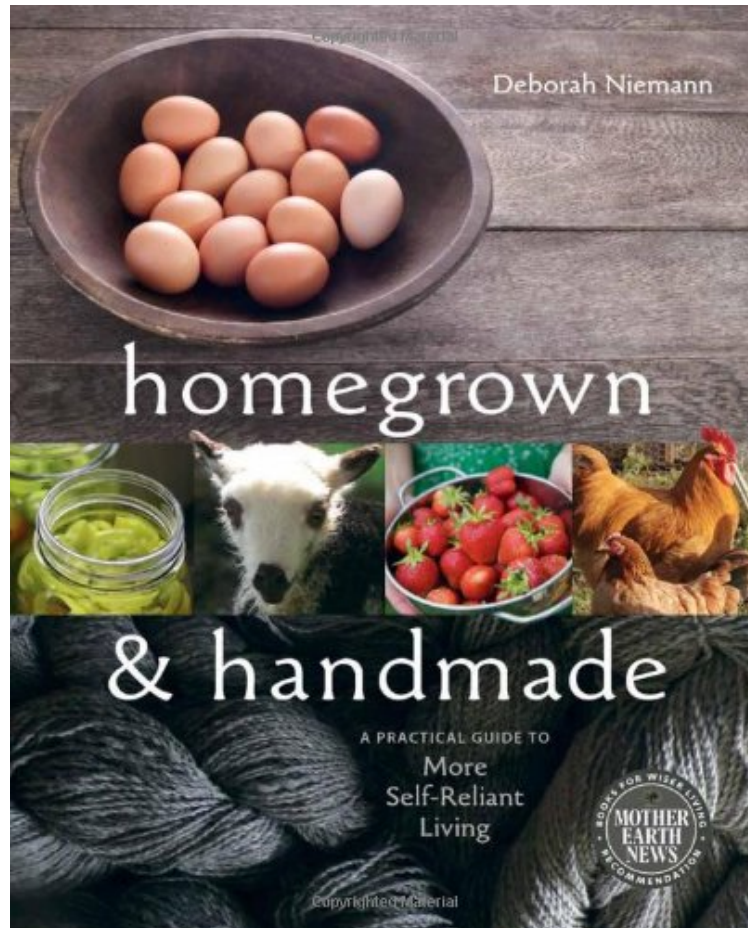


(Get free) Homegrown and Handmade: A Practical Guide to More Self-Reliant Living

# Homegrown and Handmade: A Practical Guide to More Self-Reliant Living

Deborah Niemann

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**Deborah Niemann : Homegrown and Handmade: A Practical Guide to More Self-Reliant Living** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Homegrown and Handmade: A Practical Guide to More Self-Reliant Living:

4 of 4 people found the following review helpful. Great overview  
By jewlzd50 This book looks at a lot of different things you could do yourself at home, from growing your own garden (even a balcony garden) to spinning wool. It doesn't go in depth in any specific area, but it gives a great summary so you could see if that would be something you would want to try.  
4 of 4 people found the following review helpful. Really helpful  
By Courtney Answers almost any question you will have about homesteading. Offers both organic and non organic options without feeling preachy which I really appreciate. Great book.  
0 of 0 people found the following review helpful. Wonderful book  
By W M FA wonderful book, it has a lot of valuable information in it.

Our food system is dominated by industrial agriculture and has become economically and environmentally unsustainable. The incidence of diet-related diseases, including obesity, diabetes, hypertension, cancer, and heart disease, has skyrocketed to unprecedented levels. Whether you have forty acres and a mule or a condo with a balcony, you can do more than you think to safeguard your health, your money, and the planet. *Homegrown and Handmade* shows how making things from scratch and growing at least some of your own food can help you eliminate artificial ingredients from your diet, reduce your carbon footprint, and create a more authentic life. Whether your goal is increasing your self-reliance or becoming a full-fledged homesteader, it's packed with answers and solutions to help you: Take control of your food supply from seed to plate Raise small and medium livestock for fun, food, and fiber Rediscover traditional skills to meet more of your family's needs than you ever thought possible This comprehensive guide to food and fiber from scratch proves that attitude and knowledge is more important than acreage. Written from the perspective of a successful self-taught modern homesteader, this well illustrated, practical, and accessible manual will appeal to anyone who dreams of a simpler life. Deborah Niemann is a homesteader, writer, and self-sufficiency expert who presents extensively on topics including soapmaking, bread baking, cheesemaking, composting, and homeschooling. She and her family raise sheep, pigs, cattle, goats, chickens, and turkeys for meat, eggs, and dairy products, while an organic garden and orchard provides fruit and vegetables.

"Deborah Niemann has penned the book that will turn homesteading dreamers into doers. From sustainable gardening to animal husbandry, she's got the farm covered. *Homegrown Handmade* explores, illuminates, excites, and inspires. " ---Ashley English, author of the *Homemade Living* book series "*Homegrown and Handmade* is a wonderful collection of [Deborah's] wisdom, and when it's not propped next to the stove or the milk stand, this approachable reference belongs on the shelf with the homesteading classics." ---Margaret Hathaway, author of *The Year of the Goat and Living with Goats* "There's never been a more practical guide written for making the 'simple' life simple." ---Brent Ridge and Josh Kilmer-Purcell, founders of *Beekman1802.com* "*Homegrown Handmade* puts you in the control seat of what is considered fresh and healthy food by offering detailed explanations on providing food and fiber in their purest form for yourself." ---Chris McLaughlin, author of *The Complete Idiot's Guide to Heirloom Vegetables* "It covers all the bases - from the soil to the supper table, and from birth (or hatch) to butchering. This is the perfect book for the conscientious omnivore, or for anyone seeking a practical map to a sustainable, delicious future." ---Terra Brockman, author of *The Seasons on Henry's Farm* From the Author One of the first questions anyone asks when they hear about my lifestyle is, "Did you grow up like this?" Whether they are asking about our homesteading lifestyle or my diet, the answer is a resounding, "No!" I grew up in Refugio, Texas, a small town on the Gulf Coast, and I couldn't wait to move to the big city. I spent many weekends in Houston, and after graduating from high school, I attended college at Eastern Connecticut State University. Armani was more familiar to me than arugula. I ate out more than I ate at home, and when I did eat at home, the food often came from a box or can. I was close to my teen years before I ate a raw vegetable, and that was iceberg lettuce drowned in salad dressing. When I became pregnant with my first child, I honestly believed that a cheeseburger and fries was a good, healthy meal. I had my meat, dairy, bread, and vegetables. Yes, I thought that a piece of lettuce, a couple of pickle slices, and french fries counted as vegetables. I was proud of myself for eliminating caffeine from my two-liter daily soda consumption. After my baby was born, I started reading about nutrition and thought that maybe my poor diet had contributed to my constant illness as a child. Hoping to save my own children from the same sad fate, I started eliminating artificial ingredients from our diet and began baking bread. Over the years, we became more conscientious about our dietary choices, and by 2002, it seemed like moving to the country to grow our own food was the next logical step. I always say that if we can do this, anyone can, and I'm not joking. Our livestock experience consisted of caring for two cats and a poodle before we moved out here. You don't have to be a master gardener to grow your own food. Our first garden produced only a handful of stringy green beans, but from reading books, finding mentors, trying, and making mistakes, we've learned to do everything we do today. About the Author Deborah Niemann: is a homesteader, writer, self-sufficiency expert. In 2002, she relocated her family from the suburbs of Chicago to a 32 acre parcel on a creek in the middle of nowhere. Together, they built their own home and began growing the majority of their own food. Sheep, pigs, cattle, goats, chickens, and turkeys supply meat, eggs and dairy products, while an organic garden and orchard provides fruit and vegetables. A highly sought-after speaker and workshop leader, Deborah presents extensively on topics including soapmaking, breadbaking, cheesemaking, composting and homeschooling.