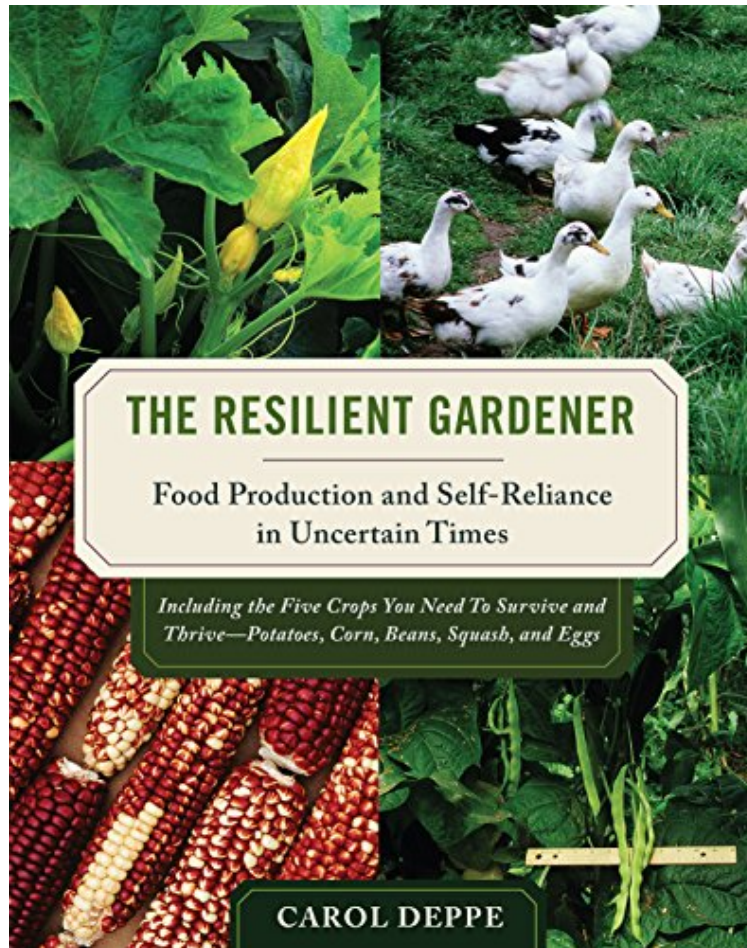


The Resilient Gardener: Food Production and Self-Reliance in Uncertain Times

Carol Deppe

audiobook / *ebooks / Download PDF / ePub / DOC



[Download](#)

[Read Online](#)

#75402 in Books Chelsea Green Pub Co 2010-10-05 Original language: English PDF # 1 9.53 x 1.02 x 7.52l, 1.69 #File Name: 160358031X384 pages Ships from Vermont | File size: 68.Mb

Carol Deppe : The Resilient Gardener: Food Production and Self-Reliance in Uncertain Times before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Resilient Gardener: Food Production and Self-Reliance in Uncertain Times:

22 of 22 people found the following review helpful. Great book...but By Woodswoman Given the economic forecast and world events, the self-reliant part of me readily ordered this book. As one who has homesteaded for 40 years, I won't say any blinding light bulbs went off, but there is a lot of good information here. This book could be especially valuable to a beginner homesteader. I like how she writes, i.e. her personality and idiosyncrasies come across nicely, something I like in a book. I like a chuckle with my meat. The reason I gave this 4 stars (instead of 5) is because the book description does not indicate that many parts of the book are related to her own climate and her own health issues. Examples include: the overwintering of plants in the northwest, variety of seeds, ducks are a better choice than

chickens because they forage better over the winter (I read that while sitting in northern New England looking out at my three feet of snow still on the ground), how she adapts her garden to manage her celiac disease, weight management, and restless leg syndrome... etc. You will also find that some of her set-in-stone practices are in direct opposition to other writers, such as plant spacing, raised bed containment, mulch use, etc. In other words, don't get swept up into thinking this is the bible or last word regarding your own gardening/farming practices. As the years pass, we all grow into what works for us best through our own practice. Having said that, this old-timer learned a number of things from this book, is going to try some of her ideas on my farmstead this year, and very much enjoyed reading Carol's book. Gotta go... another overly-wintered squash to bring out to the chicken coop... great idea, Carol!

1 of 1 people found the following review helpful. Very good book for preppers; how to grow survival foods after TEOTWAWKI By DickieCoon This is a fine book, especially if you are a gardener in the Pacific Northwest as Carol is. Carol explains clearly why gardeners need to select open pollinated varieties that are suitable for growth in the microclimate the reader lives in. Unfortunately the book tells you what open pollinated varieties works for her but kinda leaves you hanging if you live elsewhere. In this regard the book is a call to action to get off your butts and start experimenting with regional varieties that will grow well in your area, before TEOTWAWKI. The book focuses on four survival crops; corn, beans, squash/pumpkin and potatoes. These are crops that have high yields and also STORE WELL. One crop Carol left out IMHO is cabbage which historically has been a long storage crop and is easily preserved as sauerkraut. I have mixed feelings about deducting a star for that particular omission however, the corn section is mostly about open pollinated varieties which she has bred herself but the seeds are extremely hard to acquire. Based on these two deficiencies, I finally decided that four stars was more appropriate than five. That being said, this is still a very good book and if you have food allergies or a prepper, I'd say this book is a "must have" on your bookshelf

2 of 2 people found the following review helpful. Not just growing corn, but culinary advice! By A. Genovese Most gardening books mostly focus on growing and neglect the eating part. I got this book mainly for the chapter on corn, as I enjoy growing flint and flour corn. I was pleased to not only read about cultivation practices but also culinary advice. I learned how pericarp and aleurone color affect taste and use. I mostly nixtamalize my corn, but now I have other food ideas for different varieties of my flour corn. This book excites and inspires me, and I admire the author in her passion and experience. Glad she shared her knowledge and happy to see she is breeding corn not just to sell, but to improve upon taste and adaptability. This book gets me considering my corn crosses a bit more deeply, that culinary and flavor of variety and kernel color was discussed.

Scientist/gardener Carol Deppe combines her passion for organic gardening with newly emerging scientific information from many fields: resilience science, climatology, climate change, ecology, anthropology, paleontology, sustainable agriculture, nutrition, health, and medicine. In the last half of *The Resilient Gardener*, Deppe extends and illustrates these principles with detailed information about growing and using five key crops: potatoes, corn, beans, squash, and eggs. In this book you'll learn how to:

- Garden in an era of unpredictable weather and climate change
- Grow, store, and use more of your own staple crops
- Garden efficiently and comfortably (even if you have a bad back)
- Grow, store, and cook different varieties of potatoes and save your own potato seed
- Grow the right varieties of corn to make your own gourmet-quality fast-cooking polenta, cornbread, parched corn, corn cakes, pancakes and even savory corn gravy
- Make whole-grain, corn-based breads and cakes using the author's original gluten-free recipes involving no other grains, artificial binders, or dairy products
- Grow and use pinto beans and other grain legumes
- Grow, store, and use summer, winter, and drying squash
- Keep a home laying flock of ducks or chickens; integrate them with your gardening, and grow most of their feed.

The Resilient Gardener is both a conceptual and a hands-on organic gardening book, and is suitable for vegetable gardeners at all levels of experience. Resilience here is broadly conceived and encompasses a full range of problems, from personal hard times such as injuries, family crises, financial problems, health problems, and special dietary needs (gluten intolerance, food allergies, carbohydrate sensitivity, and a need for weight control) to serious regional and global disasters and climate change. It is a supremely optimistic as well as realistic book about how resilient gardeners and their vegetable gardens can flourish even in challenging times and help their communities to survive and thrive through everything that comes their way from tomorrow through the next thousand years. Organic gardening, vegetable gardening, self-sufficiency, subsistence gardening, gluten-free living.

Library Journal - "Resilient" gardeners adapt to challenging health, dietary, weather, or financial situations to produce food that can sustain a family through adverse times. In this guide to becoming such a gardener, plant breeder Deppe (*Breed Your Own Vegetable Varieties*) details her methods for safe and reliable food production - and covers more than strictly gardening - no matter your state of health or what climate you are in. She focuses on five crops with calorie, nutrient, and storage values: potatoes, corn, beans, squash, and, yes, duck eggs. In each chapter, Deppe describes her experiences with specific varieties of crops (with particular reference to her own climate in coastal Oregon), specific techniques for success, and unusual recipes suited to the varieties she grows (all are designed for those with gluten intolerance). VERDICT Deppe's idiosyncratic personality shines through her writing - this is as much a series of personal anecdotes by a lifelong expert gardener as a gardening book that will appeal to readers of a similar bent. Ideal

for dedicated, independent gardeners who want to focus on food production despite dietary challenges, poor health, or other issues.

ForeWord s-In *The Resilient Gardener*, scientist and author Carol Deppe offers readers an inspiring approach to gardening. For many, gardening is a hobby—a source of solace and an experiment in self-sufficiency. Gardens are designed to offer up good things during good times—handfuls of bulbous tomatoes after weeks of careful watering, weeding, and monitoring for invading insects, for example. But what happens when gardeners—along with the rest of society—face uncertain times? Uncertain times, caused by an unstable economy, changing weather patterns, or personal injury, result in an expanse of time when the "garden suffers because people have other priorities." With this premise in mind, Deppe introduces the concept of resilient gardening. In Deppe's world, gardening transcends the world of leisurely pursuit and transforms into an act of empowerment. In twelve intensely detailed chapters, *The Resilient Gardener* empowers readers with the knowledge they need to design, build, and maintain gardens that can withstand intense hardship and thrive despite periods of complete neglect. The first half of the book marries the practice of gardening with emerging global issues, such as climate change, increasing attention to weight control, and the rise of food allergies. Readers must first achieve a firm grasp of how these issues intersect with the process of gardening in order to fully benefit from the hands-on guidelines provided later in the book. Deppe's analysis is thorough; her research delves deep. By discussing the interaction between gardening and prevalent world issues, she establishes gardeners as hubs of sustainability and survival, their individual efforts producing movements of resilience that can benefit society as a whole. One of the major strengths of this book—and what sets it apart from the deluge of gardening books currently on bookstore shelves—is the union of Deppe's scientific knowledge with her personal gardening experience. The second half of the book details the five essential crops of self-reliance—potatoes, corn, beans, squash, and eggs—and how to grow them. Though these sections are largely "dip and skip" depending on the reader's level of knowledge, they are expressed in crisp, detailed, and incredibly fluid prose. Deppe is able to transmit the nitty-gritty of gardening through invaluable parcels of personal anecdotes that make the material relatable and a pleasure to read. Deppe's unique approach to her topic makes *The Resilient Gardener* an appealing selection for both experienced and beginner gardeners, as well as readers interested in issues of sustainability and global reform.

Permaculture Activist- "This book presents an in-depth seed-to-table understanding of five culturally significant and life-sustaining crops: corn, beans, squash, potatoes, and eggs. Its power and promise are rooted in Deppe's lived experience and revealed in the careful detail by which she shares it. This book is frank, plainspoken, and intimate. The basis for the author's diet is her intolerance for grain. She has celiac disease and cannot digest wheat or any of its near relatives in the grass family: rye, barley, oats, or triticale, and so has learned from much difficult experience to exclude completely from her table the foods most people depend upon for their daily bread. The basis of the book, however, is her determination to provide a reliable supply of staple food for her kitchen and to be responsible for every aspect of that from breeding and selecting the crops she uses to stabilizing and sharing the seed, to understanding the genetics, to exploring, cooking, and relishing the palate of flavors she nurtures and the rich and deeply satisfying foods that in turn nurture her. It is this quality of determination and careful empirical and practical work that recommends *The Resilient Gardener* to serious gardeners and home economists. Deppe is doing what many of us aspire to do." *The Resilient Gardener* is so essential, timely and important, and I will recommend it to everyone I know. It doesn't matter if you garden or if you don't—this is practical wisdom good for humans to know, passed on by a careful student who has deeply studied her life. Carol Deppe's lens is the garden—which is great for gardeners, but really, she speaks clearly to all of us. If you try to think like Deppe, you will find you have a new view of your life no matter who you are. This is a wise and intelligent book. Hats off to Carol Deppe!"—Deborah Madison, Author of *Local Flavors and Vegetarian Cooking for Everyone*

"In the years since Carol Deppe wrote the classic *Breed Your Own Vegetable Varieties*, she has continued to grow in deep wisdom and experience. *The Resilient Gardener* is brilliantly timely, and shows us how to create gardens that can survive our increasingly erratic weather, while supplying key nutrition lacking in most vegetable gardens. This book fills a critical niche, and I recommend it unreservedly."—Toby Hemenway, author of *Gaia's Garden: A Guide to Home-Scale Permaculture*

"*The Resilient Gardener* is the most comprehensive and detailed book about gardening that I have read to date, and I could not find one sentence that I would quibble with. Not only does Deppe discuss all the immediate, nose-to-the-grindstone kind of information about producing and using homegrown food, but also all the surrounding environmental and cultural aspects of gardening that are so vital to success. A must read for beginning gardeners, and full of details even the most experienced will find invaluable."—Gene Logsdon, author of *Small-Scale Grain Raising* and *Holy Shit: Managing Manure to Save Mankind*

"*The Resilient Gardener* gives concrete examples of how to deal with diet, climate, and economic changes before the need arises. Deppe challenges us to experiment with and practice all aspects of gardening, seed saving and food storage, and advises on the growing need to meet special food and climate requirements in the face of our food system's fragility. This book is an invaluable tool for gardeners and farmers as we experience more and more volatility in our food systems."—Suzanne Ashworth, author of *Seed to Seed*

"Carol Deppe is informative, funny, and intriguing as she guides us through every phase of gardening—dispelling myths while also orienting us to the technical, emotional, and spiritual aspects of growing food. *The Resilient Gardener* is the quintessential guide to gardening from an authority who also knows how to enjoy herself."—Didi Emmons, author of

Vegetarian Planet "Carol Deppe's celiac-friendly approach to gardening and nutrition provides a wealth of information on how to overcome food intolerances many are confronted with each day. If you struggle with food allergies or sensitivities--or want to use natural resources to create a healthy world for you and your family--this book is for you."--Peter H.R. Green, MD, Director, Celiac Disease Center at Columbia University "Growing food is among the most positive changes anyone can make in the face of uncertainty about the future. The Resilient Gardener is an information-packed resource for people starting or expanding a garden practice. This book empowers readers with skills and understanding, as did Deppe's previous book, Breed Your Own Vegetable Varieties."--Sandor Ellix Katz, author, Wild Fermentation and The Revolution Will Not Be Microwaved
About the Author Oregon plant breeder Carol Deppe, author of The Tao of Vegetable Gardening, holds a PhD in biology from Harvard University and specializes in developing public-domain crops for organic growing conditions, sustainable agriculture, and human survival for the next thousand years. Carol is author of The Resilient Gardener: Food Production and Self-Reliance in Uncertain Times (Chelsea Green, 2010), Breed Your Own Vegetable Varieties, 2nd ed. (Chelsea Green, 2000), Tao Te Ching: A Window to the Tao through the Words of Lao Tzu (Fertile Valley Publishing, 2010), and Taoist Stories (Fertile Valley Publishing, 2014). Visit www.caroldeppe.com for articles and further adventures.