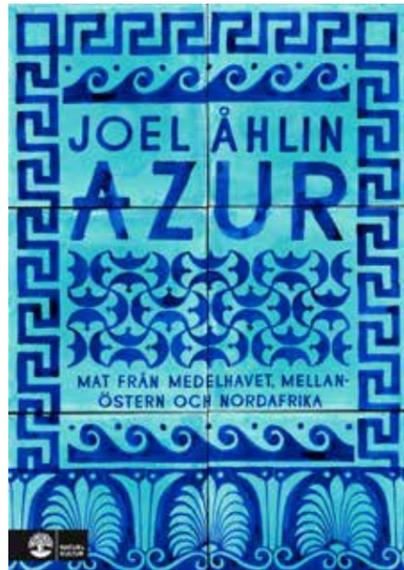
Rights sold: NL, DK



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North Africa  
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## Azur

Food from the Mediterranean,  
the Middle East and North Africa  
Joel Åhlin

“I like when food is as authentic as possible and the taste of food is as close to the memory of a place, as you can get.”

Mediterranean food is not just one food culture. Every region along the Mediterranean coast has its own identity depending on climate, geography, flora and fauna. At the same time the customs and traditions of different people have cross-fertilised over the centuries. In *Azur*, chef Joel Åhlin makes a personal culinary trip to sample both the local specialities and the common denominators that tie together southern Europe, the Middle East and North Africa.

The impressions are many; the smell of the mixture of spices called *raz el Hanout* from the motley alleys outside the hierarchically-led exclusive kitchens in Marrakech, the charcoal-grilled lamb in Istanbul eaten with pitta bread dipped in the hot, tomato sauce *ezme*, the spicy Spanish chorizos in combination with grilled octopus, in the Catalan port of Cadaques.

Joel Åhlin looks for the common thread in the food cultures and finds a shared pride in the craft of the food producers, a natural sense of how and when to use the fresh produce, and not least, tasty dishes and distinct flavours.

The 60 recipes take us on a journey beginning in France and Spain, continuing East towards Greece and Turkey and all the way round to Morocco. The connections are many, from the French chick pea pancake *socca* and its Italian equivalent *farinata*, or *tsatsiki* and its Turkish namesake *cacik*.

## About the author



**Joel Åhlin** became interested in food already as a child, trained as a chef and has now been in the profession for more than 20 years. In 2016 he established the celebrated *Agrikultur* in Stockholm with his colleague chef Filip Fastén. Earlier Joel has been kitchen master at *Linje 10* and chef at *Le Rouge*. Joel is also the co-author of *Ragù*.

Azur  
190x270, 160 pp  
Natur & Kultur, 2017

# THE ROOTS

## Roots

Jamaican food and culture  
Kristian Smith

“Twenty years ago I was a novice in the restaurant kitchen, a guy who had just left chef school in London. That was the first time my Jamaican dad took the whole family to the island. Once there we didn’t just stick to the exclusive hotels of the Jamaican tourism industry – dad showed us the real Jamaica. Living and eating with the local population meant that I began to seriously delve into my Jamaican roots. The smoky aroma of pimento wood in grills packed with jerk chicken, the spicy fish dishes down on the beach, the pride and pleasure of making this food – all this is what I want to share with you in this book. Jamaican food culture is the result of the island’s fascinating history, and I’ve given myself the task of spreading the knowledge that I’ve been lucky enough to gain.”

Kristian Smith

## About the author

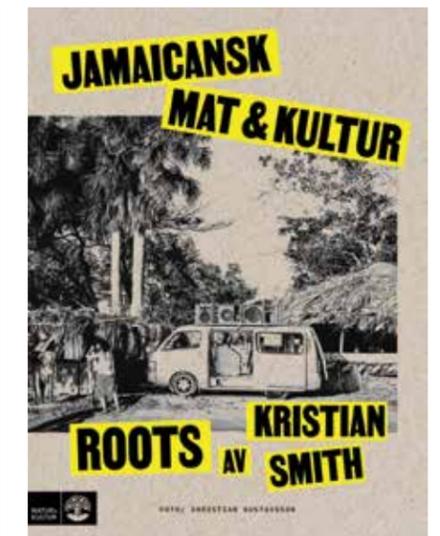
**Kristian Smith** moved to Sweden from London in 2010 and has since then worked at *Street Gastronomy* and *Hobo Hotel* in Stockholm. In *Roots*, he reveals the secret of cooking authentic Jamaican food without taking any short cuts.



Roots  
180x240, 160 pp  
Natur & Kultur, 2020

Rights sold: WE, DE

Sample translation available



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- Fermentation
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## The Vegetable Cookbook

Tom Victor Gausdal & Stian Floer

**T**he *Vegetable Cookbook* is a useful, easy-to-use and inspiring masterpiece, which is guaranteed to change the way you cook vegetables. In the book, Tom Victor and Stian show which techniques are best suited for cooking vegetables, and how to compose the best vegetable dishes for the family dinner or lunch - whether you like pasta, soups, salads, egg dishes or pastries.

A big part of the book also goes through all the vegetables you find in the vegetable counter, gives advice on cooking techniques, and presents all the basic recipes you need, from grilled coleslaw or glazed carrots to cabbage stew and root mash. Whether you are looking for new favourite dinners, or healthy and exciting side dishes for your fish or piece of meat, *The Vegetable Cookbook* is the book for you.

More than 300,000 copies sold in Norway.

## About the authors



**Tom Victor Gausdal** is one of Norway's most famous and acclaimed chefs. Gausdal's international breakthrough began when he became Chef of the Year in 2003. He holds the title of the world's second best chef, after finishing second in the Bocuse d'Or in 2005 and in 2006 his cookbook *Husmannskost* was named "Best Cookbook in the World" during the Gourmand World Cookbook Awards. On a daily basis, Tom Victor Gausdal is co-owner and one of the founders of the restaurant collective Lava Oslo. He has published eight cookbooks.

**Stian Floer** is one of Norway's greatest chefs and cookbook authors. His flair for new concepts and trends has made him one of the country's foremost food entrepreneurs with a clear goal of creating the best ecological, ethical and sustainable environment for the food scene in Norway.

Grønnsakskokeboka  
x, 448pp  
Forlaget Press, 2018

Rights sold: DK

# EVERYDAY COOKING

## Hey, Hey Everyday Food

Favourite dishes, facts and recognition for families  
Sara Ask, Lisa Bjärbo & Louise Winblad

**P**icky kids! Different taste preferences in the family! Lack of time in everyday life! Sara Ask and Lisa Bjärbo, who together created the Mera vego books, collaborate here for the first time with the cartoonist Louise Winblad. Together they have created a book that is half cookbook and half parenting pedagogy about children and food.

How convert a vegetable hater? What do you do if you are worried that your child will get too little food? And how can you serve the food so that everyone in the family is satisfied? With humor, recognition and great knowledge, they tackle common problems around everyday cooking in a family and give suggestions for solutions and lots of dishes to cook. Maybe vegan nuggets, crispy fish sticks or teriyaki wraps with tofu can become new favourites around your dinner table!

## About the authors

**Sara Ask** is a child dietitian, food writer and lecturer with long experience of creating recipes, including for the magazine *Vi Föräldrar*.

**Lisa Bjärbo** is a writer and journalist. As a parent of two picky vegetarians, she also knows all about everyday chaos in the kitchen.

**Louise Winblad** is a cartoonist, illustrator, blogger and podcaster. Since 2013, she runs one of Sweden's by far most read and loved blogs, HejHejVardag.

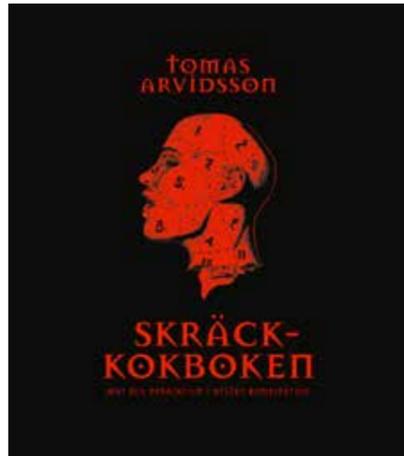


Hej, hej vardagsmat!  
190x230, 168pp  
Ordfront, 2022



## Contents

- What's for dinner?
- The child's food journey
- 6 tips when you want to arouse food joy
- GAH, my child is so picky!
- 9 good answers when your child roars "I DON'T LIKE THAT!"
- The art of getting the kids to stay at the dinner table
- Hey, hey vegetable haters!
- Hi, hi all-in-one lovers!
- Does the child eat enough?
- 10 good answers when someone has unwelcome opinions about your child's eating
- Hello, the doctor says that my child weighs too much?!
- Food, taste and different preferences
- Concerns about eating disorders
- Children and food allergies
- Food and children with neuropsychiatric diagnoses
- Do you have a baby at the table?
- Help, I'm in a hurry!
- 8 quick meals
- Help, it's the week before the child allowance - 11 cheap dishes
- Help, my child just wants to eat food in the form of balls and nuggets - 8 dishes with a defined shape
- Help, we have so many different wills around the table - 10 dishes that are easy to adapt to all the family's preferences
- Help, I'm out of inspiration! - 11 good dinners for the whole family
- 9 x snacks
- 22 x vegetables
- 8 x good things to have in the freezer
- Help, I do not have time to read this book!
- Give it to me in bullet points
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 Voodoo & Jambalaya  
 Body horror & Caesar salad  
 Remakes & Chili  
 J-horror & Gyudon  
 Vampires & Garlic soup  
 Zombies & Oven baked cauliflower  
 Found footage & Omelette  
 K-horror & Pajeon  
 Classics & Sausage stew  
 Dolls & Sandwiches  
 Satan & Bean tacos  
 Home invasion & Hash  
 Haunted houses & Puff pastry pies  
 Clowns & Halloumi stroganoff  
 Film marathon for the holidays  
 50s & White minced meat  
 Slashers & Sausages with bread  
 Canada & Poutine  
 Stephen King & Shellfish rolls  
 Cannibals & Body cakes  
 Fulcis Gates of Hell-trilogy & Pasta al pomodoro  
 Sweden & Pea soup and pancakes  
 France & Croque Madame  
 Cars & Burgers  
 Sects & Lentil soup  
 Space & Tuna box  
 Giallo & Caponata  
 Vietnam war & Banh Mi  
 Dreams & Mushroom sandwich  
 Night of the... & Pizza  
 Hammer & Shepherd's Pie  
 Thanks  
 Movie list  
 Recipe list

## The Horror Cookbook

Food and horror film in a delicious combination  
 Tomas Arvidsson

”What is appropriate to eat to some well-chosen slasher movies? What should you look for when eating burgers? And how do you make a really good Jambalaya?”

*The Horror Cookbook* with the explanatory subtitle ”food and horror film in a delicious combination” contains tips and inspiration for more, better and tastier horror film evenings. Each chapter presents three films on a given theme, recipes that go with the films, what to listen to while cooking and what drinks are suitable. The recipes in the book are generally easy to make and based on the idea that the food should be easy to absorb without having to lose focus from the films. For example, Lucio Fulci’s ”Gates of Hell” trilogy is best enjoyed with a freshly made Pasta al Pomodoro, a cool Chianti in the glass and Goblin Rebirth in the speakers while the food is being cooked.

*The Horror Cookbook* is a flip-friendly and luxurious coffee table book with delicious full-colour photographs and atmospheric illustrations. The book is made to entertain both die-hard horror film aficionados as well as those who want to learn more about horror film history.

## About the author



For the past seven years, **Tomas Arvidsson** has hosted one of Sweden’s most popular podcasts on horror fiction, namely the Wolf Hour podcast. In the podcast, Tomas and his childhood friend Lars have talked about horror fiction, sometimes with guests and always with entertainment and an analytical tone. On a daily basis, Tomas works at a day center for people with various disabilities.

Skräckkoken  
 200x250, 146pp  
 Zombieförlaget, 2021

## Soup Yourself

Hanna Dunér

No matter what food and health trends prevail, you can be absolutely sure that it is always a good idea to eat a vegetarian soup. Soup is the world’s best food and Hanna Dunér’s principle ”One soup a day” is not only a tribute to the simple, delicious and easily accessible, but also to the power of a more plant-based eating habit. We know today that we should eat less red meat and more vegetables to stay healthy, that there is a connection between certain diseases and what we eat, that we should nurture our intestinal flora with fiber and anti-inflammatory food to feel good. Juices and smoothies have partly raked the arena, but now they have to make room for the more filling, warming and nutritious soups.

*Soup Yourself* is a cookbook with delicious vegetarian soup recipes! Choose from mixed soups with a lot of chew, clear or raw cooling soups with more protein - with different flavours and textures that you cook according to desire and mood. In the inspiration and fact section, Dunér talks about the health effects of eating green soup, and how to combine vegetables, herbs, seasonings and spices to maximize nutrition. Soup is fantastic food in so many ways: good, beneficial, easy to vary, kind to digestion and the intestinal system - and a boost for the immune system.

## About the author

**Hanna Dunér** is a journalist and for ten years she has run a catering company focusing on healthy and organic food. She is a frequently hired moderator. During her parental leave, it became important to find an easy and quick way to get good food, that was when the soup came into her life.



Soup yourself  
 170x240, 160pp  
 Norstedts, 2019



## Contents

The soup and I - an introduction  
 Why soup?  
 Green + health = true  
 Green knowledge  
 Souping is the new juicing  
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 The grounds of the soup  
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 Broth & miso  
 Cold & raw  
 With beans & lentils  
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# TOMMY MYLLYMÄKI



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- Foreword
- What is a sauce?
- The sauce through history
- Sauce dictionary
- Basic equipment
- Vinaigrette, dressings, mayonnaise
- Buttery sauces
- Creamy sauces
- Tomato and vegetable sauces
- Dessert sauces
- Stock
- Index

## Sauces

Tommy Myllymäki

The sauce is the most important component for creating balance and harmony in a dish - cooking good sauces is the best way to succeed in the kitchen for both home chefs and professionals. In this book Tommy Myllymäki shows how to find the right taste, scent, and texture of the sauce to perfectly meet other ingredients in a dish.

In this new updated edition of the successful book *Sauces* from 2013, which has become an obvious handbook in the area, you will find in addition to all the first edition's classics - from white - and red wine sauce, port wine sauce and bearnaise sauce to cold sauces, vinegars, salsas and dessert sauces – also 27 brand new sauce recipes.



## About the author



Since 2020 **Tommy Myllymäki** has been running the Restaurant Aira at Djurgården in Stockholm and is the author of a series of basic cookbooks that have become modern classics. *Sauce*, which was the first title in the series is now published in an updated new edition.

Säser  
190x240, 176pp  
Natur & Kultur, 2022

Series sold to: FR, SP, NL, FI, CZ, SK

# POTATOES

## The Potato

Stefan Ekengren

We are all made of potatoes. That is the starting point for this book - Stefan Ekengren's declaration of love for potatoes, the tuber that has been close to his heart throughout his cooking life.

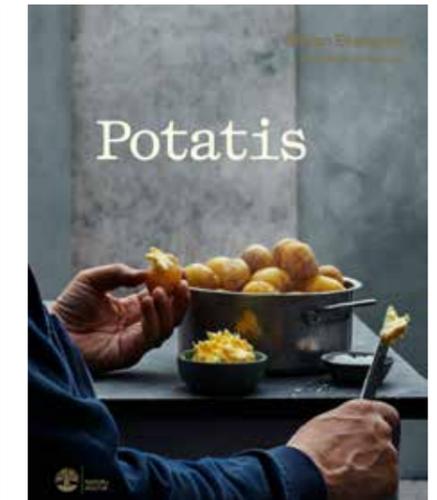
But how much is there really to learn about potatoes? A lot! Among other things, you get to know different techniques and the difference between stomp, mash and puree. You learn how to get the right consistency of the duchess, and why potato gratin is always best with firm potatoes.

There are about 90 recipes in the book, divided into chapters depending on whether the potato is boiled, oven-gratinated or fried. Read about how to cook potatoes with perfect consistency, make the sharpest hasselback potatoes and prepare the most crispy french fries. Recipes are available for classics such as rag donut, Jansson and pommes Anna, but also dishes such as papas arrugadas, tartiflette and potato focaccia.

The book gives you an idea of the history of potatoes and how it saved the lives of an entire population and became our most important basic food. You will also visit two potato growers in Gotland telling about their work and sharing facts about different potato varieties.

## About the author

**Stefan Ekengren** is a chef and restaurateur at Restaurant Hantverket in Stockholm. He has previously published *Husman* (2016) and *Högtid* (2019), both of which have become modern cookbook classics.

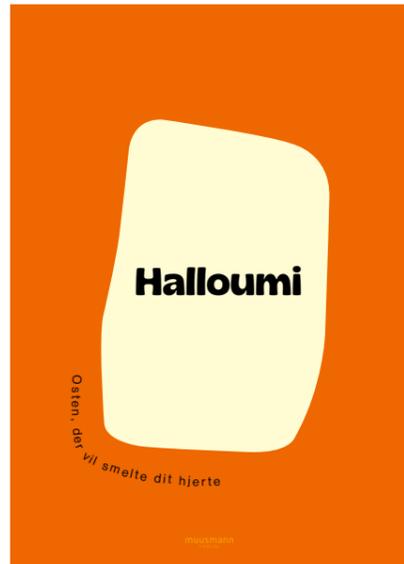


## Contents

- Foreword
- Potato history
- Floury or firm potatoes
- Boiled
- In the oven
- In the frying pan
- Enthusiasts & growing
- Potato varieties
- Concluding remarks
- Index

Potatis  
190x250, 224pp  
Natur & Kultur, 2022

# HALLOUMI



## Contents

Introduction  
What is halloumi?  
Introduction to the book  
Recipes  
The favourites  
Summer and salads  
Be-happy-food  
Classics  
The warm winter  
Thanks  
About the author

## Halloumi

Rasmus Zepernick

**T**his book is a tribute to the halloumi cheese and its limitless possibilities: You can throw it on the grill in the summer, in the oven in the winter or in the frying pan all year round. Halloumi goes with pretty much any dish.

The aim of the book is to inspire more people to appreciate halloumi, because it deserves to be loved as much as the rest of its European friends. As soon as you taste it, your heart melts - just like cheese.

The book contains 40 inspiring halloumi recipes. There are recipes for everything from burgers, salads and classics to stews with inspiration from around the world. There is something for both the readers who dream of eating a little less meat, and for those who just love cheese. Bon appetite.

## About the author



**Rasmus Zepernick** is passionate about sharing his enthusiasm for halloumi with others. That is why he created this book. Over the past four years, he has made countless dishes with halloumi as a starting point, and for this book he has selected his absolute favourites.

Halloumi  
170x240, 150pp  
Muusmann forlag, 2022

# AVOCADO

## Avocado

Henrik Vilain & Ingo Schauser

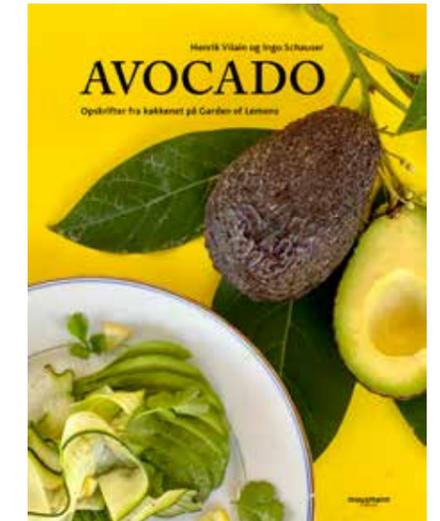
**A**vocado is a beautifully photographed cookbook with evocative photos of the book's recipes and the breathtaking Andalusian landscape the book was created in. It is aimed at the food-loving reader who also wants to know a little more about where the avocado comes from.

The book contains 75 simple recipes for breakfast, dips, snacks, salads, soups, pastas, classics, cakes and desserts, which are created in the kitchen of the Andalusian cultural center Garden of Lemons, located in the middle of plantations with citrus, olives and avocados. There are large kitchen and herb gardens on site. The recipes typically stem from the traditions around antipasti, tapas, meze and amuses bouche.

The food in the book is vegetarian and saturated with colours, scents and the most wonderful flavours and textures. However, the book is not only for vegetarians, but for anyone who wants to eat more vegetables and is curious to get new ideas for food.

## About the authors

**Henrik Vilain** and **Ingo Schauser** run the Garden of Lemons cultural center south of Granada. Every year, Garden of Lemons welcomes students and guests from mainly Denmark and Scandinavia. Good food, wine and community around the table are key focal points of the place. The kitchen at Garden of Lemons launched the cookbook *Lemons* in 2020 and the cookbook *Olives & Olive Oil* in 2021. Both books have received an excellent reception on the Danish market and have been published in German too.



## Contents

Foreword by philosopher and priest Pia Søltøft  
Welcome to the kitchen of Garden of Lemons  
Breakfast and lunch  
Dips  
Snacks  
Soups  
Salads  
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Classics  
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Sweets  
About the authors  
Thanks  
Afterword  
Index

Avocado  
200x260, 220pp  
Muusmann forlag, 2022

Rights sold: DE

# CABBAGE



## Contents

Foreword  
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The Jersey kale  
Cabbage in the world  
Storage  
Cultural history  
Cabbage farms  
The Dutch on Amager  
The white cabbage goes further  
The kale belt  
Cabbage cultivation on Karlaplan  
The healthy cabbage  
The cabbage – cool or uncool?  
Recipes

## Cabbage

Ingar Nilsson

Cabbage is experiencing a renaissance. From being pizza salad and raw food, it has become the highest fashion among both restaurant chefs and home cooks. Kale is stir-fried and shredded in salads, Brussels sprouts are fried, and Asian varieties such as kailaan and pak choi are now available at the vegetable counter.

Cabbage is no novelty. It has followed us in various forms and in different parts of the world since the Stone Age. The cabbage is healthy and full of vitamins.

The book *Cabbage* tells the fascinating story of cabbage as a plant and food for humans, but also how it is grown and - not least - cooked. The recipe section contains everything from healthy smoothies to salads and of course a couple of recipes for cabbage dolma.

## About the author



**Ingar Nilsson** has worked as a journalist since 1984. During the 1990s, she began to specialize as a food writer and has since written a number of articles and books and produced radio programs on the subject. Ingar is also the initiator of the annual rhubarb festivals in Sörmland and Skåne. As a project manager, she started Ekolådan in Stockholm, developed a new concept for NK Saluhall in Stockholm and worked with the development of small-scale food business for Region Skåne.

Kål  
170x230, 118pp  
Bokförlaget Arena, 2021

# RHUBARB & RASPBERRIES

## Rhubarb

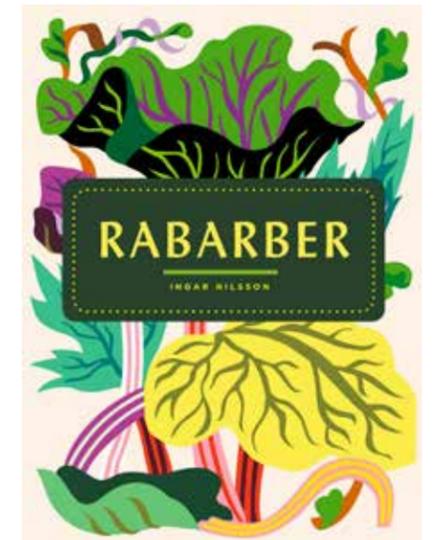
Ingar Nilsson

*Rhubarb* contains everything you could possibly want to know about the stem that grows and thrives in our gardens but actually comes from other parts of the world.

For most people, the sour rhubarb is probably best known as an ingredient in different kinds of desserts. But rhubarb can be used for so much more – healthy drinks, ice cream, in jams, juices and pickles.

Additionally, *Rhubarb* contains the interesting story of rhubarb as a medical plant. For a long time it was a coveted commodity that occasionally conditioned a higher price than opium. Even today, rhubarb is grown in China for use in Chinese medicine. In addition to the recipes and the fascinating story of how the rhubarb ended up here in the Nordic area, the book also contains cultivation tips and advice.

From the contents: Foreword | Culture | Harvest and care | Rhubarb collection | The rhubarb triangle in Yorkshire | The Swedish rhubarb triangle | To grow rhubarb | Cultural history | Medical rhubarb in the west | More expensive than opium | Rhubarb reaches Europe | John Hope | James »Rhubarb« Mounsey | Rhubarb in the kitchen | Recipes



Rabarber  
170x230, 128pp  
Bokförlaget Arena, 2021

## Raspberries

Ingar Nilsson

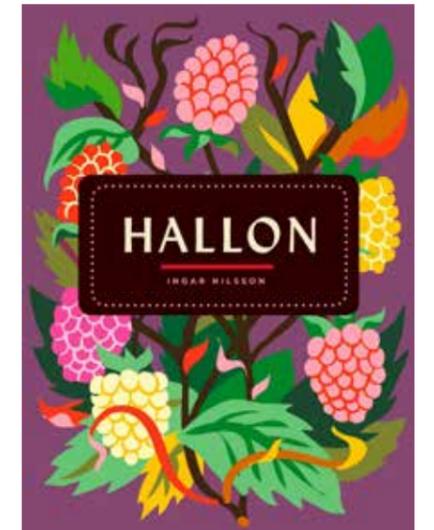
Raspberries grow wild in large parts of the Nordic area and picking wild raspberries is for many people associated with summer walks in the forest.

In the book *Raspberries* we learn that the berry that has been eaten by humans for thousands of years probably only started to be grown during the Middle Ages. The Romans used raspberry syrup as a remedy for stomach ailments and drinking a tea from raspberry leaves to help with diarrhea or sore throat is an old home remedy that is still used today.

Raspberries are easy to grow and thrive in most soils. With an increased interest in everything locally produced and useful, the number of raspberry plantations has grown; both with the lovely, first summer raspberries, but also with the more exclusive autumn raspberries.

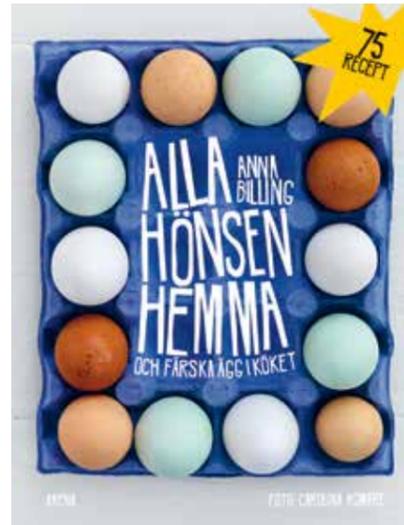
The red raspberry is most common but there are also yellow ones. By crossing raspberries with blackberries, new exciting varieties have also seen the light. In addition to the exciting history and cultivation advice, the book also contains classic recipes such as peach melba and queen jam, but also a colorful raspberry liqueur and raspberry curd for afternoon tea.

Contents: Foreword | Culture | Cultivated raspberry | Raspberry cultivation in Europe | To grow raspberry | Diseases and insects | Proliferation | Pick and store | Cultural history | The first raspberry cultivations | Cultivation | The Scottish raspberry | The black raspberry | Raspberry in food | Recipes



Hallon  
170x230, 112pp  
Bokförlaget Arena, 2021

# IT IS ALL



## A Hen and Egg Story

Anna Billing

**A** *Hen and Egg Story* is a cookbook with a twist. It is about the daily life with chickens in an ordinary villa garden, combined with practical tips on handling fresh eggs and many simple, good egg recipes for both everyday life and parties.

Do you also dream of having your own chickens? About being able to go out and pick newly laid eggs? That's what food writer Anna Billing did. Two years ago, she turned the children's abandoned playhouse into a chicken coop and got chickens. In the garden live seven very different hens that squirm all day and eat leftovers from the family. They lay eggs in all sorts of colours and sizes, all of which end up poached, fried and cooked or in delicious salads, omelettes, pancakes, sauces and desserts in Anna's kitchen. Preferably together with other things from the garden.

### Contents

- The hens
- The dream of own chicken eggs
- Looking back
- Hobby hens with a ban on roosters
- The playhouse becomes a hen house
- Visiting Lina
- The chickens in the kitchen
- Move from home
- Rooster or hen
- New flock friends
- Challenge and residual party
- The very first eggs
- Hens and new chickens
- Not the tallest chicken
- Our chickens
- The eggs
- Storage of fresh eggs
- Whole eggs
- Shared eggs
- Egg yolks
- Egg whites
- List of recipes

### About the author



Food writer **Anna Billing** is known to many through her participation in *Expressen*, the magazines *Mat & Vänner* and *Äkta Mat* and from the blog Skånska skafferi on taffel.se. She is also the initiator of the acclaimed Resurskocken project, which was started to minimize waste in grocery stores. Anna Billing is a trained Fairtrade ambassador and is especially passionate about how our food in the stores can be produced in a decent way.

Alla hönsen hemma  
170x220, 192pp  
Bokförlaget Arena, 2021

# ABOUT EGGS

## Only Pancakes

Annika Gladhammer

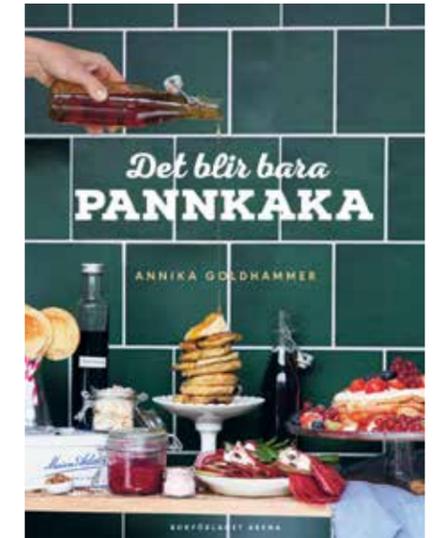
**O** *nly Pancakes* is the cookbook that gives one of our most popular dishes the respect it deserves.

Here you will find pancakes for all occasions and tastes. Be it fluffy American buttermilk pancakes, crispy French pancakes made on wholesome chickpeas, seductively good caramelized pineapple pancakes or of course the traditional thin pancakes that can be varied endlessly. There are also recipes for those who are hungry for pancakes but prefer healthier versions, and several vegan and gluten-free recipes.

The book also contains pancake history, tips on the best tools and ingredients and recipes for a range of sides.

### About the author

**Annika Gladhammer** works as a photographer and freelance journalist focusing on food and travel. Her work has been published in *Aftonbladet*, *SvD*, *TT*, *Elle Mat & Vin*, *Hunger*, *Hembakat*, *Mersmak*, *Wellness* and *Maison Mat & Vin*. She has previously been employed as a reporter at *DN*, *Aftonbladet* and *Expressen* and as a feature editor at *Nyhetsbyrån PM*.



### Contents

- Introduction
- History & geography
- Tools, ingredients & techniques
- Recipes
- Basic recipe
- Thin pancakes
- American pancakes
- Gluten-free pancakes
- Vegan pancakes
- Sweet pancakes
- Nutritious pancakes
- Sides
- Syrup
- Crisp
- Sugar
- Butter
- Pancakes round the country
- List of recipes
- Thanks

Det blir bara pannkakor  
220x290, 296pp  
Bokförlaget Arena, 2016

# VEGAN



## Contents

Foreword  
Decorate with coloured coconut  
sprinkle  
Decorate with edible flowers  
Baked cakes  
Raw cakes  
Sweets  
Ice cream

## Vegan Treats

60 recipes for cake, sweets and ice cream  
Anette Hoeg Nielsen

The plant-based kitchen has never been as popular as it is now.

In *Vegan Treats*, Anette Hoeg Nielsen presents 60 of her best cakes, sweets and ice cream recipes which are a little healthier than others. You will find everything from raspberry rawcake, banana cake, brownie with black beans, pineapple-coconut ice cream and nicecream with watermelon.

These are recipes with simple ingredients that can be bought everywhere and are easy to find. The recipes are filled with warm colours, creativity and nice aesthetics.

## About the author



**Anette Hoeg Nielsen** is behind the successful blog and Instagram profile *Food with Glow*, where she has shared plant-based recipes for many years. Anette is a trained dietician and has dealt with food ranging from restaurant jobs to arranging outdoor life courses for educators and educator assistants for more than 25 years.

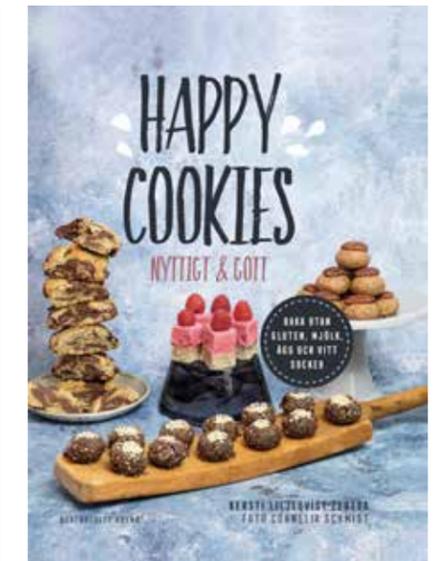
Plantebaserede fristelser  
180x230 cm, 176 pp  
Turbine forlaget, 2022

# NICETIES

## Happy Cookies

Kersti Liljeqvist Zebeda

In *Happy Cookies*, you get lots of exciting cake and cookie recipes and tips on healthy snacks. All recipes are based on pure ingredients and are free of gluten, milk, eggs and white sugar. Here you will find filling breakfast muffins, luxurious desserts and classics such as raspberry caves and chocolate balls in new and more nutritious versions. Welcome to a healthier and happier cake world!



## Contents

Foreword: Back to nature  
Ingredients  
Good things to have in the kitchen  
Luxurious breakfast  
Everyday  
Small joy spreaders  
In the candy bowl  
Snacks  
Party  
Accessories  
Author presentation  
Thanks  
Recipes

## About the author

**Kersti Liljeqvist Zebeda** is a nurse, acupuncturist, kinesiologist, masseur, sports injury therapist and has worked with diet and nutrition for several years. She has created her own recipes since childhood and often lectures on chocolate, body and health in various forms.



Happy cookies  
170x240, 152pp  
Bokförlaget Arena, 2019



## Contents

- Foreword - my chocolate story
- Getting started
- Ingredients and equipment
- Taste
- Temperature
- Molded chocolate
- Coated filled chocolate
- Cream balls
- Chocolate decorations
- Decorations and colours
- Durability and storage
- Index
- About the author

## The Chocolate Handbook

Trine Juel Clement

**C**hocolate is a classic ingredient in the sweet kitchen. In recent years, interest in chocolate has exploded. But chocolate has a reputation for being hard to master. This book helps the reader with different techniques.

*The Chocolate Handbook* looks in depth at the basic principles of chocolate by explaining the background to the techniques and their advantages and disadvantages. The book helps solve challenges and find the methods that suit the reader's needs, equipment and pace.

*The Chocolate Handbook* is divided into four levels of difficulty that help both beginners and experienced to understand and master new techniques. It challenges with exciting flavor combinations and designs across filled chocolate, cream buns and decorations including more than 100 techniques and recipes.

The rewards are great when you create beautiful, shiny chocolate with just the right crunch and fantastic taste!

## About the author



**Trine Juel Clement** is a self-taught amateur chocolatier and the recipe developer behind Bageglad.dk, the popular food and dessert blog with more than 150,000 visits a month and 10,000 followers on Instagram. For Trine, the chocolate craft is a creative free space that she has cultivated for more than 10 years, and she is passionate about inspiring and helping others with their chocolate dreams.

## Vanilla

Mette Ravn

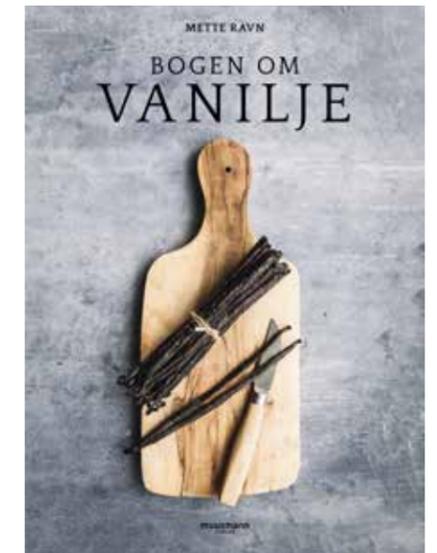
**W**e all use vanilla, but few people know much about this wonderful spice. This book tries to change that by providing 30 delicious recipes and many tips on how to select and store vanilla.

The book is for anyone who is curious about food and would like to know a little more about where what we eat comes from. The vanilla story hides heartwarming tales, which together with stories from the author's own farm in Tanzania, give the reader a glimpse into the world of vanilla.

The book presents 30 recipes for both sweet and savory dishes from the most skilled chefs and confectioners. It shows how to find the best vanilla, how to best store it, and how the empty vanilla bean can be used as an exciting flavoring in new ways. The reader also gets an insight into the cultivation of vanilla and life as a vanilla farmer.

## About the author

The love for vanilla and Africa made **Mette Ravn** take the plunge and devote herself to the work with this beautiful spice. Today, she sells vanilla to the best restaurants and quality-conscious consumers and is also a recognized international vanilla expert, who among other things is a member of the jury for the prestigious Concours Général d'Agriculture in Paris.



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# HOME & GARDEN





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## The Indoor Plant Handbook

Jenny Leite-Vikra, Kathrine Winther Løkke & Marte Espevik

Are you wondering why your plants always turn yellow? Are there plants that thrive in the bathroom? And what should you do with your plants when you travel?

The plant trend is big and international, there is endless inspiration to be found on social media and on various blogs. But - it is not necessarily easy to find the knowledge you actually need to succeed with indoor plants up here in the north.

The book is divided into three parts. It starts with basic knowledge about light, soil, fertilizer and more you can benefit from no matter which plants you have at home. A small reference part with plant portraits follows, dealing with a selection of plants and specific tips and tricks to make just these thrive. Finally, the book gives you a practical introduction to how to repot, take cuttings or grow mango trees on the windowsill, to name a few.

## About the authors



GRO is a Scandinavian magazine about indoor plants. The magazine conveys knowledge in an aesthetic way, and gives good, simple advice that inspires. **Jenny Leite-Vikra, Kathrine Winther Løkke** and **Marte Espevik** from the Minsk design company are the hearts and minds behind GRO. *The Indoor Plant Handbook* is their first book.

Gro. En håndbok om grønne inneplanter  
x, 240pp  
Forlaget Press, 2019

Rights sold: DK

## Everyday Garden

Gardening all year round  
Christine Granild

*Everyday Garden* leads the reader through the garden and explains in an easy way how it can be cultivated all year round. The book is suitable for all levels and gives the new and experienced gardener an understanding how gardens are laid out, cultivated and maintained with an emphasis on biodiversity and ecological cultivation principles.

The book is aimed at readers with both big and small gardens. Here, the farmer, the greenhouse owner and the family with pots on the balcony can find new knowledge and inspiration regardless of level of ambition.

The author presents the garden's challenges and gives concrete answers on how to tackle them. The book contains germination, sowing, harvesting and winter storage to sections on pruning, compost, fertilizer and cover material. It gives a deep insight into many aspects of gardening life.

Christine Granild has presented her great practical and theoretical knowledge about gardening in the national media in Denmark and runs the gardening magazine *Hverdagshaven.dk*.

## About the author

**Christine Granild** had her first garden long before she started school. It was filled with colourful summer flowers, and later rows of peas, carrots and radishes.

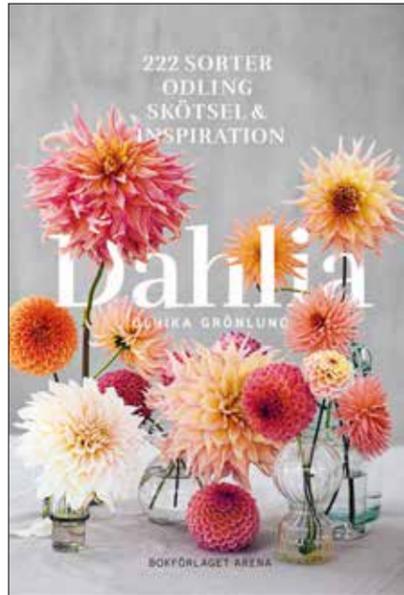
Today, from her house in the country, she has a self-sufficient vegetable garden of 400 m<sup>2</sup> and two greenhouses. The garden is a living space with summer flowers, vegetables, perennials, fruit trees, berry bushes, weeds between the rows and scurrying chickens, bees, insects and butterflies all year round.



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Everyday garden all year round  
Peacefulness in January  
Feelings of spring in February  
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Off in July  
Restful August  
The blue skies in September  
Chilly in October  
Stormy November  
Christmas time in December

Hverdagshaven  
220x280, 342pp  
Turbine, 2022



## Dahlia

222 varieties, cultivation, care and inspiration  
Ulrika Grönlund

In *Dahlia: 222 varieties, cultivation, care and inspiration*, you get to know everything you need to succeed with dahlias. Here you will find information about the history and botany of the dahlia, cultivation, propagation and winter storage as well as the best tips for dahlia as a cut flower. You get suggestions for dahlia varieties that are beautiful to plant together in different colour combinations, but also which other plants are nice to plant dahlias with. We visit dahlia growers from different parts of the country who share their very best tips!

The book contains pictures of dahlias in their plant environment interspersed with close-ups of over two hundred varieties with information about height, flower size and group. An ultimate source of knowledge and inspiration for both new and experienced dahlia growers!

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- Introduction
- The history of the dahlia
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- Excavation and winter storage
- Pests and diseases
- Types of dahlia
- Varieties and classification
- Inspiration
- Co-planting
- Dahlia as a cut flower
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## About the author



**Ulrika Grönlund** works as a writer and photographer in garden and interior design, she also draws gardens and works as an interior stylist. Ulrika is herself a passionate dahlia grower and has started the Dahlia farm on Österlen in Skåne, the book *Dahlia: 222 varieties, cultivation, care and inspiration* is her fifth garden book.

Dahlia  
180x270, 186pp  
Bokförlaget Arena, 2021

Rights sold: DK

## Gardens from the Arctic Circle to the Riviera

Ulf Nordfjell & Jason Ingram

A new book by landscape architect Ulf Nordfjell. *Gardens from the Arctic Circle to the Riviera* presents private and public gardens Ulf has worked on the past years, gardens stretching from the Arctic Circle (his own) to Antibes and St. Tropez on the Mediterranean Coast.

In this book, Nordfjell will share his expertise on garden architecture and design and plant selection, not least in relationship to nature at large. He focuses on how design relies upon climate, light, and shadow, as well as how the cycle of seasons influences selection of plants.

The book presents eleven of the gardens Ulf has created, from the 17th-century castle Rydboholm to a hypermodern garden in St. Tropez. His private garden outside Umeå is included, as well as the City Park in Lund and a 1930s garden facing climate challenges in Antibes.

Sustainability, ecology, and natural materials are themes that undergird Ulf Nordfjell's design, which consistently maintains a strong connection to each given environment.

Jason Ingram, one of England's preeminent garden photographers, will photograph most of the book's gardens. Art photographer Lisen Stibeck will photograph her own gardens in Stockholm and St. Tropez.

## About the authors

Landscape architect Ulf Nordfjell (LAR/MSA) specializes in the design of public spaces such as city squares and parks, including Riddarparken and Berzelii Park in Stockholm and Linköping Garden Association. He has directed and been exhibition architect of a large number of garden shows, including "The Garden and Its Craft" in Stockholm (1998) and "The Heathen's Garden" in Gothenburg (summer 2000). "The Urban Garden" and "The West Coast" are two gardens he created specifically for such exhibitions. He operates at both large and small scale, often with nature as a source of inspiration.

We also appreciate Ulf Nordfjell for his garden "A Tribute to Linnaeus" at Chelsea Flower Show in 2007, which showed the world that Swedish garden design is world-class, beautiful, exotic, and well worth exportation."

Nordfjell designed the Daily Telegraph garden featured in the 2009 Chelsea Flower Show, for which he won both gold and the best-in-show distinction. This was the first time Sweden received both prizes at the world's preeminent garden show. His last book *14 Gardens* was published by Frances Lincoln in the UK.

Trädgårdar. En resa genom årstider och klimat  
220x280, 192pp  
Norstedts, 2023



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- Rydboholm slott
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- City gardens
- Villa Norrnäs
- Villa Kyhl
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- Villa la Moutte
- Villa Lumen
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- List of plants
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