

THIS AIN'T NO PICNIC

Your Punk Rock Vegan Cookbook by JOSHUA PLOEG

"Every culture centers itself around food, and punk is no exception. From the basement shows to the roadtrips to a not-so-quiet night in, Joshua Ploeg takes us to the deepest, darkest, most leopard-printed corners of the punk rock food world, and you'll love every fucking bite."

—Isa Chandra Moskowitz, *Isa Does It*

"When Joey Ramone sang about eating chicken vindaloo on Second Avenue, he was clearly talking about zinester chef Joshua Ploeg's vegan version. That recipe and more inspired by punk rock classics are included in *This Ain't No Picnic*. Plus, Joshua includes tips on getting by in the kitchen DIY-style (think microwave blanching or making pizza on your stovetop). There's even a chapter with vegan dishes created to honor punk legends (despite his tough appearance, you know John Lydon of the Sex Pistols loves nothing better than lavender tea cakes, right?)"

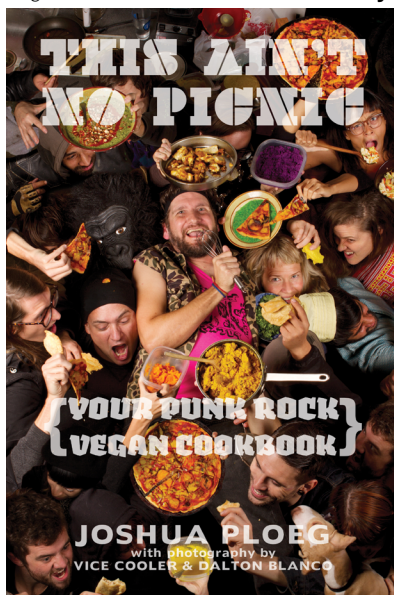
—Bianca Phillips, *Cookin' Crunk: Eatin' Vegan in the Dirty South*

"Joshua Ploeg has become a one-man movement dedicated to the proposition that punks and those who love them (or at least put up with them) can eat well and prosper. I'll always be grateful to Joshua for teaching me that punks don't have to eat out of garbage cans."

—Larry Livermore, co-founder of Lookout! Records

"Because of Joshua's experience with flavors, spices and textures, his is some of the best vegan cooking I have ever tasted."

—ANP Quarterly



"For those of us who get sustenance from punk rock as well as food, Joshua Ploeg has now conveniently combined them in one book!"

--Jon Ginoli, author of *Deflowered: My Life in Pansy Division*

"Joshua is a traveling vegan chef and makes the best food I have ever had, anywhere, anytime. Super gourmet creations from all over the world with attention to detail and culture."

—Matt Ruscigno, *True Love Health*

"Joshua Ploeg's food is fucking awesome and powers my every win."

—Jack Lindquist, professional bicycle racer

This Ain't No Picnic is the first cookbook featuring creative and delicious recipes that match the quality and presentation of a five star restaurant with self-parody and humor about punk rock culture and history. While exploring and improving the favorite foods of historic punk rockers through exclusive interviews, *Picnic* treats you to the delectables they could—and perhaps should—have been eating instead. How to make s'mores with a zippo, cook without a stove or oven, and 80 new recipes of Joshua Ploeg's magical food and flavor combinations like you've never dreamed of.

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A book to help you appreciate historical punk-based humor while preparing vegan food that is as good as a five star restaurant but can be prepared on a small budget.



Joshua Ploeg is a traveling chef who has cooked for Senator Darryl Steinberg's Proposition 8 Repeal Fundraiser, Perry Ferrell, The Gossip, Ben Davidson, Black Rebel Motorcycle Club, Fugazi, Nikki McClure, Ani DiFranco, and Anti-Flag. He has been featured in *Vegan Police*, *Details Magazine*, *The Advocate*, *NME*, *Abolitionist*, *The Bay Guardian*, *City Paper* (DC), *News & Reviews* (Sacramento), and *Razorcake*. Formerly the singer of *Behead the Prophet* (Listed in *Spin* as #38 on the "best 100 band names of all time"), he currently sings for *Select Sex*. He has named a notable Dutch-American by the Dutch Embassy.

Vice Cooler writes and photographs for *Rolling Stone*, *Vice Magazine*, photographs for ANP quarterly, *i-D Magazine*, *The Wire*, *San Francisco Bay Guardian*. He is the singer and songwriter for *Hawney Troof* and *Xbrrx*. He was crowned by *Peaches* as the world's greatest performer. *High Places* and *Henry Rollins* have referred to him as an "inspiration."

One of the most charming and radical small publishers in the U.S., **Microcosm Publishing** was founded in 1996 and over the years has developed a reputation for teaching self-empowerment, showing hidden histories, and fostering creativity. Now based in Portland, OR. Microcosm continues to challenge conventional publishing wisdom, influencing other publishers large and small with books and bookettes about DIY skills, food, zines, and art. Microcosm constantly strives to be recognized for our spirit, creativity, and value.

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