

Frankfurt 2011 *Foreign Rights*

La Plage is an independent publisher that has been focusing on a wide range of environment-related issues since 1993, with books on organic food, vegetarian and dietetic cooking, alternative parenting, green building, non-violence, and more.

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Cooking

2011



The gourmet call of the wild Linda Louis

- Taking readers into the woods, this book features wild mushrooms, plants, and berries- from prize morels and chanterelles to wild garlic, nettles, blackberries, and more.
- For each plant : an identity card of the plant, seasonal recipes and very tasty recipes (trumpets of death Tapenade, elderflower fritters, hazelnut liqueur ...)

«...with permanent concern respect nature and ecosystems
A locavore and citizen book.»

Le Monde, sept. 2011

16 x 22 cm
320 pages - hardcover
Approx. 500 colour photographs
Retail price: €24.50



2011



VEGGIE How to Cook Everything Vegetarian

Clea - Doctor Bernard Pellet

- Up to date and trendy.
- 500 recipes, approx. 100 colour photographs, to discover how to use specific ingredients, how to compose balanced meals...
- From picnic to Christmas feast... from hungry teenagers to girls with a low-fat diet...

19 x 26 cm
320 pages
Hardcover
Approx. 100 colour photographs
Retail price: €29.90



- Nutritional advices by a MD doctor



- Brunch, Trendy Buffet, economic lunch, fast food... there is always a vegetarian option.



- Culinary photographs by Eric Fénot

LES TOQUÉS DU BIO

2011

New Series : Organic lovers 15 titles available

3,95 €



- Hemp
- Vegetal Cheeses
- Steam Breads
- The Einkorn
- New Budwig cream
- Shiitake
- Oatmeal
- Buckwheat
- Iced teas
- Salad Dressings
- Veggie Burgers
- Juice Extractor
- Yogurt Cake
- Cake without eggs nor milk
- Rice cooker

Highlight

- Small Price: **3,95 €** per book
- **24 pages** what to do with an unknown ingredient or discover the many possibilities of a under-utilized pan...
- Recipes and advices certified by the experience of practicing authors!
- Printed on a beautiful 100% recycled paper

Each « Toqué du bio »
24 pages - 16 x 22 cm
Retail price: 3,95 €



- On the back cover, always a bit of humor ...

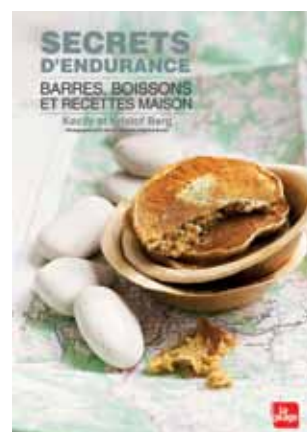
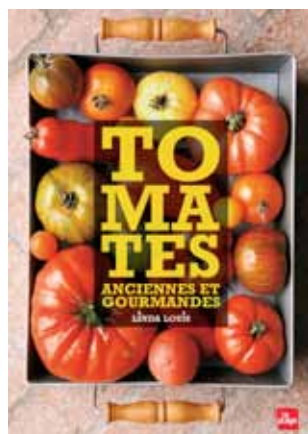


- No picture inside but a model and a very neat typo.

ORGANIC COOKING SERIES

30 titres available

16 x 22 cm - 72 or 108 pages - colour photographs



ORGANIC COOKING SERIES



2012



Nettle and dandelion

• Twenty classic or unexpected recipes: the dandelion pesto, accommodates in sautéed or in sun-dried tomato tatin...

16 x 22 cm
72 pages
30 colour photographs
Retail price: €9.90



2012



Fresh Home-made Cheese

• With cow's or goat's milk, learn how to make your yogurt, cottage cheese, bushes and other small-Swiss, and some unexpected as mascarpone and mozzarella ...

• Beyond the pleasure to make your own, find the authentic flavors of organic dairy products. The recipes in this book do not need special material.

16 x 22 cm
72 pages
30 colour photographs
Retail price: €9.90



2011



Ancient Tomatoes

To learn about cooking and old varieties (red, yellow, green, black, cherries ...) is the goal of this book.

Thirty original gourmet recipes and each time a different variety of tomatoes: canned dried tomatoes, ketchup and tomato paste, green tomato jam, yellow tomato pizza...

16 x 22 cm
72 pages
35 colour photographs
Retail price: €9.90
Rights sold: Spain

ORGANIC COOKING SERIES

2011



Silken Tofu

- The silken tofu is a great protein and fat-free ingredient, ideal for slimming diets! Discover the uses of this sweet or savory tofu «all soft» which absorbs the flavors in sauces, terrines, quiches, clafoutis, foam fruit, chocolate ...

16 x 22 cm
72 pages
20 colour photographs
Retail price: €9.90

2011



I stop to salt!

- Tips and recipes without salt
- So deliciously savory preparations that you forget at the first bite they have never been added salt. The authors use herbs, spice blends, marinades, concentrated natural flavors as some vegetables and dried fruit, wholemeal products...

16 x 22 cm
108 pages
Approx. 30 colour photographs
Retail price: €12.90

2011



Quinoa

- Gluten-free, easy-to-digest... quinoa, the sacred grain of the Incas, is appreciated for its excellent taste and nutritional value, with its high protein content.
- 30 healthy and creative recipes.

16 x 22 cm
72 pages
25 colour photographs
Retail price: €9.90
Rights sold: Spain

2011



Smoothies

- Discover the vitality secrets of two sportsmen: fruit, vegetables, healthy ingredients (almond puree, sprouts...) mixtures.
- Smoothies for balanced meals, moisturizers, after sports, at work, travelling ...

16 x 22 cm
72 pages
25 colour photographs
Retail price: €9.90

ORGANIC COOKING SERIES

2011



Green proteins

- Beans, peas, lentils ... have been forgotten the better!
- It is time to take a fresh look: Caviar Lens, Black Bean Crackers, kidney beans Steak... delicious and inspired recipes made with dried vegetables, canned, frozen... it is easy to adopt a diet rich in protein 100% vegetable.

16 x 22 cm - 108 pages
30 colour photographs
Retail price: €12.90

Rights sold: Spain

2011

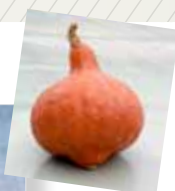


My spreads... sweet and savory

- Clea revisits healthy sweet or savory spreads.
- Caviar vegetables, purees of oilseeds, miso paste, dried mushrooms ... to replace cheese and butter on toasts or inside sandwiches.

16 x 22 cm - 72 pages
20 colour photographs
Retail price: €9.90

Rights sold: Spain



Kabocha (Japanese Pumpkin)

- It is similar in texture and flavor to a pumpkin and a sweet potato combined. It is rich in beta carotene, with iron, vitamin C, potassium...
- 30 healthy recipes to cook Kabocha from main courses to desserts.

16 x 22 cm
72 pages (11,000 words)
25 colour photographs
Retail price: €9.90



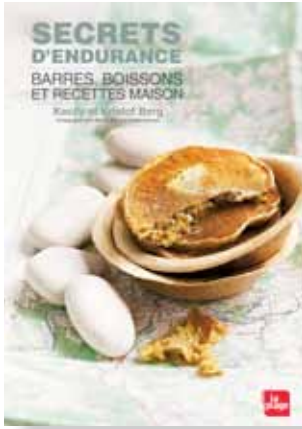
Home-made Organic Candies

- How to make Marshmallows, Lollipops, Caramel, Chocolate... at home ?
- Using 100 % Organic ingredients, good sugars, essential oils... free of chemical additives !

16 x 22 cm - 72 pages (11,000 words)
40 colour photographs
Retail price: €9.90

Rights sold: Lithuanian Language

ORGANIC COOKING SERIES



Secrets of Endurance

- Walking, jogging, biking ... sports fans will find in these 33 recipes: Energy bars, Energy gels, Green Smoothies, Special Breads ...
- With Superfoods that help to optimize your Health and Performance (almond paste, buckwheat, quinoa, sprouts, ginger ...).

16 x 22 cm
72 pages (10,000 words)
25 colour photographs
Retail price: €9.90



Famous Desserts, No Gluten, No Milk

- Dairy-free and gluten-free desserts, naturally.
- 65 famous recipes, made healthy: mousses, frozen desserts, meringues, crepes, cookies, tarts and pies, cakes, chocolate, and more/ 65 photos

16 x 22 cm
144 pages (20,000 words)
65 colour photographs
Retail price: €15.90

Rights sold: Dutch language

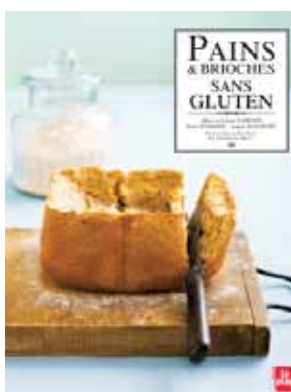


Cooking Curcuma (Turmeric)

- Because the many health benefits of turmeric (antioxidant and anti-cancer components) are well known now!
- 30 healthy recipes to cook with turmeric and other healthy ingredients (agave syrup, ginger, flax seeds, sweet potatoes...)

16 x 22 cm
72 pages (11,000 words)
25 colour photographs
Retail price: €9.90

Rights sold: Spain



Gluten-free Bread

- 21 Breads and quick breads with naturally gluten-free Flours (rice...). Most of these recipes can be made either in a bread machine or by hand.

16 x 22 cm
72 pages (11,000 words)
25 colour photographs
Retail price: €9.90

Rights sold: Spain

ORGANIC COOKING SERIES



Salted Biscuits

- Organic Salted Crackers Recipes
- Bretzels, Grissini, Shortbread... with sesame, cheese, rice flour...

16 x 22 cm
72 pages (11,000 words)
25 colour photographs
Retail price: €9.90



Fresh Home-made Pasta

- Make your own Fresh Pasta with traditional or original flour.
- 30 healthy recipes, many step-by-step photos.

16 x 22 cm
108 pages (20,000 words)
35 colour photographs
Retail price: €12.90



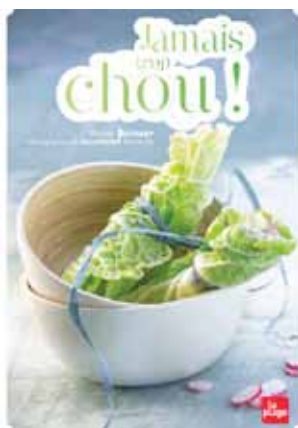
Ginger

- Crystallized, Marinated... all the ways to cook with Ginger.
- Because the many health benefits of ginger (antioxidant and anti-cancer components) are well known now!

16 x 22 cm
72 pages (11,000 words)
25 colour photographs
Retail price: €9.90

ORGANIC COOKING SERIES

W



Cabbage

- Light, Healthy, often Raw and always Organic : Cabbage is back!
- Recipes for Broccoli, Brussels Sprouts, Cabbage, Cauliflower...

16 x 22 cm
72 pages (11,000 words)
25 colour photographs
Retail price: €9.90



Glycemix Index

- The easy, healthy way to permanent weight loss.
- 30 healthy recipes / 30 photos

16 x 22 cm
72 pages (13,000 words)
30 colour photographs
Retail price: €9.90
Right sold: Spain



Organic Ice Creams and Sorbets

- Ice Creams, Sorbets, Granitas, and Sweet Accompaniments... all made from healthy ingredients (less sugar, goat or vegetal milk,

16 x 22 cm
72 pages (11,000 words)
25 colour photographs
Retail price: €9.90



Organic Lemon Desserts

- Lemon Desserts explores lemon cakes, pies, puddings, custards, cookies, ice creams..
- 30 Healthy lemon recipes, made with less butter, less sugar and more vegan ingredients.

16 x 22 cm
72 pages (11,000 words)
30 colour photographs
Retail price: €9.90

ORGANIC COOKING SERIES



Healthy Temptations: Organic Chocolate

- It is possible to have both delicious and healthy chocolate recipes, made with less butter, less sugar and more vegan ingredients.
- 30 recipes for chocolate addicts from organic chef Laurence Salomon (truffles, mousses, tempura, etc.)
- A creative layout for creative recipes.

16 x 22 cm
72 pages (11,000 words)
30 colour photographs
Retail price: €9.90
Rights sold: Spain



Cooking Organic for My Children

- Children's favourites can be healthy and vegetarian!
- Baby food, after school snack, Easter chocolates, vegetable burgers, and more, all made with original and organic ingredients.

16 x 22 cm
108 pages (20,000 words)
40 colour photographs
Retail price: €12.90
Rights sold: Spain



Incredible Tarts

- Forget the usual shortcrust, shortbread and puff pastry. Try these innovative pastry shells made of couscous, noodles, vegetables, seeds, agar-agar and many other incredible ingredients.

- Light, creative and beautiful.

16 x 22 cm
72 pages (10,000 words)
30 colour photographs
Retail price: €9.90
Rights sold: Lithuanian language



Bread in a Casserole

- Try making your own homemade bread... in a casserole.
- It is the definitive solution for good crust and crumb.

16 x 22 cm - 72 pages (11,000 words)
30 colour photographs
Retail price: €9.90
Rights sold: Spain

ORGANIC COOKING SERIES



Agar-agar

The Japanese Slimming Secret

- Agar powder, which is also known by its Japanese name kanten, comes from red seaweed and is an excellent gelling agent, with laxative properties and zero calories.

- 30 creative and light occidental recipes / 30 photos

16 x 22 cm
72 pages (13,000 words)
30 colour photographs
Retail price: €9.90

Rights sold: Spain, Dutch language



Plant Milk, Step-by-Step

- How to make your own rice milk, soya yogurt, cashews cream, nut cheese, and other non-dairy milk treats.

- For vegetarians, vegans, and people with lactose intolerance or allergies.

16 x 22 cm
108 pages (20,000 words)
69 colour photographs
Retail price: €12.90

Rights sold: Spain



Organic Lunch Box

- Eat organic at work with variations on Japanese Bento, take-away style foods, and other lunch box ways.

- 30 healthy recipes / 30 photos

16 x 22 cm
72 pages (11,000 words)
30 colour photographs
Retail price: €9.90

Rights sold: Spain



Cooking with Japanese Ingredients

- Find out more about umebosis, miso, gomasio, gingerroot, soba: how to use them, along with Western and Japanese recipes

- 80 photos - 10 manga-style drawings

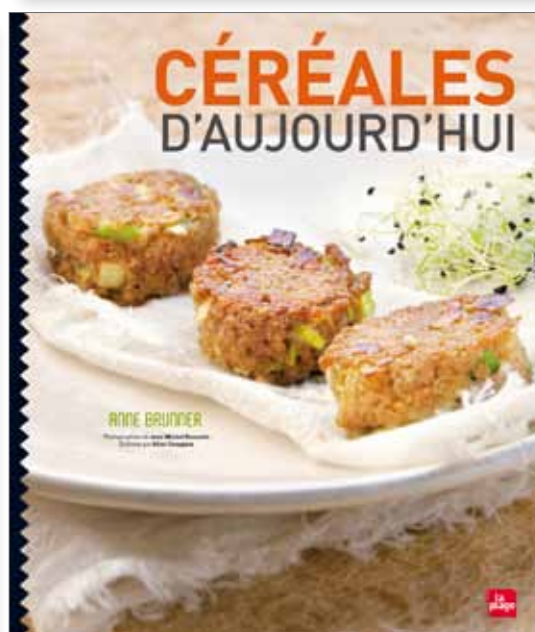
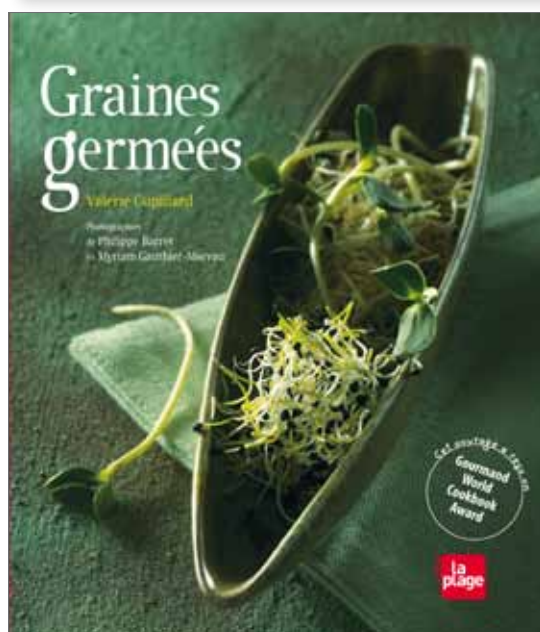
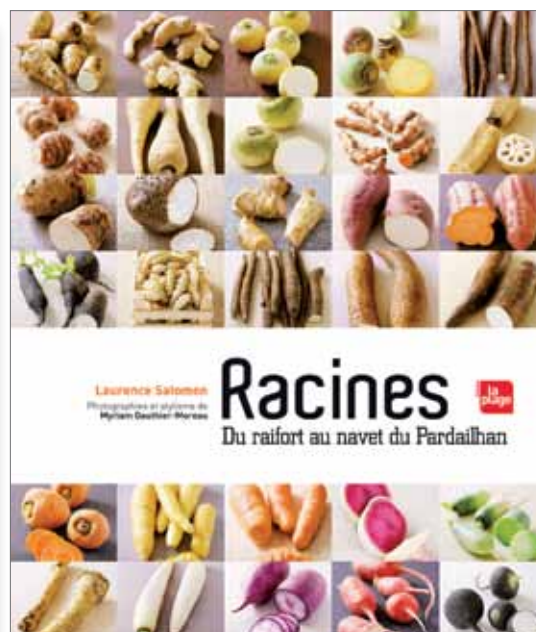
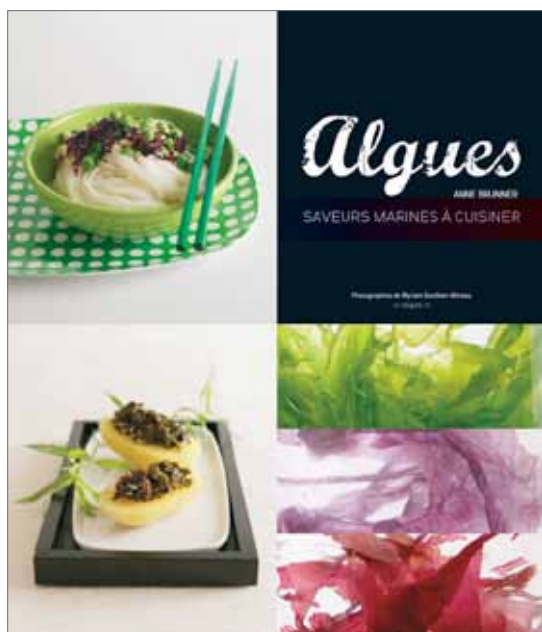
16 x 22 cm
108 pages (14,000 words)
80 colour photographs
Retail price: €15.90

Rights sold: Spain

BIG COOKBOOKS SERIES

10 titles available

22 x 26 cm - approx.100 pages
illustrated



BIG COOKBOOKS SERIES

Cet ouvrage a obtenu le
**Gourmand
World Cookbook
Award**



Roots

- 45 creative recipes for 45 root vegetables (old varieties, exotic roots, etc.).
- Recipes by organic chef Laurence Salomon.

22 x 25.5 cm
120 pages (20,000 words)
45 colour photographs of recipes
45 colour photographs of root vegetables
Retail price: €19.90



Quinoa

- Gluten-free, easy-to-digest quinoa, the sacred grain of the Incas, is appreciated for its excellent taste and nutritional value, with its high protein content.

- 60 healthy and creative recipes.

22 x 25.5 cm
100 pages (20,000 words)
50 colour photographs
Retail price: €18.00
Right sold: Spain



Cet ouvrage a obtenu le
**Gourmand
World Cookbook
Award**

Seaweeds

- Discover everything you need to know about seaweeds !
 - Healthy and mineral-rich, seaweeds are also delicious and easy to cook.
- Learn how to make the best of them through 39 recipes.

22 x 25.5 cm
100 pages (18,000 words)
50 colour photographs
Retail price: €19.90

Rights sold: Spain

BIG COOKBOOKS SERIES



The Little Organic Chef

- An album for children
- Easy and fun recipes children can make with natural and healthy ingredients.
- Sour Max and Sweet Zoe give children step-by-step instructions on how to grate, to shape into balls, to decorate with flowers, and many other fun techniques.

22 x 22 cm
96 pages (11,000 words)
130 colour photographs
Retail price: €19.90



Organic Cooking Workshop

- Ingredients (grains, sprouts, tofu, etc.) illustrated and explained, along with 500 creative recipes.
- 220 photos; hard cover

19 x 26 cm
324 pages (78,000 words)
220 colour photographs
Retail price: €32.00



Today's Grains

- From Quinoa to Fonio, Rice, Teff or Millet : how to choose the best cooking mode (pilaf, steam...), how to make your own flour or flakes, your bread...

22 x 25,5 cm
100 pages (18,000 words)
40 colour photographs
Retail price: €19.90

Rights sold: Spain, Lithuanian Language

BIG COOKBOOKS SERIES



Sprouts

- This book won the "World Gourmand Cookbook Award"
- How to grow sprouts at home + healthy recipes.

22 x 25,5 cm
120 pages (20,000 words)
50 colour photographs
Retail price: €18.00

Rights sold: German, English, Spain

Cet ouvrage a obtenu le
**Gourmand
World Cookbook
Award**



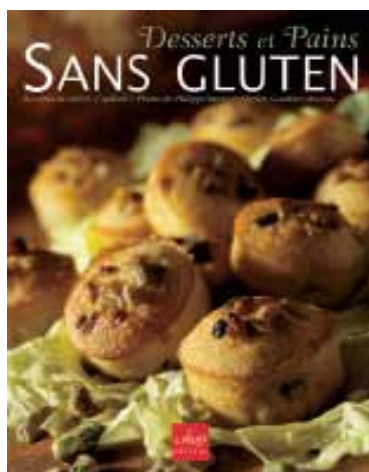
Organic Feasts

- This book won the "World Gourmand Cookbook Award"
- 32 gastronomic vegetarian menus for every season.

22 x 25,5 cm
160 pages (30,000 words)
100 colour photographs
Retail price: €25.00

Rights sold: Italy

Cet ouvrage a obtenu le
**Gourmand
World Cookbook
Award**

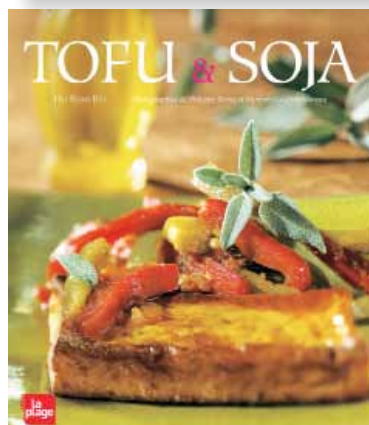


Gluten-free, Dairy-free Breads and Cakes

- Gluten-free and dairy-free cook-book.
- You can make anything without gluten, from small biscuits to big cakes.

22 x 28 cm
144 pages (25.000 words)
100 colours photographs
Retail price: €25.00

Rights sold: English



Tofu and Soya

- Healthy, traditional Western and Eastern recipes
- Includes step-by-step instructions for making your own tofu and soy milk.

22 x 25,5 cm
120 pages (20,000 words)
50 colour photographs
Retail price: €19.50

Rights sold: Spain

Vegetarian Cooking

THE "VEGETARIAN RECIPES FROM AROUND THE WORLD" SERIES



5 titles : Italy, India, China, Mediterranean and "Around the World"

- Each book : more than 100 traditional recipes
- Native authors with a real competence : an ayurvedic vegetarian teacher for «India», a «Tofu Master» for China...
- healthy ingredients, protein balanced, low-fat, low-sugar recipes...

14 x 21 cm
No photo inside
160 pages (37 000 words)
Retail price : 13,00 €

Dietetic Cooking



Cholesterol

Foods to eat, foods to avoid.
100 healthy recipes to learn how to cook healing food.

14 x 21 cm
160 pages (40 000 words)
Retail price : 16,00 €



Digestive problems Natural recipes

Liégeois (diet.) Milovljevic
(Chief)
Colitis, Flatulence, Constipation
Foods to eat, foods to avoid.
100 healthy recipes to learn how to cook healing food.

14 x 21 cm
160 pages (40 000 words)
Retail price : 16,00 €
Rights sold: Spain

NATURAL THERAPIES SERIES

10 titres available

Natural therapies for Common Ailments

For each problem, the authors propose :

- Natural remedies : essential oils, herbal, homeopathy, natural vitamins, nutritional advice...
- Natural techniques «do-it-yourself» massage, relaxation, acupressure, yoga...
- Attractive layout : easy to read text, medical drawings, the physical exercises are illustrated...

12 x 21 cm - 96 pages each
about 20 000 words each
Full color cover - two colors inside
Retail price : 7,90 €

Rights sold: Spain and Gallega language



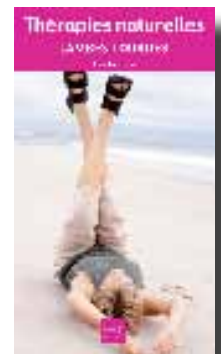
Weight problems

Nutritional helps (herbal, yoga, massage...) to keep weight under control.



Arthrosis

Preventive advices, physical exercises and pain relieving natural therapies.



Varicose veins

Preventive physical exercises and pain relieving natural therapies.



Child Healthcare

The essential A-Z reference to children illnesses and natural treatments.



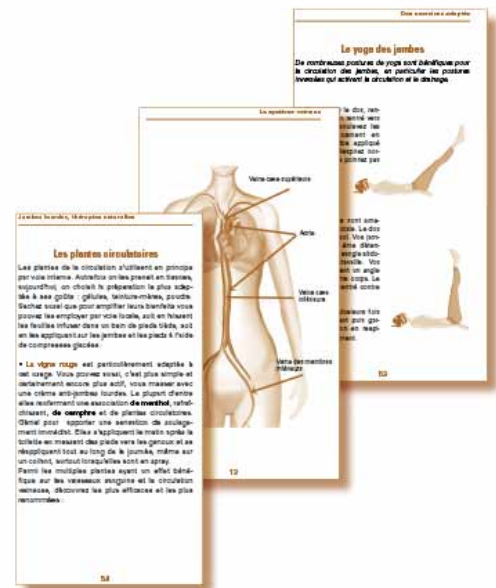
Skin problems

Effective and natural solutions to eczema, psoriasis, acne



Allergies

Asthma, eczema, food allergies... preventive and natural remedies.



Premenstrual Syndrome



Constipation



Menopause



Insomnia



Perfect size for collectors and bookshelves

Eco-parenting



The Art of Wearing Your Baby

- Learn about the benefits of babywearing and how to choose and use the carrier that is right for you.
- Easy-to-follow instructions illustrated with step-by-step photographs to create slings for wearing babies.

16 x 22 cm
108 pages
200 colour photographs
Retail price: €14.90



Eco-nursery Knits

20 patterns to knit and to sew

- Great green ideas and step-by-step instructions for clothes, blankets, sling, diapers, and more
- 20 patterns.

22 x 22 cm
96 pages (13,000 words)
50 colour photographs
Retail price: €19.90



Should we spank children?

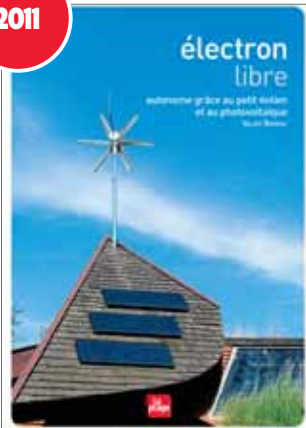
Olivier Maurel
Alice Miller (Foreword)

- The consequences of slapping or spanking children and how we can bring them up without resorting to violence.

14 x 21 cm (50 000 words)
144 pages
Retail price : 12,00 e
Rights sold: English

Green Alternatives

2011



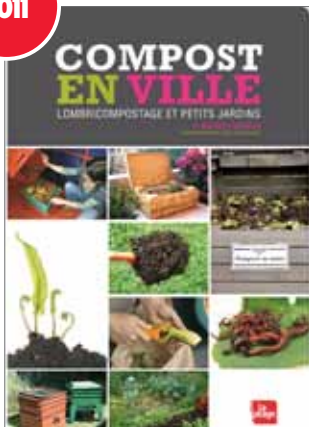
Wind and solar electricity at home

• Valéry Borraz is a craftsman specialized in electricity autonomy with renewable energy. This technical book (not theoretical) is clearly oriented practical. How to install a wind turbine? What kind of battery to choose? Which equipment for an embedded installation (camper, boat, trailer ...)? etc..

• The author also offers five case studies of people living power autonomy in everyday life, from the family home to the the yurt.

16.5 x 24 cm
96 pages
Approx. 200 colour photographs + drawings
Retail price: €15.00

2011



Compost in the City Vermicomposting and small gardens

Cécile Couraud - Photographs of Florence Couraud

• A very practical book which addresses:
- Vermicomposting: step by step, making your own Vermicomposter.
- Composting in a small garden : waste to be preferred, waste to avoid, community composting, compost utilization in a city ...

16.5 x 24 cm
96 pages
Approx. 200 colour photographs
Retail price: €15.00



Green Homes: Solutions and Creativity

Yvan Saint-Jours

• Beautiful photos and descriptions of green solutions for building, renovating, heating, insulating, and more from eco-builders and architects.
• The result of 15 years of meetings and reports from all over Europe.
• Learn and enjoy.

22 x 25.5 cm
160 pages (10,000 words)
300 colour photographs
Retail price: €24.50

