

Small Scale Grain Raising An Organic Guide To Growing Processing And Using Nutritious Whole Grains For Home Gardeners And Local Farmers 2nd Edition

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Beef Cattle Ann Larkin Hansen 2011-08-23 Hobby Farms Beef Cattle: Keeping a Small-Scale Herd for Pleasure and Profit, written by Ann Larkin Hansen, serves as an excellent introduction to raising cows for food or simply to graze while mowing and fertilizing the pasture. This colorful guide offers experienced hobby farmers and beginners all of the essential information necessary to purchase and maintain a small herd of beef cattle. While managing her own hobby farm in Wisconsin, Hansen shares her expertise in all things farm and has authored numerous books such as Making Hay, The Organic Farming Manual, and Finding Good Farmland. In this comprehensive book Beef Cattle, Hansen corrals the hobby farmer into the world of cowboys and cowgirls: she begins, "Beef cattle are as much at home on the hobby farm as they are on the range." This colorful primer begins with the basics, from biological traits and breeds to behavior and life cycle, and describes exactly what's required for a hobby farmer to maintain a herd of cattle;the four F's;fencing, feed, fields, and facilities. Given the expense involved in the purchase and maintenance of beef cattle, all hobby farmers will welcome Hansen's sound and sensible advice on buying the right cattle, whether steer calves for meat or breeding stock for building up a herd. The buying chapter helps farmers focus on what to look for when selecting cattle; how cows, heifers, and bulls are priced; where to purchase; and how to get cattle to your farm. The feeding and nutrition of cattle is a complicated topic, and Hansen breaks it down into the three basic components that every keeper needs to understand: pasture, hay, and grain. With directness and clarity, she explains the ins and outs of grazing, selecting ideal foodstuffs, using salt and minerals, and maintaining good weight on the herd. The reader can rely on her expert advice to learn the fundamentals of handling cattle, including herding, loading, and transporting cattle, as well as keeping beef cattle healthy through preventive methods, vaccinations, parasite control and veterinary assistance. For hobby farmers planning to breed their livestock, Beef Cattle includes a chapter on pairing cows and heifers, the actual breeding, artificial insemination, the care of pregnant cows, calving, caring for the young, and weaning calves. The final chapter of the book "Marketing and Processing Your Cattle" is geared toward hobby farmers looking to get beef processed, grade meat, and sell the final product. Sidebars of fun trivia, stories from farmers, and useful advice appear throughout the handbook. A glossary of over 100 terms; an appendix of health issues; a resource section of useful websites, books, and periodicals; and a detailed index complete the book.

Crop Rotation on Organic Farms Charles L. Mohler 2009

Building a Sustainable Business 2003

Grain by Grain Bob Quinn 2019-03 "A compelling agricultural story skillfully told; environmentalists will eat it up." - Kirkus Reviews When Bob Quinn was a kid, a stranger at a county fair gave him a few kernels of an unusual grain. Years later, it would become the centerpiece of his multimillion dollar heirloom grain company, Kamut International. How Bob went from being a true believer in better farming through chemistry to a leading proponent of organics is the unlikely story of Grain by Grain. Along the way, readers will learn how ancient wheat can lower inflammation, how regenerative agriculture can bring back rural jobs, and how combining time-tested farming practices with modern science can point the way for the future of food.

Managing Cover Crops Profitably (3rd Ed.) Andy Clark 2008-07 Cover crops slow erosion, improve soil, smother weeds, enhance nutrient and moisture availability, help control many pests and bring a host of other benefits to your farm. At the same time, they can reduce costs, increase profits and even create new sources of income. You'll reap dividends on your cover crop investments for years, since their benefits accumulate over the long term. This book will help you find which ones are right for you. Captures farmer and other research results from the past ten years. The authors verified the info. from the 2nd ed., added new results and updated farmer profiles and research data, and added 2 chap. Includes maps and charts, detailed narratives about individual cover crop species, and chap. about aspects of cover cropping.

SMALL-SCALE FAMILY FARMING IN THE NEAR EAST AND NORTH AFRICA REGION

Food and Agriculture Organization of the United Nations 2018-08-09 This report provides an overview of a study conducted in the NENA region in 2015-2016 in partnership with FAO, CIRAD, CIHEAM-IAMM and six national teams, each of which prepared a national report. In the six countries under review in the NENA region (Egypt, Lebanon, Morocco, Mauritania, Sudan and Tunisia), agriculture is carried out primarily by small-scale family farmers, the majority of whom run the risk of falling into the poverty trap, largely due to the continuous fragmentation of inherited landholdings. As such, the development of small-scale family farming can no longer be based solely on intensifying agriculture, as the farmers are not able to produce sufficient marketable surplus due to the limited size of their landholdings. An approach based strictly on agricultural activity is also insufficient (as small-scale family farms have already diversified their livelihoods with off-farm activities). In fact, developing small-scale farming cannot be achieved by focusing strictly on the dimension of production.

Restoring Heritage Grains Eli Rogosa 2016 Including recipes for baking with Einkorn Wheat is the most widely grown crop on our planet, yet industrial breeders have transformed this ancient staff of life into a commodity of yield and profit--witness the increase in gluten intolerance and 'wheat belly'. Modern wheat depends on synthetic fertilizer and herbicides that damage our health, land, water, and environment. Fortunately, heritage 'landrace' wheats that evolved over millennia in the organic fields of traditional farms do not need bio-chemical intervention to yield bountifully, are gluten-safe, have rich flavor and high nutrition. Yet the robust, majestic wheats that nourished our ancestors are on the verge of extinction. In Restoring Heritage Grains, author Eli Rogosa of the Heritage Grain Conservancy, invites readers to restore forgotten wheats such as delicious gluten-safe einkorn that nourished the first Neolithic farmers, emmer--the grain of ancient Israel, Egypt, and Rome that is perfect for pasta and flatbreads, rare durum that are drought-tolerant and high in protein, and many more little known wheat species, each of which have a lineage intertwined with the human species and that taste better than any modern wheat. Restoring Heritage Grains combines the history of grain growing and society, in-depth practical advice on landrace wheat husbandry, wheat folk traditions and mythology, and guidelines for the Neolithic diet with traditional recipes for rustic bread, pastry and beer. Discover the ancient grains that may be one of the best solutions to hunger today, and provide resilience for our future.

Small-Scale Grain Raising Gene Logsdon 2009-05-12 First published in 1977, this book—from one of America's most famous and prolific agricultural writers—became an almost instant classic among homestead gardeners and small farmers. Now fully updated and available once more, Small-Scale Grain Raising offers a entirely new generation of readers the best introduction to a wide range of both common and lesser-known specialty grains and related field crops, from corn, wheat, and rye to buckwheat, millet, rice, spelt, flax, and even beans and sunflowers. More and more Americans are seeking out locally grown foods, yet one of the real stumbling blocks to their efforts has been finding local sources for grains, which are grown mainly on large, distant

corporate farms. At the same time, commodity prices for grains—and the products made from them—have skyrocketed due to rising energy costs and increased demand. In this book, Gene Logsdon proves that anyone who has access to a large garden or small farm can (and should) think outside the agribusiness box and learn to grow healthy whole grains or beans—the base of our culinary food pyramid—alongside their fruits and vegetables. Starting from the simple but revolutionary concept of the garden “pancake patch,” Logsdon opens up our eyes to a whole world of plants that we wrongly assume only the agricultural “big boys” can grow. He succinctly covers all the basics, from planting and dealing with pests, weeds, and diseases to harvesting, processing, storing, and using whole grains. There are even a few recipes sprinkled throughout, along with more than a little wit and wisdom. Never has there been a better time, or a more receptive audience, for this book. Localvores, serious home gardeners, CSA farmers, and whole-foods advocates—in fact, all people who value fresh, high-quality foods—will find a field full of information and ideas in this once and future classic.

Steel in the Field Greg Bowman 1997

Gene Logsdon's Practical Skills Gene Logsdon 2017-08-07 Gene Logsdon's Practical Skills is all about the traditional crafts and practices for country living, reviving and documenting the homemaking, culinary, and agricultural skills handed down through generations of American farmers. Develop the skills your grandparents knew by heart. This is a book you can learn from for years to come.

Gene Everlasting Gene Logsdon 2014 A cancer survivor and farmer writes about the struggles of his childhood and life as a parent, the resilience of nature, and nature's cycles of life and death.

Grow More Food Colin McCrate 2022-02-01 Just how productive can one small vegetable garden be? More productive than one might think! Colin McCrate and Brad Halm, former CSA growers and current owners of the Seattle Urban Farm Company, help readers boost their garden productivity by teaching them how to plan carefully, maximize production in every bed, get the most out of every plant, scale up systems to maximize efficiency, and expand the harvest season with succession planting, intercropping, and season extension. Along with chapters devoted to the Five Tenets of a Productive Gardener (Plan Well to Get the Most from Your Garden; Maximize Production in Each Bed; Get the Most out of Every Plant; Scale up Tools and Systems for Efficiency; and Expand and Extend the Harvest), the book contains interactive tools that home gardeners can use to assist them in determining how, when, and what to plant; evaluating crop health; and planning and storing the harvest. For today's vegetable gardeners who want to grow as much of their own food as possible, this guide offers expert advice and strategies for cultivating a garden that supplies what they need. This publication conforms to the EPUB Accessibility specification at WCAG 2.0 Level AA.

Wildlife in the Garden Gene Logsdon 1999 The author examines ways to deal with wildlife in your garden by benefitting from them instead of fighting them.

Small-Scale Aquaponic Food Production Food and Agriculture Organization of the United Nations 2015-12-30 Aquaponics is the integration of aquaculture and soilless culture in a closed production system. This manual details aquaponics for small-scale production--predominantly for home use. It is divided into nine chapters and seven annexes, with each chapter dedicated to an individual module of aquaponics. The target audience for this manual is agriculture extension agents, regional fisheries officers, non-governmental organizations, community organizers, government ministers, companies and singles worldwide. The intention is to bring a general understanding of aquaponics to people who previously may have only known about one aspect.

How to Grow Top Quality Corn Harold Willis 2009-01-15 Hard to come by, practical, hands-on knowledge for the biological farmer on growing healthy corn ¿ America's top cash crop. From selecting the right fertilizers to understanding open-pollinated benefits, this book touches on a wide array of topics.

Compost Everything David The Good 2021-07-08 If you're ready to throw out the rule book and return as much as you can to the soil, Compost Everything is the book for you. It's time to quit fighting Mother Nature and start working with her to recycle organic matter and create lush and beautiful gardens with some of the most extreme composting techniques known to Man!In this inspiring composting guide, you'll learn how to??brew your own fish fertilizer with a few easy ingredients?quit turning piles and make compost the simple way?avoid roasting your garden with chemical-laced manure?discover the Native American trick for concentrating fertility and growing in lousy soil?squeeze every ounce of fertility from your compost?deal with grid-down sanitation?stop filling landfills and start enriching your yard?turn "trash" into treasure...get rid of unwanted bodies.Learn to compost like you've never composted before with expert gardener and master composter David the Good.

How to Grow More Vegetables, Ninth Edition John Jeavons 2017-07-25 The world's leading resource on biointensive, sustainable, high-yield organic gardening is thoroughly updated throughout, with new sections on using 12 percent less water and increasing compost power. Long before it was a trend, How to Grow More Vegetables brought backyard ecosystems to life for the home gardener by demonstrating sustainable growing methods for spectacular organic produce on a small but intensive scale. How to Grow More Vegetables has become the go-to reference for food growers at every level, whether home gardeners dedicated to nurturing backyard edibles with minimal water in maximum harmony with nature's cycles, or a small-scale commercial producer interested in optimizing soil fertility and increasing plant productivity. In the ninth edition, author John Jeavons has revised and updated each chapter, including new sections on using less water and increasing compost power.

Beautiful Corn Anthony Boutard 2012-09-25 FROM SEED TO PLATE - THE SEASONS OF A REMARKABLE CROP "Part love song to an ancient grain, part elevated instruction on how to grow, cook and consume it, part history and animated story, Beautiful Corn opens our eyes to a food plant that humans have both cultivated and been cultivated by." ---Michael Ableman, farmer, author of "From The Good Earth, On Good Land, and Fields Of Plenty" Corn is the grain of the Americas. In terms of culinary uses, it is amazingly diverse, reflecting the breathtaking variety of the continents and environments from which it evolved. The consummate immigrant, corn is grown extensively on every continent except Antarctica. Much more than a simple how-to book, "Beautiful Corn" weaves together this unique plant's contribution to our culture, its distinctive biology and the practical information needed to grow and enjoy it at home. Market farmer and naturalist Anthony Boutard advocates a return to this traditional, nourishing and beautiful whole grain, in all of its rich diversity. Come along on this lyrical and inspiring journey through the seasons, and discover the pure joy of restoring heritage corn varieties to our tables. An unabashed celebration of a much-maligned culinary treasure, Beautiful Corn will forever change the way you view this remarkable plant. "Anthony Boutard tells a story of corn we haven't heard--not as fuel, or livestock feed, or food product--but as whole food, with the flavor and diversity that comes with thoughtful farming. Part history, part how-to manual (Boutard grows, grinds and cooks corn in all its variations), "Beautiful Corn" returns the culture, and the

cuisine, to our most abundant and mistreated crop."--Dan Barber, Chef / Co-Owner, Blue Hill and Blue Hill at Stone Barns "In this lyrical love letter to an ancient, fascinating food, Anthony Boutard offers us a rich harvest of history, a primer on growing the best varieties, the close observations of a brilliant, insatiably curious farmer, and some tasty recipes to boot."--Lorna Sass, author of the James Beard Award winning "Whole Grains Every Day, Every Way" Anthony Boutard is a widely recognized advocate in the local food movement, well-known for his efforts in reviving long-lost crops and bringing little-known varieties to market. He and his wife Carol own Ayers Creek Farm, a 144-acre organic market farm in Gaston, Oregon specializing in berries, beans, grains and greens for sale to local restaurants and markets.

Growing Gourmet and Medicinal Mushrooms Paul Stamets 2011-07-13 A detailed and comprehensive guide for growing and using gourmet and medicinal mushrooms commercially or at home. "Absolutely the best book in the world on how to grow diverse and delicious mushrooms."—David Arora, author of *Mushrooms Demystified* With precise growth parameters for thirty-one mushroom species, this bible of mushroom cultivation includes gardening tips, state-of-the-art production techniques, realistic advice for laboratory and growing room construction, tasty mushroom recipes, and an invaluable troubleshooting guide. More than 500 photographs, illustrations, and charts clearly identify each stage of cultivation, and a twenty-four-page color insert spotlights the intense beauty of various mushroom species. Whether you're an ecologist, a chef, a forager, a pharmacologist, a commercial grower, or a home gardener—this indispensable handbook will get you started, help your garden succeed, and make your mycological landscapes the envy of the neighborhood.

Homegrown Whole Grains Sara Pitzer 2009-01-01 A resource that has everything gardeners need to know to grow, harvest, store, grind, and cook small crops of nine types of whole grains also includes fifty recipes to bring whole grains to the family table. Original.

Letter to a Young Farmer Gene Logsdon 2017-02-09 For more than four decades, the self-described "contrary farmer" and writer Gene Logsdon has commented on the state of American agriculture. In *Letter to a Young Farmer*, his final book of essays, Logsdon addresses the next generation—young people who are moving back to the land to enjoy a better way of life as small-scale "garden farmers." It's a lifestyle that isn't defined by accumulating wealth or by the "get big or get out" agribusiness mindset. Instead, it's one that recognizes the beauty of nature, cherishes the land, respects our fellow creatures, and values rural traditions. It's one that also looks forward and embraces "right technologies," including new and innovative ways of working smarter, not harder, and avoiding premature burnout. Completed only a few weeks before the author's death, *Letter to a Young Farmer* is a remarkable testament to the life and wisdom of one of the greatest rural philosophers and writers of our time. Gene's earthy wit and sometimes irreverent humor combines with his valuable perspectives on many wide-ranging subjects—everything from how to show a ram who's boss to enjoying the almost churchlike calmness of a well-built livestock barn. Reading this book is like sitting down on the porch with a neighbor who has learned the ways of farming through years of long observation and practice. Someone, in short, who has "seen it all" and has much to say, and much to teach us, if we only take the time to listen and learn. And Gene Logsdon was the best kind of teacher: equal parts storyteller, idealist, and rabble-rouser. His vision of a nation filled with garden farmers, based in cities, towns, and countryside, will resonate with many people, both young and old, who long to create a more sustainable, meaningful life for themselves and a better world for all of us.

Organic Orchard Gene Logsdon 2016-04-20 Back in print for a new generation of fruit-growers, "Organic Orchard" will teach you everything you need to know about planning, planting, and maintaining your very own orchard. Gene Logsdon is renowned in the agricultural community for his creative, pragmatic, and holistic take on farming of all kinds. In "Organic Orchard" he explains how to select the best trees for your orchard's climate; which tree varieties best complement each other; when each variety blooms; and when you ought to harvest. You'll also find insightful tips on: Developing woodlots Preventing diseases in fruit and nut trees Maintaining healthy fruit and nut trees Storing your produce And more! With useful charts, tables, and diagrams for efficient referencing, "Organic Orchard" is not to be missed. Perfect for gardeners who are interested in learning to grow fruits and nuts, orchardists who want to go organic, homesteaders, and anyone who loves the smell of an orchard in full bloom.

Rabbit Production George Streater Templeton 1946

Two Acre Eden Gene Logsdon 2016-03-25 Two Acre Eden is more than your average how-to book. The first in a long line of beloved books by homesteading sage Gene Logsdon, Two Acre Eden is an insightful and light-hearted treatise on gardening, homesteading, and getting the most out of your land. With a healthy dose of humor and eye toward pragmatism, Logsdon dispenses page after page of unbeatable advice on designing, building, and living off of your very own two-acre Garden of Eden. Inside you'll find practical and creative tips on: Mulching Pesticide use Planting cycles Urban farming Pruning Seed selection And much more... Logsdon also devotes time to the discussion of livestock and how to best cultivate a self-sustaining country lifestyle. Forty years after its original publication, Two Acre Eden is as unique as ever. An inspiring and educational read for gardeners, aspiring homesteaders, and city-folk who dream of the countryside, Two Acre Eden will give you a fresh perspective on old traditions.

The Suburban Micro-farm Amy Stross 2018-03-19 Reduce your lawn and your grocery budget. Take gardening to the next level! Would you like to grow healthy food for your table? Do you want to learn the secrets of farming even though you live in a neighborhood? Author Amy Stross talks straight about why the suburbs might be the ideal place for a small farm. In these pages you'll learn: How to make your landscape as productive as it is beautiful Why the suburbs are primed with food-growing potential How to choose the best crops for success Why you don't need the perfect yard to have a micro-farm How to use easy permaculture techniques for abundant harvests If you're ready to create a beautiful, edible yard, this book is for you. The Suburban Micro-Farm will show you how to grow your own fruits, herbs, and vegetables even on a limited schedule. From seed to harvest, this book will keep you on track so you feel a sense of accomplishment for your efforts. You'll learn gardening tricks that are essential to success, like how to deal with a 'brown thumb', how to develop and nurture healthy soil, and how to manage garden pests. Although this book has everything a new gardener needs to get started, experienced gardeners will not be disappointed. With helpful tips throughout, you will love the in-depth chapters about permaculture and making money on the micro-farm.

Training Manual for Organic Agriculture I. Gomez 2017-09-01 The production of this manual is a joint activity between the Climate, Energy and Tenure Division (NRC) and the Technologies and practices for smallholder farmers (TECA) Team from the Research and Extension Division (DDNR) of FAO Headquarters in Rome, Italy. The realization of this manual has been possible thanks to the hard review, compilation and edition work of Nadia Scialabba, Natural Resources officer (NRC) and Ilka Gomez and Lisa Thivant, members of the TECA Team. Special thanks are due to the International Federation of Organic Agriculture Movements (IFOAM), the Research Institute of Organic Agriculture (FiBL) and the International Institute for Rural Reconstruction (IIRR) for their valuable documents and publications on organic farming for smallholder farmers. **Will Bonsall's Essential Guide to Radical, Self-Reliant Gardening** Will Bonsall 2015-06-10 .Society does not generally expect its farmers to be visionaries.. Perhaps not, but longtime Maine farmer and homesteader Will Bonsall does possess a unique clarity of vision that extends all the way from the finer points of soil fertility and seed saving to exploring how we can transform civilization and make our world a better, more resilient place. In *Will Bonsall's Essential Guide to Radical, Self-Reliant Gardening*, Bonsall maintains that to achieve real wealth we first need to understand the economy of the land, to realize that things that might make sense economically don't always make sense ecologically, and vice versa. The marketplace distorts our values, and our modern dependence on petroleum in particular presents a serious barrier to creating a truly sustainable agriculture. For him the solution is, first and foremost, greater self-reliance, especially in the areas of food and energy. By avoiding any off-farm inputs (fertilizers, minerals, and animal manures), Bonsall has learned how to practice a purely veganic, or plant-based, agriculture—not from a strictly moralistic or philosophical perspective, but because it makes good business sense: spend less instead of making more. What this means in practical terms is that Bonsall draws upon the fertility of on-farm plant materials: compost, green manures, perennial grasses, and forest products like leaves and ramial wood chips. And he grows and harvests a diversity of crops from both cultivated and perennial plants: vegetables, grains, pulses, oilseeds, fruits and nuts—even uncommon but useful permaculture plants like groundnut

(Apios). In a friendly, almost conversational way, Bonsall imparts a wealth of knowledge drawn from his more than forty years of farming experience. .My goal,. he writes, .is not to feed the world, but to feed myself and let others feed themselves. If we all did that, it might be a good beginning..

Guidelines for Soil Description Food and Agriculture Organization of the United Nations 2006 Soils are affected by human activities, such as industrial, municipal and agriculture, that often result in soil degradation and loss. In order to prevent soil degradation and to rehabilitate the potentials of degraded soils, reliable soil data are the most important prerequisites for the design of appropriate land-use systems and soil management practices as well as for a better understanding of the environment. The availability of reliable information on soil morphology and other characteristics obtained through examination and description of the soil in the field is essential, and the use of a common language is of prime importance. These guidelines, based on the latest internationally accepted systems and classifications, provide a complete procedure for soil description and for collecting field data. To help beginners, some explanatory notes are included as well as keys based on simple text and observations.--Publisher's description.

Letters to a Young Farmer Martha Hodgkins 2017-03-07 An agricultural revolution is sweeping the land. Appreciation for high-quality food, often locally grown, an awareness of the fragility of our farmlands, and a new generation of young people interested in farming, animals, and respect for the earth have come together to create a new agrarian community. To this group of farmers, chefs, activists, and visionaries, *Letters to a Young Farmer* is addressed. Three dozen esteemed leaders of the changes that made this revolution possible speak to the highs and lows of farming life in vivid and personal letters specially written for this collaboration. Barbara Kingsolver speaks to the tribe of farmers—some born to it, many self-selected—with love, admiration, and regret. Dan Barber traces the rediscovery of lost grains and foodways. Michael Pollan bridges the chasm between agriculture and nature. Bill McKibben connects the early human quest for beer to the modern challenge of farming in a rapidly changing climate. *Letters to a Young Farmer* is a vital road map of how we eat and farm, and why now, more than ever before, we need farmers.

Babies and Other Hazards of Sex Dave Barry 1984 A syndicated humorist discusses natural breathing and techniques to endure the ordeal of baby showers

The New Bread Basket Amy Halloran 2015-06-26 For more than 10,000 years, grains have been the staples of Western civilization. The stored energy of grain allowed our ancestors to shift from nomadic hunting and gathering and build settled communities—even great cities. Though most bread now comes from factory bakeries, the symbolism of wheat and bread—amber waves of grain, the staff of life—still carries great meaning. Today, bread and beer are once again building community as a new band of farmers, bakers, millers, and maltsters work to reinvent local grain systems. The *New Bread Basket* tells their stories and reveals the village that stands behind every loaf and every pint. While eating locally grown crops like heirloom tomatoes has become almost a cliché, grains are late in arriving to local tables, because growing them requires a lot of land and equipment. Milling, malting, and marketing take both tools and cooperation. The *New Bread Basket* reveals the bones of that cooperation, profiling the seed breeders, agronomists, and grassroots food activists who are collaborating with farmers, millers, bakers, and other local producers. Take Andrea and Christian Stanley, a couple who taught themselves the craft of malting and opened the first malthouse in New England in one hundred years. Outside Ithaca, New York, bread from a farmer-miller-baker partnership has become an emblem in the battle against shale gas fracking. And in the Pacific Northwest, people are shifting grain markets from commodity exports to regional feed, food, and alcohol production. Such pioneering grain projects give consumers an alternative to industrial bread and beer, and return their production to a scale that respects people, local communities, and the health of the environment. Many Americans today avoid gluten and carbohydrates. Yet, our shared history with grains—from the village baker to Wonder Bread—suggests that modern changes in farming and processing could be the real reason that grains have become suspect in popular nutrition. The people profiled in *The New Bread Basket* are returning to traditional methods like long sourdough fermentations that might address the dietary ills attributed to wheat. Their work and lives make our foundational crops visible, and vital, again.

The Organic Grain Grower Jack Lazor 2013 The Organic Grain Grower is an invaluable resource for both home-scale and commercial producers interested in expanding their resiliency and drop diversity through growing their own grains. Longtime farmer and organic pioneer Jack Lazor covers how to grow and store wheat, barley, oats, corn, dry beans, soybeans, oilseeds, grasses, nutrient-dense forages, and lesser-known cereals. In addition, Lazor argues the importance of integrating grains on the organic farm (not to mention within the local food system) for reasons of biodiversity and whole-farm management. The Organic Grain Grower provides information on wide-ranging topics, from nutrient density and building soil fertility to machinery and grinding grains for livestock rations.--COVER.

Growing Beans: A Diet for Healthy People & Planet Susan Young 2022-04-28 Beans are easy to grow, easy to cook, delicious, nourishing, and beneficial for us and the planet. Growing your own beans builds healthy soil in your garden and provides you with a nutrient rich diet. Beans can play a role in reducing the risk of obesity, diabetes, heart disease and cancer; they are good sources of protein, fibre, folate, iron and potassium, and they can reduce our carbon footprint and food miles! Susan Young brings together 10 years of experimenting with multiple varieties of beans (*Phaseolus*) and takes us on a culinary journey around the world, revealing a range of colourful and historic beans, from the pink Fagiolo di Lamon of Italy to the black and white Bosnian Pole bean. She explains which varieties are best for eating fresh off the plant (green) and which for drying for later use, providing harvests for storing all through winter. Beans offer year-round meals, and dried beans can be the star of the show with their diversity of flavours and textures. Susan shares six must-grow beans, as well as a multitude of European varieties along with their backgrounds. She includes a basic guide to drying your beans and guidelines for cooking them. Learn how to sow, grow and harvest your beans, how to build supports for climbing and bush varieties, and keep your plants and soil healthy.

Farms with a Future Rebecca Thistlethwaite 2013-01-10 What makes a farm sustainable and successful? And what special qualities and skills are needed for someone to become a successful farmer? Rebecca Thistlethwaite addresses these and other crucial questions in this uniquely important book, which is a must-read for anyone who aspires to get into farming, or who wants to make their farm business more dynamic, profitable, and, above all, sustainable. Over an entire year, the author and her husband-experienced farmers themselves—took a sabbatical and traveled the length and breadth of the United States to live and work alongside some of the nation's most innovative farmers. Along the way they learned about best practices, and a whole lot about what doesn't work. *Farms with a Future* shares this collective wisdom in an inspirational yet practical manner; it will help beginners avoid many of the common mistakes that first-time farmers make. Just as importantly, it discusses positive ideas that can help make any farm enterprise vibrant and financially profitable. Profiles of more than a dozen representative farms help round out the invaluable information and encourage farmers to embrace their inner entrepreneur. Younger growers, in particular, will benefit by learning about "the right stuff" from both their peers and longtime experts. This book provides a useful reference for beginning and experienced farmers alike. While many other books address agricultural production, there are very few that talk about business management for long-term sustainability. *Farms with a Future* offers an approachable, colorful take on building a triple-bottom-line farming business.

Yoga Fan Jill Camera 2004-10-30

The Manual of Seed Saving Andrea Heisteringer 2013-09-24 "Makes it easy to find information in a snap, on most any edible you want to grow." —Kylee Baumle, Horticulture Growing vegetables, fruits, and herbs from seed has many benefits for both the gardener and the planet. Why save seeds when you can buy them so cheap? Not only does seed saving allow you to grow a diverse, organic array of fruits and vegetables, it also offers an opportunity to work closely with nature and be even more hands-on with the food you grow, cook, and eat. Supported by research from the global conservation organizations Arche Noah and Pro Specie Rara, *The Manual of Seed Saving* features information on how to maximize seed quality and yield for crop plants like asparagus, carrots, corn, rhubarb, spinach, squash, and tomatoes. Plant profiles include critical information on pollination, isolation distances, cultivation, harvest, storage, and pests and diseases.

Wheat Cultivation Lucky James 2019-02-21 This book contains a step by step guide on how to grow Wheat from seed. Everything about Wheat cultivation are contain in this book. If you actually want to venture into commercial Wheat farming you really need this book. This book is a simple guide on how to plant Wheat from seed to harvest.

Holy Shit Gene Logsdon 2010-08-30 In his insightful new book, *Holy Shit: Managing Manure to Save Mankind*, contrary farmer Gene Logsdon provides the inside story of manure-our greatest, yet most misunderstood, natural resource. He begins by lamenting a modern society that not only throws away both animal and human manure-worth billions of dollars in fertilizer value-but that spends a staggering amount of money to do so. This wastefulness makes even less sense as the supply of mined or chemically synthesized fertilizers dwindles and their cost skyrockets. In fact, he argues, if we do not learn how to turn our manures into fertilizer to keep food production in line with increasing population, our civilization, like so many that went before it, will inevitably decline. With his trademark humor, his years of experience writing about both farming and waste management, and his uncanny eye for the small but important details, Logsdon artfully describes how to manage farm manure, pet manure and human manure to make fertilizer and humus. He covers the field, so to speak, discussing topics like: How to select the right pitchfork for the job and use it correctly How to operate a small manure spreader How to build a barn manure pack with farm animal manure How to compost cat and dog waste How to recycle toilet water for irrigation purposes, and How to get rid ourselves of our irrational paranoia about feces and urine. Gene Logsdon does not mince words. This fresh, fascinating and entertaining look at an earthy, but absolutely crucial subject, is a small gem and is destined to become a classic of our agricultural literature.

Keeping a Family Cow Joann S. Grohman 2013-11-01 The cow is the most productive, efficient creature on earth. She will give you fresh milk, cream, butter, and cheese, build human health and happiness, and even turn a profit for homesteaders and small farmers who seek to offer her bounty to the local market or neighborhood. She will provide rich manure for your garden or land, and will enrich the quality of your life as you benefit from the resources of the natural world. Quite simply, the family that keeps a cow is a healthy family. Originally published in the early 1970s as *The Cow Economy* and reprinted many times over, *Keeping a Family Cow* has launched thousands of holistic small-scale dairy farmers and families raising healthy cows in accordance with their true nature. The book offers answers to frequently asked questions like, 'Should I get a cow?' and 'How Much Space do I need?' in addition to extensive information on: • The health benefits of untreated milk; • How to milk a cow effectively and with ease; • Choosing your dairy breed; • Drying off your cow; • Details on calving and breeding; • The importance of hay quality and how to properly feed your cow; • Fencing and pasture management; • Housing,

water systems, and other supplies; • Treating milk fever and other diseases and disorders; • Making butter, yogurt, and cheese, and, of course . . . • . . . Everything else the conventional dairy industry doesn't tell us! Now revised and updated to incorporate new information on the raw milk debate, the conversation about A1 vs. A2 milk, fully grassfed dairies, more practical advice for everyday chores, and updated procedures for cow emergencies. *Keeping a Family Cow* has not only stood the test of time, it still remains the go-to inspirational manual for raising a family milk cow nearly forty years after its first publication. Joann Grohman has a lifetime of practical experience that has been bound into this one volume and presented in the spirit of fun and learning.

The Soul of Soil Joseph Smillie 1999-06-01 Soil is the basis not only for all gardening, but for all terrestrial life. No aspect of agriculture is more fundamental and important, yet we have been losing vast quantities of our finite soil resources to erosion, pollution, and development. Now back in print, this eminently sensible and wonderfully well-focused book provides essential information about one of the most significant challenges for those attempting to grow delicious organic vegetables: the creation and maintenance of healthy soil. Chapter 2, "Understanding the Soil System," is alone worth the price of admission. Gershuny and Smillie give lay readers and experts a clear explanation of subjects--soil life and nutrient cycles--that have confounded most authors. Nowhere will the reader find simpler and more coherent descriptions of key concepts including cation exchange capacity and chelation. There are other books about soil available, including Grace Gershuny's comprehensive *Start with the Soil*, and there are books that feature chapters on soil building. What distinguishes *The Soul of Soil* is the authors' concise presentation; they give readers important information, including technical essentials, without getting bogged down in scientific or quasiscientific mumbo-jumbo. In addition, useful tables list specific compost materials, green manures, and other resources that allow growers to translate into action the more general information provided by the book. The soil-building techniques featured include: Organic matter management Building and maintaining humus On-site composting Green manures and rotations Cultivation and weed control Nutrient balances and soil testing Using mineral fertilizers Planning for organic certification Updates to the 1999 edition include analysis of Proposed Rules for the National Organic Standards, and expanded recommendations for private testing services and soil-testing equipment for home gardeners and organic farmers. All of us involved in the cultivation of plants--from the backyard gardener to the largest farmer--need to help regenerate a "living soil," for only in the diversity of the soil and its creatures can we ensure the long-term health of ourselves and our environment. *The Soul of Soil* offers everyone a basic understanding of what soil is and what we can do to improve our own patch of it. Seen in this light, this practical handbook will be an inspiration as well.