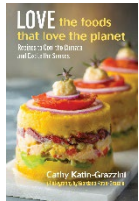


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FOR IMMEDIATE RELEASE

## Help the Planet by Helping Yourself to Delicious Plant-Based Recipes



Boca Raton, FL, November 5, 2024 — What we eat, how it's produced, and its impact on our planet matters. We know our planet continues to warm beyond natural causes, toward an irreversible turning point. Fortunately, despite these conditions, there are steps that every individual can take to maintain agency and mitigate greater damage while continuing to live a fulfilling and healthy life.

In *Love the Foods That Love the Planet: Recipes to Cool the Climate and Excite the Senses*, Cathy Katin-Grazzini has thoughtfully curated an impressive selection of recipes that are not only delicious but also great for the planet.

“Want to slash your individual carbon footprint? It's easy, it's delicious, it's super healthy, and it starts with your fork. We all have the power to make choices that help cool the planet, and the time to act is now,” says Katin-Grazzini.

These plant-based recipes range from simple and quick weeknight dinners to special celebratory meals. With over one hundred recipes, scientific facts about the planet, and tips for every kind of cook, this cookbook will quickly become a favorite in your kitchen.

### Featured recipes include:

Mango Salsa

Asparagus Recoup Soup with Crispy Croutons

Salad with Baby Roasted Beets and Citrus

Brassica Biscuit Bake

M'Nazaleh

Clafoutis aux Cerises

Pretty Apple Packets

### About the Author



Cathy Katin-Grazzini is a plant-based chef, recipe developer, and author of *Love the Foods That Love You Back* (Rizzoli, 2022). Cathy runs and manages her blog, [Cathy's Kitchen Prescription](https://www.cathyskitchenprescription.com), where you can find her most recent recipes and tips for cultivating and sustainable and healthy lifestyle. She is certified in Plant-Based Nutrition from the T. Colin Campbell Center for Nutrition Studies at Cornell University and completes professional culinary training at Rouxbe Cooking School. Cathy and her husband, Giordano Katin-Grazzini, who photographed the cookbook, live in Ridgefield, CT.

*Love the Foods That Love the Planet: Recipes to Cool the Climate and Excite the Senses*  
Publisher: HCI Books  
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ISBN-13: 9780757325205  
Hardcover, 432 pages

**Media Questions for**  
***Love the Foods That Love the Planet***  
**by Cathy Katin-Grazzini**

1. You recently wrote a book called *Love the Foods That Love the Planet*. Could you tell us what it's about?
2. Why did you write this book?
3. Can you tell us more about the connection between what we eat and climate change?
4. What range of recipes can readers find in your book?
5. Can you tell us about a few of your favorite recipes in the book?
6. What is the main message you want readers to take away from *Love the Foods That Love the Planet*?
7. What are a few tips you have for environmentally conscious cooks?
8. What is your advice for anyone concerned about climate change?