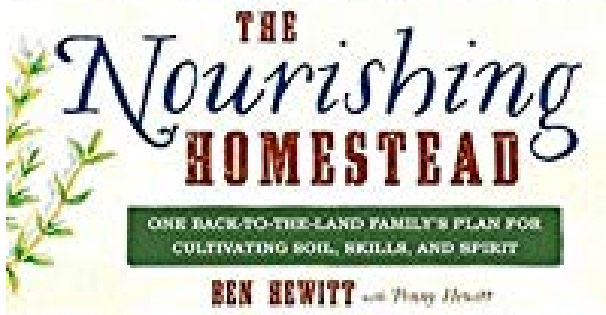


The Nourishing Homestead: One Back-to-the-Land Family's Plan for Cultivating Soil, Skills, and Spirit



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[The Nourishing Homestead: One Back-to-the-Land Family's Plan for Cultivating Soil, Skills, and Spirit.epub](#)

The Nourishing Homestead tells the story of how we can create truly satisfying, permanent, nourished relationships to the land, nature, and one another....Ben and Penny (and their two sons) maintain copious gardens, dozens of fruit and nut trees and other perennial plantings, as well as a pick-your-own blueberry patch. In addition to these cultivated food crops, they also forage for wild edibles, process their own meat, make their own butter, and ferment, dry, and can their own vegetables. Their focus is to produce nutrient-dense foods from vibrant, mineralized soils for themselves and their immediate community. (from Amazon)