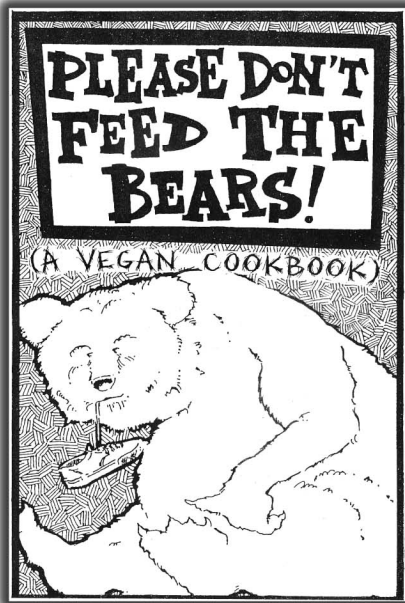




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Please Don't Feed The Bears

by Asbjorn Intonsus



In the vein of the underground classic *Soy Not Oi* cookbook, *Please Don't Feed The Bears* compiles three issues of the previously self-published vegan cook zine with a range of tasty and simple animal-free dishes. The collection finally makes available these long-obscure fanzines originally published in the mid 1990s. Here you'll find incredible recipes for stews, soups, sauces, noodle & bean dishes, baked entrees, deserts and more!

But far from being just a vegan cookbook, *Please Don't Feed The Bears* reads as a look into vegan lifestyle and underground culture. The book is thoroughly illustrated with eye-catching drawings and clearly laid-out graphics. In addition, the book also includes assorted rantings about music and the politics of leading a vegan lifestyle. Together the book provides easy-to-make and delectable recipes while reflecting the DIY punk rock sensibility of zine culture.

"There are a wide variety of interesting dishes in here, too many to even try and pick out a few favorites to mention. I'm so glad that after all of these years there is someone who has expanded on the groundbreaking idea of a political cook-zine for the un-gourmet, limited budget average punk." -*Profane Existence*

"As a long-time veggie cook, I consider myself knowledgeable about such things and I'm very impressed with what's presented here. The recipes are neither too basic nor too complex and offer lots of straightforward, non-intimidating advice" -*Factsheet Five*

"What could be better and more worthy of being in your kitchen. Seriously - this is rad stuff I highly recommended checking out." -*Slug & Lettuce*

SUBJECT CATEGORY: cooking/ vegan/ alt lifestyle
RELEASE: 01/01/07
PRICE: Retail: \$9 | Direct: \$7 | Wholesale: \$5.40
ISBN: 0-9770557-1-X
FORMAT: paperback, 5.5" x 8.5", 192 pgs, illustrated

MARKETING NOTES:

- Self-published edition has sold over 4,000 copies
- Book is featured on 5,000 postcards distributed to stores and individuals
- Book is advertised regularly in *Punk Planet*, *Maximum RocknRoll*, *Slug and Lettuce*, *Clamor*, and *Reader's Guide to the Underground Press* magazines

COMPARATIVE TITLES:

- How It All Vegan!: Irresistible Recipes for an Animal-Free Diet:* Tanya Barnard & Sarah Kramer, 208 pages, Arsenal Pulp Press 2003, ISBN 1551520672, List: \$18.95
- La Dolce Vegan!: Vegan Livin' Made Easy:* Sarah Kramer, 240 pages, Arsenal Pulp Press 2005, ISBN 1551521873, List: \$19.95
- A Vegan Taste of Italy:* Linda Majzlik, 128 pages, Jon Carpenter Publishing 2002, ISBN 1897766653, List: \$11.95
- New Vegan Cookbook:* Lorna Sass, Chronicle Books 2001, 120 pages, ISBN 0811827607, List: \$18.95

ABOUT THE AUTHOR:

Asbjorn Intonsus lives in Philadelphia, PA. He has been a vegan cook for more than ten years and is dedicated to sharing his and other people's recipes.



ABOUT THE PUBLISHER:

Microcosm Publishing is an independent publisher and distributor based in Portland, Oregon. Our titles attempt to teach self empowerment to disenfranchised people and to nurture their creative side.

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