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press release

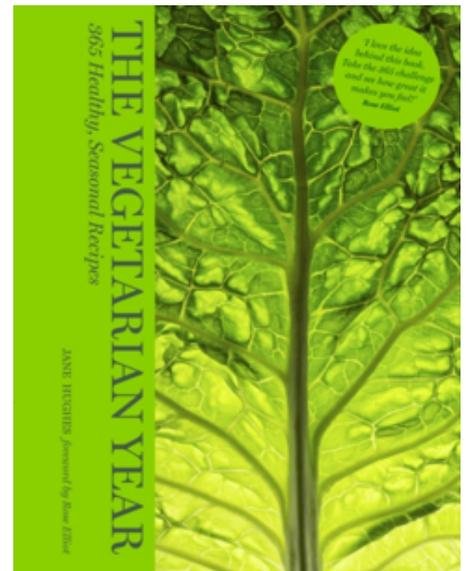
THE VEGETARIAN YEAR

365 Healthy Seasonal Recipes

by Jane Hughes

with a foreword by Rose Elliot

Published by Modern Books, April 2015, £20



“This fantastic collection of recipes will inspire you to eat with the seasons, and make you fall in love with fruit and veg again and again”

- ABEL & COLE, award winning fruit and vegetable delivery company

More of us are choosing a vegetarian diet than ever before, with over 1.2 million vegetarians in the UK, and many more choosing vegetarian options as part of a healthy lifestyle. Yet, being vegetarian doesn't necessarily mean eating more healthily. In her groundbreaking new book, **THE VEGETARIAN YEAR**, leading food writer Jane Hughes offers 365 days of seasonal recipes that makes following a vegetarian diet both healthy, and enjoyable. Approved and endorsed by *The Vegetarian Society* in the UK, and with a foreword by Britain's premiere Vegetarian cookery writer, Rose Elliot, this book focuses on healthy food for vegetarians as well as those who simply want to eat mindfully.



Selecting the finest produce from each season, Jane Hughes, provides a broad and exciting menu of vegetarian classics, authentic world cuisines, and modern twists, using the freshest produce from around the globe. From quick and easy suppers, and satisfying soups and salads, to show-stopping desserts, and vegan-friendly options, the recipes are easy-to-follow and suitable for novice and experienced cooks alike.

The book is divided into the four seasons with tips on which vegetables are available at what time of year, and how best to use them. Each section gives recipes for starters, mains and desserts, and even a selection of delicious drinks to make at home. For Spring the mouth-watering options include *Chilli and Coriander Cakes*, *Courgette and Broccoli Tagliatelle*, and *Rhubarb and Mascarpone Filo Parcels*. For summer there are such delights as *Watermelon and Feta Salad*, *Mediterranean Vegetable Loaf* and *Strawberry and Elderflower Tart*. Autumn recipes include *Roots Glazed in Cider*, *Warm Japanese Hijik Stir-fry*, and *Spinach and Ricotta Frittata*, while there are tasty Winter warmers such as *Parsnip and Apple Soup*, *Chestnut and Red Wine Casserole*, and *Raspberry Cranachan*. 135 of the recipes are also suitable for vegans.

With over 75 colour photographs, **THE VEGETARIAN YEAR** celebrates the diversity of plant-based meals with delicious and healthy recipes for you and your family to enjoy every day of the year.

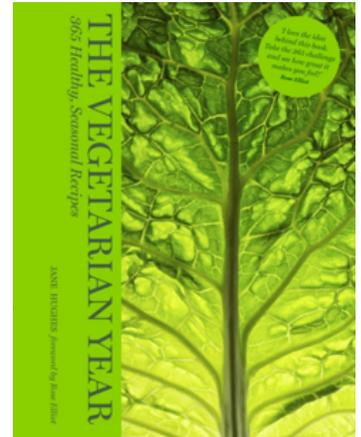
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About the Author: Jane Hughes is the editor of Vegan Life magazine, former editor of the Vegetarian Society's magazine, *The Vegetarian*, and the author of many vegetarian cookery books including the *Collins Gem Guide to Vegetarian Food*, *The Vegetarian Handbook*, *The Vegetarian Travel Guide*, *100 Vegan* and *The Adventurous Vegetarian*. Jane is also a tutor for the Vegetarian Society's Cordon Vert cookery school and a member of The Guild of Food Writers.



About the foreword writer: Rose Elliot MBE is Britain's foremost vegetarian cookery writer, having written over 60 vegetarian and vegan books that have sold over three million copies and won her popular acclaim all over the world.

Rose is a regular contributor to magazines and newspapers, including the UK's only vegetarian monthly magazine, *Cook Vegetarian!* She has also appeared countless times on both television and radio.

About Modern Books: Modern Books is a brand new imprint of Elwin Street Productions.

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The list focuses on illustrated, practical titles for mindful living with healthy eating, parenting, active ageing and creativity being core categories. Elwin Street has been in business for ten years as a successful independent co-edition packager with a prestigious international client base. Sales and distribution for Modern Books is being managed by Pavilion, who are represented in the UK book trade by Faber Factory Plus.

As well as **THE VEGETARIAN YEAR** titles on the Spring 2015 include *Total Detox Plan* by Charmaine Yabsley, *100 Ways to Happiness* by Dr Ilona Boniwell and *The Alkaline Cleanse* by Dr Stephan Domenig – the follow up to the best-selling *Alkaline Cure*.

Launching the Modern Books imprint, Silvia Langford, Director of Elwin Street Productions and Publisher at Modern Books said: 'With our extensive experience of producing illustrated titles for the international market, Modern Books for mindful living will feature the editorial integrity, high production values and on-trend concepts for which we are already known. The Modern Books Spring 2015 catalogue is available on request.'

For an interview with Jane Hughes or to request a review copy contact:
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