

## Around the World in 80 Plants

An Edible Perennial Vegetable Adventure for Temperate Climates

Stephen Barstow

Foreword by Alys Fowler

\$29.95 • Paperback

9.5 x 6.75 • 304 pages

ISBN 9781856231411

**Pub Date: December 19, 2014**

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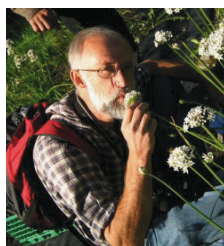
“**Stephen Barstow is one of the world’s great edible plant collectors and his stories of encountering plants in the wild, tracking down seeds of rare species, and of course growing and cooking with these species are absolute treasures.**”  
— **Eric Toensmeier, author of *Paradise Lot* and *Perennial Vegetables***

*Around the World in 80 Plants* is a new book by Chelsea Green’s UK publishing partner, Permanent Publications. This book is an original and inspiring adventure around the temperate world, introducing us to Stephen Barstow’s top eighty perennial vegetables.

Chosen for their success in colder climates, many of these species are low maintenance perennials that are more robust in varying conditions than traditional vegetables. Drawing from his vast knowledge and experience of growing leafy greens in his own renowned garden, Barstow shows us how to diversify the variety of vegetable produce available locally for a healthier diet.

Barstow takes us on a gastro-botanical journey across six continents through underground gardening in Tokyo, beach gardening in the UK, and traditional roof gardening in the Norwegian mountains. Since most of these plants have historically been gathered, Barstow includes stories on the wild foraging traditions of indigenous groups such as the Sámi people of northern Norway, the Maori of New Zealand, and the Rolwaling Sherpas in the Himalayas.

*Around the World in 80 Plants* will be of interest to traditional vegetable and ornamental gardeners, as well as anyone interested in permaculture, forest gardening, foraging, slow food, gourmet cooking, and ethnobotany. A thorough description is given on each plant, including its size, habit, habitat, related species, uses, cultivation, and propagation. Sprinkled with recipes inspired by local traditional gastronomy, this fascinating book is an entertaining adventure and a real milestone in climate-friendly vegetable growing from a pioneering expert.



**Stephen Barstow** has devoted thirty years to experimenting with perennial vegetables from around the world. Barstow is the national coordinator of the Norwegian Seeds Savers and the 2012 recipient of the Norwegian Plant Heritage Award. His famous garden is located outside of Trondheim, Norway and has over 2,000 edible plant species. In 2003, he used 537 of these edibles to surpass his previous world record for the greatest number of plant varieties in a salad. Barstow has written numerous articles for the journal of the Norwegian Useful Plants Society, *Hagetidend* (a Norwegian gardening magazine), and *Permaculture Magazine*.

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