

The Culinary Cyclist

A Cookbook and Companion for the Good Life by Anna Brones

illustrated by Johanna Kindvall

“The path to happiness and “good living” may be as rough and winding as a cobblestone street but borrowing a bike or buying an apple is a great first step towards getting you there—and The Culinary Cyclist is the perfect guidebook to help you along the way.” - **Paris Paysanne**

“Honest, enthusiastic, genuine... both Anna and her book approach food in a timeless way. Anna’s food philosophy involves eating for enjoyment, loving the food that you eat and appreciating it at a table, surrounded by friends. In the end, it’s this part of her philosophy that flows into the book. Biking, for her, is much more than a simple way to get around. It’s a lifestyle that creates a community, a community that will find itself further united by this book.” - **Emily Monaco, Organic Authority**

“Food is fuel. Author Anna Brones has penned more than just a cookbook; The Culinary Cyclist is a lifestyle guide for the happy and healthy rider” - **Momentum Magazine**

The first cookbook of its kind, *The Culinary Cyclist* is a gorgeous staple for any kitchen where bicycling and healthy, delicious food are priorities. This lovingly illustrated cookbook is your guide to hedonistic two-wheeled living. Recipes are all gluten free and vegetarian. Decadent basics such as a creamy sea salt chocolate cake and baked eggs in avocado halves are paired with cheerful instructions for gracefully hosting a dinner party, gifting food, bulk shopping by bicycle, and two-wheeled picnics. The cookbook is suitable for experienced cooks looking to add kitchen flair to their repertoire as well as beginners in the kitchen who want to start out their culinary lives on the right foot.

SUBJECT: Sports / Gluten Free Cooking
PUBLICATION: **September 15, 2015**
PRICE: **\$9.95**
ISBN: 978-1-62106-825-9
FORMAT: Paperback 96 pages, 5.25x6.75”

Marketing Notes

1. The author writes for over a dozen specialty food and cycling publications and has an international audience
2. All recipes are gluten-free and vegetarian, most are vegan. Conversion information is provided for allergies and special diets.
3. Text and illustrations make an appealing connection between bicycle transportation and local, healthy, organic food as sustainable lifestyle choices
4. Sold 3,000 copies in its original format

Comparative Titles

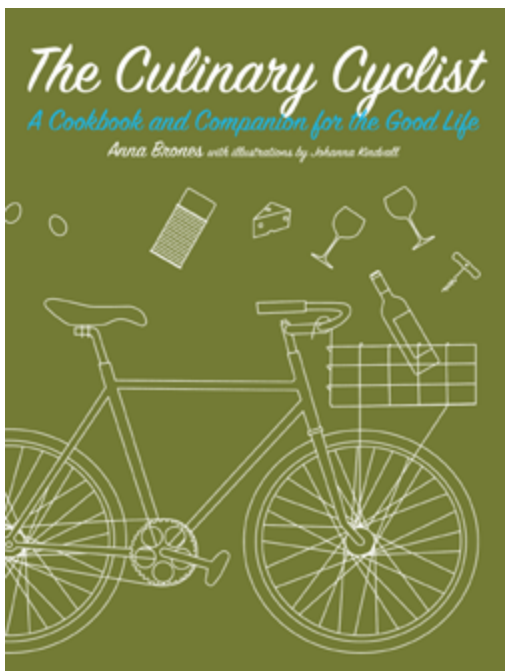
- *Everyday Bicycling* Elly Blue 9781621067252 (Microcosm) \$9.95, 2012
- *Homesweet Homegrown* Robyn Jasko 9781934620106 (Microcosm) \$9.95, 2012
- *Hot Damn and Hell Yeah* Ryan Splint 9780977055708 (Microcosm) \$10.95, 2015
- *The Feed Zone* Allen Lim 9781934030769 (Velo Press) \$24.95, 2011
- *Appetite for Reduction* Isa Chandra Moskowitz 9781600940491 (Da Capo) \$19.95, 2010



Anna Brones is a writer, producer and digital communications professional with a love for travel, good food and the outdoors. She runs the website Foodie Underground, and her work has been featured in *Gadling*, *GOOD*, *Women’s Adventure*, *The Guardian*, and many more.

Johanna Kindvall is an illustrator based in New York City and South Sweden. Her work includes illustrations and graphics for websites, books and public art projects. She is a serious home cook and edits the illustrated cooking site *Kokkblog*.

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MICROCOSM PUBLISHING

Elly Blue Publishing, an imprint of Microcosm

Distributed by Legato / Perseus (World) and Turnaround (England)

Direct sales: Microcosm Publishing | 2752 N Williams Ave. | Portland, OR 97227

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