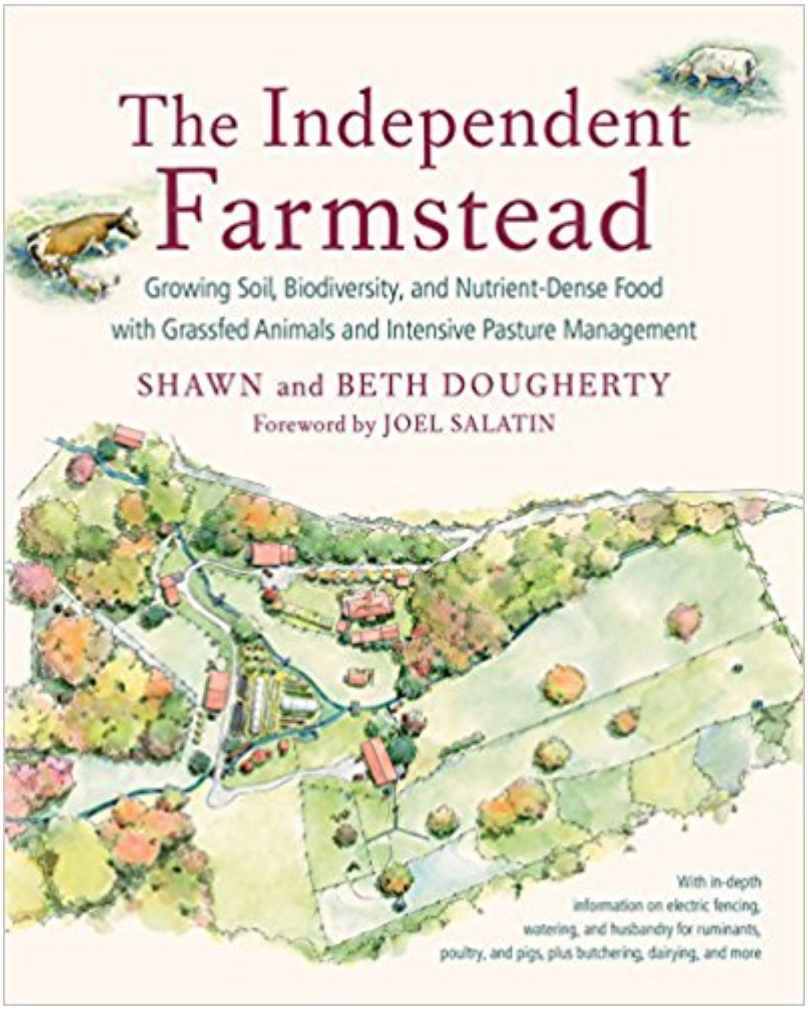
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The Independent Farmstead: Growing Soil, Biodiversity, And Nutrient-Dense Food With Grassfed Animals And Intensive Pasture Management




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Synopsis

With in-depth information on electric fencing, watering, and husbandry for ruminants, poultry, and pigs, plus butchering, dairying, and more Ã¢â ¬Å“If we work hard, we sleep well.Ã¢â ¬Â• Twenty years ago, when authors Shawn and Beth Dougherty purchased the land they would come to name the SowÃ¢â ¬â„¢s Ear, the state of Ohio designated it Ã¢â ¬Å“not suitable for agriculture.Ã¢â ¬Â• Today, their family raises and grows 90% of their own food. Such self-sufficiency is largely the result of basing their farming practices around intensive pasture management. Pioneered by such luminaries as Allan Savory, Greg Judy, and Joel Salatin, the tenets of holistic grazingÃ¢â ¬â ¢employed mostly by larger-scale commercial operationsÃ¢â ¬â ¢have been adapted by the Doughertys to fit their familyÃ¢â ¬â„¢s needs. In The Independent Farmstead, The SowÃ¢â ¬â„¢s Ear model for regenerating the land and growing foodÃ¢â ¬â ¢Ã¢â ¬Å“the best you ever tastedÃ¢â ¬Â•Ã¢â ¬â ¢is elucidated for others to use and build upon. In witty and welcoming style, The Independent Farmstead covers everything from choosing a species of ruminant and incorporating it into a grass-based system to innovative electric fencing and watering systems, to what to do with all of the milk, meat, and, yes, manure that the self-sustaining farm produces. Within these pages, the Doughertys discuss how to: Find and improve poor, waste, or abused land and develop its natural water resources; Select and purchase the appropriate ruminant for regenerating your farmstead; Apply fencing strategies and pasture management basics; Implement basic, uncomplicated food processing, including large and small animal butchering and cheese making; and Integrate grass, gardens, and livestock to minimize or eliminate the need for off-farm inputs. As the Doughertys write, more and more people today are feeling Ã¢â ¬Å“the desire for clean, affordable food, unmodified, unprocessed, and unmedicated and the security of local food sourcing for ourselves and our children.Ã¢â ¬Â• The Independent Farmstead is a must-have resource for those who count themselves as part of this movement: both new and prospective farmers and homesteaders, and those who are interested in switching to grass-based systems. Best of all itÃ¢â ¬â„¢s the kind of rare how-to book that the authors themselves view not as a compendium of one-size-fits-all instructions but as Ã¢â ¬Å“the beginning of a conversation,Ã¢â ¬Â• one that is utterly informative, sincere, and inspiring.

Book Information

Paperback: 336 pages
Publisher: Chelsea Green Publishing (September 7, 2016)
Language: English

ISBN-10: 1603586229

ISBN-13: 978-1603586221

Product Dimensions: 7.9 x 0.9 x 9.8 inches

Shipping Weight: 2 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 12 customer reviews

Best Sellers Rank: #472,691 in Books (See Top 100 in Books) #96 inÃ Â Books > Science & Math > Agricultural Sciences > Agronomy #124 inÃ Â Books > Science & Math > Agricultural Sciences > History #286 inÃ Â Books > Science & Math > Agricultural Sciences > Sustainable Agriculture

Customer Reviews

Choice- Ã¢â ¬Å“Literature about small, independent farms might be divided into books that focus broadly on sustainable farming and those that constitute a how-to guide. Here Shawn DoughertyÃ Â and Beth Dougherty (both have been farmers for several decades) offer a whimsical fusion of practical application and agrarian philosophy to great effect. Unlike most monographs on the subject, this volume begins with the assertion that plant life, pasture, and forage (in particular) form the core of an effective small farmstead. From this foundation, the DoughertyÃ¢â ¬â„¢s discuss practical aspects of forage, including water, grasses, and fencing, as well as the dynamics of intensive rotational processes. A good portion of the book is devoted to leveraging forage using livestock, particularly ruminants. Their clear favorite is the dairy cow, although they do discuss the virtues of sheep, goats, and swineÃ¢â ¬â •but little on beef. The latter part of the work discusses the harvesting of meat and milk and the appropriate use of by-products. The bookÃ¢â ¬â„¢s entertaining approach is tempered by a realistic view of the mindset required to productively nurture and incorporate the rigors of an independent farmstead into oneÃ¢â ¬â„¢s lifestyle. Summing Up: Recommended. All readers.Ã¢â ¬Â• Booklist- "As mortifying and implausible as creating oneÃ¢â ¬â„¢s own self-sustaining farmstead might sound to most city folk, the Doughertys, who embarked on their own farmstead 20 years ago, make the venture entirely feasibleÃ¢â ¬â ¢even ennobling in the face of climate changeÃ¢â ¬â ¢on as little as a half-acre of land. In a conversational style that is both welcoming and reality-based, the authors offer a big-picture planÃ¢â ¬â ¢selecting property, sourcing water, building soil, choosing ruminants (chickens, goats, sheep, pigs, or cattle)Ã¢â ¬â ¢that is fully supported by a level of detail both practical and comforting to anyone new to the idea. Some examples: milking techniques for cows and goats, what grasses or fencing to consider for which animals, slaughtering techniques, watering tanks, and using paddocks for livestock. Highly recommended for libraries where such farmsteads are even

remotely possible.Ã¢â ¬Â•Library Journal, Starred Review- "Husband and wife Shawn and Beth Ã Â- Dougherty have written about the ’self-sustaining’ grass-based farming movement on their blog, Ã Â- onecowrevolution.wordpress.com. Their first book, a well-organized overview of managing a diversifiedÃ Â Ã¢â ¬Ëœfarmstead,’ takes the concept of backyard hobby farming to the next level. Drawing on their 20 years of experience on the SowÃ¢â ¬â„¢s Ear Farm in eastern Ohio, the Doughertys offer practical know-how on a variety of farming topics, with photos and philosophical considerations of their methods. Although not exhaustive on any given issue, there is enough information for most readers to get started with confidence. They encourage readers to adopt holistic and creative problem-solving techniques. Oft-ignored subjects such as seasonal rhythms and interpersonal dynamicsÃ¢â ¬â ¢the ’people aspect’ of the farm ecosystemÃ¢â ¬â ¢are addressed. Easily navigable sections let readers skim as needed, but the conversational style lends a cohesive narrative. With a compelling foreword by holistic farmer Joel Salatin, this is right at home on a workbench or bedside table.Ã Â VERDICTÃ Â A solid choice for those embarking on a serious animal-based hobby or enterprise, aspiring homesteaders, and sustainable farmers who already have basic knowledge of animal husbandry and agriculture. The authorsÃ¢â ¬â„¢ blog provides a nice supplement; for more introductory guides, try Carleen MadiganÃ¢â ¬â„¢s ’Backyard Homestead’ books.Ã¢â ¬Â•Modern Farmer- "Shawn and Beth Dougherty divulge how they used intensive pasture management to transform 24 seemingly uncultivable Ohio acres into a thriving livestock and vegetable operation capable of feeding their family of 10. Expect clear-eyed advice on rotational grazing methods, improving soil fertility, and much more."Ã Â Ã¢â ¬Å“With grace and grit, Shawn and Beth show you how to cultivate and care for an often overlooked but integrally important part of our food chainÃ¢â ¬â ¢grassÃ¢â ¬â ¢as well as the diverse livestock that transform pasture into the most wholesome foods on earth.Ã¢â ¬Â•--David Asher, author ofÃ Â TheÃ Â Art of Natural CheesemakingÃ¢â ¬Å“Shawn and Beth cover a broad range of topics in this readable and user-friendly book. They manage to touch on most of the essential information a small-scale farmer needs to graze a cow and make cheese, feed the waste milk to the pigs and make bacon, and practice sustainable land use and animal husbandry along the way.Ã¢â ¬Â•--Sarah Flack, author ofÃ Â The Art and Science of GrazingÃ Â Ã¢â ¬Å“Playing off its title, this informative, companionable book could be calledÃ Â TheÃ Â InterdependentÃ Â Farmstead:Ã Â It notes how a successful operation relies on interactions among animals, soil, grass, sunlight, and community as well as human ingenuity and, invariably, humor. The bookÃ¢â ¬â„¢s wisdom is that building on these synergies helps one realize the potential of any given piece of land.Ã¢â ¬Â•--Judith D. Schwartz, author ofÃ Â Cows Save the

PlanetÃ Â andÃ Â Water In Plain SightÃ¢â ¬Å“InÃ Â The Independent Farmstead, Shawn and Beth Dougherty have rooted a wealth of practical and useful farming information in the fertile soil of social and economic reality and timeless ecological wisdom. Their farm is a grass-based homestead, and their personal story is compelling, but their insights are important for beginning or experienced farmers of any type or scale who donÃ¢â ¬â„¢t yet knowÃ¢â ¬â ¢or have forgottenÃ¢â ¬â ¢what real farming is about.Ã¢â ¬Â•--John Ikerd, professor emeritus of agricultural economics, University of Missouri

Shawn and Beth Dougherty have been farming together for over thirty years, the last twenty in eastern Ohio on their home farm, the SowÃ¢â ¬â„¢s Ear, where they and their children raise grass, dairy and beef cows, sheep, pigs, and poultry. They identify intensive grass management as the point of union between good stewardship and good food. Their ongoing goal is to rediscover the methods and means by which a small parcel of land, carefully husbanded with the application of ruminants, pigs, and poultry, can be made to gain fertility and resilience while feeding the animals and humans living on it.Shawn and Beth Dougherty have been farming together for over thirty years, the last twenty in eastern Ohio on their home farm, the SowÃ¢â ¬â„¢s Ear, where they and their children raise grass, dairy and beef cows, sheep, pigs, and poultry. They identify intensive grass management as the point of union between good stewardship and good food. Their ongoing goal is to rediscover the methods and means by which a small parcel of land, carefully husbanded with the application of ruminants, pigs, and poultry, can be made to gain fertility and resilience while feeding the animals and humans living on it.Joel Salatin and his family own and operate Polyface Farm in VirginiaÃ¢â ¬â„¢s Shenandoah Valley. The farm produces pastured beef, pork, chicken, eggs, turkeys, rabbits, lamb and ducks, servicing roughly 6,000 families and 50 restaurants in the farmÃ¢â ¬â„¢s bioregion. He has written 11 books to date and lectures around the world on land healing, local food systems.

This book has such great practical advice for homesteaders. Looking to take a piece of raw, neglected land and turn it into a productive and healthy place to call home? Then this is the book for you. It covers real life solutions to many of the problems you very well may encounter.

A great gift for my farming son-in-law!

Terrific book, Arrived faster than expected.

This is a great resource for people trying to live sustainably or homestead. It is detailed enough to be useful but written in a way even a beginner can understand. This will be a go to book for us!

A book that belongs in every homesteader’s collection

I love this book and would recommend it to anyone interested in raising animals in a more natural and sustainable way. So many books out there on raising animals spend all their time on diseases and medicines, commercial feed, etc. If I wanted that I wouldn’t be raising my own animals. This book also covers the nitty-gritty about fencing and watering, pretty much everything that you need to know.

This book is exactly what I was looking for... Simply a great common sense approach to modern family farming. This book seems to fill in many of the gaps left out of similar reads... For instance: what is the most efficient and cost effective way for me to get water to my pastured animals in the dead of winter? The authors have many suggestions (and real-life lessons) like this to help a beginning homestead get up and running!

The Independent Farmstead: Growing soil, biodiversity, and nutrient-dense food with grassfed animals and intensive pasture managementby Shawn and Beth DoughertyPublished in 2016 by Chelsea Green Publishing, White River Junction, VTISBN: 978-1-60358-622-1This book starts by comparing extractive farming to regenerative farming. Extractive farming refers to modern industrial farming of one crop on an extremely large scale which is completely dependent on off-farm inputs. But regenerative farming has the opposite approach and opposite emphases: natural instead of mechanical, local rather than global, small rather than large, dependent on human labor and planning, and diverse. Regenerative farming usually has a diversity of animal species as well. Sheep, grazing with cows, utilize plants not favored by bovines; poultry follow both and scavenge undigested seeds and pest larvae from their manure. Pigs forage at the bottom of the food chain, converting almost any kind of surplus nutrients into solid pig flesh and nitrogen-rich manure.The first step in starting a farmstead is to acquire some land. When looking to buy land, don’t just think of realtors. Instead, look at the local want ads, newspapers, classified magazines, craigslist, bulletin boards, regional agricultural papers. Also talk to vendors at farmers’ markets, people at the local extension office, or the man at the feed store. For creative buyers, the neglected, abandoned acres

may be the most promising and neglected land is generally less expensive. Also because electric fencing equipment is so portable, it is possible to take advantage of borrowed land without putting money into someone else's property. Also ask at the Natural Resources Conservation Service (NRCS) about local water toxicities. Also, check local zoning laws before you buy. Are there restrictions on the number or type of livestock that can be kept there? What do the laws say about septic systems? Do they require installation of access to municipal water, sewage, or gas lines, whether or not the landowner intends to use them? Be careful with existing pastures, if they have been managed conventionally. In all likelihood they have been chemically fertilized and planted with just one or a few species of pasture grass.The authors discussed the pros and cons of various water sources, such as municipal water, wells, surface water (ponds, streams, rivers, and lakes), rainwater runoff, and cisterns. The section on grass and grass management discussed different grazing strategies. I was surprised to learn that cattle that pasture all winter look healthy right up until a few weeks before greenup, when grass condition finally deteriorates. At the same time, the barn-kept animals - sheltered on deep bedding, with water just a few steps away and fair- to good-quality hay took on a 'winter look' - leaner, bonier, rougher-coated, and less blooming. There is also a record-keeping aspect of grass management. Draw your farm freehand and put down the distances in paces. Make copies; then draw, write or record dates, paddock sizes, number, age and species of livestock, grass condition, forage species, duration of grazing, etc. Then use this information to help you plan future grazing.Intensive grazing is not complicated. Livestock are confined to a very small area where they must graze less selectively and more thoroughly than in the large paddock. In a short time, every square foot of the paddock will be either grazed, trampled, manured, or urinated on. Intensive grazing is made possible with light-weight portable, electric fencing.In choosing which ruminants to raise on your land, it is good to ask what, if anything, was raised on the land in the recent past. This can be a serious issue, since commercial livestock operations today are frequently the source of considerable and lasting soil and groundwater contamination. Also, water, its source and availability, must be a consideration when you are choosing a ruminant. How much - or how little - is presently available can tip the balance in favor of smaller species needing less space.The chapter on chickens mentioned chicken tractors and hen housing but no plans and no measurements or diagrams were included. Also the authors said, "Some breeds can forage for nearly all of the food." But the authors did not mention which breeds could forage for all their food. But thankfully the authors did provide a sample poultry mix that farmers could make on their own, a combination of sunflower seeds, millet, wheat, oats, and barley, in a 2:1:2:4:3 ratio. The farmer can grow these plants himself and then make the poultry mix.The pig

chapter mentioned that the grass-hay-and-dairy-fed hogs at Sugar Mountain Farm in Vermont spend their whole lives on pig pasture, without commercial or grain supplement. This is encouraging to know that pigs can be raised without need outside feed inputs. It was also good to read the story of how the authors 'saved' some newly-arrived-pigs who had "shipping fever" with just colostrum and raw milk (p.229).This book will help the reader consider some of the factors related to acquiring land and getting started in setting up a farmstead. The authors rightly state that setting up a farmstead will help one get more closely connected to their community and to be able to help others in need by, for example, donating a hog to a local widow with young children.

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The Independent Farmstead: Growing Soil, Biodiversity, and Nutrient-Dense Food with Grassfed Animals and Intensive Pasture Management The Intelligent Gardener: Growing Nutrient Dense Food Year-Round Indoor Salad Gardening: How to Grow Nutrient-Dense, Soil-Sprouted Greens in Less Than 10 days Growing Marijuana: Box Set - Growing Marijuana For Beginners & Advanced Marijuana Growing Techniques (Growing Marijuana, Marijuana Growing, Growing Marijuana Indoors) Greener Pasture on Your Side of the Fence: Better Farming Voisin Management-Intensive Grazing (4th Edition) Nourished Beginnings Baby Food: Nutrient-Dense Recipes for Infants, Toddlers and Beyond Inspired by Ancient Wisdom and Traditional Foods Digestive Health with REAL Food: A Practical Guide to an Anti-Inflammatory, Nutrient Dense Diet for IBS & Other Digestive Issues Growing Marijuana: Big Buds, Growing Marijuana In Soil For Beginners (Growing Marijuana, Marijuana Cultivation, Marijuana Growing, Medical Marijuana, Marijuana Horticulture) Nutrient Requirements of Dogs and Cats (Nutrient Requirements of Domestic Animals) 50 Best Plants on the Planet: The Most Nutrient-Dense Fruits and Vegetables, in 150 Delicious Recipes The Heal Your Gut Cookbook: Nutrient-Dense Recipes for Intestinal Health Using the GAPS Diet Cauliflower Cookbook: Swap Your Favorite Recipes With Nutrient Dense Cauliflower for Low Carb Healthy Alternatives Superfood Smoothies: 100 Delicious, Energizing & Nutrient-dense Recipes (Julie Morris's Superfoods) Superfood Juices: 100 Delicious, Energizing & Nutrient-Dense Recipes (Julie Morris's Superfoods) Food Truck Business: How To Start Your Own Food Truck While Growing & Succeeding As Your Own Boss (Food Truck, Food Truck Business, Passive Income, Food ... Truck Startup, Food Truck Business Plan,) Growing Marijuana: Marijuana Growing Tips and Tricks to Get Big Yields For Beginners! (Growing Marijuana For Beginners, Growing Marijuana Indoors & Outdoors, Growing Marijuana Tips and Tricks) Growing Mushrooms for Profit: The Definitive Step-By-Step Guide to Growing Mushrooms at Home for Profit (Growing Mushrooms for Profit, Growing Mushrooms ... Mushrooms, Growing Oyster Mushrooms) Methods of Soil Analysis.

Part 2. Microbiological and Biochemical Properties (Soil Science Society of America Book, No 5) (Soil Science Society of America Book Series) Soil Fertility and Fertilizers: An Introduction to Nutrient Management (6th Edition) Certification and Core Review for Neonatal Intensive Care Nursing, 4e (Watson, Certification and Core Review for Neonatal Intensive Care Nursing)

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