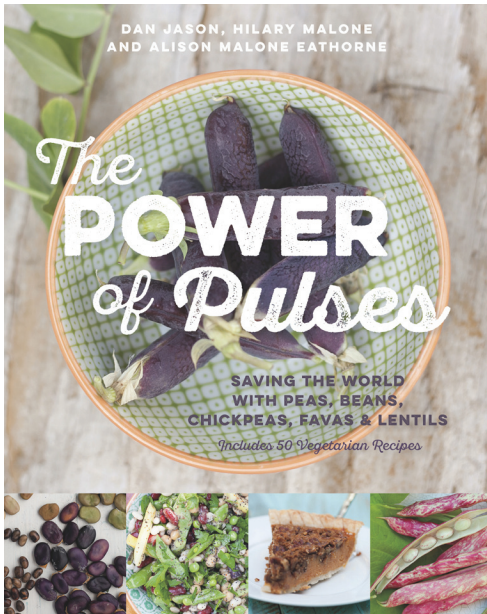




Douglas & McIntyre

ADVANCE MEDIA RELEASE



The POWER of Pulses

THE UNITED NATIONS HAVE DECLARED 2016 THE INTERNATIONAL YEAR OF PULSES

THE POWER OF PULSES
Saving the World with Peas, Beans, Chickpeas, Favas and Lentils

by Dan Jason, Hilary Malone and Alison Malone Eathorne

GARDENING / COOKING
Paperback · \$24.95 CDN
8" x 10" · 208 pages
ISBN: 978-1-77162-102-1
Pub Date: April 9, 2016

The United Nations recognizes the environmental, economic and nutritional value that growing and eating pulses can provide for individuals and communities around the world. *The Power of Pulses* is a garden-to-kitchen guide that will keep your finger on the pulse of health and sustainability!

Growing and eating pulses can reduce the carbon footprint of your grocery cart and improve your health:

- Pulses use half the non-renewable energy compared to other crops
- Pulses are self-sustaining and self-fertilizing
- Pulses are used to renew the nitrogen levels of other crops
- Pulses are an ethical source of high-value protein and can be grown in most zones (in North America during the spring and winter in temperate areas)
- Pulses are rich in fibre, high in vitamin B, gluten-free and remarkably low on the glycemic index
- Pulses lower bad cholesterol, improve cardiac health and stabilize blood sugar levels

Dan Jason, owner of Salt Spring Seeds, provides tips on how home gardeners can grow and save their own delicious, vividly hued heirloom beans, peas, chickpeas, favas and lentils.

The Power of Pulses contains 50 original vegetarian recipes provided by bestselling cookbook authors and sisters **Hilary Malone** and **Alison Malone Eathorne**, featuring fresh and inventive uses for the garden's bounty, including Broad Bean Succotash with Ricotta & Poached Eggs on Toast, Crispy Chickpea Power Bowl with Tahini Dressing, Sweet Pea and Halloumi Fritters, and even Black Bean Brownies with Espresso Ganache.

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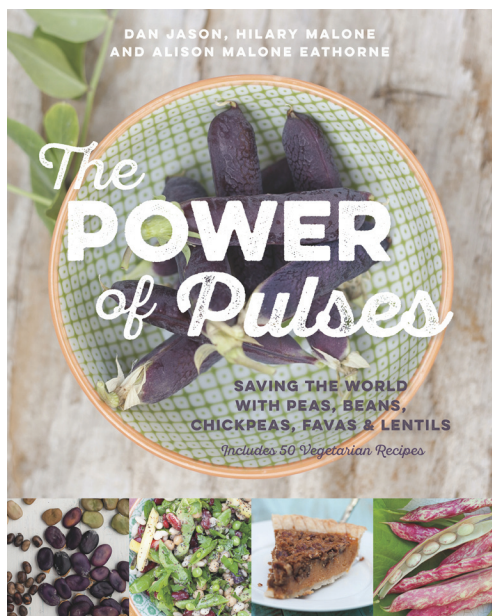
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AUTHOR INFORMATION



Dan Jason is committed to empowering people to grow their own food and save their own seeds. Since 1976 he has lived on Salt Spring Island, BC, where he created the mail-order seed company Salt Spring Seeds. He has written many bestselling books about growing and preparing food sustainably, including *The Whole Organic Food Book* and *Saving Seeds as if Our Lives Depended on It*.

Hilary Malone holds a Diploma in Culinary Arts from Vancouver Island University and is co-owner (with Alison) of Sea Salt Food Company, a boutique catering and recipe development business. Hilary is also co-author of the award-winning *Sea Salt: Recipes from the West Coast Galley*.

Alison Malone Eathorne is a freelance travel and food writer and has contributed to various publications including *Pacific Yachting*, *Western Living* and *BC Home*. She is co-author of *Sea Salt: Recipes from the West Coast Galley*.

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