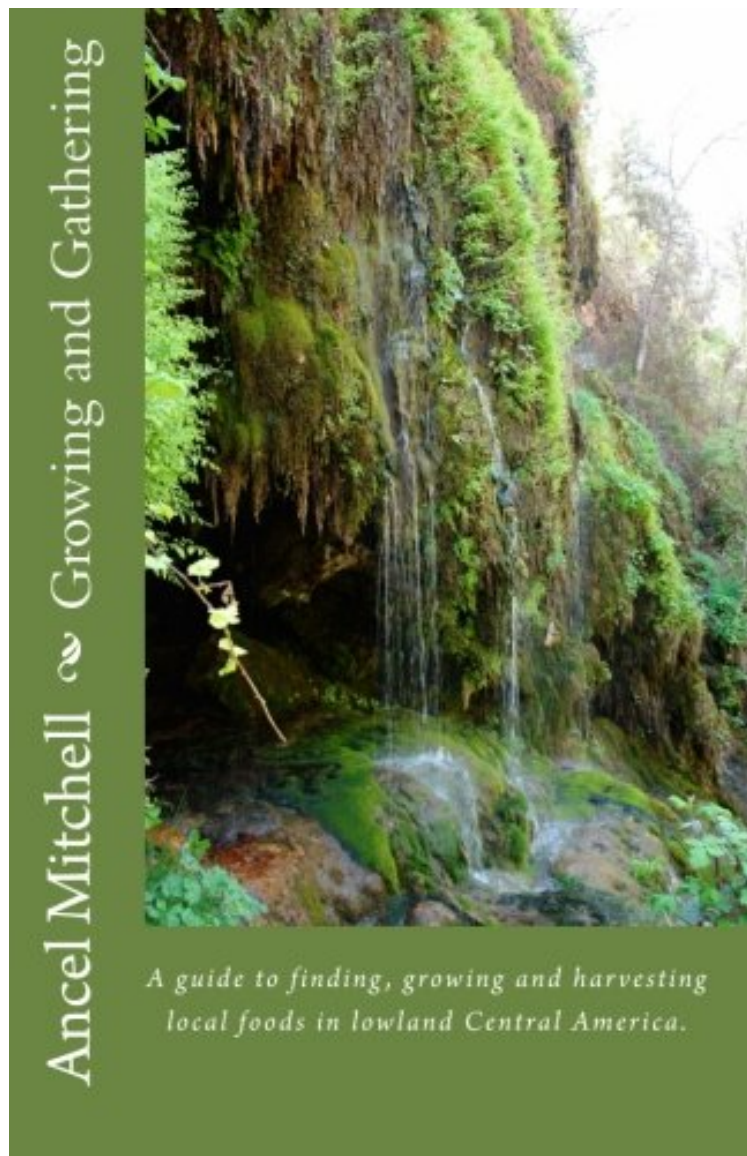


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Growing and Gathering: A guide to finding, growing and harvesting local foods in lowland Central America.

Ancel Mitchell

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Ancel Mitchell : Growing and Gathering: A guide to finding, growing and harvesting local foods in lowland Central America. before purchasing it in order to gage whether or not it would be worth my time, and all praised Growing and Gathering: A guide to finding, growing and harvesting local foods in lowland Central America.:

Whether you are a beginner gardener, an experienced horticulturalist, a newcomer, resident or visitor to tropical Central America, this guide will have something to offer. From identifying wild edible mushrooms to making your own banana vinegar to roasting cacao beans, to finding fruits on the beach; this book has something to offer anyone interested in living sustainably and locally in lowland Central America. Written at Finca la Isla, a permaculture farm and Botanical Garden on the southern Caribbean coast of Costa Rica, the guide draws from over 25 years of living and farming experience in tropical Central America.

About the Author Ancel Mitchell is an educator living and working with permaculture at Finca la Isla Permaculture Farm on the southern Caribbean coast of Costa Rica. Ancel harvests fruits, nuts, vegetables and medicinals both on the family farm and in the wild to produce all sorts of organic, seasonal goodies for the local Farmers' Market.