



SPARKING
IMAGINATION,
CONVERSATION
& CHANGE

Frankfurt Book Fair
October 2023

Pantera Press — taking on the world...

Pantera Press is a relatively young and leading independent book publisher, based in Sydney, created to champion writing culture and literacy in Australia with a clear community and cultural purpose. We use our profits to fund charities and not-for-profits that encourage reading and work to close the literacy gap in Australia.

Pantera was named a 2022 Heatseeker by Nielsen Bookscan, an award that recognises the leading independent publishers showing both short-term and long-term growth. Pantera is the only publisher to be named a Heatseeker for 6 consecutive years. We have been shortlisted 7 times for the Australian Book Industry Small Publisher of the Year award.

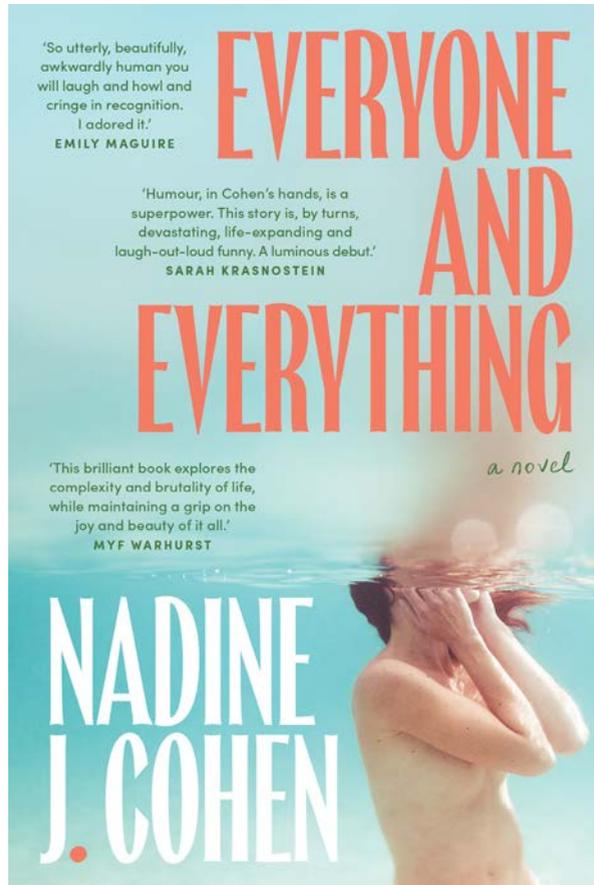
We publish 25-36 books a year that fit with our mission to spark imagination, conversation and change. This includes non-fiction books that matter, fiction across the range from commercial to literary, as well as children's and YA titles.

Our books are distributed in Australia and New Zealand by Bloomsbury, and we hold world rights to most of our titles. We would love to introduce you to our list.

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Upcoming Adult Fiction



Pub Date: September 2023
 ISBN: 9780645240092
 Category: Literary Fiction
 Format: Paperback C 234mm x 153mm
 Extent: 320pp
 Rights Held: World
 Rights Sold: Audio - ANZ (Bolinda)

A dazzling literary debut, *Everyone and Everything* will make you laugh, cry and call your sister.

When Yael Silver's world comes crashing down, she looks to the past for answers and finds solace in surprising places. An unconventional new friendship, a seaside safe space and an unsettling amount of dairy help her to heal, as she wrestles with her demons – and some truly terrible erotic literature.

Funny and tender, *Everyone and Everything* is about friendship, grief and the deep, frustrating bond between sisters. It asks what makes us who we are and what leads us onto ledges. Perfect for fans of Meg Mason, Nora Ephron and Victoria Hannan, this is an intimate, wry and wise exploration of one woman's journey to the brink and back.

"A dazzling literary debut ... It's the novel I never knew I needed but now know I'll never forget."
Better Reading

'I read and adored this gorgeous, sad, funny, wise, dark, life-affirming novel-memoir'
Tim Minchin

About the Author

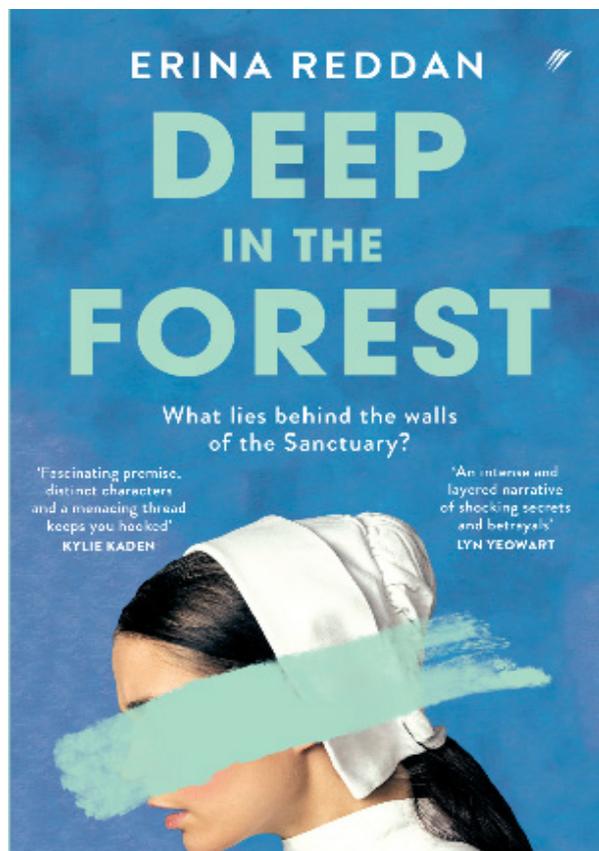


Nadine J. Cohen, also known as Nadine von Cohen, is a writer and refugee advocate from Sydney. Her musings can be found all over the internet, with bylines in *The Guardian*, *The Saturday Paper*, *SMH*, *ABC*, *SBS*, *Frankie*, *Harper's Bazaar* and more. She is a co-founder and director at Hope for Nauru, a volunteer-run not-for-profit serving refugees and asylum seekers affected by offshore detention. *Everyone and Everything* is her debut novel.

'Delicate yet unyielding, fresh yet familiar, Nadine Cohen breathes new life into sad girl lit and redefines the term "a stunning debut." *Everyone and Everything* is tender, honest and utterly unputdownable. It ruined my weekend plans and turned my world new colours from page one.'
Genevieve Novak

'So utterly, beautifully, awkwardly human you will laugh and howl and cringe in recognition. This is a novel about facing up to the worst of life and stubbornly deciding to go ahead and love it anyway. I adored it.'
Emily Maguire

'I couldn't put it down. Humour, in Cohen's hands, is a super power. She uses it so deftly to tell a story that is, by turns, devastating, life-expanding and laugh-out-loud funny. A luminous debut.'
Sarah Krasnostein



Pub Date: December 2023

ISBN: 9780648677086

Category: Literary Crime Fiction

Format: Paperback C 234mm x 153mm

Extent: 320pp

Rights Held: World

Rights Sold: Audio (Bolinda)

What lies behind the walls of the Sanctuary?

'Urgent. Come tomorrow. Can't wait any longer.'

Fed up with being shunned by locals for a crime she didn't commit, Charli Trenthan plans to leave Stone Lake. But when she receives a cryptic message from a member of the Sanctuary, a conservative closed community on the edge of town, she is determined to track down its author.

Crossing the forest, close to the Sanctuary, Charli makes a gruesome discovery and finds herself, once again, a key suspect in a criminal investigation. As she fights to prove her innocence and digs deeper into the Sanctuary, with danger mounting from all sides, she uncovers some shattering secrets.

A gripping thriller with vivid and shimmering prose, and a shocking conclusion that will leave you spellbound, *Deep in the Forest* raises questions about who we trust and why.

About the Author

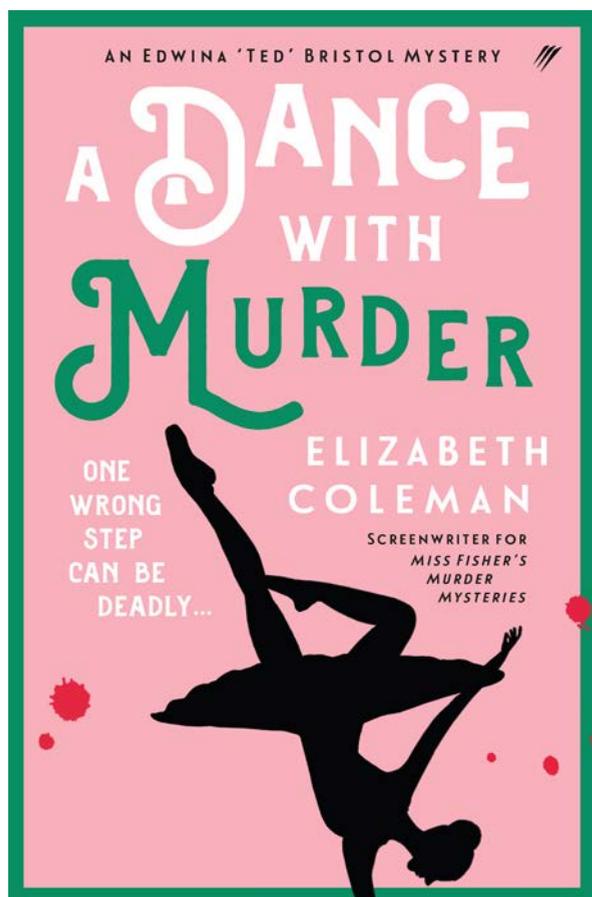


Erina has worked with words, ideas and stories all her life. She started out as a journalist, working in radio and television and was awarded the prestigious Walkley Award for her work as an ABC foreign correspondent. She has a Master's Degree in Professional Writing (University of Technology Sydney) and a PhD in Creative Writing (La Trobe University) on girl warriors and ball gowns. She's taught politics at the University of Melbourne and creative writing at LaTrobe University and Writers Victoria. Her family claims she can glamorise a handful of facts beyond recognition in the service of an entertaining story, sometimes at the expense of truth but always in favour of wonder.



'Superbly written... This book has everything. A tight plot, entirely convincing characters, the pace of a thriller and some very arresting writing'
The Weekly Times

'A deeply satisfying book of quiet power and dignity. I loved the sparse poetry of the writing, and the punchiness and strength of this novel's voice.'
Christos Tsiolkas, The Slap



A charming and cheeky murder mystery with twist and turns aplenty, perfect for fans of *The Thursday Murder Club* and *The Tea Ladies*.

PI Edwina 'Ted' Bristol's latest case is proving complicated. Ballerina Giselle Terreiti is the target of a stalker, but she is also the ex-wife of Ted's good friend, swordcraft nemesis and cop Spike. While accepting the case is a win for the agency, Ted must distance herself from Spike without explaining why.

As the stalker ups the ante, breaking into Giselle's house and leaving a disturbing message, Ted throws herself into the investigation, identifying three suspects. She must go undercover via the dating apps to locate her most promising lead, life coach Jarrod, who Giselle dated briefly.

Meanwhile, Ted's sister Bob refers a curious case: Cecily is trying to find her husband, Pete, who has been missing for a year, presumed dead, after he failed to return home from a day out surfing. As Ted closes in on the culprit in the stalking case and Spike questions her friendship, a murder turns everything upside down ...

Pub Date: January 2024

ISBN: 9780645757880

Category: Commercial Crime Fiction

Format: Paperback C 234mm x 153mm

Extent: 380pp

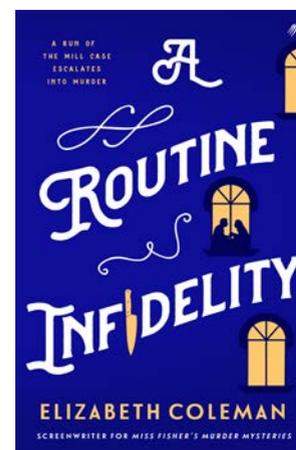
Rights Held: World

Rights Sold: Audio (Wavesound)

About the Author



Elizabeth Coleman is a successful screenwriter who has written on every season of *Miss Fisher's Murder Mysteries* and *Miss Fisher's Modern Murder Mysteries*. She is also the author of the hit play *Secret Bridesmaids Business* and co-created the much-loved ABC drama *Bed of Roses*.



'Clever plotting, memorable characters – a delight!'
Kerry Greenwood, author of The Phryne Fisher Mysteries

'High drama, snappy dialogue and sensational plot twists.'
Sydney Morning Herald

'With Miss Marple as your sidekick how can you lose? I loved every minute with P.I. Ted, her family, friends, and associates. *A Routine of Infidelity* marks the beginning of an excellent series. Here's to many more cases for Edwina Bristol Investigations.'
RWR McDonald, author of The Nancys



Pub Date: February 2024

ISBN: 9780645757910

Category: Commercial Fiction

Format: Paperback C 234mm x 153mm

Extent: 312pp

Rights Held: World

Rights Sold: Audio - ANZ (Bolinda)

Part young-love rom-com, part David vs Goliath story of small-town life, this is a heartwarming, hilarious, quintessentially Australian novel by a talented new voice.

Norm has lived in Norman for most of his life. It's where he grew up with his dad, where he went to school and met his best friend Ella. But the town is dying: the river has dried up, and with it all the jobs.

One night at the pub, on the anniversary of his dad's death, Norm announces a plan. He's going to build a Big Thing to drive tourism to the town and give it a future. And to show Ella that she could have a future here too, maybe even with him.

Meanwhile, Ella has watched all of her peers leave Norman for big cities and greener pastures. But Ella has a plan of her own: to leave Norman for university next year.

Out of guilt, Ella keeps her plan a secret while encouraging Norm's big idea. If it works, Norm will have a four-metre-high souvenir to remember her by when she leaves. And if not, at least they'll have one last perfect summer together.

Will Norm build a Big Thing in time to save the town, and to convince the girl of his dreams she belongs here too - or is it too late?

About the Author

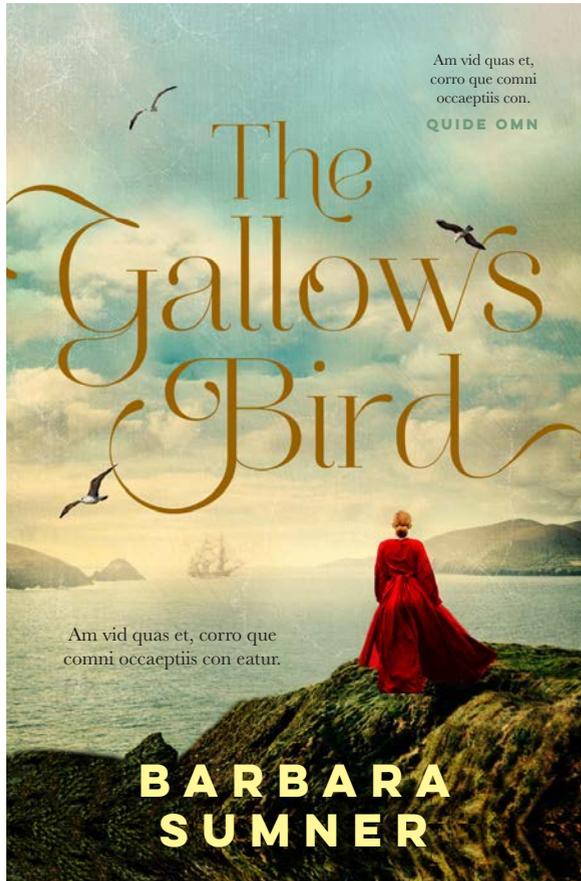


James Colley is a comedy writer and producer known for his work as head writer on *Gruen*, *Gruen Nation*, *Question Everything* and *The Weekly with Charlie Pickering*. He's written on *Summer Love*, *Bravest Warriors*, *Tomorrow Tonight* and *Tonightly* with Tom Ballard and for live events such as FireAid and the ARIAs 2019 and 2020.

James is a regular columnist for the Spectrum liftout in the *Sydney Morning Herald*, and his writing has been featured in the *Guardian*, *Frankie Magazine*, *Crikey*, *the Big Issue* and *Junkee*. He has performed live at Vivid Sydney, the Festival of Dangerous Ideas, Splendour in the Grass, the Sydney Comedy Festival, Melbourne International Comedy Festival and Adelaide Fringe Festival. *The Next Big Thing* is his debut novel.

'WOW. This book will become an Aussie classic, alongside The Castle, Vegemite and Steve Irwin. Run, don't walk to the bookstore. I laughed, I got teary and I cheered for the underdogs in this heartwarming story of overcoming adversity, following your dreams and fighting for what matters to you. Everything is big in *The Next Big Thing* – the humour, the heart and the smile you'll have when you finish reading.'

Rachael Johns



Pub Date: April 2024
ISBN: 9780645757910
Category: Commercial Fiction
Format: Paperback C 234mm x 153mm
Extent: 380pp
Rights Held: World

A woman caught between two worlds, determined to own her freedom, no matter the cost.

Downton Abbey meets *Burial Rites* in this rich, embroiling tale based on true stories of the transportation of female convicts.

London 1838: Hannah 'Birdie' Bird is an underlaundry maid, servant in a manor house. Born the illegitimate child of an aristocratic mother, Birdie is caught between worlds, with ideas above her station and a suspicion that the wealthy family she serves is hers. She will risk anything to change her life. A secret synesthete, to Birdie the colours of fabric are imbued with flavour and smell, and she's particularly captivated by the beauty of silk. Falling into love and crime, she commits the largest silk heist of her time.

Betrayed and jailed, she finds herself transported to the ends of the earth, the Antipodes. After an arduous journey, Birdie and the women she befriends at sea arrive in Sydney Cove, and are sent to Parramatta's Female Factory, a workhouse prison for unmarried women that hosts the infamous 'mermaid's dance' to find them prospective partners. Will she finally find her longed for freedom in this far off land? *The Gallows Bird* gives voice to the women who refuse to let history leave them behind.

About the Author



Barbara Sumner is an author and filmmaker. Her back catalogue of achievements includes producing three highly acclaimed feature documentaries, a career in journalism, event production, television, bringing up four daughters and being accepted into a Masters program at the tender age of 60.

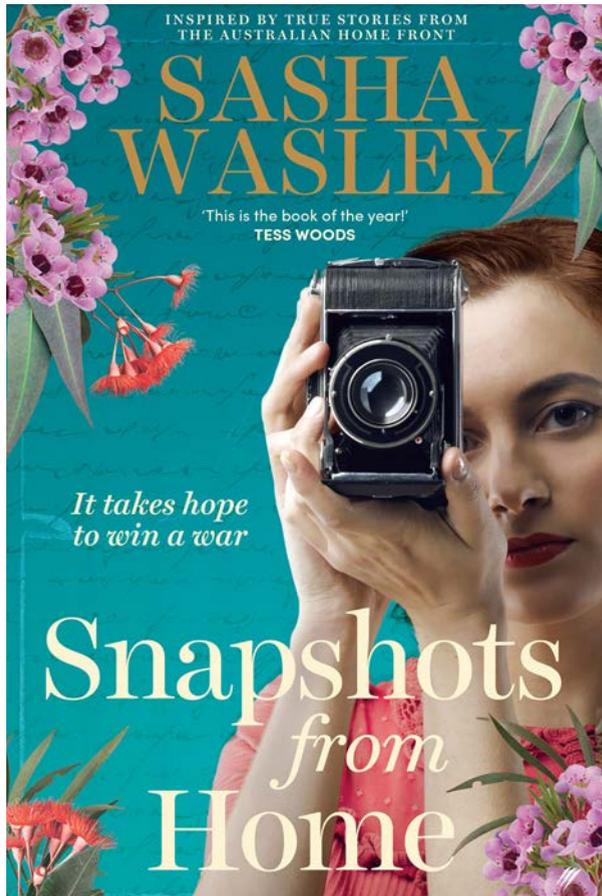
Barbara lives with her husband Thomas Burstyn in Hawke's Bay with a curmudgeonly ginger cat. She spends her time reading, writing, walking, and corrupting her grandchildren with wild ideas about life, love, and imagination.

Barbara is passionate about telling the untold stories of women in history - which is so often the stories of working class women.

The story is based on her own family history as well as wider research of convict transportation and treatment.

Recent Adult Fiction

SNAPSHOTS FROM HOME | Sasha Wasley



Pub Date: July 2023

ISBN: 9780645476729

Category: Commercial Historical Women's Fiction

Format: Paperback C 234mm x 153mm

Extent: 464pp

Rights Held: World ex Nth America

Rights Sold: Audio (Bolinda)

'Please send snaps of my dear mother and father, my sisters Sarah and Evelyn, and my bonzer little poddy calf, Zeus.'

It's 1917, three years into the Great War, when Edie takes up a teaching post in the small Australian town of York.

Mourning the loss of her beloved brother on the Front and evading her father's plans for a respectable marriage, she's glad to keep busy teaching at Miss Raison's School for Girls. After a little persuasion, Edie agrees to take part in a comfort scheme sending photos of home to the troops.

Edie's new venture throws her into the path of the family secrets, scandals and class complexities of her new town – and a handsome, exasperating man her father would never approve of. With each new encounter, her world gets bigger and more complex, until Edie's asked to make choices that could turn her cautious life upside down – and change the very course of history.

Drawn from the true stories of Australians during WW1, this is historical fiction at its best. Charming and heartfelt, *Snapshots from Home* is perfect for fans of Fiona McIntosh, Joy Rhoades and anyone who loved *The Guernsey Literary and Potato Peel Pie Society*.

About the Author



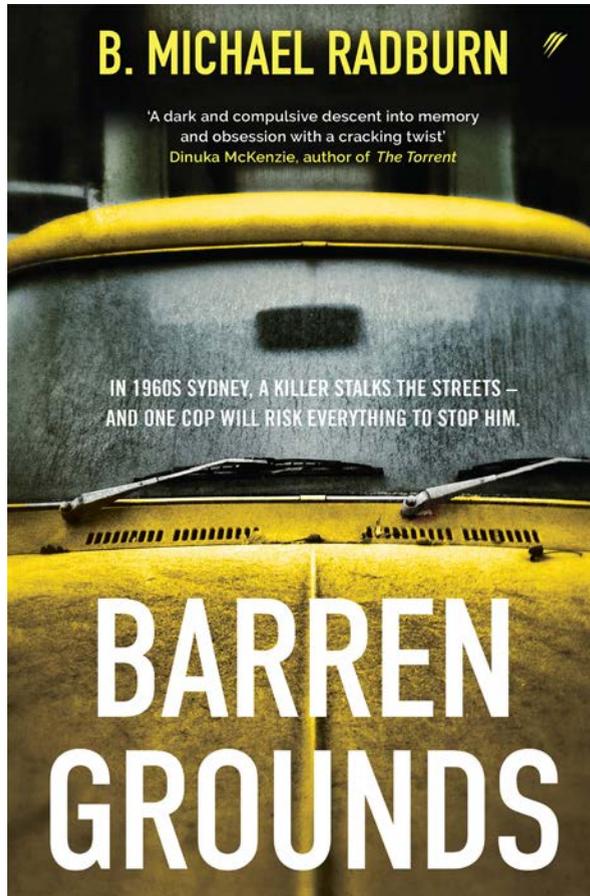
Sasha Wasley was born and raised in Perth, Western Australia. She completed a PhD in feminist literature at Murdoch University in 2006, and went on to work as a copywriter on topics ranging from mine safety to sex therapy.

Sasha's debut novel was published in 2015, after which she gave up her copywriting business to pursue her fiction writing career.

Sasha is passionate about levelling the playing field for members of the community experiencing disadvantage. She is an Ambassador for the *Books in Homes Australia* charity which provides books of choice for children in disadvantaged circumstances to keep in their home libraries. Today, she lives and writes in the Perth hills region with her partner and two daughters.

'This is the book of the year!'
Tess Woods

'A delicious read that has everything--great characters, an evocative setting, historical significance, and entwined quests for purpose, identity, and love. I was entranced.'
Susan Meissner, USA Today bestselling author of *The Nature of Fragile Things*



Pub Date: July 2023

ISBN: 9780648571506

Category: Crime Fiction

Format: Paperback C 234mm x 153mm

Extent: 352pp

Rights Held: World

Rights Sold: Audio (Wavesound)

In 1960s Sydney, a killer stalks the streets – and one cop will risk everything to stop him.

The calling card of the killer known as ‘The Jeweller’ is as elegant as it is gruesome: a pair of ring fingers, separated from their owners, encircled by a band of wire, and delivered directly to Senior Detective Joe Capello. When the Jeweller taunts Joe and his team into meeting him in the diseased grounds of Barren Park, the consequences of that evening will have permanent repercussions for everyone involved. And for Joe, it gets personal.

Two years later, Joe is off the force, but no less obsessed with the Jeweller and his horrific crimes. When a new parcel arrives at his home, Joe is invited back onto the task force and given the opportunity to redeem himself. But vindication relies on Joe finally capturing The Jeweller and now he has to decide if he’s willing to do what it takes – whatever it takes – to finally bring this case to a close.

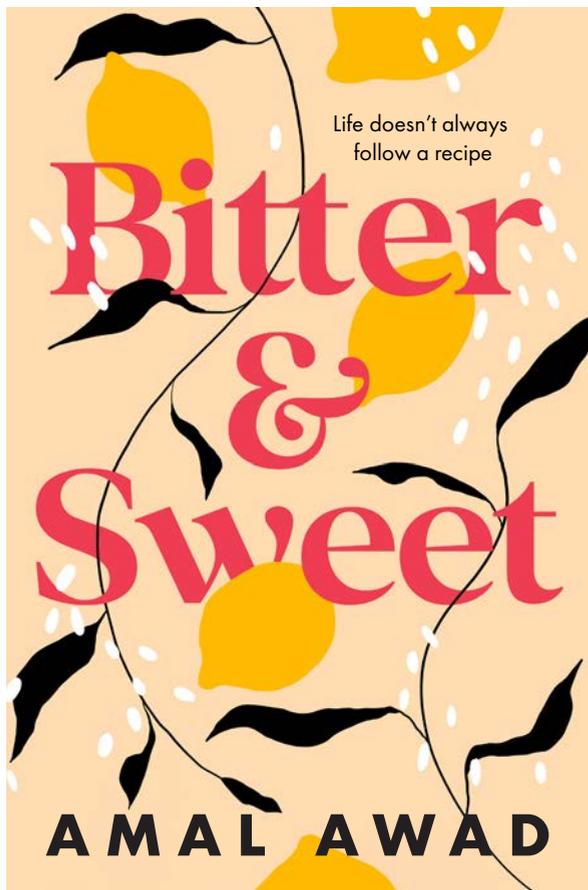
About the Author



B. Michael Radburn is an award-winning writer of short stories, novels and screen plays. He is also the founder of Dark Press Publications and the former editor of the *Australian Horror and Fantasy Magazine*. He is the author of *Blackwater Moon*, *The Reach*, *The Falls*, and *The Crossing*. He lives in the Southern Highlands of New South Wales with his family.

‘A dark and compulsive descent into memory and obsession, with a cracking twist at the end that yanks the rug from under the reader.’
Dinuka McKenzie

‘Serial killer novels tend to follow a predictable formula; ...*Barren Grounds* throws out the rule book, beginning with dozens already dead and the police already closing in on their suspect... This is the best book of its genre since *Child 44*.’
Jack Heath



Pub Date: August 2023

ISBN: 9780645240085

Category: Contemporary Women's Fiction

Format: Paperback C 234mm x 153mm

Extent: 356pp

Rights Held: World

Rights Sold: Audio (Bolinda)

The lake in the middle of her father's kitchen is only the first in a series of disasters in Zeina's life. Nassar's recent health crisis has seen his well-established community restaurant, Casablanca, losing ground and customers to trendier competition.

Casablanca's deterioration is not the only chaos in Zeina's world but, unlike her husband who won't speak to her, her best friend who is sliding towards self-destruction, and her cousin who is stealing Zeina's life story for content, the restaurant is something she can fix. And Zeina, lonely and adrift, needs something she can fix.

Taking leave from her prestigious chef position, Zeina throws herself into caring for her ailing father, immersing herself in the familiar foods and flavours of her childhood, trying to save both him and his restaurant. But working in the kitchen – and her childhood home – brings memories, secrets, and unexpected ambitions simmering to the surface. When it comes time to make hard decisions, Zeina will have to accept that growing up is an ongoing process – one that never gets any easier.

About the Author



Amal Awad is a journalist, screenwriter, author and performer. She presents workshops on storytelling and creativity, has been a regular panellist on ABC TV's *The Drum* and was a TEDx Macquarie speaker in 2019.

Amal is the author of three novels and four non-fiction books, as well as a contributor to two anthologies.

'Intimate and courageous...This is the best kind of novel: one that will remain with you, and perhaps leave you hungry.'

Weekend Australian

'Bitter & Sweet celebrates the strength of one woman's determination to fight for her closest relationships – with her father, her husband, her friends, and with herself ... Awad has created an exquisite, character-filled novel'

Sydney Morning Herald

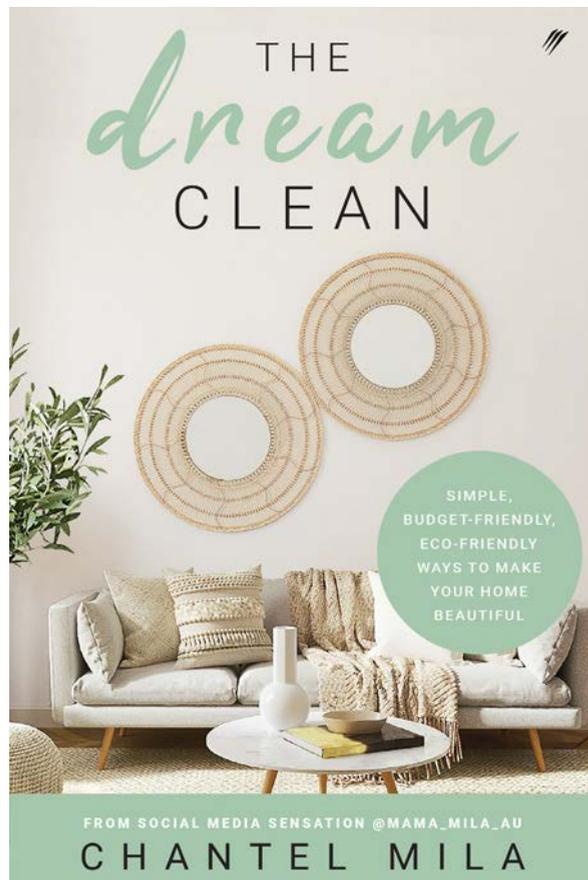
'A feast of a novel. What a read. I felt as if I was sharing a sumptuous banquet with Zeina and her warm, flawed, passionate world. I loved it.'

Melina Marchetta

'Amal weaves love and longing into a rich tapestry of tradition and society, with a sharp but gentle insight.'

Sulari Gentill

Upcoming Adult Non-Fiction



Pub Date: September 2023
ISBN: 9780645624526
Category: Non-Fiction
Format: Paperback C 234mm x 153mm
Extent: 240pp
Rights Held: World

Simple, Budget-Friendly, Eco-Friendly Ways to Make Your Home Beautiful

This is the ultimate home care guide to make your home look and feel amazing. After years of sharing her top home-cleaning tips online to her engaged and growing audience, here Chantel Mila compiles all of her best-practice cleaning methods into a one-stop, easy-to-use resource.

The Dream Clean is Chantel's collection of tips and tricks, cleverly organised by room type and cleaning level in a way that is accessible for all households and lifestyles. The book is jam-packed with:

- *budget-friendly, eco-friendly and easy-to-achieve DIYs and how-tos
- *tips for cleaning, styling and organising
- *room-by-room guides
- *plenty of routines and checklists

Chantel believes strongly that treating yourself to a beautiful home is the ultimate form of self-care, and *The Dream Clean* is a home-cleaning bible that will help you achieve just that.

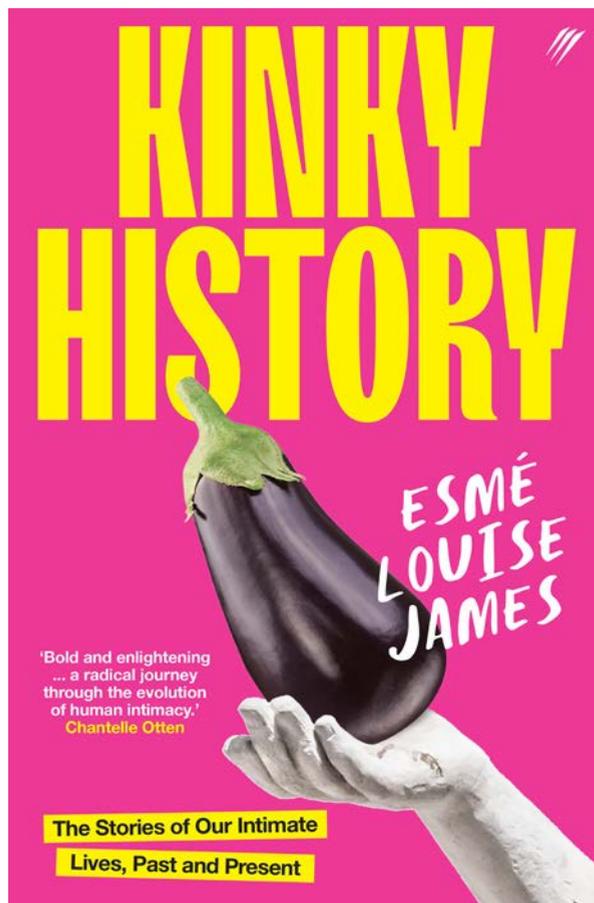
About the Author



Melbourne-based Chantel Mila, aka Mama Mila, started posting recipes and simple home hacks in 2018, and now has a reach of over 2 million across platforms. Known for her #mamamilastips series, Chantel creates innovative and well-designed content to her loyal, engaged following. Her relatable style has led her to work with local and global brands including Bunnings, Woolworths, Afterpay, HelloFresh and Colgate. Her media work includes appearances on *The Morning Show*, *Sunrise*, *Mamamia*, *news.com.au* and *That's Life* magazine, among many others.

TIKTOK audience:
1.4 million followers, 50.9 million views, 32% Australia,
68% overseas

INSTAGRAM audience:
2.1 million followers, 35% Australia, 65% overseas
(35% of followers in North America, 10% in the UK)



Pub Date: October 2023

ISBN: 9780645240092

Category: Non-Fiction - Social History

Format: Paperback C 234mm x 153mm

Extent: 344pp

Rights Held: World

Rights Sold: WEL ex ANZ to TarcherPerigee (PRH);

Audio - ANZ (Bolinda)

Irreverent and provocative, this is a history of sex, from TikTok sensation Esmé Louise James.

It's time to take your seat for a dinner party like no other. Discover the long, long history of the dildo. Hear James Joyce celebrate the beauty of his wife's farts. And you'll never guess Albert Einstein's thoughts on marital relations.

Kinky History draws on Esmé Louise James's phenomenally successful series on TikTok, which explores scandalous stories in the ancient world and the saucy secrets of famous figures. Teaming up with her statistician mother, Dr Susan James, the pair have surveyed the nation for all of your intimate secrets – and the results are in.

By placing the past in conversation with the present, we'll explore five 'kinks' that challenge our thinking about sex. How has the idea of sin shaped our sex lives? Why is masturbation so taboo? Where are our hidden queer histories? How do kinks and fetishes play with the idea of sex? And why does pornography have so much power over us?

Kinky History aims to blow open our conversation about sexuality and gender. Strap yourself in (or on?) – let's build a more liberated, sex-positive future.

About the Author



Esmé Louise James (@esme.louisee) is best known for her *Kinky History* series on TikTok, where she currently has more than three million followers across platforms. Esmé is a PhD candidate at the University of Melbourne; her thesis investigates the emerging genre of the pornographic novel in the 18th century. She has written a range of non-fiction articles for *The Age*, the *ABC* and *The Conversation*, as well as short stories and poetry, and in 2020 she was listed in the Top 30 Emerging Writers by SBS Australia. Esmé also presents the popular *Kinky History* podcast, was a speaker at TEDxSydney in 2022, and was nominated for Best Digital Creator at the 2022 AACTA Awards.

'Bold and enlightening, *Kinky History* is a radical journey through the evolution of human intimacy. It's a thrilling reminder of the need to break taboos and forge a sex-positive future. Not just a book, it's a compelling call to sexual understanding and acceptance.'

Chantelle Otten

'A feast for the mind and the imagination, featuring histories you definitely didn't learn in school. Best served over multiple sittings, it will leave you more than satisfied.'

Dr Amy Thunig



HUMAN?: A Lie That's Been Killing Us Since 1788

For readers of Ta-Nehisi Coates' *Between the World and Me* and Reni Eddo-Lodge's *Why I No Longer Talk to White People About Race*

Pub Date: April 2024
ISBN: 9780645240139
Category: Non-Fiction
Format: Paperback C 234mm x 153mm
Extent: 300pp
Rights Held: World

A groundbreaking, provocative call-to-arms by acclaimed Indigenous rapper Ziggy Ramo, *Human?* invites readers to confront the realities of colonisation, and work together for a shared future.

No one wins in the colony. Since 1788, Blak people in so-called Australia have been violently and relentlessly dehumanised.

This nation has now seen 235 years of 'progress' ignoring First Nations knowledge. And to what end? So now we can all watch the world burn together.

Written on the precipice of becoming a parent, this is Ziggy Ramo's offering - an attempt to bridge a knowledge gap that threatens to strip away the humanity of colonisers and colonised alike.

A gut-punch of a read that masterfully weaves together lived experience and prerequisite historical retelling, *Human?* aims to bring people together to have the conversations that matter most.

With this powerful debut, Ziggy asks: What will it take to get everyone on the same page, so we can heal ourselves and Country, and have a real chance at a future together? The past is our story – yours and mine – we can't afford to run from it anymore.

About the Author



Ziggy Ramo is a singer and songwriter known for his lyricism and story-telling ability. The son of an Aboriginal and Solomon Islander father and a mother of Scottish heritage, Ziggy's experiences with racism in Australia have led him towards activism, both in his music and in the wider world.

Through his music, Ziggy aims to tell the story of Australia's true race history, so that we can move forward and find answers that will help us improve.

Ziggy captured the attention of the Australian public with his single *Little Things*, a heartfelt update of Paul Kelly's *From Little Things Big Things Grow* which put forward a First Nations perspective on invasion, intergenerational trauma and deaths in custody.

'Powerful, fearless and from the heart, *Human?* asks if the cost of privilege in society is a denial of our full humanity. Before we can forge a way forward to a better Australia we must acknowledge the truth about invasion, slavery, intergenerational trauma and its consequences for Indigenous Australians – and this ground-breaking book will move hearts and minds.'
Lex Hirst, Publishing Director



How Working Backwards will Change the Way you Live and Work

Too many of us have sleep walked our way into getting a standard job, earning a salary and then using whatever's leftover – financially and emotionally – to eke out an existence. The end result is a broken, overworked and unengaged existence, in which you are left wondering if this is as good as it gets?

In this affirming book, Tim Duggan reveals a new approach to rethinking how and why we work to explore better ways of a living. Fuelled by a powerful realignment of the role work plays in our lives, you'll learn valuable and practical tools to live a fulfilled, meaningful and rewarding life that puts *you* squarely at the front, instead of your job.

"We have a once-in-a-generation opportunity to rethink how we approach work right now. There are so many new ideas being thrown around all the time, like remote working, four-day work weeks, the Great Resignation, hybrid meetings, and more. My first two books helped people build better business and come up with better ideas. My third book will take that one step further and give anyone the inspiration, knowledge and tools to be able to take advantage of this unique moment in history and learn how to simply work better,"
Tim Duggan

Pub Date: April 2024
ISBN: 9780645818031
Category: Non-Fiction
Format: Paperback C 234mm x 153mm
Extent: 320pp
Rights Held: World

About the Author

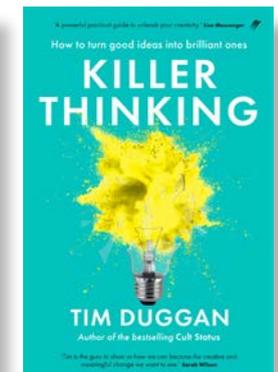
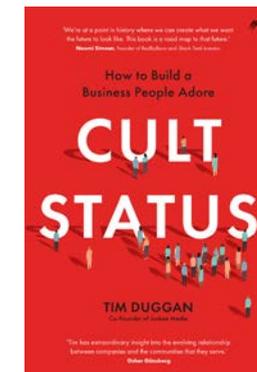


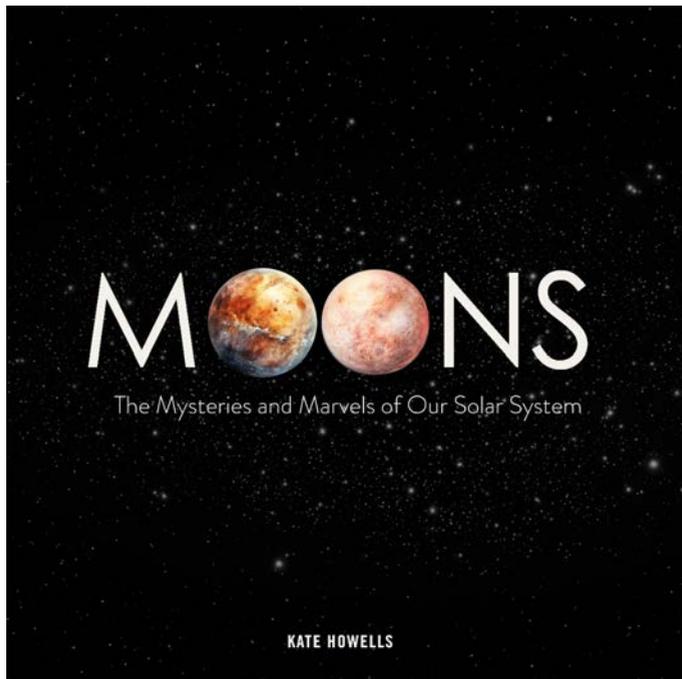
Tim Duggan is an optimist who firmly believes in the power of business to do good. He has co-founded several digital media ventures, most notably Junkee Media, one of the leading publishers for Australian millennials.

Tim's first book, *Cult Status: How to Build a Business People Adore*, was named the Best Entrepreneurship and Small Business Book at the 2021 Australian Business Book Awards.

Tim is also the chairman of the Digital Publishers Alliance, an industry body that represents over a hundred titles from leading independent digital publishers.

Tim lives with his husband, Ben, and dog, Winnie, in Sydney.





The Mysteries and Marvels of Our Solar System

Almost every planet in our solar system has at least one moon in its orbit. These extraordinary little worlds are even cooler than the bizarre extraterrestrial planets themselves. This book introduces people to the mind-boggling moons of our solar system, from the volcanic hellscape of Io to the ice mountains and methane seas of Titan and beyond. And don't even get us started on Pluto's eternal cosmic bond with it's little buddy Chiron. Plus, we'll enjoy a closer look at Earth's moon that will forever change our perception of our little cosmic companion.

Come along on an epic journey through our local space neighbourhood, and enjoy this book's collection of real space imagery and imaginative illustrations bound to open the reader's eyes to just how majestic and freaky our solar system can be.

Kate is Communications Strategist at the Planetary Society, working to engage their myriad audiences in the adventure of space exploration. She also writes for The Planetary Report and planetary.org on a variety of space and outreach topics. Based in Guelph, ON, Kate also serves as Canadian Space Policy Adviser. She has served on the Government of Canada's Space Advisory Board, and she currently serves on SEDS Canada's Board of Advisors. Kate also works in Guelph with Royal City Science, a nonprofit group bringing science outreach to the community with the goal of establishing a local science centre.

Pub Date: May 2024

ISBN: 9780645817997

Format: Flexicover 235mm x 235mm

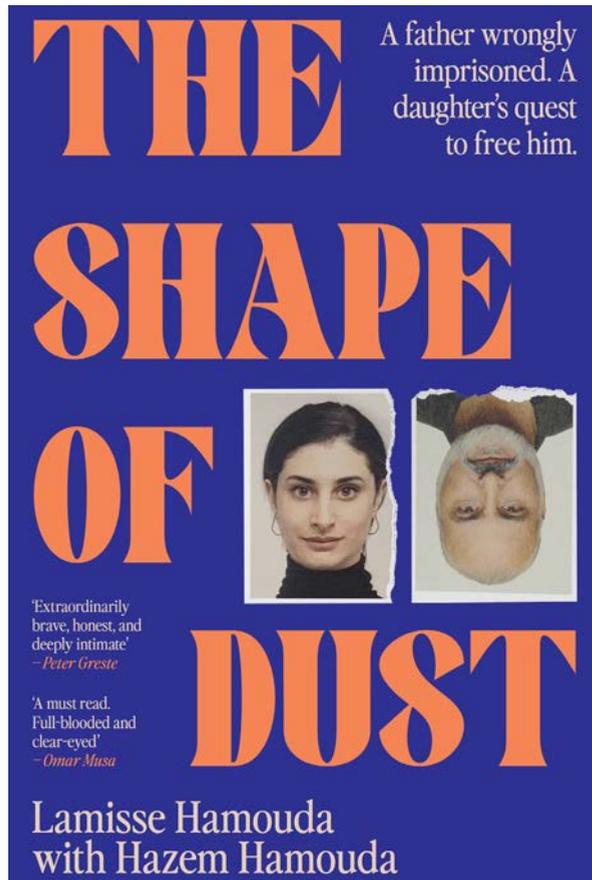
Extent: 188pp

Rights Held: World



Recent Adult Non-Fiction

THE SHAPE OF DUST | Lamisse Hamouda with Hazem Hamouda



Pub Date: July 2023
ISBN: 9780648795117
Category: Non-Fiction
Format: Paperback C 234mm x 153mm
Extent: 320pp
Rights Held: ANZ and North America

An incredible true tale of overcoming injustice and ode to the fierce love within one family, *The Shape of Dust* is a haunting appraisal of the way Australia treats its citizens, both at home and abroad.

In 2018, on his way to a family holiday in Cairo, Australian-Egyptian citizen Hazem Hamouda disappears without warning, going missing somewhere between landing and customs.

His eldest daughter, Lamisse, has recently moved to Egypt armed with a scholarship to the American University of Cairo, and overnight her world is turned upside down. With little Arabic and even less legal knowledge, she finds out her father has been arbitrarily arrested. Going up against the notorious Egyptian prison system, Lamisse discovers that the Australian embassy provides shockingly little support to dual citizens arrested abroad.

Shouldering the responsibility of her father's welfare, Lamisse learns to navigate both deeply flawed systems, and freeing Hazem involves a reckoning with the two countries she's called home – coming to terms with the prejudice and racism of the country she grew up in and the corruption in the country she was hoping to reconnect with.

Told with exquisite intimacy by both father and daughter, *The Shape of Dust* is an Australian story unlike any other, and the striking debut of a writer of incredible nuance, insight and talent.

About the Authors



Lamisse Hamouda (she/her) is an Egyptian-Australia writer, theatre artist and youth worker, primarily based in Meanjin (Brisbane). Her writings have been published in various publications in Europe and Australia, and her poetry was included in the anthology, *Arab, Australia, Other: Stories on Race and Identity*. She is currently studying toward a Master of Therapeutic Creative Arts.

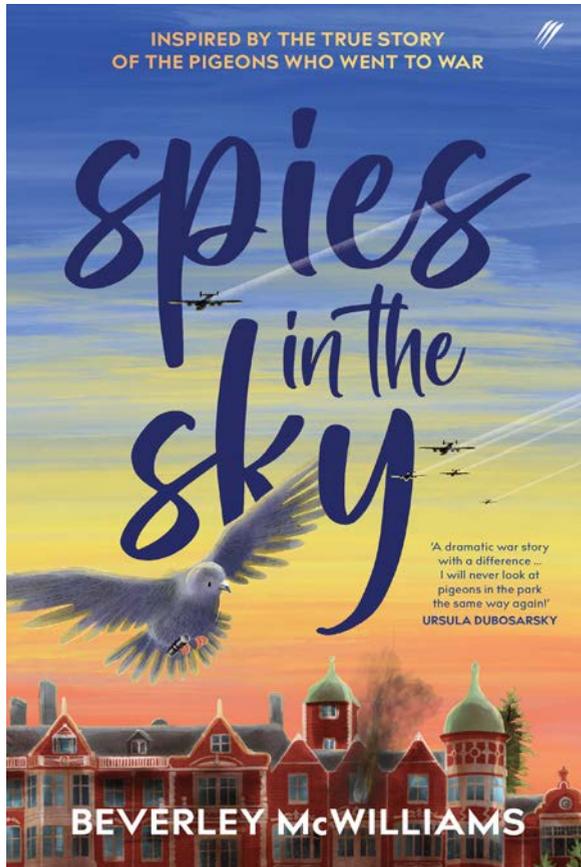
Hazem Hamouda is an Egyptian-Australian IT consultant, arbitrarily arrested and imprisoned in Egypt in 2018. Hazem is a contributing writer to this book. Based in Meanjin (Brisbane), he lives with his family and a couple of backyard chickens.

'Lamisse Hamouda's *The Shape of Dust* is a must read. Full-blooded and clear-eyed, this book is a deep dive into memories big and small, brutal and joyful, a ruthlessly reflective examination of the many things that bind us – and free us.'
Omar Musa

'This is an extraordinarily brave, honest, and deeply intimate account of a family's struggle against a brutal bureaucracy.'
Peter Greste

'A beautifully written, deeply personal and devastating account of arbitrary detention in Egypt and a family's inspirational fight for their father's freedom.'
Jennifer Robinson, Barrister

———— Upcoming and Recent Children's and YA titles ————



Pub Date: November 2023

ISBN: 9780645624533

Category: Middle Grade Fiction

Format: Paperback B 198mm x 128mm

Extent: 208pp, line drawings

Rights Held: World

Sometimes we must do things we don't want to, even if they frighten us.

Royal Blue is a royal racing pigeon from a long line of champions. Every morning he wakes in his comfortable loft at Sandringham House, eats the very best seeds and spends the day training with his best friend to be the fastest and strongest pigeon in Britain.

But there's a war going on, and things are changing. Then one day, the King himself comes to the loft and chooses Blue for a very special assignment.

As Blue goes on missions, helping with rescues, carrying secret messages and facing dangers he never could have imagined, one thing will become clear: *never underestimate a pigeon.*

'A dramatic war story with a difference – very engagingly told from the point of view of a brave and delightfully opinionated pigeon, one of a highly trained flock on his Majesty's secret service. I will never look at pigeons in the park the same way again!'

Ursula Dubosarsky, author of Brindabella

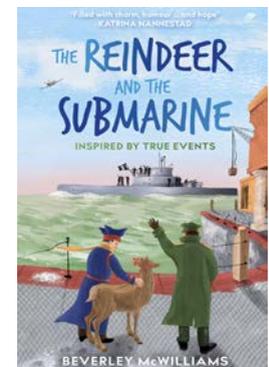
About the Author

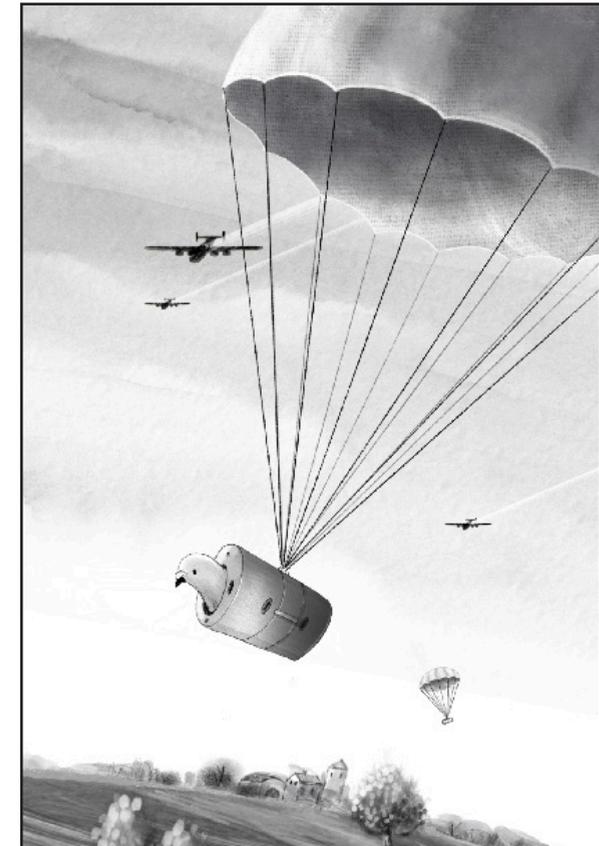
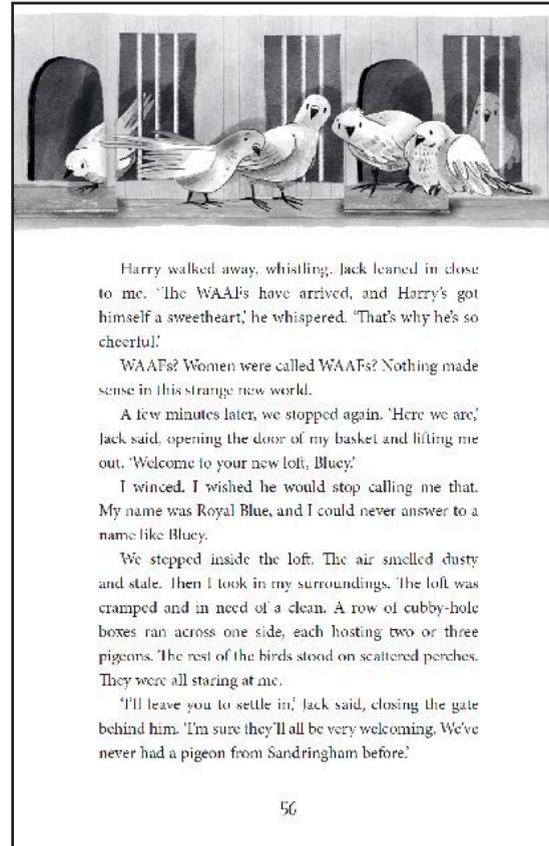
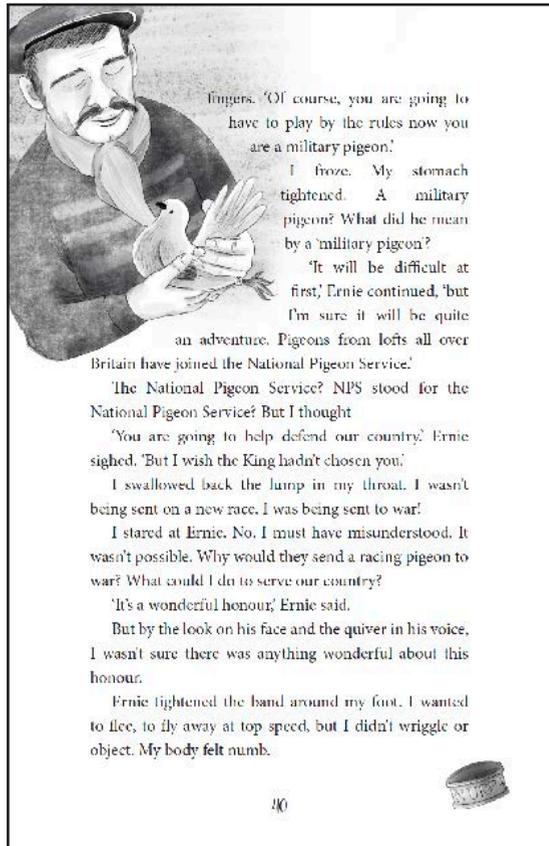


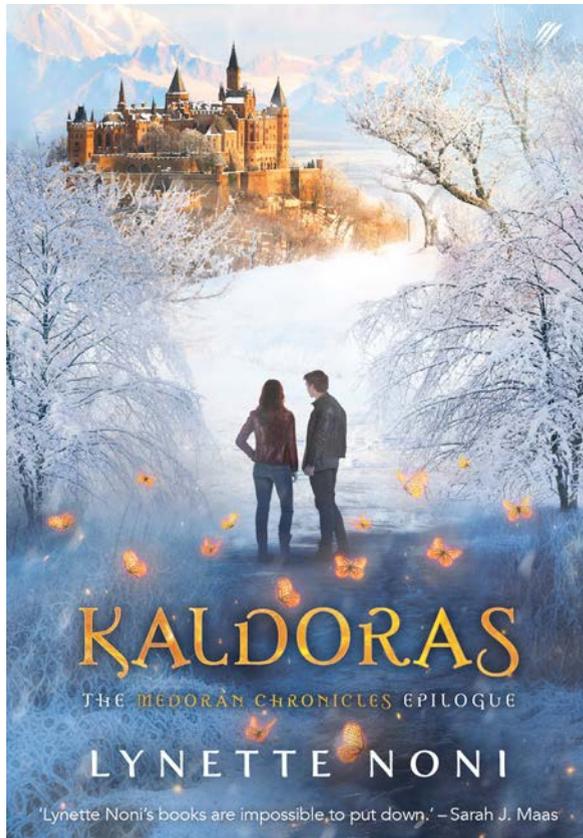
Beverley McWilliams loves sharing history with young children. In August 2019, she published her debut picture book *Born to Fly*, which tells the story of South Australian aviator Captain Harry Butler and received a notable commendation from the CBCA. She is also the author of the middle grade fiction title, *The Reindeer and the Submarine*.

Beverley's writing has also been published online and in magazines, and she is a regular contributor to *The School Magazine*, Australia's longest-running literary publication for children.

Beverley is the event coordinator for the Society Children's Book Writers and Illustrators (SCBWI SA) and a member of the Australian Society of Authors. She lives by the beach in beautiful South Australia with her family and menagerie of pets who provide endless inspiration.







Pub Date: November 2023

ISBN: 9780645869002

Category: Middle-Grade Fiction

Format: Paperback B 198mm x 128mm

Extent: 236pp

Rights Held: World

Rights Sold: Audio (Audible)

Journey back to the world of Medora to follow Alexandra Jennings and her friends – and enemies – for one last adventure.

Spanning four years after the final book in Lynette Noni's #1 bestselling series *The Medoran Chronicles*, this is an epilogue like no other, full of laughter, tears, and above all, the unending power of friendship.

'Lynette Noni is a marvelous and inventive storyteller, whose books are absolutely impossible to put down. I can't wait to see what she comes up with next!'
*Sarah J Maas, #1 New York Times bestselling author of *The Throne of Glass* and *A Court of Thorns and Roses* series*

'Lynette Noni is a master at her craft. *The Medoran Chronicles* have richly developed characters, superb world-building that makes you feel like you're actually there, and stories that pack a punch, full of emotion and thrills. Highly recommended!'
*James Dashner, #1 New York Times bestselling author of *The Maze Runner* series*

AUTHOR OF THE BEST-SELLING *WHISPER* AND *WEAPON DUOLOGY*, AND *THE PRISON HEALER* SERIES

About the Author



Lynette Noni loves getting lost in stories – both the ones she creates, and those created by others. Lynette grew up on an outback farm and now lives behind the sun-swept beaches of the Sunshine Coast. Devastated when her Hogwarts letter didn't arrive, she consoled herself by looking inside every wardrobe she could find, and is still determined to find her way to Narnia. Bursting with novel ideas, Lynette is a reader who writes and a writer who reads. She has a worldwide blog-following where she enthusiastically shares her devotion to books and her unashamed Disney animation addiction.

SALES HIGHLIGHTS

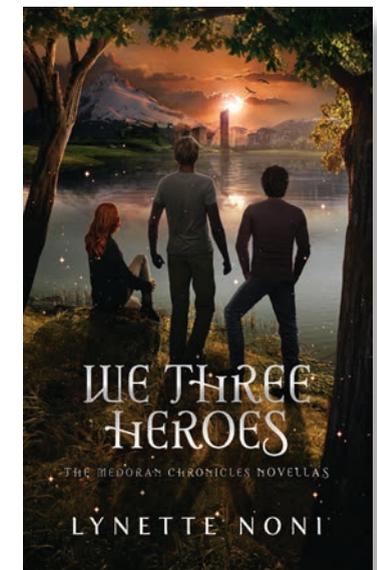
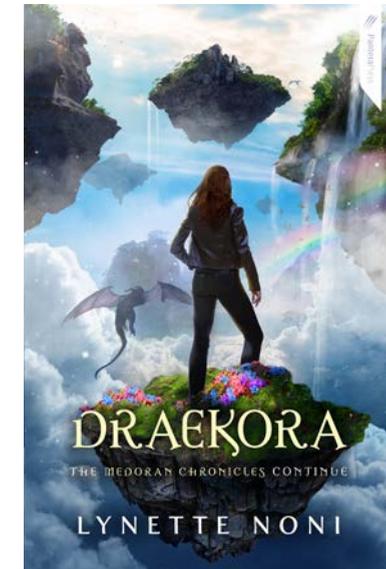
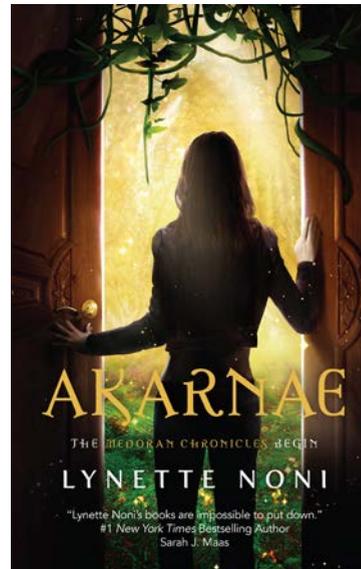
THE MEDORAN CHRONICLE books have sold over 140,000 copies in Australia.
Lynette is routinely the number 1 bestselling YA author in the territory.
Her books regularly occupy the top spots in the Australian bestseller charts.

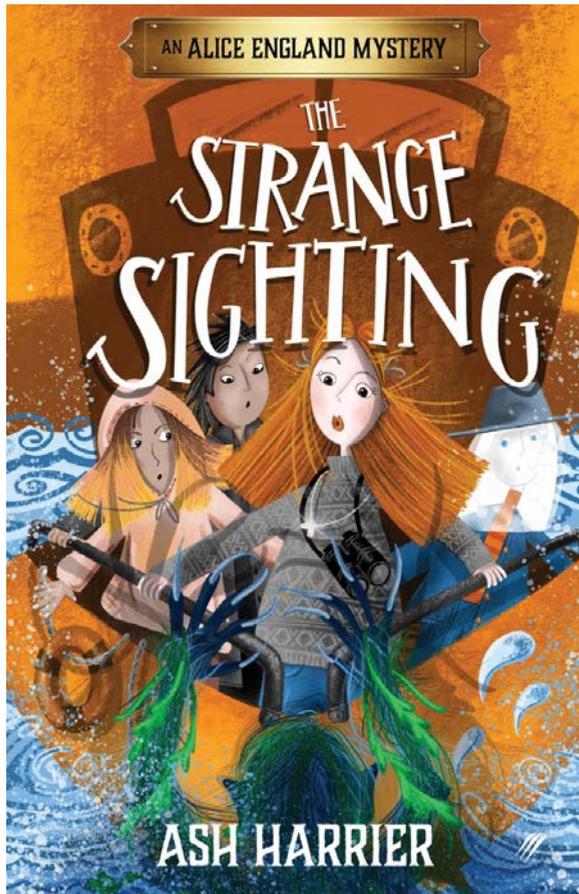
The Medoran Chronicles is an addictive fantasy series set in a unique parallel world. A wondrous exploration of friendship and belief in oneself, it is set against the backdrop of an ancient betrayal and eternal war.

Sixteen-year-old Alexandra Jennings finds herself stranded in Medora, a fantasy world full of impossibilities. As she explores Akarnae Academy, a school for teenagers with extraordinary gifts, she is embraced by colourful new friends who accept her as one of their own.

But Alex soon discovers that she is an unwilling pawn in a deadly game, and the weight of an entire race's survival rests on her shoulders. She must find a way to protect the Medorans from Aven Dalmarta, the banished Prince from the Lost City of Meya, who is on a quest to reclaim his birthright.

This refreshingly innocent YA journey emphasises the values of friendship and loyalty while offering a new slant on high school fantasy. There are authority figures who aren't quite what they seem, unconventional magic influenced by futuristic technology, and an omniscient library that can influence and guide Alex through the insecurities and uncertainties of her new world – and hopefully towards an understanding of the strength of her own willpower and an assured future for Medora.





Pub Date: February 2024

ISBN: 9780645757972

Category: Middle-Grade Fiction

Format: Paperback B 198mm x 128mm

Extent: pp

Rights Held: World

The third book in the *Alice England Mysteries*, featuring Alice – who is curious, truthful and smart, but who works in her father’s funeral home and receives messages from the dead. An engaging heroine!

Alice England and her friends are back with a mystery that throws them straight in the deep end.

Marine biologist Stingray Bolland dies suddenly, but no one suspects anything sinister. That’s until Alice’s special talent and her powers of observation reveal that he was studying a new species in the waters around Damocles Cove – and that he saw something mysterious right before he died.

More and more people are spotting a strange creature in the cove, and there are claims it’s a storm kelpie of Scottish legend. It seems impossible that an ocean-dwelling blue man who threatens to sink your boat could be real – but on a sightseeing boat tour with Cal’s cousin, Alice, Cal and Violet encounter something unusual. Could the legend be true?

As fate, fortune and scientific discovery collide, Alice and her friends must uncover what’s really going on in Damocles Cove – and whether the truth is even stranger than the legend.

About the Author



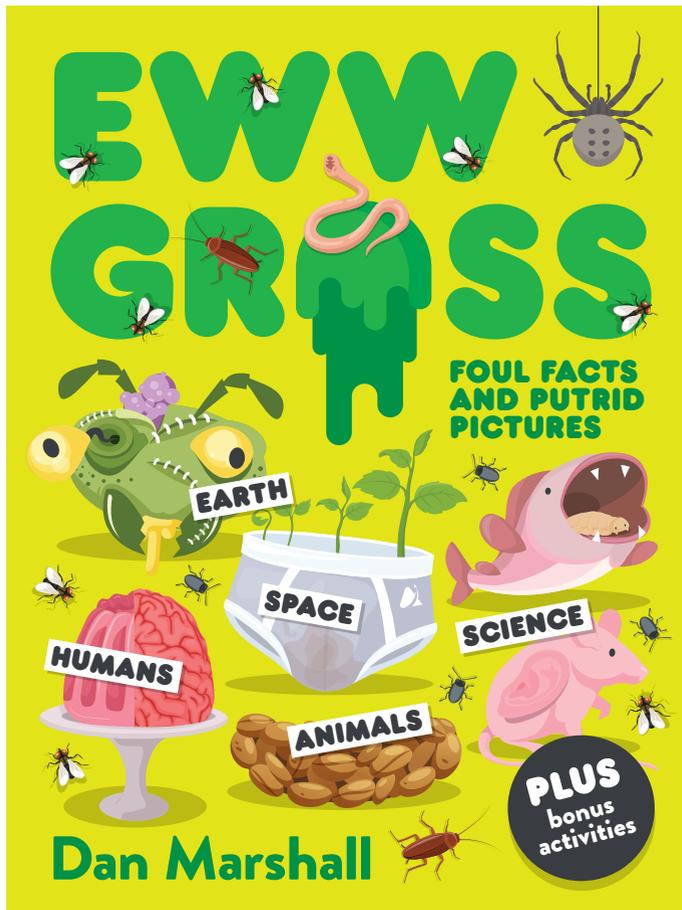
Ash Harrier lives in Perth, Western Australia. She is an Ambassador for the *Books in Homes Australia* charity, which helps children in disadvantaged circumstances build their home libraries. Ash has a great fondness for puzzles, scientific facts, birds and the smell of dried tea. Some of her favourite pastimes are reading, daydreaming and spending time in the garden with her small flock of hens.

PRAISE FOR *THE DEADLY DAYLIGHT*

‘As well as being a charming mystery, *The Deadly Daylight* also functions as a sweet and gentle lesson in empathy and difference. (It) is an engaging novel with a full cast of larger-than-life characters, and even I didn’t pick the bad guy! Harrier sets us up nicely for the next book in the series, and readers will be left wanting more.’

Books+Publishing





Foul Facts and Putrid Pictures

Get ready to discover just how gross our universe really is. Learn the foulest facts about space, Earth, humans, animals and science that have been tested by REAL SCIENTISTS, and even do your own gross experiments. Meet your guide, Slimon, who loves all things rotten, revolting, despicable and downright disgusting.

Did you know ...

There's poo on the moon?

You will drool enough in your lifetime to fill two swimming pools?

There's a wall covered in chewing gum that's over 30 years old?

There's a robot designed to projectile vomit?

Full to the brim with the world's filthiest facts and most putrid pictures, this book is sure to make you and your friends say 'Eww Gross!'

Dan is a designer, illustrator and writer who runs a design agency, Studio Marshall. For over 20 years he has worked with a diverse group of clients including the Sydney Opera House, The Australian Museum, One Laptop Per Child, The Hunger Project, Facebook and Coca Cola.

Dan's books stem from his passion for graphic design, communicating information visually and his deep curiosity and include *Mind Blown* as well as *No Way!* and the picture books *Super Duper* and *Look Book*.

Publication: November 2023

ISBN: 9780645624564

Page Size: 247 x 184mm

Extent: 244pp (hardcover)

Rights Held: World

Rights Sold: Polish (ZNAK)



SPACE

THE COSMIC STINK BOMB

If our future selves ever manage to leave Earth and explore the depths of outer space they may encounter a beautiful nebula, 5,000 light-years away in the constellation Puppis, known as the **Calabash Nebula**, a gas cloud over one quadrillion (1,000,000,000,000,000) metres in length.

However, though it may be beautiful to view from a distance, up close and personal things would take a rather pungent turn. The nebula has a lot of the sulphur compounds you would find in both stink bombs and rotten eggs, hence the reason astronomers have given the nebula the notorious name of **Rotten Egg Nebula**.

Star fart

Within the nebula is a red giant star that is undergoing a high-energy conversion. A transformation so powerful that the smelly sulphurous molecules are forced out into space. In other words, the nebula is having a star fart.

1 MILLION KILOMETRES PER HOUR

This is the incredible speed at which the gas is being forcefully ejected out into space.

OH 231.84 + 4.22

This is the technical name for the Calabash Nebula. Numbers near as catchy as **Rotten Egg Nebula**.

CROSSMETER

In China, Century eggs - seven weeks old - have a smell so strong that an egg with a great central yolk is considered a delicacy and has been for over 100 years!

EARTH

GIANT CORPSE FLOWERS SMELL OF ROTTING FLESH AND DEATH

Flowers are usually associated with the nicer things in life, including smelling so wonderful that they can brighten up anybody's day. But not all flowers have sweet aromas. The fact that some species of flower are referred to as **corpse flowers** might hint at what smell is to come. Their stench has been likened to rotting flesh and even to death itself. A smell that is so revolting, few people can last long around it. The most famous of these are **Rafflesia Arnoldii** and **Amorphophallus Titanum**. Hold your nose!

Rotten luck

The corpse flower's stench secret is a chemical combination that mimics decomposition to attract insects who will help pollinate it. Bees and flies who are drawn to the smell of decaying meat cannot help themselves and gravitate towards the flowers, attracted by the apparent smell of rotting flesh.

Gentle giants

Both the **Rafflesia Arnoldii** and the **Amorphophallus Titanum** are absolutely enormous. The former can have a diameter of one metre across and the latter can be up to three metres tall. These are giants of the flower world.

Amorphophallus Titanum

The number of years between the **Amorphophallus Titanum** flower blooming.

Leaf it out

Although massive the flowering **Rafflesia Arnoldii** cannot actually support themselves. They have no leaves, stalks or even roots. They are parasites who rely upon their jungle vine hosts for survival.

Getting warmer

Not only does the **Amorphophallus Titanum** hold insects north of its snout, but it also produces heat. The record temperature is **36.7 degrees Celsius** to mimic a dying animal. So clever and so gross.

CROSSMETER

The number of days the **Rafflesia Arnoldii** flower stays open for.

The number of hours the flower stays open for.

HUMANS

YOU WILL DROOL ENOUGH IN YOUR LIFETIME TO FILL TWO SWIMMING POOLS

Have you ever woken up in the morning to find your pillow has a huge wet patch from the previous night's drooling session as you slept? It's a strange sensation as you have no recollection of it happening, but the evidence of your saliva dribbling is right there in front of you on your wet pillow. Drooling is something that we do all the time and over the course of your lifetime you will produce an amazing amount of saliva, enough in fact to fill two standard sized swimming pools!

Bad breath

Saliva is produced by glands in your mouth and keeps your mouth moist and comfortable. It helps you chew, taste, and swallow as well as fighting the germs in your mouth and preventing bad breath. Too little saliva can result in bad breath and food tasting differently.

The acid test

Your saliva helps keep the pH balance of your mouth slightly alkaline. And it's a good job too because if it didn't, your mouth would become acidic and would dissolve your own teeth. Ew!

Sealed with a kiss

When you sleepily kiss someone, you exchange saliva with them and the millions of bacteria contained within it. A 10 second kiss will transfer around 80 million bacteria.

750 MILLILITRES

This is the amount of saliva the average person can produce in a single day. Enough to fill a wine bottle.

25,000 LITRES

This is the amount of saliva the average person can produce in a lifetime.

CROSSMETER

You produce enough saliva in just one year to fill ten bathtubs!

FOOD

FIGS HAVE DEAD WASPS INSIDE THEM

Have you ever eaten a wasp? Well if you've ever eaten a fig then you probably have. What?! The answer lies with mother nature. Figs bloom on the inside and their reproductive parts are located inside their pods. So, to become pollinated the fig relies on it's friend, the tiny female fig wasp. She enters the unique fig carrying pollen and lays her eggs. She then nibbles over and dies. But don't get too grossed out about all the time, you've eaten a fig, those crunchy bits are fig seeds, not wasp skeletons. Using enzymes the fig digests the tiny insect and turns it into protein which then becomes part of the flavour of the now opened fruit. Absolutely gross.

Tunnel vision

When the baby wasps hatch, they all mate and the wingless males chew a tunnel out of the fig before they too die, and the females use this tunnel to enter the world for the first time. The cycles continue as they are now carrying fig pollen and are free to search for another fig tree in which to lay their own eggs and pollinate it.

Lose your head

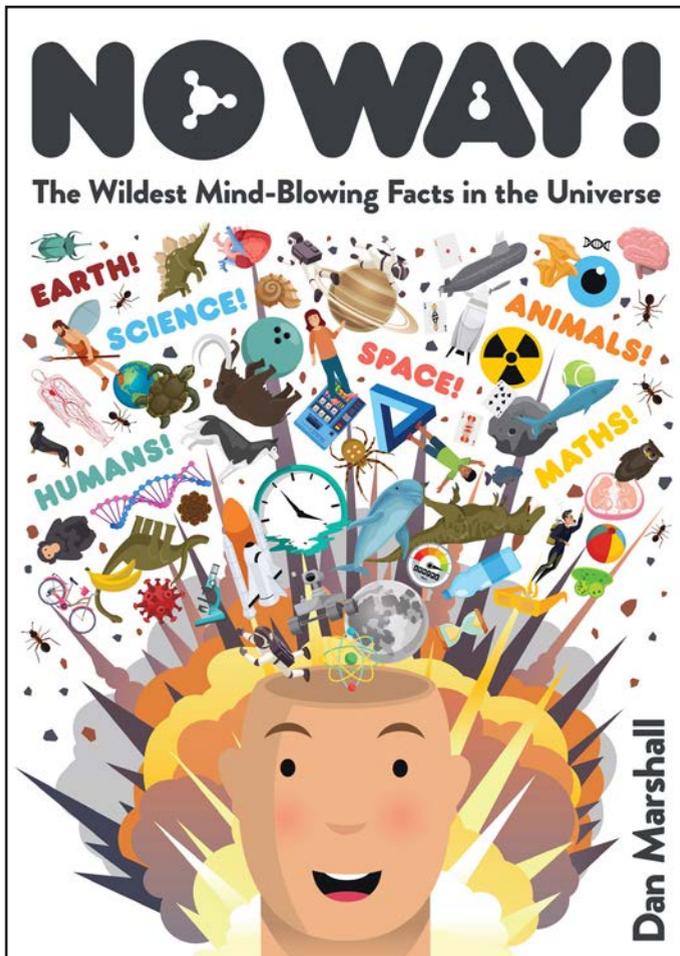
When the female wasp enters the fig her wings and antennae are clipped away and she becomes trapped. The wasps sometimes fight inside the fig if more than one enters and lethal battles take place often involving decapitation.

900

This is the number of fig wasps, responsible for pollinating the world's 900 species of figs. Each species of wasp only pollinates a specific species of fig. The fig attracts it's partner wasp with a unique scent.

CROSSMETER

1.5 mm



Get ready to go on a wonderful journey of discovery that will make you say No Way! Learn all about space, humans, earth, science, animals and maths, with the help your trusty robot sidekick.

Did you know...

Uranus is leaking gas into space?

The average yawn goes for six seconds?

The fact that there are over three trillion trees on earth?

Bicycles ride themselves?!

This beautifully designed children's book is filled to the brim with facts, games and questions that will teach you all the wildest and weirdest things about the world around you!

Dan is a designer, illustrator and writer who runs a design agency, Studio Marshall. For over 20 years he has worked with a diverse group of clients including the Sydney Opera House, The Australian Museum, One Laptop Per Child, The Hunger Project, Facebook and Coca Cola.

Dan's books stem from his passion for graphic design, communicating information visually and his deep curiosity and include *Mind Blown* as well as the picture books *Super Duper* and *Look Book*.

Publication: October 2021

ISBN: 9780648677024

Page Size: 247 x 184mm

Extent: 64pp

Rights Held: World

Rights Sold: German (Loewe); Chinese

Simplified (Posts & Telecom); Korean (EK

Publishers); Russian (DMK Press); Turkish

Teas Yayincilik; Polish (ZNAK)



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CONTENTS

THE GERMS IN YOUR GUT...

0.2KG
The total weight of all the microbes in your guts.

95%
The percentage of your microbeome that lives in your gut, which goes from your mouth all the way down to your bottom.

Curly wurly
Curled up inside us, our intestines have a surface area of ground, 32 square metres. That is the same size as a small city studio apartment.

Mice and men
Scientists first discovered, and continue to investigate, the connection between your gut microbeome and your brain with studies mainly in mice.

Brain box
As well as providing a home to all those amazing microbes, your gut acts like a second brain for you and can actually think for itself thanks to the 100 million neurons inside it. It normally digests food without your brain telling it too. None of your other organs, not even your super powerful heart can do this. Amazing!

10 TRILLION
The number of microbes living inside your guts.

...ARE TALKING TO YOUR BRAIN

Even when you are by yourself you are never really alone. It may sound quite funny but inside and out, your body is home to billions of bacterial, viral, fungi, and other tiny organisms called microbes. There are so many of these that incredibly they outnumber your own human cells!

These microscopic creatures play a huge role in your wellbeing, helping your immune system, providing nutrients for your cells and preventing invasion by other harmful bacteria and viruses. They're amazing! Almost all of these tiny creatures call your gut their home and it is from here that they're communicating directly with your brain. We still do not know yet exactly what they're saying, but whatever it is it's directly influencing your brain and affecting your mental health and behaviour. No way!

SOME ANIMALS SPEND MOST OF THEIR LIVES ASLEEP

KOALA Each day these marsupial manage to get their heads down for between 20 AND 22 HOURS	SLOTH Every day these tardy tree dwellers have way more than forty yawns and can sleep for 20 HOURS	BROWN BAT These mouse-eared microbats spend almost the whole day hanging upside down asleep. Sometimes up to 19.9 HOURS	GIANT ARMADILLO These heavily armoured animals manage to rest their weary heads each day for 18.1 HOURS
--	--	--	--

Some humans tend to sleep for around eight hours every day which works out at a third of our lives asleep across our whole lifetimes. This may sound like quite a lot, but it's nothing when compared to some animals who spend most of their lives unconscious! Sometimes up to a quite frankly mind boggling 22 hours a day! We're looking at you, koala.

CICADAS USE NUMBERS PRIME

7, 13, 17
The prime numbers used by periodic cicadas.

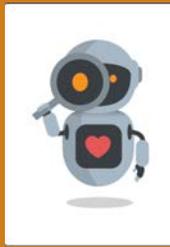
Going underground
If you've ever lain in bed during a midsummer's night, unable to sleep thanks to the cacophonous din of cicadas, then you're probably not a fan of these diminutive flying insects. Their life cycle is a strange one as they spend most of their days underground and when they do finally emerge, there's no time for pleasantries as they quickly find a mate, reproduce and die.

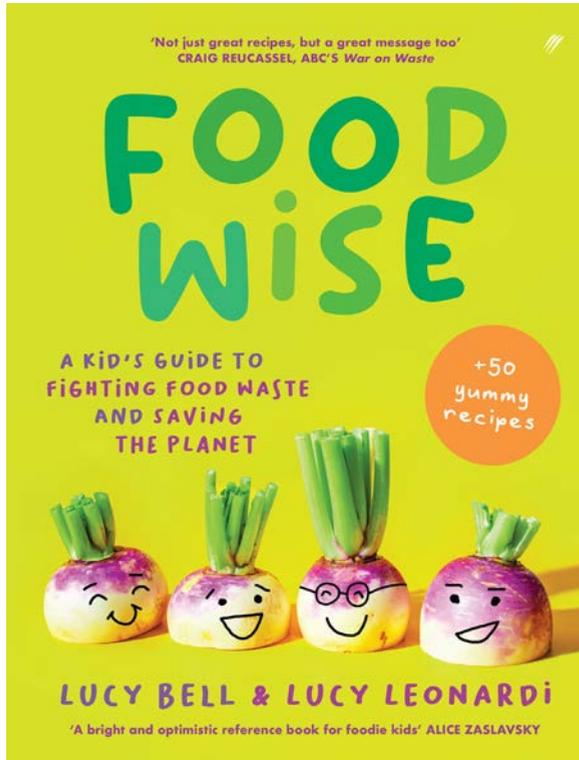
Prime time
Annual cicadas make this appearance every year, but periodic cicadas stay underground for much longer, appearing at intervals of seven, 13 or even 17 years. All are prime numbers! Certainly, the length of the periodic cicada's underground existence is curious. But why would each of these intervals be a prime number, meaning they're only divisible by themselves and by one?

Taking advantage
Could that be a coincidence? For a long time, we thought so. But now it seems that these insect mathematicians have been using prime numbers to their advantage. And all this without a calculator!

Food fight
For instance, cicadas with a 13-year life cycle and ones with a 17-year life cycle will hardly ever meet. When both species of cicada do come out together - once every 221 years (13 multiplied by 17) - the numbers will be massive. So it's handy that it's rare for them to have to compete for the same food.

Syncing up
Another benefit of the strategically irregular gaps is that they prevent predators syncing up with the reproductive cycle of the cicadas. A predator with a three-year life cycle would only meet up with the 17-year periodic cicadas once every 51 years (three multiplied by 17).





Pub Date: August 2023

ISBN: 9780648795353

Category: Kids Non-Fiction (8–12 years)

Format: 247mm x 184mm (hardcover)

Extent: 224pp

Rights Held: World

A Kid's Guide to Fighting Food Waste and Saving the Planet

It's incredible just how much food goes to waste, but there are so many simple (and delicious) ways we can stop our food from ending up in landfill. All around the world, there's a new generation of food waste warriors just like you who are fighting to keep their food on plates, in tummies, and out of the bin!

In this book are recipes, activities, ideas and inspiration to help you appreciate the many wonders of food. You'll learn to experience it in fun and exciting ways, where it comes from, how it's grown, how to buy and care for it, ways to prepare it, and best of all, all the ways you can share it with your family and friends! Not only that, you'll learn some funky food facts and become a total whiz in the kitchen - whipping up meals to wow your family and friends. You might even eat some things you never thought about trying before!

This book is packed with delicious recipes that will show you how to get creative in the kitchen, use up fruit and vegie scraps, and turn your leftovers into meals fit for a feast.

About the Authors



Lucy Bell is a book editor and music teacher on a journey to live a more ethical, sustainable and mindful life. Lucy is also the author of *You Can Live on The Bright Side* and *You Can Change the World*, which was the winner of the 2020 Nautilus Book Awards as well as the 2021 Green Earth Book Award.

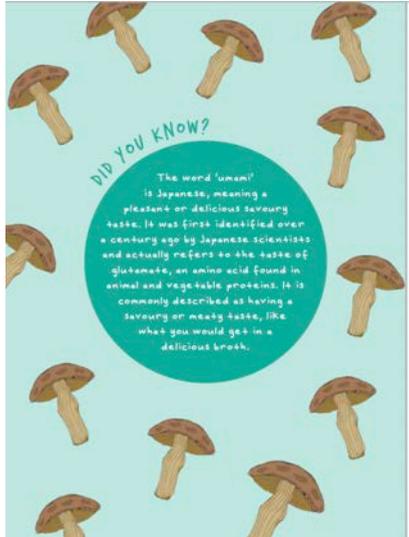
Lucy Leonardi is a prolific photographer and finds joy in her creative pursuits, from her popular food blog *Who Does the Dishes* – a visual documentary of home cooks – to her most recent project of creating waste free recipes for OzHarvest social media's Fight Food Waste campaign. She is passionate about promoting a practical and healthy eating approach for a better environment.

'Not just great recipes, but a great message too. Reducing food waste has never looked so mouthwatering.'

Craig Reucassel, War on Waste, ABC

'This book is an essential ingredient for any budding cook or eco warrior. Stuffed with wisdom and wonderful recipes, it's precisely the sort of cookbook the world needs right now. This is the food book I wish I had when I was younger.'

Tori Haschka



DID YOU KNOW?

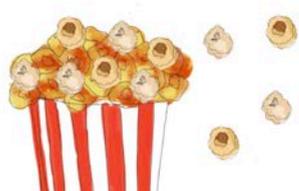
The word 'umami' is Japanese, meaning a pleasant or delicious savoury taste. It was first identified over a century ago by Japanese scientists and actually refers to the taste of glutamate, an amino acid found in animal and vegetable proteins. It is commonly described as having a savoury or meaty taste, like what you would get in a delicious broth.

The average person has about 30,000 taste buds, and these contain taste receptor cells that detect chemicals in our food and then pass this information on to our brains. Our taste buds get replaced around every two weeks. But as we age, not all of these taste buds get replaced. This is why some foods might taste stronger to you than they do to adults.

As you start cooking more and experimenting with flavours, you'll learn about the best ways to balance the salty, sweet, bitter, sour and umami tastes to make for the most delicious meals. Some foods have delicious combinations and pairings of these tastes. You might already know some of the best salty-sweet combinations:

- salted caramel
- peanut butter and jam
- maple bacon
- melon and prosciutto

Here are some recipes for you to try that combine the different tastes. See if you can guess what tastes are combined here.



FALLING IN LOVE WITH FOOD 31

CHAPTER 1

GETTING CREATIVE

This book is about learning to love food, and there's no better way to fall in love with food than to put on your chef's hat and step into the kitchen. It can feel a little overwhelming if you're new to cooking, and it's hard to experiment with flavours if you're not used to them. But don't worry! Below we'll show you some of the easiest ways to start inventing dishes yourself, and throughout this book you'll find more recipes to help you begin cooking new dishes. We all have to start somewhere, so if something doesn't turn out the way you hoped, you can always try again next time!



ACTIVITY: BEGINNER'S FRUIT SALAD

Fruit salad is one of the most fun ways to get creative in the kitchen. Simply chop up whatever fruits you have at home and combine them in a bowl. Any fruits at all! Pick your favourites, or even pick fruits that are all the same colour. You can jazz up your fruit salad by drizzling it with fresh passionfruit, adding mint leaves or a squeeze of citrus, or serving it with yoghurt and honey or different cheeses.



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ACTIVITY: A GARDEN JOURNAL

We love gardening and being around plants, whether they are in our backyards, on balconies or in windowsill pots. There's nothing like the smell of soil and sunshine on a beautiful spring day. We even love the dirt under our nails, the wiggle worms and the bugs! Gardening helps you care about the way things are grown and teaches you to treasure every part of the fruit and vegetables you harvest. If you're new to gardening a good way to start is to create a garden journal or notebook. Here are some things you could include in your garden journal:

- a list of all the plants you can find in your garden
- the Latin or botanical name for the species - for example, parsley is called *Pastinaca sativum* and lettuce is called *Lactuca sativa*
- a description of the plants, including what they look and smell like
- a description of edible vegetables, fruit or herbs, including research on any health or nutritional benefits they have, and describe what they taste like

- photos or drawings of the plant, or just its leaves, flowers or fruit - you could also label the different parts to show roots, leaves, seeds, stem or flowers
- leaves, flowers and herbs pressed in a book
- if you plant seeds, write down the date and how they were planted so you can monitor their progress and make notes about how much water and sun they require
- a section for any birds, bugs and other wildlife that visit your garden.

If you get stuck identifying your plants, ask an adult for help or try an app such as PlantNet.



FIGHTING FOOD WASTE 125

CHAPTER 3

QUICK TIPS FOR AVOIDING CLING WRAP

Plastic film or cling wrap is something most of us have in a drawer in our kitchens. Like all plastic, it's very convenient. But with a bit of thought, it's easy to change your habits and stop using this single-use plastic.

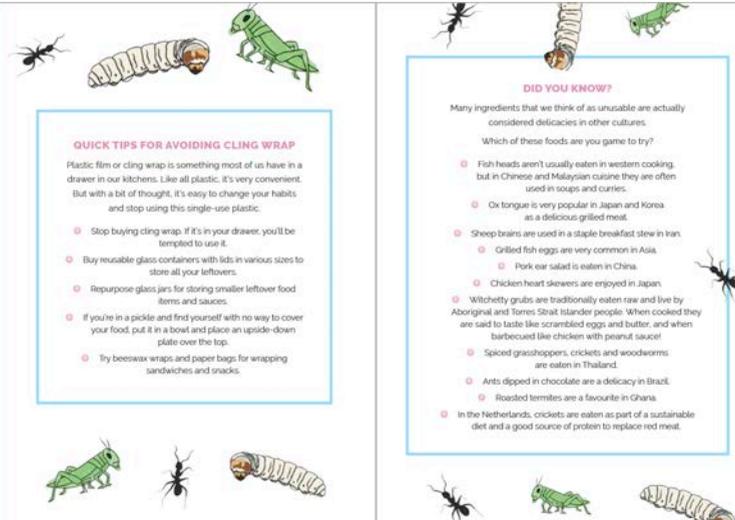
- Stop buying cling wrap. If it's in your drawer, you'll be tempted to use it.
- Buy reusable glass containers with lids in various sizes to store all your leftovers.
- Repurpose glass jars for storing smaller leftover food items and sauces.
- If you're in a pickle and find yourself with no way to cover your food, put it in a bowl and place an upside-down plate over the top.
- Try beeswax wraps and paper bags for wrapping sandwiches and snacks.

DID YOU KNOW?

Many ingredients that we think of as unusable are actually considered delicacies in other cultures.

Which of these foods are you game to try?

- Fish heads aren't usually eaten in western cooking, but in Chinese and Malaysian cuisine they are often used in soups and curries.
- Ox tongue is very popular in Japan and Korea as a delicious grilled meat.
- Sheep brains are used in a staple breakfast stew in Iran.
- Grilled fish eggs are very common in Asia.
 - Pork ear salad is eaten in China.
- Chicken heart skewers are enjoyed in Japan.
- Witchetty grubs are traditionally eaten raw and live by Aboriginal and Torres Strait Islander people. When cooked they are said to taste like scrambled eggs and butter, and when barbecued like chicken with peanut sauce!
- Spiced grasshoppers, crickets and woodworms are eaten in Thailand.
- Ants dipped in chocolate are a delicacy in Brazil.
 - Roasted termites are a favourite in Ghana.
- In the Netherlands, crickets are eaten as part of a sustainable diet and a good source of protein to replace red meat.



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