



Advanced Information

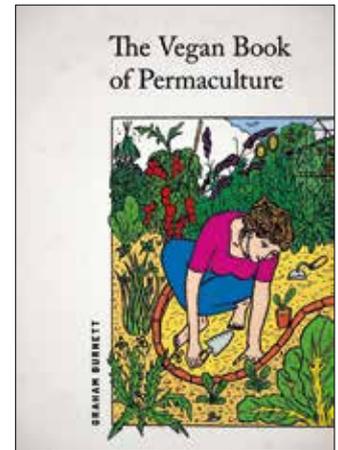
The Vegan Book of Permaculture Recipes for Healthy Eating and Earthright Living

by Graham Burnett

How we eat is such a fundamental part of what we are; yet in our present time-poor culture of pre-packed fast foods, food can become an expensive symptom of alienation and disempowerment. It doesn't have to be this way! *The Vegan Book of Permaculture* gives us the tools and confidence to take responsibility for our lives and actions. Creating a good meal, either for ourselves or to share, taking time to prepare fresh, wholesome home or locally grown ingredients with care and respect can be a deeply liberating experience. It is also a way of taking back some control from the advertising agencies and multinational corporations.

In this groundbreaking and original book, Graham demonstrates how understanding universal patterns and principles, and applying these to our own gardens and lives, can make a very real difference to both our personal lives and the health of our planet. This also isn't so very different from the compassionate concern for 'Animals, People and Environment' of the vegan way. Interspersed with an abundance of delicious, healthy and wholesome exploitation-free recipes, Graham provides solutions-based approaches to nurturing personal effectiveness and health, eco-friendly living, home and garden design, veganic food growing, reforestation strategies, forest gardening, reconnection with wild nature and community regeneration with plenty of practical ways to be well fed with not an animal dead! This is vegan living at its best.

ABOUT THE AUTHOR: Graham Burnett teaches permaculture and works with projects and organisations including Comic Relief, Capital Growth, Bioregional, Naturewise, OrganicLea, Birmingham Decoy, Trust Links, Green Adventure, the Vegan Organic Network, Thrive, Ars Terra (Los Angeles), Ekosense Eco Village (Croatia) as well as a number of Transition Town initiatives. As well as cultivating his own garden and allotments, Graham contributes to publications as diverse as *Positive News*, *The Sunday Times*, *Permaculture Magazine*, *Permaculture Activist*, *New Leaves*, *The Raven*, *Growing Green*, *Funky Raw*, *The Vegan* and *The Idler*.



Published: November 2014

ISBN: 978 1 85623 201 2

240 x 170 mm

author's line drawings

Paperback

304 pages

UK £14.95/ US \$24.95

File

Food, Gardening,
Environment

PUBLISHERS

Permanent Publications
The Sustainability Centre
East Meon, Hampshire GU32 1HR
Tel: 01730 823 311
Fax: 01730 823 322
Email: info@permaculture.co.uk
Web: www.permanentpublications.co.uk
Magazine: www.permaculture.co.uk

TRADE DISTRIBUTION

GMC Distribution
166 High Street
Lewes
East Sussex BN7 1XU
Tel: 01273 402 808
Fax: 01273 402 866
Email: distribution@thegmcgroup.com
Web: www.gmcbooktrade.com

NORTH AMERICAN DISTRIBUTION

Chelsea Green Publishing
85 North Main Street, Suite 120
White River Jct.,
Vermont 05001
USA
Tel: 802 295 6300
Fax: 802 295 6444
Web: www.chelseagreen.com

**Permanent Publications
publishes titles offering
inspiration for self reliance**

**Winners of The Queen's Award
for Enterprise in the Sustainable
Development category (2008)**