

Ordering and Payment You can pay by cheque/PO (UK currency only please) or by credit/debit card. All prices in this catalogue include VAT where applicable.

Delivery charge UK orders under £35: add £2 for delivery. UK orders of £35 or more: free delivery. Overseas orders: please contact us for delivery charge. If you're in the Southampton area and collect your books from our shop, there's no delivery charge.

Delivery time We try to keep everything in stock, so normally post your order within a few working days of receiving it. After we post it, Royal Mail normally take one to three working days to deliver it. If any items go out-of-stock, your order will take longer, so please allow up to 18 days. For urgent orders, please phone/email us first so we can check stock.

Order Form

Send this completed order form to October Books, 243 Portswood Road, Southampton SO17 2NG. Alternatively, if you're paying by credit/debit card, you can phone your order to us on 023 8058 1030 (9am-6pm Mon-Sat).

1) Your order...

Quantity	Title	Author	Price
UK delivery is £2 for sub-total under £35, or free for £35 or more. Contact us for overseas delivery rates.			
			Sub-total
			Delivery charge
			Total enclosed

2) Delivery address + contact details...

Name

Address

.....

.....

Post code Email

Tel (daytime) Tel (evening)

3) Payment...

Either a) Make your cheque/PO (UK currency only) payable to 'October Books'

Or b) Please debit my Visa/Mastercard/Switch/Solo card (**delete as appropriate**)

Your name (exactly as written on card)

Card number

Start date Expiry date Issue number (Switch/Solo cards only)

Is the card billed to the delivery address? yes/no

Signature

VEGGIES

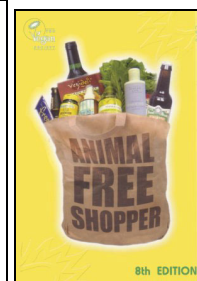
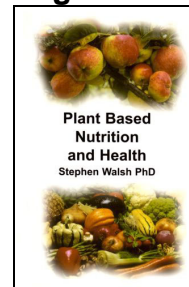
In association with...
octoberbooks
This catalogue update: 17th November 2008

October Books, 243 Portswood Road, Southampton SO17 2NG Tel 023 8058 1030
Web www.octoberbooks.org/veg Email info@octoberbooks.org Fax 023 8058 1040

Vegan mail-order catalogue - Winter 2008/9

October Books provides mail-ordering for Veggies Catering Campaign, which provides catering services using no animal ingredients whatsoever and gives support to campaigns for social justice. See details of their work and their diary of events at www.veggies.org.uk.

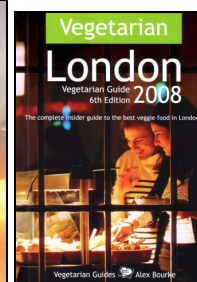
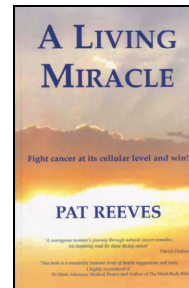
Vegan Society Books



NEW Animal-Free Shopper £4.99. 8th edition - published Nov 2008.

Plant Based Nutrition and Health by Stephen Walsh. **£7.95.** Up-to-date and well researched, covering the health advantages of the vegan diet, some of the pitfalls and how to avoid them. Clear advice on B12, D, Iron, Calcium, Zinc, Iodine, Selenium, and on getting omega 3 fatty acids from non-fish foods.

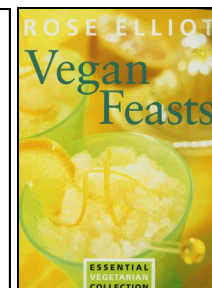
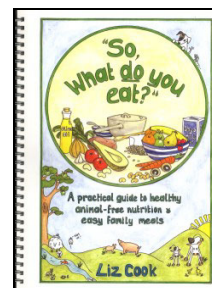
Health/Eating Out



NEW A Living Miracle by Pat Reeves. **£9.99.** The author was diagnosed with terminal bone cancer over 30 years ago. She fought it with natural remedies, and has since run marathons, triathalons, and is now a champion power lifter. Vital information for anyone with cancer, or for those wishing to optimise their present health and longevity.

Vegetarian London 2008 by Alex Bourke. **£9.95.** 100 vegetarian/vegan restaurants. Also, health food stores and Veggie-friendly hotels, guest houses and hostels.

Vegan Cookbooks



So, What Do You Eat? by Liz Cook. **£12.95.** Spiral-bound so that it stays open at the right page plus wipe-clean pages, making it a highly practical design for the kitchen. The recipes include vegan versions of conventional meals like shepherd's pie, pasties, pizza, pancakes and cakes.

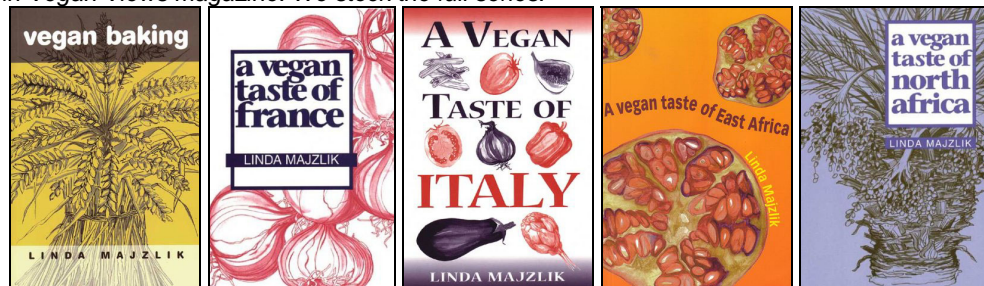
Vegan Feasts by Rose Elliot. **£8.99.** Rose has been writing vegetarian cookery books since 1967. This book has a good range of recipes, varying from simple to sophisticated.

Raw Food

Eat More Raw by Steve Charter. **£12.95**

Vegan Cookbooks by Linda Majzlik

These books have often been reviewed in, and have been the source of many of the recipes in *Vegan Views* magazine. We stock the full series.



- A Vegan Taste of Central America. £5.99.
- A Vegan Taste of Eastern Europe. £5.99.
- A Vegan Taste of Greece. £5.99.
- A Vegan Taste of Italy. £5.99.
- A Vegan Taste of North Africa. £5.99.
- A Vegan Taste of the Caribbean. £5.99.
- Vegan Baking. £5.99.
- Vegan Dinner Parties. £5.99.
- A Vegan Taste of East Africa. £5.99.
- A Vegan Taste of France. £5.99.
- A Vegan Taste of India. £5.99.
- A Vegan Taste of Mexico. £5.99.
- A Vegan Taste of Thailand. £5.99.
- A Vegan Taste of the Middle East. £5.99.
- Vegan Barbecues and Buffets. £5.99.

Fiction Books for Children/Teenagers

These books are written/co-written by Mary Brady of the excellent vegan campaign group *Realfood* (www.realfood.org.uk).

Under the Stairs by Mary Brady. £4.99. Aimed at Teenagers but popular with adults too. Deals with all aspects of animal rights, from veganism and anti-vivisection to zoos. It draws the parallel between abuse of animals and humans, but is also positive, showing a compassionate and cruelty free lifestyle.

The Umpteenth Dalmatian by Mary Brady and Steve Hutton. £2.99. Aimed at young children. The story of a Dalmatian puppy, who is very scared when someone buys her from the farmer, but is later reunited with her mum in this heart-warming book. Beautifully illustrated by Steve Hutton.

Tiger Fruit by Mary Brady and Steve Hutton. £2.50. A tiger lives in the heart of the forest, but at times his world edges onto human territory. What happens when human and animal worlds collide? How can children save a tiger? A sympathetic look at the life of a tiger, this story surprises the reader with the courage of some humans against the inhumanity of others.

Vegan Permaculture by Graham Burnett

Graham Burnett is a vegan permaculturist.

Permaculture - A Beginner's Guide. £8. A guide on the principles of sustainability and working with rather than against nature on your land. New updated second edition.

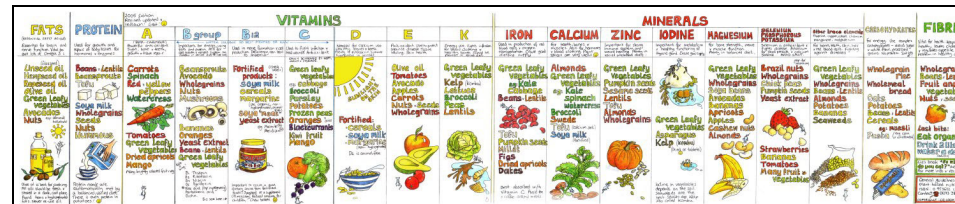
Well Fed Not An Animal Dead. £4. A guide to the wider implications of veganism, including recipes and cookery guidelines, growing your own vegan organic food, food for free, vegan mothers and infants, and making your own alcohol!

Earth Writings. £9. Graham's articles, artwork, songs and conversations.

Towards an Ecology of the Self. £3. Explores the role of the 'personal' in permaculture design systems.

Happy, Caring, Healthy and Sharing. £3. Introduction to the compassionate ecological veganism with young people particularly in mind.

Wall Charts

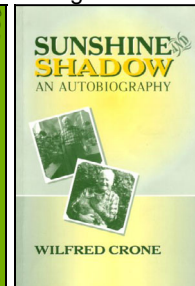
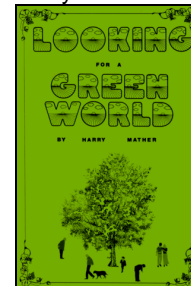


Liz Cook is a vegan illustrator who has produced these extremely popular and colourful wall charts with a wipe-clean surface. The Vegan Nutrition Chart is shown above (88 x 18.5cm). Note that all are horizontal except for *Natural Cleaning Solutions*, which is vertical

- Vegan Nutrition Chart** £3.25.
- Women's Healing Herbs Chart** £3.25.
- Natural Cleaning solutions** £3.25.
- Yoga Chart** £3.25.
- Dog Chart** £3.25.

Books published by Harry Mather

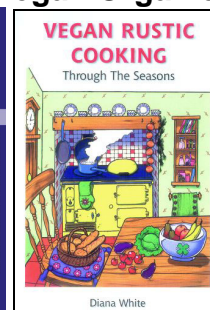
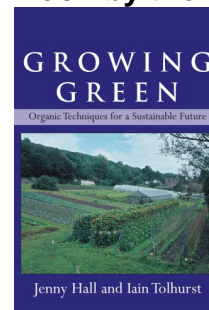
Harry is the editor of *Vegan Views* magazine, and has self-published these two books:



Looking for a Green World by Harry Mather. £2.50. Self published by Harry in 1983, it covers ecology, animal rights, unemployment, the green movement, war and disarmament.

Sunshine and Shadow: an Autobiography by Wilfred Crone. £7.50. Wilfred was a fruitarian and published many articles in *Vegan Views* magazine. He also wrote down many of his stories, and they were discovered after he died. Harry Mather put this book together from them.

Book by the Vegan Organic Network (+ supporters)



Growing Green - Organic Techniques for a Sustainable Future by Jenny Hall and Iain Tolhurst. £18.99. This is the Vegan Organic Network's long-awaited book on growing fruit and veg without animal inputs (e.g. animal manures, blood fish & bone, etc). It's the first of it's kind in the world, and is a very important book to veganism.

Vegan Rustic Cooking for All Seasons by Diana White £9.95. New edition with 50 exciting new recipes added. Diana is an active member of the Vegan Organic Network.

We regularly update our downloadable vegan mail-order book catalogue on our website, so please check www.octoberbooks.org/veg for new additions. *Vegetarian Britain* - we have stopped selling the current edition, but will sell the new edition as soon as it is available.

About October Books

We are a not-for-profit co-operative bookshop in Southampton, selling general and radical books. We also sell a range of specialist books by mail order, which allows people to avoid using big companies like Amazon. Most mail-order book companies use new packaging materials, which is environmentally wasteful. **We instead re-use used packaging materials** (e.g. cardboard boxes, jiffy bags, bubble wrap that were used for packaging for the books we receive from distributors) for your order. Our printed version of this catalogue is printed on recycled paper. We will not pass any of your details on to any other company/organisation.