

Food & Drink / Wellness March 2024 * \$45

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Good Food, Healthy Planet

Your Kitchen Companion to Simple, Practical, Sustainable Cooking

Puneeta Chhitwal-Varma

A refreshing, relaxed guide to the occasionally overwhelming yet absolutely necessary work of cooking for ourselves and saving the planet, one dish at a time.

In this simple-to-follow cookbook, food writer and climate activist Puneeta Chhitwal-Varma provides everything you need to prepare truly good food that is climate-conscious, mostly meat-free, low-waste, and, of course, delicious!

Beginning with a primer on sourcing and preparing food with emissions and land-use in mind, Puneeta outlines just why our choices in the kitchen matter. Next, through the accessible, achievable framework she calls "Eating with Benefits" and her "Power of Less" lists for stocking kitchen essentials and making the most of your pantry, Puneeta eases the burden of decision-making in our day-to-day kitchen practices.

In chapters on versatile staples, mornings, dips and condiments, toasties and snacks, small plates, mains, and sweets, you'll find foundational recipes designed to maximize diversity in your diet and minimize waste, as well as back-to-basics techniques like sprouting lentils, making yogurt and cooking just about any kind of dried bean you can imagine.

Centred on cooking from what you have, in-season where you live, *Good Food, Healthy Planet* takes a refreshing, relaxed approach to the occasionally overwhelming yet absolutely necessary work of cooking for ourselves and saving our Earth, one dish at a time.

Puneeta Chhitwal-Varma is a writer and food advocate who focusses on seeking low-waste, earth-friendly, delicious solutions that work for real life. She has appeared on numerous prominent national and international media including CTV's The Social, CHCH Morning Live, Global News, CBC Radio, BBC World News, CBC Life, and Martha Stewart. She lives in Toronto, Canada with her husband, two kids and a cat. Visit her at mapleandmarigold.com

"Puneeta thoughtfully guides you on how to eat better, waste less, and cook in a way that is friendlier to the planet." —Chef Shahir Massoud, author of Eat, Habibi, Eat!

"Puneeta soothes the sense of overwhelm that often arises when thinking about our current climate reality and how to best look after ourselves."

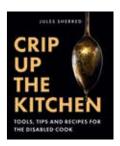
-Laura Wright, author of The First Mess Cookbook

"Intriguing insights, sustainable kitchen hacks and delectable meals that will revolutionize the way you approach cooking." —Lori Nikkel, CEO, Second Harvest

"A clear plan and roadmap that includes delicious solutions to deliver food that does good and is good." —Paul Newnham, Executive Director, SDG2 Advocacy Hub

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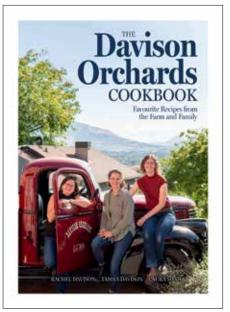
Crip Up the Kitchen, 9781771513968, \$35



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The Waste Not, Want Not Cookbook 9781771511117, \$29.95



Local Interest (BC) / Cooking May 2024 * \$45 9781771514354 * hardcover, paper over board

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The Davison Orchards Cookbook

Favourite Recipes from the Farm and Family

Rachel Davison Tamra Davison Laura Shaw

A beautifully photographed collection of vegetable-forward dishes and homestyle treats from the family behind Davison Orchards in Vernon, BC.

From their multigeneration family farm in the heart of British Columbia's Okanagan region, Rachel, Tamra, and Laura bring you *The Davison Orchards Cookbook*, a celebration of local produce, seasonal gatherings, and family wisdom. The book features old family recipes and new ones, customer favourites from the orchard's Farmhouse Café and Bakery, and even some surprise hits from family members who rarely cook. With instructions for vegetable storage, fool-proof canning techniques, and dashes of family wisdom, the book invites you to bring the fun and expertise of the Davisons' operation into your own kitchen.

These 100 recipes are accompanied by beautiful photographs of produce, finished dishes, and farm life. Their cooking expertise is delivered with a sense of humour and lessons the trio have learned from each other and the land. (Nana's advice? Make your bed, then plan dinner.)

With chapters on quick breads, breakfasts, soups, sides, mains, desserts and coffee breaks, sweets, preserves, and beverages, you'll find everything you need for feeding early risers, pulling together last-minute potluck contributions, and stocking the freezer for winter. Learn to make vegetable-forward Davison favourites like Zucchini Pancakes, Country Corn Chowder, Roasted Butternut Squash Salad, Summer in a Pan, Nana's Apple Slice, Pear Cardamom Crisp, Grandma Quast's Pickled Beets, Rhubarb Slush, and so many more!

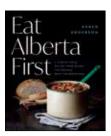
Rachel Davison is a fourth-generation member of the Davison family. When not in the kitchen producing cooking videos for the Davison Orchards YouTube channel, she can be found taking care of the orchard's farm animals in the log barn.

Tamra Davison oversees retail and marketing at Davison Orchards. A member of the third generation of Davisons, Tamra, with her husband Tom, has been instrumental in growing the farm into the bustling attraction it is today.

Laura Shaw is a fourth-generation Davison and leader of the food services team at Davison Orchards, managing the preparation of the goodies that line the shelves in the farm's store.

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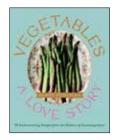
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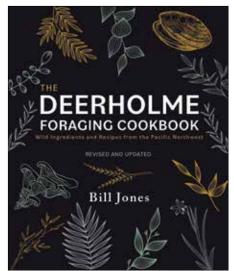
Eat Alberta First 9781771514026, \$40



Only in Saskatchewan 9781771513555, \$45



Vegetables: A Love Story 9781771513401, \$45



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The Deerholme Foraging Cookbook

Wild Ingredients and Recipes from the Pacific Northwest, Revised and Updated

Bill Jones

A revised edition of the popular Pacific Northwest foraging cookbook from Deerholme Farm on Vancouver Island.

The Deerholme Foraging Cookbook is an exploration of the wild foods found in the Pacific Northwest. Award-winning chef and author Bill Jones's recipes feature local mushrooms, edible plants, sea vegetables, and shellfish. The product of over twenty years of research and professional cooking with foraged foods, the book serves as an introduction to the world of wild food and contains identification and sourcing information, harvesting and preparation tips, and more than 100 delicious recipes featuring wild foods. The recipe list includes techniques for preserving food and covers basic pantry preparations, appetizers, soups, salads, and desserts, as well as meat, seafood, and vegetable dishes.

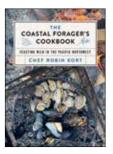
Linking to traditional uses for wild foods and future possibilities for our diet and wellbeing, as well as enhancing our appreciation of the environment around us, The Deerholme Foraging Cookbook is richly enhanced by the author's photography of wild foods and dishes, and his own foraging stories. The recipes are global in influence and use simple techniques woven together with expert knowledge to create delicious, wholesome homemade food.

Bill Jones is a renowned, Michelin-trained chef based on Deerholme Farm in the Cowichan Valley, British Columbia. He is the author of twelve cookbooks and winner of two world cookbook awards. His writing has appeared in numerous publications, including the New York Times, Gourmet, Bon Appetit, and Saveur. An acknowledged expert on wild foods and foraging, Bill has a keen respect for local First Nations ethnobotany and culture. He is an accomplished cooking instructor and a passionate supporter of local food communities. His consulting company, Magnetic North Cuisine, is active in all areas of local food production, marketing, and development.

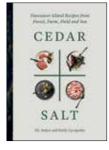
"It's rare to find an expert forager who is also an inspired chef. But from Weed Pie to Smoked Salmon with Honey and Grand Fir, Bill Jones reveals a trove of wild delights with recipes easy enough to whip up at home but that would also dazzle if served at a great restaurant." —Ron Zimmerman, Proprietor, The Herbfarm Restaurant

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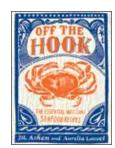
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The Coastal Forager's Cookbook 9781771514088, \$40



Cedar and Salt 9781771512947, \$49



Off the Hook 9781771512763, \$22

The Prairie Gardener's Go-To for

Herbs



JANET MELROSE

SHERYL NORMANDEAU

Local Interest (Prairies) / Gardening February 2024 * \$15 9781771514286 * softcover

5.5" x 8.5", 160 pages, full colour Normandeau's home: Calgary, AB Meirose's home: Calgary, AB TouchWood Editions RIGHTS HELD: World, all languages AVAILABLE VIA UTP: No Ebook also available

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The Prairie Gardener's Go-To for Herbs

Janet Melrose Sheryl Normandeau

> In the ninth book in Guides for the Prairie Gardeners series seasoned gardeners Sheryl Normandeau and Janet Melrose take all your questions about growing and enjoying herbs.

If you've ever stood in the produce section of the grocery store trying to pick out the least wilty of those little plastic containers of herbs, you'll understand the appeal of growing your own. In the ninth installment of their prairie gardening series, seasoned (ahem) gardeners Janet Melrose and Sheryl Normandeau answer all your questions about growing these culinary, medicinal, and spiritually beneficial plants, including their potential for use in pest management and as hardy lawn replacements.

Beginning with the where (containers, raised beds, spirals, and more), the pair then provide guidance on choosing healthy plants, how to nurture herb seedlings, soil needs, watering, dealing with aggressive spreaders (hello, mint!), pest prevention, overwintering—including how not to kill that potted rosemary you brought inside for its own darn good—and lots of ideas for storing and enjoying your herbal goodies, from drying and freezing to making tasty infused oils, vinegars, and butters.

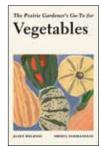
The final chapter is a roundup of herbs for all occasions and locations, including the pair's top choices for insect repellers, butterfly and hummingbird attractors, edible flowers, and ingredients for herbal tisanes.

Janet Melrose is a garden educator and consultant, and an advocate for Calgary's Sustainable Local Food System. She is a life-long gardener and holds a Prairie Horticulture Certificate and Home Farm Horticultural Therapy Certificate. She has a passion for Horticultural Therapy and facilitates numerous programs designed to integrate people marginalized by various disabilities into the larger community. She is a regular contributor to *The Gardener for Canadian Climates* magazine. She lives in Calgary where she runs her education and consulting company, Calgary's Cottage Gardener.

Sheryl Normandeau is a life-long gardener, and holds a Prairie Horticulture Certificate and a Sustainable Urban Agriculture Certificate. She is a freelance writer specializing in gardening writing with hundreds of articles published. She is a regular contributor *The Gardener for Canadian Climates, The Prairie Garden Annual, Herb Quarterly*, and many more. She lives in Calgary.

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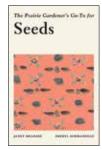
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The Prairie Gardener's Go-To for Vegetables 9781771513128, \$15



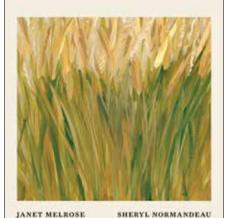
The Prairie Gardener's Go-To for Fruit 9781771513906, \$15



The Prairie Gardener's Go-To for Seeds 9781771513449, \$15

The Prairie Gardener's Go-To for

Grasses



Local Interest (Prairies) / Gardening February 2024 * \$15 9781771514309 * softcover

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The Prairie Gardener's Go-To for Grasses

Janet Melrose Sheryl Normandeau

> In the tenth book in the Guides for the Prairie Gardener series, lifelong gardeners Janet Melrose and Sheryl Normandeau take on the very prairie subject of grasses.

Was ever there a prairie-er subject than grass? Important providers of habitat and food for numerous wildlife species, grasses also serve an integral role in erosion control. For the gardener they can open up a bounty of landscaping options, from the lawn to the pond. In the tenth installment of their popular gardening guide series, lifelong gardeners Janet Melrose and Sheryl Normandeau give you the skinny on everything from sod to sedges and raking to rushes.

Following a primer on what exactly defines a grass, Sheryl and Janet take your questions on matters like clumpers vs spreaders, mulching and fertilizers, and how to tackle problems like chinch bugs and fairy rings.

The pair dedicate a chapter to lawns, providing a wide selection of alternatives to the tried and true commercial lawn species and answer questions on raking, aerating, laying sod, mowing, and dealing with dogs and all the damage they seem hardwired to do.

Taking your questions on aquatic grasses, as well as edible species (like wheat, rye, and corn), and finishing up with a hall of fame of the best grasses for your every plan and purpose, the authors are sure to expand your knowledge on this truly homegrown topic!

Janet Melrose is a garden educator and consultant, and an advocate for Calgary's Sustainable Local Food System. She is a life-long gardener and holds a Prairie Horticulture Certificate and Home Farm Horticultural Therapy Certificate. She has a passion for Horticultural Therapy and facilitates numerous programs designed to integrate people marginalized by various disabilities into the larger community. She is a regular contributor to The Gardener for Canadian Climates magazine. She lives in Calgary where she runs her education and consulting company, Calgary's Cottage Gardener.

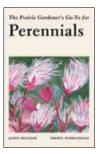
Sheryl Normandeau is a life-long gardener, and holds a Prairie Horticulture Certificate and a Sustainable Urban Agriculture Certificate. She is a freelance writer specializing in gardening writing with hundreds of articles published. She is a regular contributor The Gardener for Canadian Climates, The Prairie Garden Annual, Herb Quarterly, and many more. She lives in Calgary.

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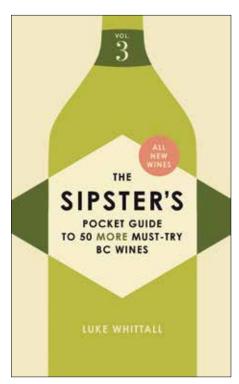


The Prairie Gardener's Go-To for Perennials 9781771513920, \$15



The Prairie Gardener's Go-To for Trees and Shrubs 9781771513685, \$15





Local Interest (BC) / Wine March 2024 * \$20 9781771514415 * softcover with flaps

4.25" x 7", 152 pages, full colour Author's home: Okanagan Falls, BC TouchWood Editions RIGHTS HELD: World, all languages AVAILABLE VIA UTP: No Ebook also available

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The Sipster's Pocket Guide to 50 More Must-Try BC Wines: Volume 3

Luke Whittall

The eagerly awaited third volume in the offbeat BC wine guide the *Vancouver Sun* calls "the perfect go-to."

In the third volume in the popular, offbeat Sipster's Pocket Guide series, wine expert and educator Luke Whittall presents an all-new collection of 50 more must-try British Columbia wines under \$50 (including many under \$30). Along the way he shares his thoughts on wine country and common misconceptions about certain grapes, and offers up tangents on everything from scented candles to middle children to sweatshirt weather. With food and activity pairings that range from Thai noodles and pool noodles to Schubert and hootenannies, and an index of attitudes that lets you choose a wine based on your mood, the Sipster's guides are equal parts freewheeling and focused.

Divided into chapters on sparkling, white, rosé, and red wines, the latest volume of Sipster's will snap you out of a catatonic funk in the liquor store and stick around for a quiet evening paging through a book—perhaps this book and perhaps there's even a wine for that.

Welcome to Volume 3, where a Viognier can be a lot like a bouncy castle, the right red blend can have you busting out your best cravat, and an adventurous evening calls for a certain Trebianno (not the guy from *Friends*... but then again, maybe?).

Luke Whittall has worked in cellars, vineyards, and wine shops since 2005 and is currently a wine instructor at Okanagan College. He is the author of *Valleys of Wine: A Taste of British Columbia's Wine History* (2019), co-author of *The Okanagan Wine Tour Guide* with John Schreiner (2020), and is currently working on subsequent volumes of his Sipster's Pocket Guide series. He splits his time between Okanagan Falls, BC and Toronto, ON. Listen to his podcast at sipsterswinepodcast.ca.

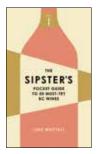
"Luke Whittall avoids the stuffiness and pretension all too common in wine writing and instead approaches the topic with humour and joy." —MONTECRISTO Magazine

"A fun and informative guide, useful for people just starting to explore BC wines as well as long time winos like myself."

-Brian Glaum, past president of the BC Wine Appreciation Society

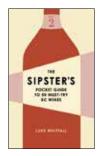
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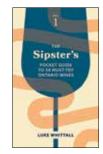


The Sipster's Pocket Guide to 50 Must-Try BC Wines: Volume 1

9781771513609, \$20

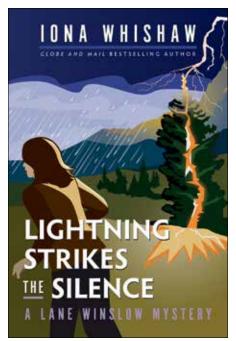


The Sipster's Pocket Guide to 50 Must-Try BC Wines: Volume 2 9781771513944 \$20



The Sipster's Pocket Guide to 50 Must-Try Ontario Wines: Volume 1 9781771514217 \$20





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Lightning Strikes the Silence

A Lane Winslow Mystery

Iona Whishaw

Beginning with a bang, the eleventh mystery in the series Publishers Weekly calls "highly entertaining" is a study in bygone promises and lingering prejudice.

A warm June afternoon in King's Cove is interrupted by an explosion. Following the sound, Lane goes to investigate. Up a steep path she discovers a secluded cabin and, hiding nearby, a young Japanese girl injured and mute, but very much alive.

At the Nelson Police Station, Inspector Darling and Sergeant Ames, following up on a report of a nighttime heist at the local jeweller's, discover the jeweller himself dead in his office, apparently bludgeoned, and a live wire hanging off the back of the building.

As Lane attempts to speed the search for the girl's family with her own lines of inquiry, Darling and his team dig deeper into a local connection between the jeweller and a fellow businessman that leads across the pond to Cornwall and north to a mining interest on the McKenzie River. Away at her police course in Vancouver, Sergeant Terrell's favourite (former) waitress April McAvity is asked to help search out possible relatives in the city for Lane's young charge.

Meanwhile offices are being ransacked and someone is following Lane. Through the alleyways of Nelson onto the country roads and woods trails of King's Cove, the latest Winslow mystery is a study in bygone promises and lingering prejudice.

Iona Whishaw is a former educator and social worker whose mother and grandfather were both spies during their respective wars. She is the award-winning author of the Globe and Mail bestselling Lane Winslow Mystery series. She lives in Vancouver, British Columbia, with her husband.

PRAISE FOR THE LANE WINSLOW MYSTERIES

"lona Whishaw's writing is worthy of taking its place alongside the works of Agatha Christie and Dorothy L Sayers... deftly crafted and briskly paced."

-Fiona Valpy, author of The Dressmaker's Gift

"The 'find of the year', Iona Whishaw's Lane Winslow series is a real treat. Set after WWII, Lane has left England for Canada ... settling in the small village of King's Cove. With a quaint cast of characters and the feel of Louise Penny's Three Pines, the independence and quick wit of Kerry Greenwood's Phryne Fisher and the intelligence of Jacqueline Winspear's Maisie Dobbs, this mystery series has it all!"

-Murder by the Book, Texas

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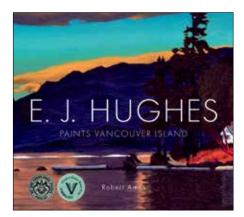
A Killer in King's Cove 9781771511988, \$21.95



Death in a Darkening Mist 9781771511711, \$21.95



To Track a Traitor 9781771513876, \$18.95



Local Interest (BC) / Art & Photography March 2024 * \$30 9781771514248 * softcover

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E. J. Hughes Paints Vancouver Island

Robert Amos

FINALIST FOR A 2019 BC BOOK PRIZE FINALIST FOR A 2019 VICTORIA BOOK PRIZE

New in paperback, this handsome retrospective on one of BC's most beloved artists unveils photographs, sketches, and ephemera from the artist's estate.

The reputation of E. J. Hughes in British Columbia is second only to that of Emily Carr. His paintings, collected by every major gallery in our country, fetch more than \$1 million at auction. Yet Hughes lived a notoriously private life.

Hughes painted scenes from all over BC, but he especially loved Vancouver Island, and lived most of his 93 years at Shawnigan Lake and Duncan. This book features paintings from his beloved island home—from Sidney, past Goldstream and the Malahat to Cowichan Bay, Genoa Bay, and Maple Bay. With stops along the way, he painted scenes from Ladysmith, Nanaimo, Comox, and Courtenay. Hughes recorded the passing of an era, capturing the coastal steamships, log booms, fishing boats, and the landscapes he treasured.

This book includes a biography of the artist, highlights more than 60 of his finest works alongside sketches and photos revealing his studio methods, and shares his handwritten notes.

Robert Amos has published eleven books on art—including five bestselling volumes on the life and work of beloved Canadian artist E. J. Hughes—and was the arts columnist for Victoria's *Times Colonist* newspaper for more than thirty years. Amos was elected to the Royal Canadian Academy of Arts in 1995 and is an Honorary Citizen of Victoria. He lives in Oak Bay, British Columbia, with his wife, artist Sarah Amos.

"Amos has produced a brilliant book, well-written, fascinating, with gorgeous illustrations ... quite sincerely, [it] should be considered a must-have by every person who loves Vancouver Island. This is more than just a book for art lovers—even though, in itself, *E. J. Hughes Paints Vancouver Island* is itself a work of art." —*Times Colonist*

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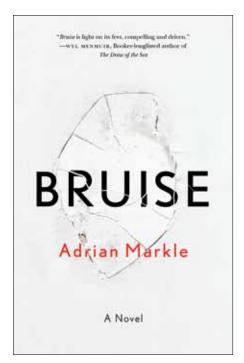
E. J. Hughes Paints British Columbia 9781771513104, \$35



E. J. Hughes: Canadian War Artist 9781771513852, \$35



The E. J. Hughes Book of Boats 9781771513364, \$22



Fiction / Contemporary April 2024 * \$24 9781990071072 * softcover

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Bruise

A Novel

Adrian Markle

An understated but fierce novel of family, sport, and growing up, Adrian Markle's debut tells the story of an injured MMA fighter who returns to his coastal hometown.

Arriving on the Greyhound, six months late for his father's funeral, Jamie Stuart is injured but unwilling to declare himself retired from the MMA fighting career that has kept him away from his coastal hometown since he was a teenager. His attempts to reconnect with his now-alcoholic older brother, Sid, are thwarted both by Sid's mysterious disappearances from the house and his unwillingness to discuss the death of their younger brother fifteen years earlier.

In the absence of the training schedule that has governed his adult life so far, Jamie sinks into a routine of drinking with Sid and arguing with the regulars at the bar owned by his high-school crush. Then, when he's at his lowest, he is handed an opportunity that offers the money and security he needs. But with it comes the risk of Jamie never finding his way back out.

Set on quiet streets and beaches choked with childhood memories, haunted by the highs of an international athletic career cut short, Bruise is an understated but fierce novel of family, sport, homecomings, and growing up.

Originally from British Columbia, Adrian Markle teaches creative writing at Falmouth University in Cornwall, UK, where he lives with his partner, the writer Eleanor Walsh. Adrian has published numerous short stories and has recently returned to practicing martial arts. Bruise is his first novel.

"In a novel of contrasting savagery and tenderness, Adrian Markle's debut novel is light on its feet, compelling and driven. Markle's lean prose is perfectly matched to his exploration of the possibilities of coming back home."

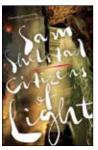
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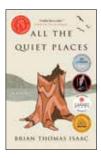
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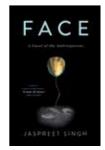
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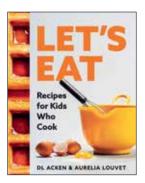


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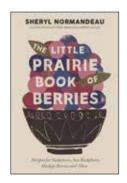
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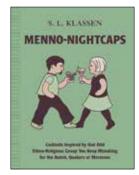
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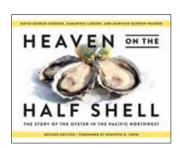
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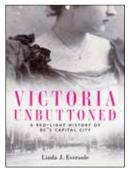


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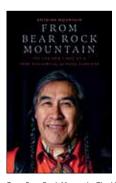


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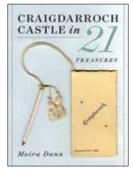
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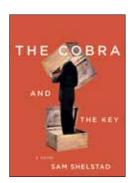
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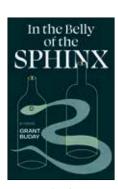


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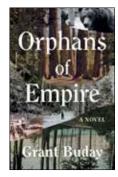
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