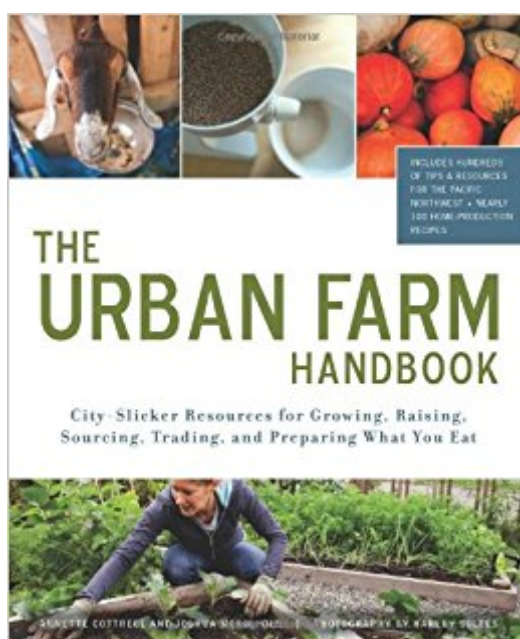


The book was found

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



Synopsis

You don't have to live on 50 acres to begin taking control over what you eat. Is 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 off of 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.

Book Information

Paperback: 288 pages

Publisher: Mountaineers Books (October 3, 2011)

Language: English

ISBN-10: 1594856370

ISBN-13: 978-1594856372

Product Dimensions: 7 x 1 x 8.4 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 31 customer reviews

Best Sellers Rank: #1,101,019 in Books (See Top 100 in Books) #49 in [Books > Crafts, Hobbies & Home > Gardening & Landscape Design > By Region > Pacific Northwest](#) #192

in [Books > Crafts, Hobbies & Home > Gardening & Landscape Design > By Technique > Urban](#)

[#710 in Books > Crafts, Hobbies & Home > Gardening & Landscape Design > By Technique >](#)

[Organic](#)

Customer Reviews

Throughout the book, readers will also find Opportunities for Change - steps people can take to achieve a more sustainable urban kitchen, whether it's as simple as changing the types of vendors you buy from or turning your front yard into an edible farm! --Apartment Therapy
The Urban Farm Handbook is a vast, thorough, interesting tool for those into food production and homesteading. And even if you're not going to become a hardcore urban farmer, it's useful to understand how the urban

and farm worlds can collide in a time in which we need to redesign the way we produce and consume food. --Treehuggergo-to guide will have even city slickers eating fresh from the backyard --Seattle Magazine
The Urban Farm Handbook is a vast, thorough, interesting tool for those into food production and homesteading. And even if you're not going to become a hardcore urban farmer, it's useful to understand how the urban and farm worlds can collide in a time in which we need to redesign the way we produce and consume food. --Treehuggergo-to guide will have even city slickers eating fresh from the backyard --Seattle Magazine

Author Annette Cottrell lives in Carnation, WA. Follow her at SustainableEats.com.
Co-author Joshua McNichols is a Seattle-based journalist with a long-term interest in sustainability and food security. His favorite stories feature people connecting through community and food, and his work has been featured everywhere from KUOW to Weekend America and The Splendid Table.
Photojournalist Harley Soltes lives on an organic farm in Bow, Washington. His work has been published in the New York Times, Sports Illustrated, Time, Life, National Geographic, and the Seattle Times.

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.

[Download to continue reading...](#)

Urban Farm Handbook: City Slicker Resources for Growing, Raising, Sourcing, Trading, and Preparing What You Eat The Urban Farm Handbook: City-Slicker Resources for Growing, Raising, Sourcing, Trading, and Preparing What You Eat Day Trading: Make Hundreds Daily Day Trading One Hour a Day: Day Trading: A detailed guide on day trading strategies, intraday trading, swing trading and ... Trading, Stock Trading, trader psychology) Trading: The Beginners Bible: Day Trading + Options Trading + Forex Trading + Stock Trading Beginners Guides to Get Quickly Started and Make Immediate Cash with Trading TRADING: Basic, Intermediate, Advanced and Tips & Tricks Guide to Crash It with Day Trading - Day Trading Bible (Day Trading, Trading Strategies, Option Trading, Forex, Binary Option, Penny Stock) Forex Trading: PROVEN FOREX TRADING MONEY MAKING STRATEGY - JUST 15 MINUTES A DAY (Forex trading strategies, Fx trading strategies, forex trading for beginners): For Beginning and Struggling Traders Forex: Using Fundamental Analysis & Fundamental Trading Techniques to maximize your Gains. (Forex, Forex Trading, Forex Strategy, Forex Trading Strategies, ... Forex Trading Books, Trading Strategies) Trading Forex with Divergence on MT4 (Forex, Forex Trading, Forex Trading Method, Trading Strategies, Trade Divergences, Currency Trading Book 2) How to become a consistently profitable forex trader: Revealed! The Easy Trading Strategies, Forex, Forex trading for a living, Forex trading price action, trading psychology, trading in the zone Day Trading: Trading Guide: Make Money on Stocks, Options & Forex (Trading, Day Trading, Stock, Options, Trading Strategies) Forex Trading: The Basics Explained in Simple Terms (Bonus System incl. videos) (Forex, Forex for Beginners, Make Money Online, Currency Trading, Foreign ... Trading Strategies, Day Trading Book 1) FOREX TRADING: The Basics Explained in Simple Terms (Forex, Forex for Beginners, Make Money Online, Currency Trading, Foreign Exchange, Trading Strategies, Day Trading) MT4 High Probability Forex Trading Method (Forex, Forex Trading System, Forex Trading Strategy, Oil, Precious metals, Commodities, Stock Indices, Currency Trading Book 1) Growing Marijuana: Box

Set - Growing Marijuana For Beginners & Advanced Marijuana Growing Techniques (Growing Marijuana, Marijuana Growing, Growing Marijuana Indoors) Strategic Sourcing in the New Economy: Harnessing the Potential of Sourcing Business Models for Modern Procurement A Beginner's Urban Survival Prepping Guide: Basic Urban Self Defense Guide And Survival Tips in the Prepping Urban Environment(The Prepper's Urban survival ... A Beginner's Urban Survival Prepping Your Farm in the City: An Urban Dweller's Guide to Growing Food and Raising Animals 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) The Simple, Battle-Tested, Algorithmic Forex Trading Strategy: Master the dark art of profitable forex trading even if you have never traded a single dollar or lost thousands in hobby trading

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)