

PRESS RELEASE



VEGAN HERITAGE PRESS
QUALITY VEGAN COOKBOOKS

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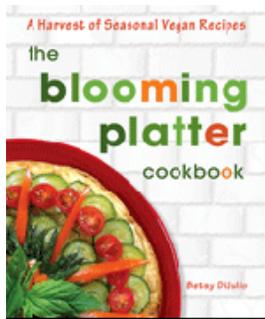
FOR IMMEDIATE RELEASE

VHP to Launch Two New Cookbook Titles in 2011

For cookbook enthusiasts and home cooks, 2011 will be a little brighter with two unique titles being published this year by Vegan Heritage Press. Known for blazing new trails in vegan cookbook publishing, the book publishing company in the Virginia mountains will publish a cookbook organized according to the seasons and another that features global recipes from 38 countries.

Take Advantage of the Seasons

First up is *The Blooming Platter Cookbook: A Harvest of Seasonal Vegan Recipes* by Virginia cook and artist, Betsy DiJulio, M.A., Ed.S.. Schedule for a May 2011 release, the book celebrates nature's delicious, nutritious bounty season by season. Rooted in regional American favorites and global cuisines, the recipes spring from the essential tastes, textures, and beauty that only fresh vegetables, fruits, and herbs can bring to the table.



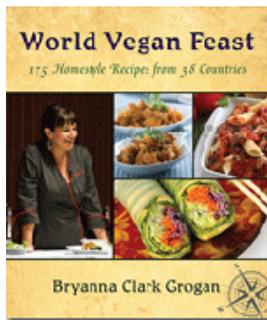
A vegan blogger, freelance writer, and food stylist, Betsy DiJulio wrote “The Veggie Table” column for Norfolk, VA’s *Virginian-Pilot* newspaper. A lifetime cooking enthusiast, Betsy has worked as a caterer and taught private cooking classes in Hampton Roads Virginia and has won recipe competitions. As a freelance writer, DiJulio focuses on topics of vegan and organic food, art, home and garden design, and “green” initiatives. A practicing artist, DiJulio is a full-time art teacher in Virginia Beach.

DiJulio’s recipes exalt at least one fresh seasonal ingredient: crisp tart apples in fall; tender young asparagus in spring; dynamic leafy greens in winter; and the plump juicy berries of summer. Recipes include:

- Golden Caponata
- Sassy Springtime Rolls
- Blooming Vegetable Calzones
- Seitan Pate with Sauteed Pears
- Southwestern Tempeh and Corn Pie
- Blueberry and Lemon Verbena Pancakes
- Peach Ice Cream with Bourbon-Broiled Peaches
- Cherry-Almond Clafouti Cake

The book features seasonal takes on appetizers, soups, sandwiches, salads, main dishes, desserts, and brunches. Variations enhance the versatility of the recipes and menu suggestions will help home cooks tap into their own cooking creativity. DiJulio’s blog can be visited at thebloomingplatter.blogspot.com.

Take a Trip Around the World



In September, Vegan Heritage Press will publish *World Vegan Feast: 175 Homestyle Recipes from 38 Countries* by leading vegan cooking expert Bryanna Clark Grogan. In this book, the internationally known author of eight vegan cookbooks taps her vast knowledge of global cuisines for a virtual travelogue of interesting and unusual recipes from all over the world.

Developed over many years of travel and research, these global recipes include many exciting dishes that you won't find anywhere else. They run the gamut from universal comfort foods and munchies; grain and vegetable mains; "meats of the field"; and more, including hearty sandwiches, satisfying soups, delectable desserts, and an international bread sampler. *World Vegan Feast* includes tantalizing recipes such as:

- Greek Lasagna
- Peruvian Sweet Potato Chowder
- Singapore Noodles
- Nepalese Green Beans with Coconut
- Indian Semolina "Pizza"
- Sizzling Saigon Crepes
- Rose-Scented Baklava
- Maple-Chocolate-Pecan Shoofly Pie

Grogan is the author of eight vegan cookbooks with over 22 years experience. Among her previous titles are *Nonna's Italian Kitchen*, *Authentic Chinese Cuisine*, *The Almost No Fat Cookbook*, co-author of Dr. Neal Barnard's *Program for Reversing Diabetes*, and the *Fiber for Life Cookbook*. A teacher, lecturer, and former newspaper columnist, she lives on Denman Island, off the coast of Vancouver, Canada. Bryanna's blog is veganfeastkitchen.blogspot.com and her website is bryannaclarkgrogan.com.

Both books contain eight pages of full-color photographs, sidebars, tips, and menu suggestions.

About Vegan Heritage Press

Vegan Heritage Press is an independent book publishing company, founded in 2007 by publisher Jon Robertson, to publish quality vegan cookbooks and other publications that promote healthful living and respect for all life. We publish books that bring new and inventive ideas to vegan cooking that can delight longtime vegans, inspire newcomers, and intrigue the curious who want to improve their health and the world in general by cooking great vegan food. The Press website can be viewed at www.veganheritagepress.com.