

(Free) Urban Farm Handbook: City Slicker Resources for Growing, Raising, Sourcing, Trading, and Preparing What You Eat

## Urban Farm Handbook: City Slicker Resources for Growing, Raising, Sourcing, Trading, and Preparing What You Eat

Annette Cottrell, Joshua McNichols, Harley Soltes photographer  
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# THE URBAN FARM HANDBOOK

City-Slicker Resources for Growing, Raising,  
Sourcing, Trading, and Preparing What You Eat



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**Annette Cottrell, Joshua McNichols, Harley Soltes photographer : Urban Farm Handbook: City Slicker Resources for Growing, Raising, Sourcing, Trading, and Preparing What You Eat** before purchasing it in order to gage whether or not it would be worth my time, and all praised Urban Farm Handbook: City Slicker Resources for Growing, Raising, Sourcing, Trading, and Preparing What You Eat:

0 of 0 people found the following review helpful. and I have perused a few of the chapters to better understand what is happening in the yard and the ...By Boudewijn R.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. 1 of 1 people found the following review helpful. Helped me realize that I can feed my family better and have fun at the same time!

By A. C. Brown 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?

16 of 17 people found the following review helpful. Oh, yes you can!

By Erin W 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!

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.

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. --Treehugger

go-to guide will have even city slickers eating fresh from the backyard --Seattle Magazine

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About the Author

Author Annette Cottrell lives in Carnation, WA. Follow her at [SustainableEats.com](http://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.