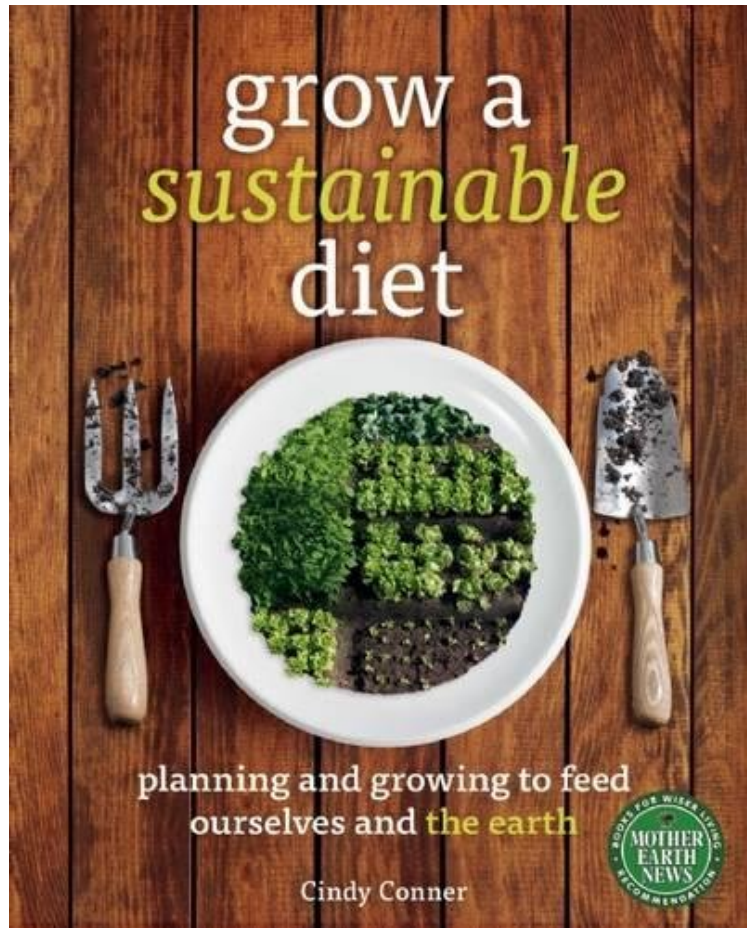


[Download pdf] Grow a Sustainable Diet: Planning and Growing to Feed Ourselves and the Earth

Grow a Sustainable Diet: Planning and Growing to Feed Ourselves and the Earth

Cindy Conner

ePub | *DOC | audiobook | ebooks | Download PDF



DOWNLOAD



+

READ ONLINE

#1135846 in Books 2014-03-04Original language:EnglishPDF # 1 9.00 x 7.25 x .50l, .90 #File Name: 0865717567240 pages | File size: 59.Mb

Cindy Conner : Grow a Sustainable Diet: Planning and Growing to Feed Ourselves and the Earth before purchasing it in order to gage whether or not it would be worth my time, and all praised Grow a Sustainable Diet: Planning and Growing to Feed Ourselves and the Earth:

8 of 8 people found the following review helpful. Lots of info in understandable formatBy Dori BIn this book I found lots of information presented in an understandable format. I am uncertain about my ability to do everything the author details in the book but after reading at least I understand how. Sometimes the author gets a little fervent as far as the permaculture ethic of "care for the earth and care for everybody too!" (My translation) kind of thing but that is an admirable goal, so I found it easy to read through. The "no outside inputs" seems a little puzzling from a city dwellers point of view. Why grow all my own inputs on my tiny lot when I can harvest as many bags as I can carry of deciduous tree leaves (for example), all within less than a mile radius? I guess, like anything else, knowledge is a good thing to gather and then sort out the chaff to make it work for your situation. I am grateful to this author for such a

good harvest of wisdom. 2 of 2 people found the following review helpful. I really wanted to love this book. I really wanted to love this book, because I am very interested in growing a sustainable diet. And there IS good information in this book - I think anyone reading it will pick up some helpful information. But I found this book so dry and hard to read. This is a subject that I feel passionately about - something that I can read about all day long and never get bored. But, this book bored me. I kept putting it down and walking away. [I have still only managed to read about 3/4 of it after 2 months of ownership - usually I devour a book in about 2 days]. The author's writing style is very dry and very "text book". I think that she is an extremely knowledgeable person, but her writing style does not allow her to convey her wealth of wisdom in a way that is enjoyable to read. The book is also organized strangely to me - for example, jumping right into "garden maps", without really any information on how or why one would draw these maps. It would make more sense to me to talk about how to set up the garden and why [before drawing a map of it] - but she does not do that. The chapter on garden maps is really just a collection of rough drawings of her own garden maps and what went where in her own garden. I did not find this very helpful for my own situation. In general, I felt like the book did not flow well at all - it sort of jumps around and the information is poorly organized. She LOVES worksheets. This author would have done well as an accountant, because she is very in to the minutiae of listing things. She provides copies of lots of different worksheets that she's created that work for her. I found these tedious, personally, and would have preferred a broader discussion of the hows and whys of figuring out how much to grow to provide for all of your needs.. I felt like a lot of the worksheets were really just common sense things that people could work out on their own [plan around frost dates in your area, for example...]. She also frequently references a gardening DVD that she did some years back [which I cannot find available on - not sure if it is still around?]. I had the feeling that perhaps all of this book would have made more sense and been more easy to follow if maybe I had seen that DVD first. It didn't work well to keep referencing the DVD and talking about the DVD, when most of her audience will not have seen the DVD. In short, this book was useful, but not nearly as useful as I had hoped it would be. I recommend "The Resilient Gardener" by Deppe as a much more useful and informative book on this subject. 0 of 0 people found the following review helpful. Five Stars By Kinzo D Extremely informative!

Everyone loves to prepare a meal with ingredients fresh from their own garden. But for most of us, no matter how plentiful our harvest, homegrown produce comprises only a fraction of what we eat. And while many gardening guides will tell you everything you ever wanted to know about individual crops, few tackle the more involved task of helping you maximize the percentage of your diet you grow yourself. *Grow a Sustainable Diet* will help you develop a comprehensive, customized garden plan to produce the maximum number of calories and nutrients from any available space. Avoid arriving in August buried under a mountain of kale or zucchini (and not much else) by making thoughtful choices at the planning stage, focusing on dietary staples and key nutrients. Learn how to calculate: Which food and cover crops are best for your specific requirements How many seeds and plants of each variety you should sow What and when to plant, harvest, and replant for maximum yield Focusing on permaculture principles, bio-intensive gardening methods, getting food to the table with minimum fossil fuel input, and growing crops that sustain both you and your soil, this complete guide is a must-read for anyone working towards food self-sufficiency for themselves or their family. Cindy Conner is a permaculture educator, founder of Homeplace Earth, and the producer of two popular instructional DVDs on sustainable gardening. Her passion is exploring growing a complete diet in a small space while minimizing the use of fossil fuels.

Grow A Sustainable Diet is just the book you have been looking for! ---John Jeavons, author of *How To Grow More Vegetables and Fruits, Nuts Berries, Grains and Other Crops Than You Ever Thought Possible On Less Land Than You Can Imagine* Amid the plethora of how-to garden books, this book stands out as the comprehensive resource written from the lifetime of rich experience of a successful gardener. Cindy not only gives us experienced guidelines for the management of a healthy organic garden, but clearly explains the practical details of every aspect of managing a successful garden-homestead from planning, tending, harvest and storage to preserving the harvest. If you are seeking one book to carry you through the full cycle of gardening, seek no further! ---Eli Rogosa . Heritage Grain Conservancy, growseed.org *Grow a Sustainable Diet* is both timely and timeless. Cindy Connors book is a valuable addition to current locavore lexicon. The practical down home advice she provides will be of use for generations of gardeners to come. Cindy speaks with authority, drawing on her real life experience, her teaching skills and her love of the earth, providing practical guidance to help readers to design the garden and to grow, store and use the fruits of their labor. A combination of bio-intensive gardening, permaculture planning , and straight forward down home wisdom *Grow a Sustainable Diet* shows us that good nutrition is a close as our own back yard. ---Darrell E. Frey, Three Sisters Farm, author of *The Bioshelter Market Garden* Are you looking for ways to better nourish your family, care for your garden, and walk more lightly on the planet? Come spend a day, a season or the cycle of seasons with one of the nations leaders in ecological home food production in the pages of *Grow a Sustainable Diet*. Ms. Connors practical innovations will guide your homesteading endeavors, and her commitment to living in harmony with all life will inspire you. --- Mark Schonbeck, consultant in sustainable agriculture Too many of us see gardening as an analog in

miniature to Big Ag--an essentially extractive process powered by machines and fossil fuel, requiring purchased inputs to replace depleted soil fertility and protect crops from insects. Imagine gardening instead as a process which improves the soil even as we grow our crops, helps balance and enrich the ecology, relies on free services of nature rather than purchased inputs--and is powered with energy from the nearest star. That is the way of gardening Cindy Conner offers in *Growing a Sustainable Diet*. ~---Harvey Ussery, author of *The Small-Scale Poultry Flock*