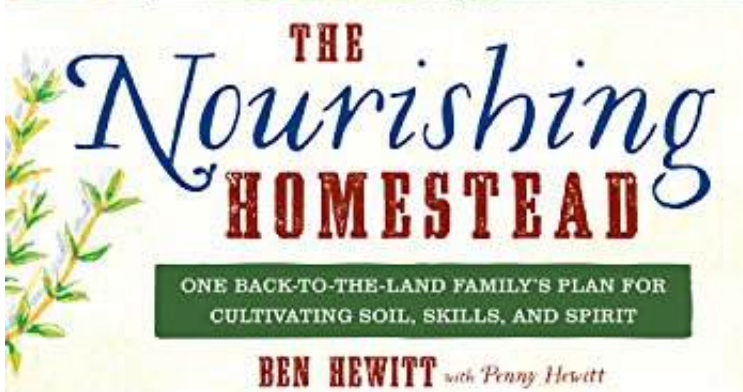


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The Nourishing Homestead: One Back-to-the-Land Family's Plan for Cultivating Soil, Skills, and Spirit

By Ben Hewitt, Penny Hewitt

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7 of 7 review helpful Excellent book for those just getting started in Homesteading By Joe As others have noted there is an emphasis on Meat production For most people that s the tipping point between Hobbyist Gardener and Self Sufficient It s the last step before you can cut out the grocery store all together This is the book I wish I had 10 years ago It could have saved me many of the common mistak A practiculture way to grow nutrient dense food produce healthy fats and live the good life The Nourishing Homestead tells the story of how we can create truly satisfying permanent nourished relationships to the land nature and one another The Hewitts offer practical ways to grow nutrient dense food on a small plot of land and think about your farm homestead or home as an ecosystem Much of what the Hewitts have come t Library Journal Ben and Penny Hewitt have resided on a 40 acre farm in Cabot VT for more than 15 years and are motivated by a desire to live their lives aligned with nature and provide most of their own food creating from the g

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