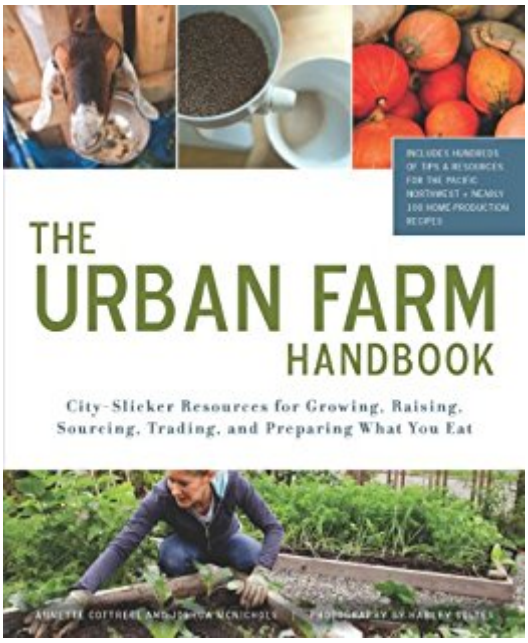
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The Urban Farm Handbook: City-Slicker Resources For Growing, Raising, Sourcing, Trading, And Preparing What You Eat



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Synopsis

CLICK HERE to download the chapter on "Growing Strategies to Maximize Garden Space" from The Urban Farm Handbook* More than 150 sustainable resources for the Pacific Northwest* More than 90 basic home-production recipes* 75 black-and-white and 35 full color photographs* Up-to-date information on Seattle-area urban farming permits and policyIs that . . . a goat in your garage?! It might be if you've been reading The Urban Farm Handbook: City-Slicker Resources for Growing, Raising, Sourcing, Trading, and Preparing What You Eat. In this comprehensive guide for city-dwellers on how to wean themselves from commercial supermarkets, the authors map a plan for how to manage a busy, urban family life with home-grown foods, shared community efforts, and easy yet healthful practices.More than just a few ideas about gardening and raising chickens, The Urban Farm Handbook uses stories, charts, grocery lists, recipes, and calendars to inform and instruct. As busy urbanites who have learned how to do everything from making cheese and curing meat to collaborating with neighbors on a food bartering system, the authors share their own food journeys along with those of local producers and consumers who are changing the food systems in the Pacific Northwest. Organized seasonally, this handbook instructs on:> How to maximize space for planting a variety of fruits and vegetables> Small-animal husbandry and beekeeping> Canning, drying, freezing, fermenting, and pickling techniques> Grinding grains for flour and other uses> Tips for creating a farmer-to-consumer connection> How to form a "buying club" with neighbors> "Opportunities for Change" steps to followAnd so much more!Ã Â

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Customer Reviews

To be 100% upfront: I gave this to my girlfriend as a present, so I did not read the book myself. However, I'm reaping all the benefits from it, and I have perused a few of the chapters to better understand what is happening in the yard and the kitchen. The book seems very thorough, covering the range from growing your food, to preparing it, and storing it. Since I got it, I've enjoyed home made breads, fermented and pickled foods, and next season we'll be rearranging the planter boxes to minimize the damage done by herbivorous bugs. The book certainly doesn't appear to be the end all, be all of urban farming, but it is a great place to get started and optimize your existing home farming operation. It doesn't just stop at telling you what to do, but explains why you're doing those things. There are plenty of seemingly useless tips out there, but this book does a good job of dispelling myths and offering clear background information on not just how, but WHY you have to do things a certain way.

I borrowed this book from the library and renewed it until they wouldn't let me renew it any longer. I bought a copy and within weeks it was dog-eared and worn. I have read it again and again. I have been making bread for years, but after reading this, I started grinding wheat at home and we love it! I've made yogurt, and kefir and we purchased a share of a cow. I have started making tinctures, lip balm, lotion and laundry detergent. I've stuffed sausages, made sauerkraut and have learned about how to make the most of the local foods available to me. All of these things have brought me and my family closer to the sources of our food and have taught us that meat doesn't magically appear at the grocery store wrapped in plastic, fruit from Chile in the middle of winter isn't necessary, and homemade ALWAYS tastes better. This book provided me with the courage to try things I had been reluctant to attempt. If these two authors can do it, why not me?

Have you ever thought it possible to wean yourself from the grocery store? If I was asked this question 5 years ago I would have said no way, not possible in the city. But the last 2-3 years I have been working toward that end. This book will take me even farther into making it a reality and that

excites me! I am about half way through the book and can't seem to put it down. I even took the book to my local Kinkos to have it made in to a spiral bound so that I can read it hands free, while drying my hair, cooking, nursing baby etc. You will learn about bulk buying, grinding your own grains, composting, gardening, preserving, keeping animals on your city lot and oh, did I mention recipes? Yes, there are those too. Don't think you have time? Both the authors have young children and I have three young ones of my own & home school. This book will inspire you to make the time commitment to your health. The authors also give different examples of how you can implement to compliment your family dynamics and time. I have met both the authors through our local bulk buys. They are as inspiring in person as they are in print. Their real life stories of how they are living this life is written with humor and experience. You will not be disappointed with this valuable purchase!

This book pulls you in, and takes you on a journey, all the while showing you how much an urban dweller can do, right now, to take control of his or her food choices. You will want to do some of these things because they are the right thing. They may help your body or nurture the earth. But others are just downright fun, and throw you into communities and ways of life that are sadly scarce, but that are within reach even in the city. Even if you just enjoy the stories, it's worthwhile, but there are many helpful instructions, the best garden planning table I've seen yet, and much guidance on sourcing and enjoying local, healthful, organic foods, whether you produce them yourself or discover farmers who are closer than you think.You might want a copy for your nightstand and one for your kitchen, so you can keep one volume tidy while dragging the other one out in the garden, or splattering it with bread dough, or otherwise putting it to work for you.

This book is amazing in that it packs so much information in a few hundred pages. I've already read it again and again for ideas, inspiration, recipes, planning, and as a resource. The beautiful photographs are inspiring as well. It makes the urban farm dream a practical reality. There's much to aspire to here as I plant seeds this spring and grow starts in a sunny window, just waiting for my garden to grow. I've read other urban homesteading books, but this is the only one that gave me exactly the info I needed to raise almost every aspect of my food on truly a small urban lot. The writing is good too, like a friend or neighbor telling me how they've done it. And Joshua and Annette do things differently from each other so they tell you both ways of doing things, which fits more types of people and methods. Time and energy are my only limitations, but certainly not the know-how, as it's all here in The Urban Farm Handbook.

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