



Ecology Action of the Mid-Peninsula

www.growbiointensive.org

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A Selection of Readings from the Library of John Jeavons

A Framework for a Design-Your-Own
Biointensive Mini-Farming Curriculum

By John Jeavons

~ A Working Paper ~

Beauty will save the world
—Tolstoy

08

*Give back to nature more than you take
and She will provide for you abundantly!*
—Alan Chadwick

09

Let us tend our gardens.
—Voltaire

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Beautiful Gardens Catalog, 18001 Shafter Ranch Rd., Willits, CA 95490. www.beautifulgardens.org.

You are also invited to visit Ecology Action's Educational Center and Organic Gardening Supplies Store in Palo Alto, California. Free classes, library, and advice are available Tuesday through Saturday from 10 am to 5 pm at:
Common Ground Gardening Store, 559 College Ave., Palo Alto, CA 91406. www.commonground-paloalto.org.

Editing and design by Shannon Jayne Brown Hill Enterprises, Inc.
Special Thanks to: Megan Meyers and Betsy Bruneau in the preparation of this publication.

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A Working Paper

Self-Teaching Mini-Series #20

2012

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Design Your Own Curriculum (Revised Edition)

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FOREWORD

Dear Curriculum Participant,

Over the years we have chosen several self-imposed limits for our work. Living and working within these limits has forced us to discover the most effective ways to raise food sustainability while living more simply with the land.

The limits we have chosen for our work are that it must:

1. be small scale, simple, manual, and human;
2. operate within a renewable resource consumption level, as much as possible—using an amount of resources available to each person in the world as a goal;
3. include the growing of all our compost crops and nutrition on a closed system basis and the growing of a modest income as well;
4. create, improve, and maintain sustainability and fertile living soil, including the use of adequate amounts of humus (humidified carbon) from properly matured compost, so that the nutrients may be retained in the soil; and
5. be seen always as a whole way of life, a knowledge and skill to be learned overtime, and not just a series of techniques.

We emphasize preparing the soil in the same way for each crop so that once one knows how to grow carrots, lettuce, and tomatoes, one knows how to grow wheat, cotton, and apple and silvertop trees too – only the spacing of each crop is different. This also allows one, through repetition, to become really good at what matters most: the creation, improvement, and maintenance of a living soil. Overhead watering by hand is used and from this we hope to learn the best way to grow crops in arid and other areas with natural rainfall, as we learn to build up the soil and its structure in a way that best retains moisture.

Long years of teaching others have taught us that it takes 3 years to become proficient; 5 years to teach well; and 10 years to become an expert in the entire process.

This curriculum, when combined with field work, will allow a more thorough, in-depth introduction to the process that has been previously possible. Our 1-, 3-, 10-, 21-, 33-, and 40-bed units Learning, Teaching, and Doing Models, which have been developed over time, can enable you to learn more, more thoroughly, in less time. The models are complete microcosms of fuller growing systems so that when one knows how to grow one bed well, it is possible to increase the number of growing beds until complete amounts of compost, diet, and income crops being grown. A whole spectrum of questions to one subject area, such as how to best grow crops in an arid region, depending on differing amounts of rainfall, is the functional way we teach information, rather than teaching single pieces of less-connected information.

This whole process takes a degree of patience which we are all unused to. If 75% or more of the soil base of the U.S. soils has been depleted in the last 250 years, it is not unreasonable to expect the rebuilding process for these soils to take another 200 years or more. In fact, it generally takes 3,000 years to build a soil in nature, so 250 years is even a short period! We hope, through biologically-intensive and other sustainable farming practices, to lessen this rebuilding time significantly to as little as 50 years. But successful, sustainable practices necessitate our thinking and acting like the Chinese – thinking and acting so that 100 to 200 years in the future, our actions will have improved and maintained the soil's fertility as the abundance and vitality of our way of life.

Because of the uniqueness of this overall perspective, we are looking forward to creating a college level *Grow ECOENTHESM Sustainable Mini-Farming* curriculum. This reading list is a preliminary form from which you can benefit from now. You will learn the most from it if you come with a clear idea of the specific direction you wish your own mini-farm project to take in the future. This will allow you to get the most from your self-training, and will make the whole learning process a lot more fun. It is important to know the purpose for the site you intend to use this learning at and even to have a ten-year vision and plan in mind for its implementation. In this way, you will learn the most, most concretely. More important, however, is just to begin – no matter at what point you find yourself getting started. That is half the work!

Be sure to read and periodically re-read all the topics and publications listed that you find attracted to, because as you learn more, you will see more each time you read the material. For even more entries, see the online bibliography for *How to Grow More Vegetables—and Fruits, Nuts, Berries, Grains and Other Crops Than You Ever Thought Possible On Less Land Than You Can Imagine* at: www.growbiointensive.org/bibliography/. These publications which are "out of print" may have to be searched for by your public library through the national Inter-Library Loan Service or an internet out-of-print book service such as www.pewells.com/.

Best wishes for a successful, sustainable and enjoyable gardening experience!



John Jeavons, Willits, CA 2012



JOHN JEAVONS has been the Director of Ecology Action's GROW BIointensive® sustainable Mini-Farming Program for Ecology Action since its inception. He is the author of Ecology Action's best-selling manual *How to Grow More Vegetables Than You Ever Thought Possible on Less Land Than You Can Imagine* (Ten Speed Press, Revised 2012.) on the Biodynamic/French intensive approach, which is currently in use in over 140 countries (with over 550,000 copies in print in English, Spanish, French, German, Hindi, Russian, Arabic, and Braille). He is co-author of *The Seed Finder* (Ten Speed Press, 1983) and *The Backyard Homestead, Mini-Farm & Garden Log Book* (Ten Speed Press, 1983) plus co-author and editor of over 50 biologically-intensive food-raising publications. His major responsibilities include directing field and library research and education in Biointensive food-raising. John holds a BA in Political Science from Yale University. Before coming to Ecology Action, he worked as a systems analyst for the Agency for International Development (U.S.A.I.D.), Kaiser Aerospace, the Motorola Corporation, and Stanford University Libraries.

He holds memberships in Academia Mexicana de Investigación en Demografía Médica, A.C.; the Board of Directors of the Alan Chadwick Society; the advisory Boards of the American Wine and

Food Institute; the Smith and Hawken Tool Company; Volunteers in International Service and Awareness (VIISA); and the Mother Earth News Farm. He also received the Boise Peace Quilt Project, the Gingko Project, and the Santa Fe Living Treasure, and Eco-Farm "Sustie" awards for his work.

A Selection of Readings from the Library of John Jeavons

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* = Available from Beautiful Gardens www.beautifulgardens.org

1. ALAN CHADWICK

How did this unique, special man come by his insight about a key way to raise food in the world of the future?

Alan's core view of a garden was and is:

Gardening is the act of human beings, entering into Nature, to have the Great Teacher, Nature herself, expose us to the secrets of life; and to revere Nature's laws, obeying and fulfilling human destiny; by assisting Nature in the growth and propagation of plants, soil, insects, animals and birds, and the awakening of the soul within human beings. Alan would say again and again: Let us strive to grow the spiritual quality within plants first, and the quantity will take care of itself.

Brennen, William. "The Lesson of a Garden." *Cry California*, Winter 1970: pp. 4-17. One of the best descriptions of Alan Chadwick's UC-SC gardens.

*Chadwick, Alan. *Performance in the Garden: A Collection of Talks on Biodynamic French Intensive Horticulture*. Mars Hill NC : Le Logosophia Press (Philosophy Farm 537 Wilson Branch Road, Mars Hill, NC 28754 www.logosophiabooks.com), 2007. 342 pp. An unparalleled opportunity to hear Chadwick.

*Chadwick, Alan. *A Vision of Biodynamic Horticulture*. Talks by Alan Chadwick. 7 CD set. Le Logosophia Press (Philosophy Farm 537 Wilson Branch Road, Mars Hill, NC 28754 www.logosophiabooks.com), 2002. An unparalleled opportunity to hear Chadwick.

*DeGraaf, John and Mulligan, Jim. *Circle of Plenty*. 1993. A 25 minute PBS-TV video special on Alan Chadwick and the Biodynamic-French intensive method. Coverage is given to those organizations that carry on Alan's work, including John Jeavons and Ecology Action. Oley, PA: Bullfrog Films.

Cuthbertson, Tom. *Alan Chadwick's Enchanted Gardens*. NY: Dutton, 1978. 199 pp. Captures the flavor of working with Alan Chadwick based on an experience at his Corte Madera, CA garden.

*Mulligan, Jim and John de Graaf. *Gardening*. Oley, PA: Bullfrog Video. PBS video of Alan Chadwick's gardens, work, philosophy and influence.

www.alanchadwick.net

www.philosophyfarm.net

2. APPROPRIATE TECHNOLOGY

Most people in developing countries do not have \$10 of disposable income annually. Sophisticated Low-Technology is a key. Which approaches are best for you?

Test Results of Cook Stove Performance. OR: Aparvecho Research Center. 2011. Comparison of different alternative stoves, including rocket stoves.

Branch, Diana S., Editor. *Tools for Homesteaders, Gardeners, and Small-Scale Farmers—A Catalog of Hard-to-Find Implements and Equipment*. PA: Rodale Press. 1978. 512 pp.

Dunow, Ken. *Appropriate Technology Source Book*. Stanford, CA: Volunteers in Asia (P.O. Box 4540, Stanford, CA 94305), 1996. 799 pp. One of the best compendiums of alternate technology equipment, processes and books, including food-milling.

Evans, Lanto. Lorena Stover. Stanford, CA: Volunteers in Asia (P.O. Box 4540, Stanford, CA 94305), 1981. 144 pp. Lorena Stover uses 50% less firewood in cooking.

Burchine, Barrett and Bell, Christopher, Editors. Field Guide to Appropriate Technology. Academic Press. 2000. 174 pp.

Robbie, Eleanor S. Haybox Cookery. London: George Routledge and Sons (Broadway House, 68-74 Carter Ln., E.C., England). 1939. 106 pp. A recipe book for the highly-efficient Haybox Cookery.

Wood Conserving Cook Stoves—A Design Guide. Washington, DC: VITA/ITDG Publications. 1980. 111 pp.

3. ARID DROUGHT/NATURAL RAINFALL FARMING

You can make a case for the entire Earth being desertified in as little as 65 years. We can all "grow soil" so this does not occur. Biologically-intensive water-conserving food-raising methods are key to this. GROW BIOINTENSIVE, properly used, can use as little as 33% the water per pound of food produced and can grow soil up to 60 times faster than in nature. How are you going to grow soil?

Article: From the UNCCD (UN Convention to Combat Desertification)

GROW BIOINTENSIVE SYSTEM, A TOOL TO FIGHT AGAINST DESERTIFICATION

Biointensive method utilizes the application of traditional agricultural techniques of Sustainable Land Management (SLM) from different cultures and periods. According to the NGO Ecología y Población (ECOPOL) in Mexico, the method brings several benefits. First, it is harmonized with natural systems without agrochemicals and therefore environmentally friendly. Second, it has the capacity to produce crops from two to six times more than commercial agricultural practices by using 44 - 53% less water, 30 - 100% less nutrients as organic fertilizers and 94 - 99% less energy using only those natural resources that are available; as long as its principles, techniques and solutions are used properly. The empirical results are based on the implementation of eight basic principles inspired by various traditional techniques.

These principles are: (1) double-dig (raised beds), (2) composting, (3) intensive planting, (4) companion planting (5) carbon farming, (6) calorie farming, (7) the use of open-pollinated seeds and (8) a whole system farming. The last principle, a whole system farming, indicates that it is essential that all principles are used in order to avoid the risk of depleting the soil. While the first five principles are relatively easy to implement, the last three are rather challenging. "The last three principles are the results of the 37 years effort of investigation, which I call "Sustainability Formula", explains Juan Manuel Martínez, the director of ECOPOL who is responsible for promoting and disseminating biointensive technique in Latin America and the Caribbean. This formula is based on the following assumptions: 60% of the cultivated land is used to grow carbon and calorie crops, like corn, rice or wheat; 30% is focused on high calorie root crops, like tubers; and the last 10% has the aim of cultivate vegetables, which provide vitamins and minerals. "By using this formula, we can feed ourselves and the soil (...). The secret is to accelerate the incorporation of healthy organic matter process resulting compost". Martínez says. According to ECOPOL data, this technique is completely applicable to degraded land: "It takes around 300 years to produce one centimeter of soil on nature; however, using the method just eight years are needed. In this way, even the most degraded land is recovered. At the same time, organic matter makes restoring the humidity/nutrients level and limits the soil erosion", notes the director of ECOPOL.

According to ECOPOL and the NGO Ecología Urbana in the United States, other advantages of this method are in its capacity to regenerate the topsoil. A Master's Thesis submitted to the University of California shows that Grow Biointensive has the capacity to build up the soil up to 60 times faster than in nature. "This means that the 6 inches (i.e. around 13.2 cm) of formable soil that is needed to grow food can be built up in as little as 20 years in contrast with 300 years", says John Jeavons, who named the method "Grow Biointensive" that groups the traditional techniques and proves some scientific content in them.

Recently, "biointensivists" in Latin America gathered together in the conference, entitled "Biointensive Agriculture Facing Climate Change". The conference, which was held from 3 to 9 May 2010 in Tepoztlán, Mexico, aimed at analyzing the effects of climate change on agricultural practices. Through a series of conferences like this one, biointensivists has been expanding and strengthening its network to promote Green Biointensive method. So far, 19 countries participate in the regional network in Latin America and the Caribbean. The conference at Tepoztlán published a declaration that proposes to "promote the production and distribution of food on a small scale at a local level with the purpose of encouraging food sovereignty in the most vulnerable sectors".

For more information, visit Ecology Action Website: <http://www.growbiointensive.org/>

- A. New Technology For Dryland Farming. New Delhi: Indian Agriculture Research Institute, 1970. 189 pp. Key publication.
- Arnon, I. *Crop Production In Dry Regions*, Volumes 1 and 2. London: Leonard Hill, 1972. Vol. 1, 649 pp. Vol. 2, 612 pp. Key publication.
- Bainbridge, David A. "Pitcher Irrigation." *Drylander*. Riverside, CA: University of California, Vol. II, No. 1, 1911, 8 pp. p.3. Pitcher irrigation of crops can produce yields with as little as 1/25 the water without passing salts in the water into the soil.
- Bainbridge, David A. "Using Trees To Maintain Groundwater." *Drylander*. Riverside, CA: University of California, Riverside, CA 92521, Vol. 1, No. 2, 1911. 12 pp. p.3.
- Brownfield, Louis Malaba Farm. NY: Harper and Row, 1943. 405 pp. pp. 10-17, p. 252, pp. 237-261. Well-known journalist starts an organic farm in the U.S. after World War II and discovers that crops in an organic farm grow well even during a drought when other farms are not able to do this.
- Brockbank, George. *Desert Gardening*. Tucson, AZ: Fisher Books, 1981. 271 pp.
- Buchard, Ingelborg. "Dams and Evaporation." *Ecoforum*. Nairobi: Environment Liaison Centre, Box 72466 1, April 1981. 36 pp. p. 16.
- Canby, Thomas. "El Niño's Ill Wind." *National Geographic*. Washington, D.C., February, 1984. pp. 145-153.
- Cleveland, David A., and Daniela Soleri. *Food From Dryland Gardens: An Ecological, Nutritional, and Social Approach to Small-Scale Household Food Production*. Tucson, AZ: Center for People, Food, and Environment (344 S. 1st Ave., Tucson, AZ 85701), 1991. 387 pp. One of the best compendiums of low rainfall farming practices around the world. Combine these with biologically-intensive farming for even better results.
- "Crop Management in the Semi-Arid Tropics." International Institute of Rural Reconstruction, Silang, Cavite, Philippines, and Indian Rural Reconstruction Movement, Bangalore, India. 14 pp.
- "Cross Bidding Holds Precious Rainwater On The Land." *Developing Countries Farm Radio Package #14*. DCPR, c/o Massey Ferguson, 295 Bay Street, Toronto, Canada, 1983. 5 pp.
- Desert Gardening. A Sunset Magazine Book, Menlo Park, CA: Lane Magazine and Book Company.
- Desertification Control. UNEP, P.O. Box 30552, Nairobi, Kenya. Magazine published twice a year.
- "Desert Plants." Friends Of The Arbooretum, P.O. Box 3607, Tucson, AZ 85722.
- *Ecology Action Staff. "Growing More Food With Less Water!" Willits, CA: Ecology Action, 2011. 25 pp. Excellent background on how to use water in growing crops most effectively.
- Furgher, John. "Arid Landwater Harvesting" Orange, MA: John Furgher, 1985. 8 pp.
- Frye, Julie. *The Complete Guide to Water Storage—How to Use Grey Water and Rainwater Systems, Rain Barrels,*

- Tanks, and Other Water Storage Techniques for Household and Emergency Use. Ocala, FL: Atlantic Publishing, 2012. 336 pp.
- "Green Deserts." Information Sheet. The Green Deserts Project, Brougham, Bury Street, Edmunds, Suffolk, England, IP30 9LY. A key group doing work to help revitalize desert areas. You can both learn and help by becoming a member. Periodic International Newsletters.
- Goldstein, W. Alternative Crops, Rotations, and Management Systems For the Palouse. Washington State University, Washington, 1986. 333 pp.
- Gore, Rick. "No Way to Run A Desert." National Geographic, Washington D.C., June, 1985. pp. 694-719.
- Hall, A.E. Agriculture In Semi-Arid Environments. NY: Springer-Verlag, 1979. 340 pp.
- Hansch, Jonathan. "Dryland Farming May Return as Ground Water Levels Drop. The Christian Science Monitor. July 29, 1980. p. 10.
- Hegde, N.R. "Tilled Ridges Improve Semi-Arid Crop Yields." International Ag.Scene, Vol. 1, #2. P. 4.
- Leier, Robin. "Water Rationing and Home Gardening." Willits, CA: Ecology Action, 95490, Revised July, 1983. 3 pp.
- "The Matibuko Trench Method." Information Sheet, Willits, CA: Ecology Action. 2 pp.
- The Desert: An Age-old Challenge Grows. Washington, DC: National Geographic, November, 1979. pp. 536-639. Excellent and comprehensive.
- "Where Food Begins". Washington, DC: National Geographic, September, 2001. pp. 80-111. Excellent. Includes: "Our Good Earth—The future rests on soil. Can we protect it?" by Charles C. Mann; and "Dirt Poor—Haiti's degraded land can't grow enough food." By Joel K. Bourne, Jr.
- Nyholm, Jane. DESERT HARVEST. Tucson, AZ: Meals for Millions, Box 42622, 1982. 63 pp.
- Nehrling, Arno, et. al. Easy Gardening With Drought-Resistant Plants. NY: Dover Publications.
- Perry, Robert L. Basic Gardening in Florida Sand. Florid's Gardening Companion, Inc., P.O. Box 896, Largo, FL 33540.
- "Some Sources of Nutrition From the Dry Season Garden." UNICEF, 301 E. 38th Street, New York, NY 10016, p.1.
- "Trench Composting For Arid Regions." International Federation of Organic Agriculture Movements (IFOAM) Newsletter, June, 1976.
- Tyson, Ann Scott. "The People Prosperity Passed By." The Christian Science Monitor. October 13, 1983. pp. 14-15.
- "Water Harvesting." AgTech Newsletter. Appropriate Technology Development Association, Box 311, Gandhi Bhawan, Lucknow-226001 U.P. India.
- "What an Inch of Rain is Worth?" Successful Farming. January, 1974. p. 79.
- Watson, John A. Dry Farming. NY: MacMillan, 1919. 445 pp. One of the best and easiest to read publications. Be sure to get an original copy with photographs and best formatting to read through Inter-Library Loan.

4. BIODYNAMICS

See the last chapter in The Secret Life of Plants for an example of functionally Biodynamic farming at Findhorn in Scotland. Steiner helped the German courts in the late 1920s breathe life back into their soil by creating the Biodynamic farming method. How are you going to?

- Koepf, Heribert H. The Biodynamic Farm. Hudson, NY: Anthroposophic Press, 1989. 245 pp. Available from BODGA. Good resource.
- Koepf, Heribert H., B.D. Peterson, and Wolfgang Schramm. Biodynamic Agriculture: An Introduction. Spring Valley, NY: Anthroposophic Press, 1976. 429 pp.

- Pfeiffer, Ehrenfried. *Chromatography Applied to Quality Testing*. Wyoming, RI: Biodynamic Literature, 1984. 44 pp. Available from BDPLGA. Fascinating and practical guide to health in plants.
- Pfeiffer, Ehrenfried. *Sensitive Crystallization Process*. Spring Valley, NY: Anthroposophic Press, 1936. 59 pp. Fascinating and practical guide to Companion Planting.
- Philbrick, John and Helen. *Gardening for Health and Nutrition*. Blauvelt, NY: Rudolf Steiner Publications, 1971. 93 pp. Important understandings of the root causes of three farming challenges. Practical and philosophical.
- Steiner, Rudolf. *Agriculture – A Course of Eight Lectures*. London: Bio-Dynamic Agriculture Association, 1953. 125 pp. The basis of the biodynamic movement. Challenging to read and worthwhile for advanced understanding.
- Sted, Wolf. *Culture and Horticulture*. Wyoming, RI: Biodynamic Farming and Gardening Association, 1979. Biodynamics and organic agricultural history clearly explained. Excellent book.
- *Thun, Maria. *Gardening for Life – The Bio-dynamic Way: A Practical Introduction*. Hawthorn Press. 2000. 127 pp. A good practical introduction.
- *Thun, Maria and Matthias K. *The North American Biodynamic Sowing and Planting Calendar 2013*. Floris Books. 2012. 64 pp. Shows the optimum days for sowing, pruning, and harvesting various crops, as well as working with bees. Is in its 30th year and is published in 18 languages.

5. BIointensive

Biologically-intensive farming dates back at least 4,000 years in China and was practiced sustainably then. The Mayans practiced it 1,000 years ago on a neighborhood basis and survived as a civilization when other nearby cultures did not. How are you going to practice localized sustainable food-raising?

- *Avorina, Larisa and Sosolikina, Olga. (*EcoDom*). Translated by Carol Neavsky. Edited by Carol Cox and John Jeavons. (Ecology Action). "EcoDom's Biointensive Experiment in Russia Report—1993 Season." Willits, CA: Ecology Action. 5 pp.

Biointensive Mini-Farming Information – Mexico. ECOPOL, Aptdo. Postal No. 2, Aculco, Estado de Mexico, Mexico. Specializes in training. Excellent.

- Bondal, M.J.K., "Do Tomatoes Love Basil but Hate Brussels Sprouts? Competition and Land-Use Efficiency of Popularly Recommended and Discouraged Crop Mixtures in Biointensive Agricultural Systems?". *Journal of Sustainable Agriculture*. May, 2009. 33:4. pp. 396-417.

Bountiful Gardens Blog: Bountiful Gardens Willits, CA

- *Burk, Doug, and Sandra Mandujano. *A Journey in Kerion – Visiting Biointensive Farmers and Master Home Agricultural Center*. Willits, CA: Ecology Action. Video.

Dan and Mery Roys-Miller Blog: roymillers.blogspot.com

- Courtois-Gerard, M. *Manuel Pratique de Culture Marécage*. Paris: J. Hetzel et Cie, 1845. 336 pp. A key book about French intensive practices in France.

- *DeGraaf, John and Bullert, BJ. *Circle of Plenty*. 1983. A 28 minute PBS-TV video special on Ecology Action's work and key Bio-intensive mini-farming work in Mexico that won a Cine Golden Eagle. Oley, PA: Bullfrog Films.

Dutton, David. *A History of Intensive Food Gardening*. Willits, CA: Ecology Action, 1984. 136 pp. Ecology Action Blog

Ecology Action Facebook: Ecology Action Willits, CA

Ecology Action Homepage: www.growbiointensive.org

- *Ecology Action Staff. "Designing a GROW BIOINTENSIVE Sustainable Mini-Farm"—A Working Paper". Willits, CA: Ecology Action. 2003. 45 pp. Custom design your own mini-farm for food, compost materials and income. Complete with forms and information.
- The French Gardener: Instructing how to Cultivate All Sorts of Fruit-Trees and Herbs for the Garden...Together With, Directions to Dry and Conserve Them in Their Natural. Translated from the French. 1658. Written in old English lettering. A treasure.
- Golden Rule Blog: <http://goldenrulegarden.blogspot.com/>
- John Jeavons Facebook: <https://www.facebook.com/pages/John-Jeavons/417367764970175>
- *Jeavons, John and Cynthia Raiser. GROW BIOINTENSIVE: A Beginner's Guide in 8 Easy Sessions. 2010. 92 minute video on the skills of biologically-intensive food-growing. Willits, CA: John Jeavons and Cynthia Raiser Jeavons. 2011. [www.johnjeavons.info](http://johnjeavons.info).
- Jeavons, John C. "Biointensive Sustainable Mini-Farming: The Challenge; Perspective, Principles, Techniques and History; System Performance—Initial Trials; System Performance—Confirming Trials in a More Diffficult Environment and Soil; Future Potential; Some Representative World Applications, Future Challenges and Research Opportunities". *Journal of Sustainable Agriculture*. 2001, v.2, pp. 49-106.
- *Jeavons, John. How to Grow More Vegetables—and Fruits, Nuts, Berries, Grains and Other Crops Than You Ever Thought Possible On Less Land Than You Can Imagine. New York: Ten Speed Press/Crown Books/Random House. 2012. 239 pp.
- *Jeavons, John and Cox, Carol. The Sustainable Vegetable Garden—The Backyard Guide to Higher Yields and Healthy Soil. New York: Ten Speed Press/Crown Books Random House. Revised 1999. 118 pp. A simpler, more basic version of How to Grow More Vegetables...
- *Jeavons, John, Griffin, J. M. gorod, and Leifer, Robin. Backyard Homestead Mini-Farm & Garden Log Book. Willits, CA: Ecology Action. 1993. 234 pp. For those who want to develop more self-reliance, earn an income from mini-farming, or just to learn how to become more effective food growers. "...in his mini-green revolution John Jeavons is demonstrating that small is beautiful."—The Manchester Guardian
- Jeavons, John. Google Talk. <http://www.youtube.com/watch?v=uf5f9EbdJU>
- John Kricher Blog: <http://greenbiointensive.risten.woolpress.com>
- Joyner, Shannon. "Biointensive Agriculture—A Greater Revolution". Willits, CA: Ecology Action. 2010. 12 pp. Describes how the world is evolving toward small-scale farming for its human and financial cost effectiveness—with quotes from many well-known international organizations in support of this.
- Joyner, Shannon. "Climate Change and GROW BIOINTENSIVE". Willits, CA: Ecology Action. 2010. 6 pp. Describes how GROW BIOINTENSIVE farming, if globally implemented, could reduce the amount of carbon dioxide in the atmosphere to the level recommended by the U.S. National Aeronautics and Space Administration through sequestering large amounts of carbon in the soil in the form of humus and in increased plant densities per unit of area.
- Mader, Douglas Edward. Changes in Carbon Content in a soil under Intensive Cultivation with Organic Amendments—Masters Thesis. UC-Davis Soil Science Department. 1983. On the very rapid build up of soil fertility was written in the 1930's under the supervision of Dr. Hans Jenny, world-renowned soil scientist. The thesis shows that biologically-intensive farming built up the soil 60 times more rapidly than in Nature. [Other farming methods are depleting the soil 15 to 30 times more rapidly than in Nature, except for organic farming which is 30% to 54% not sustainable due to the importation of nutrient and organic matter inputs from other soils, thus depleting those soils.] 229 pp.
- MacFadyen, J. Trevor. "The Call to Dig". Horticulture March 1985. Pp. 38-47.

- Malekiens, Eric. "Designing Cropping Systems from Nature". Les Ulis Cedex, France: Agency for Sustainable Development, Vol. 32, No. 1, 2012, 29 pp.
- Mullen, William. "Secrets of Tiwanaku-Hue Ingenious Farmers Built an Empire That Inspired the Incas and Rivaled Rome." Chicago Tribune Magazine, November 23, 1996: 1-19, 23-27, and 29-32. Historical Latin American biologically-intensive food-growing.
- O'Brien, R. Dalziel. *Intensive Gardening*. London: Faber and Faber, 1956. 113 pp. Useful for potential mini-farmers. Organic approach to biologically-intensive food-growing. Good results without animal product inputs.
- Royer-Miller, Margo. *GROW BIOINTENSIVE Farmers Manual*. Willits, CA: Ecology Action, 12 pp. <http://www.growbiointensive.org/PDF/FarmersHandBook.pdf>
- *Sekhsaria, C. V. *Biodynamic Gardening: Monograph Series on Engineering of Photocynthetic Systems – Vol. 4*. Thanjavur, Madras, India: Sri AMM Marugappa Chettiar Research Center, 1980. 38 pp. 3-year test of Ecology Action's Biointensive method by 22 low-income families with no food-making experience in India in sandy soil using just fresh cow manure. The result after three years were yields almost as high as the good farmer average in India.
- *Sekhsaria, C. V. *Biodynamic Horticulture: Improvements and Extension: Monograph Series on Engineering of Photocynthetic Systems – Vol. 1.5*. Thanjavur, Madras, India: Sri AMM Marugappa Chettiar Research Center, 1980. 38 pp. During a drought period, Indian women using Biointensive get twice the yields than women using traditional practices obtain. One woman does even better by making sure sufficient resources are used in her growing-area.
- Tonge, Peter. "Twice The Yield, Half The Work". *Christian Science Monitor*, January 12, 1988, p. 23.
- Stevens, William K. "Scientists Revive a Lost Secret of Farming – Ancient Peruvian Fields Yield Inexpensive Technology". *New York Times*, c. 1988 C-1, C-15.
- Wa Mheenga, Ganes. *The Impact of Biointensive Cropping on Yields and Nutrient Contents of Collard Greens in Kenya*. Cornell University Masters Thesis. 2003. 277 pp. Also studies the crop growth under different treatments: conventional with pesticides, GB with biocides and GB with no pest-controls. The latter was the highest yielding, as the other two killed soil microbes.

6. CHILDREN'S BOOKS AND LEARNING

What can we learn about ourselves from The Little Red Hen's experience and by listening to children. The first biologically-intensive project in Mexico was initiated by children while their parents did not get involved. By the second year, seeing the results, the parents became active in the process.

Ichikawa, Satomi, and Elisabeth Laird. *Baby's Garden – A Child's Knopfakz of Flowers*. New York: Putnam and Grosset, 1990. 48 pp. Excellent.

Krauss, Ruth. *The Carrot Seed*. NY: Harper Festival, 1993. 22 pp. Beautiful story.

The Little Red Hen. Numerous versions exist. Insightful.

Massing, Mick and Givstrom, Babs. *Your Own Nature Adventures in a Book Nature School*. London, UK: Francis Lincoln Children's Books, 2009. Pp. 4-47.

McConqudale, Elizabeth. *Kids in the Garden, Growing Plants for Food and Fun*. London, UK: Black Dog Publishing, 2010. Pp. 1-95.

McConqudale, Elizabeth. *Kids in the Wild Garden*. London, UK: Black Dog Publishing, 2011. Pp. 4-96.

Tierra, Lesley, LAC, AHO. *A Kids' Herb Book For Children of All Ages*. Brandon, OR: Robert D. Reed Publishers, 2000. 263 pp.

7. COMMUNITIES

If they are communities/neighborhoods of 25 to 40 families the most vital and dynamic?

"Cohousing." Communities, Spring 2000. Communities, (P.O. Box 155-CM, Rutledge, MD 21563). Magazine.

Ranson, Chris. *The Cohousing Handbook*. Pt. Roberts, WA: Hatley and Marks Publishers (P.O. Box 147, Pt. Roberts, WA 98281), 1996. 275 pp. Each chapter is a step-by-step process for initiating, building and growing Cohousing.

Kinkade, Kathleen. *A Walden Two Experiment: The First Five Years of Twin Oaks Community*. NY: William Morrow, 1973. 271 pp. May save you years of process.

McCaughan, Kathryn, and Charles Durrett. *Cohousing*. Berkeley, CA: Ten Speed Press, 2003. 208 pp. Excellent overview—including the fact that a community of 24 to 40 families has the most potential for diversity and a good dynamic process.

Starting a Land Trust. Washington D.C.: The Land Trust Alliance, 1990. 175 pp.

8. COMPANION PLANTING AND ROTATIONS

Focus on the whole garden to create a thriving mini-ecosystem that has beneficial interrelationships!

Carr, Anna. *Good Neighbors: Companion Planting for Gardeners*. PA: Rodale Press, 1985. 379 pp. A useful compilation of: tradition, research, and practical gardening advice.

Francis, Charles A. *Multiple Cropping Systems*. NY: Macmillan, 1986. 310 pp.

*Jawors, John. *How to Grow More Vegetables, and Fruits, Nuts, Berries, Grains and Other Crops Than You Ever Thought Possible On Less Land Than You Can Imagine*. NY: Ten Speed Press/Crown Books/Random House, Eighth Edition (2012). 219 pp. pp. 101-115.

Philbrick, Helen. *Companion Plants and How to Use Them*. OH Greenwich, CT: The Devin-Adair Company, 1966. 113 pp. Excellent compendium in "dictionary" format.

Pfriuffer, Ehrenfried. *Weeds and What They Tell*. Bio-Dynamic Farming and Garden Assoc., Inc., R.D.1 Steadburg, PA 15360, 1970. 96 pp. A beginning to understanding how to "test your self" with plants.

Pfriuffer, Ehrenfried. *Sensitive Crystallization Process*. Anthroposophic Press, Spring Valley, NY, 1975. 39 pp. An amazing way to determine the health of plants and the best proportions to use in Companion Planting.

Pfriuffer, Ehrenfried. *Chromotography Applied to Quality Testing*. Bio-Dynamic Literature, Box 253 Wyoming, RI 12899, 1954. 44 pp. An additional way to determine plant health.

Watt, Mag T. *Reading the Landscape of America*. NY: Collin Books, 1975. 254 pp. A wonderful way to learn what different landscapes mean and are most effective at.

9. COMPOST

Maximize the quality and quantity of cured compost produced per unit of compost built and maximize microbiodiversity. And, remember, all compost is not equal.

*Gos, Carol. "GROW BIOMINTEGRATIVE Composting and Growing Compost Materials". Willits, CA: Ecology Action, 2003. 28 pp. A detailed, but step-by-step guide to making superior compost—maximizing the quality and quantity of your compost, which is essential to achieving sustainability. This booklet details the results of our research into producing the high-quality compost from crops grown in your own garden. Developed from over three decades of work.

*Doran, Peter. "Roots in the Soil." Ecology Action Information Sheet, Willits, CA: Ecology Action, Willits, CA 95490.

- "Is Too Much Compost Harmful?" in *The Complete Book of Composting*. PA: Rodale Press, 1960. pp. 316-319.
 More than enough compost does not increase yields, can foster disease and insects [and is used up more quickly].
- *Jervois, John and Bruneau, Bill. "Green Manure Crops." *Mother Earth News*, Sept/Oct., 1996, pp. 42-45.
- *Jervois, John. *How to Grow More Vegetables, and Fruits, Nuts, Berries, Grains and Other Crops Than You Ever Thought Possible On Less Land Than You Can Imagine*. NY: Ten Speed Press/Crown Books/Random House, Eighth Edition: 2012. 219 pp. pp. 44-62. Be sure to note the section on "All Compost Is Not Equal."
- *Jervois, John. "Grow Your Own Compost Materials at Home". Willits, CA: Ecology Action, 1981. 17 pp. Learn how many common materials contain significant amounts of nutrients.
- *Jervois, John. "Mulching." (Section of "Mulching and Double Digging," Ecology Action Information Sheet). Willits, CA: Ecology Action.
- Norman, Cynthia. "Dung He." *National Gardening*. National Gardening Assoc., 180 Flynn Ave. Burlington, VT 05401. May 1997. pp. 21-30. An introduction to such things as Zoo Do.
- Rodale, Robert. "Eighteen Tons of Compost with the 14 Day Method" *The Basic Book of Organic Gardening*. PA: Rodale Press, 1971. 377 pp. pp. 70-71. A quick way to create compost [but the result is much less cured compost per unit of compost materials used in the building of the pile, since more carbon is oxidized each time you turn the pile].
- "Trench Composting: A Model for Africa." *Organic Gardening and Farming*, January 1976, pp. 149-150. Mt. Mzozokwe in the Zulu region of southern Africa builds a growing bed with a lot of organic matter. Even though it uses an unsustainable about of compost material in its building, the bed lasts for many years, eventually evening out the inputs, so per year the materials used may be sustainable. Enabled people in the region to grow food in a climate where others could not successfully grow much in the way of crops.
- "Trench Composting For Arid Regions." International Federation of Organic Agriculture Movements (IFOAM) Newsletter, June 1976. Also, see above.
- University of California. "The Rapid Composting Method". Leaflet 21231, Division of Agriculture Sciences, September 1981. 4 pp. See advantages and limitations described above in the 14-Day Method.

10. COMPOST CROPS

Why do we, and the soil, need compost crops? How can we best feed the soil and ourselves? How can we best grow calories and nitrogen per unit of area and time to insure sustainable soil fertility?

Bailey, L. H. *Cyclopedia of American Agriculture - Vol. II - Crops*. NY: MacMillan and Company, 1907. 699 pp. Excellent resource in spite of its age!

CIDICCO. *Coffee Crop News*. "Management Practices to Work with Velvet Bean". No. 5, 1995. Tegucigalpa, Honduras: Centro Internacional de Información sobre Cultivos de Cobertura (Apartado Postal 3315, Tegucigalpa, M.D.C., Honduras, C.A.). Quarterly Newsletter. A crop that is highly productive in organic matter and nitrogen in the tropics. .

CIDICCO. "The use of Legume Cover Crops in Orchards." No. 7. February 1994. 6 pp. Tegucigalpa, Honduras: Centro Internacional de Información sobre Cultivos de Cobertura (Apartado Postal 3315, Tegucigalpa, M.D.C., Honduras, C.A.). Quarterly Newsletter.

CIDICCO. "The Utilization of Legumes in Traditional High Altitude Farming Systems." No. 6. August 1993. 8 pp. Tegucigalpa, Honduras: Centro Internacional de Información sobre Cultivos de Cobertura (Apartado Postal 3315, Tegucigalpa, M.D.C., Honduras, C.A.). Quarterly Newsletter.

Coburn, F.D. *The Book of Alkaloids*. NY: Orange Judd, 1907. 344 pp.

- Francis, Charles A. *Multiple Cropping Systems*. NY: Macmillan, 1936. 313 pp. Excellent.
- *Griffin, J. Moggot. "Compost Bed Supplement" to "One Mexican Diet". Willits, CA: Ecology Action, 8 pp.
- Hanson, P.R. and Schotz, H.A. "Vetch Culture and Uses". Washington, DC: Superintendent of Documents, US Government Printing Office, 1968. 22 pp.
- *Jervom, John. "The Complete 21-Bed Biointensive Mini-Farm". Willits, CA: Ecology Action, 1996. pp. 4-5.
- Morrison, Frank B. *Fertilizer and Feeding*. 22nd. Edition. Ithaca, NY: Morrison, 1937. 1,160 pp. Key publication for locating carbon, nitrogen and other nutrient levels in many crops.
- Murphy, Bill. *Greener Pastures on Your Side of the Fence: Better Farming with Voisin Grazing Management*. Colchester, VT: Ashgate, 1991. 291 pp. Grow up to three times the fodder with the Voisin approach.
- Revelle, Roger. "The Resources Available for Agriculture." *Scientific American*, September 1976: pp. 165-176. Key information about the straw/grain ration in conventional agriculture. Not necessarily the same in biologically-intensive food-making.
- Shurtleff, William, and Akiko Aoyagi. *The Book of Kafirin: A Culinary and Healing Guide*. Wayne, NJ: Avery, 1985. 102 pp. Contains cultivation information as well.
- Snock, Laurence C. *Tarospore (The Lucerne): High Production Fodder Crops*. Stepperton, New Zealand: Night Owl, 1986. 102 pp. Temperate "living mulching" and compost crop as well.
- Sustainable Agriculture Research & Education. *Managing Cover Crops Profitably*. Washington, DC: USDA: SARE, 2007. 244 pp. Find the right compost/crops for your garden. Gives thorough/detailed information on all major crops in a clear, easy to understand style. Save money and have a better harvest. Excellent.
- Voinov, Andre. *Better Grassland System*. London: Crosby Lockwood and Son (26 Old Brompton Rd., London SW7, England), 1960. 340 pp. A unique approach to greatly increased fodder production.
- Voinov, Andre. *Grass Productivity*. NY: Philosophical Library (15 E. 40th St., New York, NY 10016), 1959. 353 pp. IL.

11. CONTAINER GARDENING

What are the best seeds and crops for container food growing? Optimally, how deep should the soil be? Is your roof/balcony/floor strong enough to hold the weight involved? Do you know you can grow sweet corn in a shallow window box if you use the right variety?

- Gruen, Michael. *The Edible Container Garden: Fresh Food From Tiny Spaces*. London: Gia Books, 2005. 158 pp.
- McGee, Rose Marie Nichols, and Stockey Maggie. *The Beautiful Container: Create Container Gardens of Vegetables, Herbs, Fruits and Edible Flowers*. New York: Workman, 2002. 432 pp. Newcomb, Duane.
- Newcomb, Duane. *The Apartment Farmer: The Hassle-Free Way to Grow Vegetables Indoors, on Balconies, Patios, Roofs, and in Small Yards*. New York: Avon Books, 1972. Excellent publication for beginning. Both editions useful.
- Newcomb, Duane. *The Apartment Farmer: The Hassle-Free Way to Grow Vegetables Indoors, on Balconies, Patios, Roofs, and in Small Yards*. New York: Tarcher/Newcom, 2nd Edit. 1976. 154 pp.
- Rothney, Kim and Kevin. *A Klutz Guide to Windowsill Gardening*. Palo Alto, CA: Klutz Inc., 1999.

12. DEVELOPMENT

Can you live well and better with a very simple lifestyle with few resources? The Sri Lankans did in 1976 with 60 times less income...

- Alternatives to the Peace Corps: A Guide to Global Volunteer Opportunities*. 11th Edition. Oakland, CA: Food First Books, 2005. 116 pp.

Borch, Roland. *Two Ears of Corn: A Guide to People-Centered Agriculture Improvement*. Oklahoma City: World Neighbors (3116 N. Portland, Oklahoma City, OK 73112), 1982. 258 pp. Classic book on enabling people to grow more food.

Damov, Ken, et. al. *Trans-Cultural Study Guide*. Stanford, CA: Volunteers in Asia., 1988. 155 pp.

Dickson, Murray. *Where There is No Doctor*. The Hesperian Foundation, PO Box 1692, Palo Alto, CA 94302, 1983. 138 pp.

Edwards, Michael. *Arriving Where We Started*. VSO, 9 Belgrave Square, London, England, 1983. 208 pp.

Fantini, Alvino E., ed. *Cross-Cultural Orientation: The Experiment in International Living*. PO Box 676, Battleboro, NC 27001, 1984. 115 pp.

*Roberts, Hugh, ed. *Proceedings from the Soil, Food and People Conference: A Biointensive Model for the Next Century*. Presented by Ecology Action at the University of California-Davis, March 2000. Willits, CA: Ecology Action. 2001. Excellent.

Saini, Vandana. *Staying Alive: Women, Ecology and Development in India*. New Delhi: Kali for Women, 1988. 224 pp.

Salter, Ronald J. *Rich Christians in an Age of Hunger*. Downers Grove, IL: Inter-Varsity Press, 1980. 249 pp. pp. 151-160. Special insights.

Tesch, Woody. *Inquiries into the Nature of Slow Money Investing in, if Food, Farms, and Fertility Mattered*. VT: Chelsea Green Publishing, 2001. Pp. 3-204.

Understanding Traditional Agriculture. (Bibliography). I.L.E.I.A., PO Box 64, 3130 AB Leiden, The Netherlands. 114 pp.

van den Berg, Wout. *The Art of Beginning*. Patoec, Wageningen, Netherlands: Centre for Agriculture Publishing and Documentation, 1983. 174 pp.

Wade, Isabel. *City Food Crop Selection in Third World Cities*. San Francisco: Urban Resource Systems (783 Buena Vista W., San Francisco, CA 94117), 1986. 54 pp.

"Wasteful North." *World View Magazine*, Spring 1992. 17 pp.

Warren, David. *Helping Health Workers Learn*. The Hesperian Foundation, PO Box 1692, Palo Alto, CA 94302, 1982. 573 pp.

Warren, David, et. al. *Where There is No Doctor*. The Hesperian Foundation, PO Box 1692, Palo Alto, CA 94302. Third Edition: 2011. 446+ pp. Available in Spanish and many other languages. Excellent.

13. EAT

How small an area can you grow an exquisitely healthy diet-on? Did you know that one calorie of Broccoli contains twice the protein in it than one calorie of sirloin steak? The average diet in the U.S. is grown on about 20,000 square feet, or almost ½ of an acre. With biologically-intensive food-growing, and a better understanding of nutrition from a farming point of view, you can grow a complete balanced diet-on as little as 2,000 square feet, and maybe less.

Ackland, J.D. *East African Crops*. London, England: Longman Group Ltd. 1980. 252 pp.

Agricultural Research Service, U.S. Department of Agriculture. *Composition of Foods: Agriculture Handbook No. 8*. Washington DC: U.S. Government Printing Office, 1963. 190 pp.

Aquino, Ricardo Jr. and Cortes, Wayne. *Chia Rediscovering a Forgotten Crop of the Aztecs*. Tucson, AZ: University of Arizona Press, 2005. Pp. 1-397.

Bailey, L. H. *Cyclopedia of American Agriculture - Vol. II - Crops*. NY: MacMillan and Company, 1907. 699 pp.

- Creamy, Rosalind. "The Bread Guster." *HarmoSmith*. September/October, 1996. pp. 89-90, pp. 92-96.
- *Duhon, David, and Cindy Gehland. *One Circle: How to Grow a Complete Diet in Less Than 1,000 Square Feet*. Willits, CA: Ecology Action, 1994. 200 pp. Excellent.
- Flores, Mariana, et. al. *Valor Nutritivo de los Alimentos para Centro America y Panama*. Guatemala: Investigaciones Dieteticas-Nutricion Aplicada, 1971. 15 pp.
- Food Composition Table for Use in Africa.** U.S. Department of Health, Education, and Welfare, Public Health Service, Health Services and Mental Health Administration. Bethesda, MD: National Center for Chronic Disease Control, Nutrition Program, 1968. 306 pp.
- Food Composition Table For Use in East Asia.** Rome: Food and Agriculture Organization of the United Nations, 1972. 334 pp.
- Fulcrum, Joel. *Eat to Live—the Amazing Nutrient-Rich Program for Fast and Sustained Weight Loss*. NY: Little Brown, 2011. 380 pp.
- *Geertsema, Jeffrey and Locke, Karen. *Growing and Using Stevia*. 2nd Edn. 2008. 49 pp. Complete instructions for growing, harvesting, and storing plus recipes. Sweeten naturally without calories.
- Gorman, Marion. "Gardener's Bread." *Organic Gardening*. PA: Rodale Press, Dec. 1983; pp. 53-54.
- Grono, RD, LDN, David. *101 Foods that Could Save Your Life*. NY: Bauman Books, 2001. 436 pp. Excellent.
- *Griffin, J. Mogyoró. *One Mexican Diet*. Willits, CA: Ecology Action, 1997. 32 pp.
- Heritage, Food. *Composition and Facts About Foods*. Mokelumne Hill, CA: Health Research, 1971. 121 pp. Very useful compilation of key human nutrients in descending form.
- *Jevons, John. "The Complete 21-Bed Bio-Intensive Mini-Farm". Willits, CA: Ecology Action, 1996. 39 pp.
- *Jevons, John. "An Experimental 33-Bed GROW BIOINTENSIVE Mini-Farm: Growing complete fertility, Nutrition and Income". Willits, CA: Ecology Action. 2011. 34 pp. Based on intermediate-level GB yields, it is designed for 6-month growing season areas with warm nights.
- Kennedy, David. *21st Century Green Leaf Vegetables in Nutrition and Sustainable Agriculture...A Leaf for Life Resource Book*. Berea, KY: Leaf for Life, 2011. 257 pp.
- Kennedy, David. *Leaf for Life Handbook, How to Combat Malnutrition and Improve Food Security With Green Leaf Crops*. Berea, KY: Leaf For Life, 2012. 93 pp.
- Kirschbaum, John D. *Nutrition Almanac*. NY: McGraw-Hill, 1979. 313 pp. Nutrients in commonly eaten foods.
- Lappe, Francis Moore. *Diet for a Small Planet*. NY: Ballantine Books. 20th Anniversary Edit. 1991. 479 pp. Excellent publication on diet.
- Leonard, Thom. "Stuff of Life" *Organic Gardening*. Emmaus, PA: Rodale Press, Dec. 1983; pp. 46-51. Key article on grain raising.
- McDougall, MD, John A. and McDougall, Mary. *The Starch Solution—Eat the Foods You Love, Regain Your Health, And Lose the Weight for Good!*. Emmaus, PA: Rodale Press. 2012. 347 pp. Get to know the personalities of 30% crops in a whole new way!
- *Miller, Damon P., Cox, Carol, and Mansley, Robin. Willits, CA: Ecology Action. 2010. 48 pp. "Food for the Future, Now: A Survival Garden Plan". There is a difference between responding to panic and learning for the future. This booklet gives you a realistic plan for developing a "survival garden" that is nutritionally adequate and sustainable based upon a low, 1,600-calorie diet/day, which medical tests have shown can be healthier, instead of a 2,400 one. Worth learning about.
- National Academy of Sciences. *Recommended Dietary Allowances*, 8th Edition. Washington, DC: NAS, 1974. 129 pp.

Pennington, Jean A., T. Bowes and Church's Food Values of Portions Commonly Used. Philadelphia, PA: Lippincott-Raven, 1990. 432 pp. Nutrients in commonly eaten foods.

Petrucci, Carlo. Slow Food: The Case for Taste. NY: Columbia University Press, 2004. 155 pp.

Root, Waverly. Food: An Authoritative and Visual History and Dictionary of the Foods of the World. NY: Simon and Schuster, 1980. 602 pp. Excellent.

U.S. Department of Agriculture. Organically Produced Foods: Nutritive Content. Beltsville, MD: Agriculture Research Service, National Agriculture Library, Alternative Farming Systems Information Center, 2000. 23 pp. Bibliography.

Cookbooks:

How would you cook a delicious small-scale grown diet?

Brown, Edward. The Taoist Bread Book. Boulder, CO: ShamMala Books, 1970. 146 pp.

Cressy, Rosalind. Cooking From the Garden. San Francisco: Sierra Club Book, 547 pp.

Graeber, Bert. The Grain Cookbook. New York: Workman Publishing, 1988. 401 pp.

Hagley, Louise. The Farm Vegetable Cookbook. Summertown, TN: The Book Publishing Company, 1978. 219 pp.

Holover, Lauren. No Wheat, No Dairy, No Problem. Bloomington, IN: iUniverse, 2009. pp. 1-312.

Hurd, Frank J. Ten Talents. Collegedale, TN: College Press, 1985. 368 pp.

Katzes, Mollie. The Enchanted Broccoli Forest. Berkeley, CA: Ten Speed Press, 2007. 307 pp.

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McDougall, John A. and Mary A. The McDougall Plan. Clinton, NJ: New Win (PO Box 5159), Clinton, NJ 07829, 1983. 340 pp.

Morash, Marion. The Victory Garden Cookbook. New York: Alfred A. Knopf, 1982. The recipes in this cookbook are organized by crop!

Moosewood Staff. New Recipes From Moosewood Restaurant. Berkeley, CA: Ten Speed Press, 1987. 302 pp.

Robertson, Laurel, et al. The Laurel's Kitchen Bread Book. New York: Random House, 1984. 447 pp.

Robertson, Laurel. New Laurel's Kitchen. Berkeley, CA: Ten Speed Press, 1996. 512 pp.

Sau, Lorna J. Recipes from an Ecological Kitchen. New York: William Morrow, 1992. 492 pp.

*Schaller, Lorenz K. Lentil Ancient Nutrition, Modern Cookery: A Culinary Guide and Recipe Text. Ojai, CA: The Kusa Seed Research Foundation, 2001. 111 pp.

Tomes, Krishna. The Self Healing Cookbook, 4th Edition. Vashon Island, WA: Earthtones Press PO Box 411, Vashon Island, WA 98070, 1999. Excellent, simple introduction to natural foods, cooking and healing.

Solar Cooking:

Solar cooking is a lot easier and the result tastes much better than the equivalent cooked in a normal gas or electric oven! In addition, there are things you can do to cut your consumption of fuel by 75%. By bringing beans to a boil on top of the stove. This usually takes about 5 minutes. Then, if you have a gas stove with a lit pilot, place the covered pan in your oven without the oven turned on. If you have an electric stove or a gas one without the pilot lit, wrap the covered pan with a towel and place it in the oven without the oven turned on. In about an hour, the beans should be cooked!

*Anderson, Lorraine. *Cooking With Sunshine*. DuCapo Press. Second Edition: 2006. 224 pp. Our pick of the solar cookbooks. Instructions for building your own using inexpensive, easy-to-find materials. Wide variety of recipes for vegetarian and omnivorous diets.

Cómo Hacer y Usar Una Caja Solar para Cocinar. Sacramento, CA: Solar Cookers International (1919 21st St., #101, Sacramento, CA 95814), n.d. 27 pp.

The Solar Box Cooker Manual: How to Make, Use and Teach Others About Them. Sacramento, CA: Solar Cookers International (1919 21st St., #101, Sacramento, CA 95814), May 1990. 66 pp. \$10.00

Solar Cookers International. (1919 21st St., #101, Sacramento, CA 95814). A nonprofit organization with excellent solar oven plans, recipes, and cooking information. Write for a publications list.

SMALLS

Refrigeration for the preservation of food: If take the energy it takes to store one-dish of a pound of left over canned green beans from dinner overnight to use in a salad for the next evening's dinner, in a normal refrigerator, you are using 320 Calories of electrical energy to preserve 23.4 Calories of food energy. In fact, for all the energy used in the U.S. food system, 3% is used for the refrigerated preservation of food at home.

*Babel, Mike and Nancy. *Root Cellaring: Natural Cold Storage of Fruits and Vegetables*. Poultney, VT: Storey, 1991. 304 pp. Classic on natural cold storage of fruits and vegetables...the no-cost, no-preserving way. A cold storage area can often be created in a closet.

*Cente Terre Vivante. *Preserving Food Without Freezing or Canning*. 2007. 297. Drying, fermentation, root cellar-ing, pickling, in wine and other techniques to preserve food as close to fresh as possible. No electricity required.

DeLong, Deanne. *How to Dry Foods*. HP Books, Tucson, AZ. 83768, 1979. 160 pp.

*Fedor, Ellen V. *The Solar Food Drier: How to Make and Use Your Own Low-Cost, High Performance, Sun-Powered Food Dehydrator*. 2006. 144 pp.

Hopping, Carol, and Staff of the Rotale Food Cester. *Stocking Up II*. PA: Rotale Press, 1996. 627 pp.

*Katz, Sandor Ellix. *Wild Fermentation: The Flavor, Nutrition, and Craft of Live-Culture Foods*. VT: Chelsea Green, 2003. 187pp.

Kline, Jeff. *How to Dry Your Food*. Self-reliance Foundation. Box 1, Los Trampas, NM 87536. 100 pp.

Root Cellars. Mt. Vernon, KY: ASPI Publications (30 Lair St, Mt. Vernon, KY). Video.

Twelve Months' Harvest. San Francisco: Ortho Books Division, Chevron Chemical Company, 1975. 96 pp. Covers canning, freezing, smoking, drying, cheese, cider, soup, and grinding grains. Many good tips.

*Wiles, Piers. *How To Store Your Garden Produce*. VT: Chelsea Green. Revised 2008. 138 pp. Gives information in alphabetical order on how to store over 60 fruits and vegetables, often through tasty "recipes" that can be quite original. "...these are some methods that may render food safe to eat for many years."

14. ENERGY

"The real energy crisis, the Peak Energy, is not in a barrel of oil. It is in each of us."—John Jeavons

Clark, Wilson. *Energy for Survival*. New York: Anchor Press/Doubleday, 1974. 652 pp. One question the author asks, "What have been the effects on the American consumer patterns of the fossil fuel energy subsidy in this third age of agriculture? See pp. 177-181 for part of the answer. You may be surprised on how much our clothing and fiber materials are derived from petroleum, and then wonder where these things are going to come from in a Post Fossil Fuel Era."

Odum, Howard T. and Elisabeth C. *Energy Basis for Man and Nature*. NY: McGraw-Hill, 1976. 297 pp.

- Pereiman, Michael J. "Efficiency and Agriculture." Chico, CA: Economics Department, Chico State College.
- Pereiman, Michael J. "Farming With Nature." *Environment*, Vol. 14, No. 8 (1972).
- Pereiman, Michael J. "Farming With Petroleum." *Environment*, October 1972: pp. 8-13.
- Pereiman, Michael J., and Kevin P. Shan. "The Big Farm." *Environment*, December 1972: pp. 10-15.
- Real Goods. Alternative Energy Sourcebook. Hopland, CA. Good periodically updated detailed resource about alternative energy options.

15. FARMING

- "The purpose of farming is to grow people."* —Masanobu Fukuoka
- Bronfman, Louis. *Mishmar Farm*. NY: Ballantine Books, 1970. 470 pp.
- Buck, Pearl S. *The Good Earth*. NY: Grosset & Dunlap, 1931. 375 pp. A fictional account of a farming life in China. Note the farmer having to make a choice about whether to feed his family during a drought year with the seed from this year's crop to keep them from starving—or to save the seed to plant next year's crop to continue into the future.
- *Foundation for Global Community: *The Living Land*. Video. 60 minutes. 2002. Interviews with John Jeavons, Alice Waters, Wes Jackson and Mas Masumoto.
- Hansen, Ann Leckie. *The Organic Farming Manual—A Comprehensive Guide to Starting and Running a Certified Organic Farm: Poultry, Livestock, Produce Crops & Dairy*. VT: Stoney, 2010. 437 pp.
- Living the Good Life with Helen and Scott Nearing*. Oley, PA: Bulldog Films. Excellent film on Helen and Scott Nearing and their homestead in Vermont. Video. 28 minutes. Oley, PA: Bulldog Films.
- Masumoto, David M. *Harvest Son*. NY: W.W. Norton, 1991. 302 pp. Excellent reflections by an active third generation farmer.
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16. FERTILIZATION/SUSTAINABILITY

A soil can have all the nutrients in the right amounts and balances it needs to grow good, healthy food—and yet the soil may not be fertile. The soil needs the right amount of air; water; organic matter as well as the minerals to be fertile.

Biologically-intensive food growing can use 1/2 to 1/6 the nutrient in organic fertilizer per pound of food produced compared with conventional practices. The biological processes utilize the nutrients more effectively.

What is one of the most wonderful and worst things that could happen tomorrow? It would be if everyone grew food with organic practices. There would not be enough nutrients in organic fertilizer form and compost materials—given the way we are using them—to “fuel” organic farming.

Organic farming is a major positive step in the right direction, yet it is 50% to 54% non sustainable, since 50% to 54% of the nutrients in organic fertilizer form and compost materials are brought in from other soils—thereby depleting other soils.

We need to close the loop and recycle all the nutrients and organic matter from a given farm soil. Ecology Action has been working for over four decades with GROW BEGENTENSTÈ Sustainable Mini-Farming to discover just how to do this.

In Illinois in 1943, it took conventional farming 1 unit of chemical fertilizer and 1 unit of pesticide to produce 1 unit of yield. 20 years later in 1963 to produce 1 unit of yield took 5 units of chemical fertilizer and 12 units of pesticide. Today to produce one unit of yield takes at least 6 units of chemical fertilizer and 33 units of pesticide.

- Best, Firman E. *Hunger Signs in Crops*. Washington, DC: The American Society of Agronomy and the National Fertilizer Association, 1949. 390 pp. Excellent.
- Berly, John. *HaystackMore - Organic Fertilizer Recommendations*. P.O. Box 4095, Ithaca, NY 14852-4095 (607) 351-3594. Send your soil test results to john@by@gmail.com and you will receive a customized and comprehensive recommendation for organic fertilizers. Specialized in working with farmers around the world with challenging soils and limited availability of soil testing labs and organic fertilizers.
- *Berly, John. *Future Fertility: Transforming Human Waste into Human Wealth*. Willits, CA: Ecology Action, 1995. 164 pp. The nutrients from an average person in the world annually, contained in that person's human waste, may provide all the nutrients that person needs to grow a complete diet annually in a biologically-intensive system—if the human waste is properly, safely and legally recycled first. This detailed and practical manual describes both established and innovative low-technology methods of safely and effectively recycling all waste nutrients. More importantly, it describes the principles behind the methods, and criteria that any method must meet for safety and sustainability.
- *Berly, John. *Test Your Soil With Plants*. Willits, CA: Ecology Action, 1997. 36 pp. Find out what fertilizers and amendments optimize your garden's health and productivity simply by observing the plants growing in your garden, mini-farm or farm. Cultivated and uncultivated soil can be evaluated by observing weeds and garden plants. Developed from a 5.5-book stack of publications.
- *Dowden, Peter. *Foliar Feeding*. Willits, CA: Ecology Action, 1990. 9 pp.
- Ferguson, C.J. *An Acres USA Primer*. Raytown, MO: Acres U.S.A., 1979. 435 pp. pp. 110, pp. 137-139, pp. 174-175, pp. 204-205.
- *Griffin, J. Mogador, et. al. "Growing and Gathering Your Own Fertilizer". Willits, CA: Ecology Action, 1994. 125 pp.
- *Jearom, John. "The Complete 21-Bed Biointensive Mini-Farm". Willits, CA: Ecology Action. 39 pp. p. 16.
- *Jearom, John. *How to Grow More Vegetables, and Fruits, Nuts, Berries, Grains and Other Crops Than You Ever Thought Possible On Less Land Than You Can Imagine*. NY: Ten Speed Press/Crown Books/Random House, Eighth Edition, 2012. 239 pp. pp. 63-74.
- McKibben, William "Crop Doc." *The Art of Balancing Soil Nutrients, A Practical Guide to Interpreting Soil Test*. Austin, TX: Acres U.S.A., 2012. 236 pp.
- Milford, Edwin. *Feed the Soil: Organic Agriculture Research Institute*, PO Box 475, Gorham, CA 95444, 1982. 209 pp. A key resource.
- Parker, Robert. *Organic and Inorganic Fertilizer*. Woods End Agriculture Institute, RFD 1 Box 4050, Mt. Vernon, ME 04357, 1986. 167 pp.
- Potash and Phosphate Institute. "Phosphorus for Agriculture." *Better Crops with Plant Food*, Spring 1978. Atlanta, GA: Potash and Phosphate Institute, 1978. 39 pp.
- Ratnerovit, Bangila, et. al. *The Organic Method Primer*. Self-published, Pauma Valley, CA 92061, 1993. 596 pp.
- Schmid, Otto, et. al. *Green Manuring: Principles and Practices*. Woods End Agriculture Institute, RFD 1 Box 4050, Mt. Vernon, ME 04357. 50 pp.
- Sustainable Agriculture Res. & Ed. - *Managing Cover Crops Profitably*. Washington, DC: USDA, 2007. 244 pp.
- Valley: "The Vanishing Soil." Available from: Biodynamic Farming and Gardening Association, 165 West St., Duxbury, MA 02332.
- Walther, T. *The Diagnosis of Mineral Deficiencies in Plants By Visual Symptoms*. London: Her Majesty's Stationery Office. 2nd Edit. 1961. 125 pp. and numerous pages of color plate examples. Excellent.

Walters, Charles and Chandler, Esper K.: *Ask the Plant Soil Fertility, Plant Analysis and Crop Nutrition*. Austin, TX: Acres USA, pp. 1-264.

* "Yields: The Art and Science of Farming". Willits, CA: Ecology Action. 2006. 6 pp.

17. FLOWERS

Knowing the right time of the day and where are the stems to cut a flower greatly lengthens the time the flower will thrive in a vase and the number of additional blooms that will be produced by the flower plant.

Ansonky, Pamela and Fankh: "Specialty Cut Flowers: How to Get Long Stems and High-Quality Flowers." *Growing for Market*, September 1998; pp. 15-17.

Ansonky, Pamela and Fankh: *We're Gonna Be Rich!: Growing Specialty Cut Flowers for Market*. Lawrence, KS: Fairplain Publications, 1999. 165 pp.

Arranging Cut Flowers. San Francisco, CA: Ortho Books, 1985. 96 pp.

Black, Penny. *The Book of Pressed Flowers*. NY: Simon and Shuster. 1981. 120 pp. Excellent ideas, plants, and coll. Good information on tools and equipment, and how to press flowers.

Bycynski, Lynn. *The Flower Farmer*. White River Junction, VT: Chelsea Green, 1997. 203 pp. Excellent.

Bycynski, Lynn. "Grow Flowers for Cash." *Mother Earth News*, December/January 2003; pp. 20-25.

Caviglione, David. "A Seed Savers Guide To Flowers." *National Gardening*, August 1988; pp. 39-45.

Duthie, Pam. *Continuous Bloom*. Batavia, IL: Ball Publishing, 2000. 328 pp.

Foster, Catharine O. *Organic Flower Gardening*. PA: Rodale Press, 1975. 305 pp. Excellent.

Hallier, Malcolm, et al. *The Book of Dried Flowers*. NY: Simon and Shuster. 1972 pp.

Hawley, Anthony, ed. *Garden Annuals and Bulbs*. NY: MacMillan, 1971. 203 pp. Beautifully done.

Hawley, Anthony, ed. *Garden Perennials and Winter Plants*. NY: MacMillan, 1971. 216 pp. Beautifully done.

Kael, Leonard. *Dried Flowers: From Antiquity to the Present*. Metuchen, NJ: Scarecrow Press, 1973.

Kasperski, Victoria R. *How to Make Cut Flowers Last*. NY: William Morrow and Company, 1975. 191 pp.

Lent, Louise. "An Introduction To Flower Mini -Farming", Willits, CA: Ecology Action. 1990 60 pp.

Lovejoy, Ann. *The Year in Bloom*. Seattle, WA: Sasquatch Books, 1987. 264 pp. Very worthwhile publication.

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Nosiek, Joanna, and Ryann M. Rosnicki. *Postharvest Handling and Storage of Cut Flowers, Florist Greens, and Potted Plants*. Portland, OR: Timber Press, 1990. 210 pp.

Powell, Eileen. *The Gardener's A-Z Guide to Growing Flowers From Seed to Bloom: 526 Annuals, Perennials, and Bulbs*. VT: Storey. 2004. 528 pp.

Quarles, William. "Non-Toxic Fungicides for Roses." *Common Sense Pest Control Quarterly*, Spring 1998; 7-14.

Reilly, Ann. *Parks Succeed With Seed*. Greenwood, SC: Geo. W. Park Seed Company. 1978. 364 pp. Excellent.

- Schneider, Alfred F. *Park's Success with Bulbs*. Greenwood, SC: George W. Park Seed Co., 1981. 173 pp.
- Swanson, Laurie, and William Quarles. "Organic Control of Rose Insect and Mite Pests." *Common Sense Pest Control Quarterly*. Spring 1991: pp. 15-19.
- Theope, Patricia. *Everlastings: The Complete Book of Dried Flowers*. NY: Facts on File Publications, 1983. 144 pp.
- Venner, Yvette. *The Blooming Lawn: Creating a Flower Meadow*. White River Junction, VT: Chelsea Green, 1993. 144 pp.
- Some Key Esterhazy Seed Companies:**
- Be sure to specify untreated seed.*
- J.L. Hudson Seed Company, P.O. Box 337, La Honda, CA. 94020. jhudsonseeds.net.
- Stokes Seeds, P.O. Box 548, Buffalo, NY 14240-0548.
- Thompson and Morgan Seedmen, Inc. P.O. Box 397, Aurora, IN 47001-0397.
- Park Seed Company, 1 Parkton Ave., Greenwood, SC 29647.

18. FRUITS, BERRIES AND NUTS

One full-sized apple tree at maturity at intermediate biologically-intensive yields can produce enough apples for one pound a day annually for 3.25 people. In addition, through grafting, the tree can produce up to 10+ varieties of apples with the harvesting time occurring from as early as late June through early December.

- Baker, Harry. *The Fruit Garden Displayed*. London: Cassell Education Limited for the Royal Horticultural Society, 1991. 223 pp. Excellent.
- Edwards, Linda. *Organic Tree/Fruit Management*. Keremeos, Canada: Similkameen/Okanagan Organic Producers Association (SOOPA), formerly Certified Organic Association of British Columbia, Box 577, Keremeos, BC V0H 1N0, Canada, 1991. 280 pp.
- James, Theodore, Jr. *How to Select, Grow and Enjoy Fruits, Berries and Nuts in the East and Midwest*. Tucson, AZ: H.P. Books, 1980. 144 pp. Very Good.
- Logsdon, Gene. *Organic Orcharding: A Grove of Trees to Live In*. Emmaus, PA: Rodale Press, 1981. 415 pp.
- Omo, Stella. *The Backyard Orchardist*. 1993. 248 pp. Highly recommended by the North American Fruit Explorers.
- *Phillips, Michael. *The Holistic Orchard: Tree Fruits and Berries the Biological Way*. 2012. 400 pp. A powerful new approach to orchard care. Awesome pruning section. Each major crop looked at in holistic detail.
- Ray, Richard, and Lancer Wilhelm. *Citrus: How to Select, Grow, and Enjoy*. Tucson, AZ: H.P. Books, 1980. 176 pp. Excellent.
- *Rich, Lee. *The Pruning Book*. 2010. 240 pp. A key guide for both the novice and expert that takes the guess work out of pruning.
- Thompson, Bruce. *Black Walnuts for Fun and Profit*. Beaverton, OR: Timber Press, 1976. 235 pp.
- Tulare, Harold Bradford. *Dwarfed Fruit Trees*. Ithaca, NY: Cornell University Press, 1964. 562 pp. Definitive work on the subject.
- University of California Extension Service. "Avocado Care in the Home Orchard." 1975. 3 pp.
- Walsham, Lance, and Robert L. Stabbins. *Western Fruits, Berries and Nuts: How to Select, Grow and Enjoy*. Tucson, AZ: H.P. Books (P.O. Box 5367, Tucson, AZ 85703), 1988. 192 pp. Excellent. Worth several lifetimes of experience. Good for all fruit growers—not just Western ones.

*Whealy, Kent, ed. *Fruit, Berry, and Nut Inventory*. 3rd Edition. Dowsert, IA: Seed Savers Exchange, 2000. 500 pp. Excellent resource. An inventory of nursery catalogs and websites listing all fruit, berry and nut varieties available by mail-order in the U.S. 275 mail-order sources and 8,750 varieties represented. Good descriptions of each variety and where it will grow.

19. FUKUOKA CULTURE

Fukuoka developed one of the potentially most sustainable forms of farming by studying, working with and emulating the way Nature grows food.

Fukuoka, Masanobu. *The Natural Way of Farming: The Theory and Practice of Green Philosophy*. Tokyo and NY: Japan Publications, 1985. 230 pp. Note fertilization section on p. 180.

Fukuoka, Masanobu. *The One-Straw Revolution*. PA: Rodale Press, 1971. 181 pp. Natural farming from a Japanese philosopher/farmer. One of the few to add rice as a sustainable grain culture.

Fukuoka, Masanobu. *The Road Back to Nature*. Tokyo and NY: Japan Publications, 1987. 377 pp.

Fukuoka Seed Ball video: <http://www.youtube.com/watch?v=A4-bwWIPW3Q>

20. GARDENING

"The whole world is a garden, and what a wonderful place it would be, if each one of us just took care of our part of the Earth, our gardens" — Rihabir in Candide.

Bailey, L.H. *Cyclopedia of American Agriculture*: Vol. II—Crops. NY: Macmillan, 1907. 699 pp.

Brenzel, Kathleen Norris, ed. *Sunset Western Garden Book*. Menlo Park, CA: Sunset Books, 2012. 768 pp. Indispensable descriptions and culture directions for flowering plants, trees, and landscaping. Excellent. For West Coast gardeners. Not organic.

*Cronin, Rosalind. *The Complete Book of Edible Landscaping*. 2000. 384 pp. Excellent.

Dean, Heather, and Tom Benevento. *Gardening for the Earth and Soul*. Elgin, IL: Brethren Press, 2004. 180 pp. Beautifully inspiring.

Decker, Taoya L.K. *The Gardener's A-Z Guide to Growing Organic Food*. VT: Storey, 2003. 235 pp. Very good. Includes thinning distance spacing for tree fruit along branches for optimum productivity.

Foster, Catharine Osgood. *The Organic Gardener*. NY: Random House, 1972. 234 pp. Excellent, chatty, experienced. New England area especially.

Gardeners. (770 Blacklick Rd., Crestview, KY 40328) <http://users.maketeer.com/~gwill/hi-index.htm>. A monthly report on the latest gardening research, methods, tools, plants, books, and so-on. Excellent.

*Marin, Laurelyn and Byron. *Growing Tasty Tropical Plants*:...in any home anywhere, (like lemons, limes, citrons, grapefruit, kiwi, guava, mangos, Tahitian orange, bushados—tea, black pepper, cinnamon, vanilla, etc). VE: Storey, 2010. 159 pp.

Morse, Harriet K. *Gardening in the Shade*. Portland, OR: Timber Press, 1982. 242 pp.

Reingold, Howard, ed. *The Millennium Whole Earth Catalog: Access to Tools and Ideas for the Twenty-First Century*. San Francisco, CA: Harper, 1994. 354 pp. A classic that is practically inspirational today.

Rodale, J.J., et al. *Encyclopedia of Organic Gardening*. PA: Rodale Books, 1989. 1,145 pp. An excellent classic reference. Also see: Alkalinity/Acidity: pp. 4-8; Colloids: p. 207; Fertilizers: (organic, chemical, artificial) pp. 330-342; Gypsum: pp. 475-476; Organic Matter: pp. 796-801; PIs: pp. 529-540; Humus: pp. 547-548.

Rodale, Robert. *How to Grow Fruits and Vegetables by the Organic Method*. PA: Rodale Press, 1961. 926 pp. Another excellent reference. Many prefer the encyclopedia format, but we find the second to be more complete.

Salisbury, E.J. *The Living Garden (or The How and Why of Garden Life)*. London: G. Bell and Son, 1946. 232 pp.
An excellent book.

Vilmorin, Andrew. *The Vegetable Garden*. Ten Speed Press, Berkeley, CA, 1973. 620 pp. Paperback reprint of the excellent French classic from 1885. Some of the best cultivation instructions ever from both France and England.

Watkins, Norma. *How To Grow More Vegetables Organically in South Florida*. Environmental Demonstration Center, Life Lab Division, Miami-Dade Community College, 300 N.E. 2nd Avenue, Miami, FL 33132, 1979. 8 pp.

21. GLOBAL PERSPECTIVE

We can make a case that in as little as 65 years the entire Earth may be a desert and that in as little as 32 years there may be no more farmland soil in the world. We have reached a point of Peak Farmland soil.—John Jeavons

The United Nations Food and Agricultural Organization has noted that in about 12 years, in 2025, water limitations may well make two-thirds of the world's population, about 3 billion people, vulnerable—possibly unable to raise sufficient food to survive. We are at a point of Peak Water—and soon Peak Food.

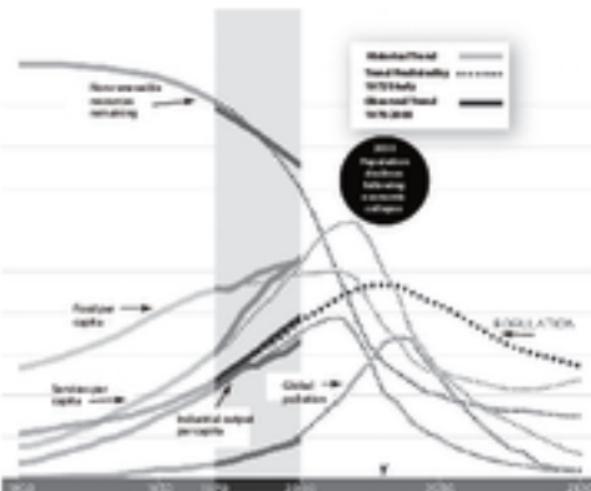
"We are at a point of Peak Peace." Rose Raisin Avon, 2005 at 9 years old

History combined with the world situation enable us to know ahead of time the direction things are going in—and how to take proactive action to transform these energies into the most positive direction and flow.

219,000 people net are joining us on the planet each day—births minus deaths. That would repopulate San Francisco, CA every three days, Costa Rica every 17 days, and Mexico City, the second largest city in the world, 3.5 times a year. This means we need 34,000 acres of new farmland soil daily. It is not happening. In fact, we are losing significant amounts of farmland soil daily.

Limits to Growth

As the world population grows at the rate of 216,000 people daily—birthing less deaths—pressure is placed on the world's farmland land and renewable resources. This situation means that we need 34,000 more farmland acres to feed these new inhabitants of planet Earth, and it is not happening. We have a situation of Peak Farmland Soil—and also Peak Phosphorus and Potassium. These things are demonstrated by the Limits to Growth graph below published by the Smithsonian magazine:



- Brown, Lester R. *State of the World*.—2012. New York: W.W. Norton, 2012. Excellent resource tool. Also see this publication for other years.
- Borsig, Dr. Frank, Gen. Ed. *The Gaia Peace Atlas—Survival into the Third Millennium*. Doubleday, 1988. 271 pp. Many incisive ways of looking into many world situations.
- Food and Agriculture Organization of the United Nations. FAO Statistical Yearbook. Rome: FAO, 2012. Available from <http://www.fao.org/economic/ess-ens-publications/issu-yearbook-fao-statistical-yearbook-2011/en/>. Replacement for FAO Production Yearbook. Also, see <http://faostat3.fao.org/home/index.html>
- Freeman, Orville L. "The World's Cupboard is Bare." *San Francisco Examiner*, February 7, 1982. pp. 18-21.
- Hanson, Paul. "Land and People, The Growing Pressure." *Earthwatch*. Washington, DC: Earthwatch Institute, No. 13, pp. 1-8.
- Jerroms, John. 2012 Google Talk: <http://www.youtube.com/watch?v=adMq9EhJU>.
- Rooders, Jorgen. 2012. *A Global Forecast for the Next Forty Years*. Chelsea Green Publishing, 2012. 304 pp. From one of the co-authors of "The Limits to Growth" and "Limits to Growth: The 30-Year Update".
- Singer, Jon, Ed. *The State of the Earth Atlas*. NY: Touchstone/Simon and Schuster, 1990. 127 pp. Many unique ways of looking at world situations.
- World of Hope*. John Jeavons (5791 Ridgewood Rd., Willits, CA 95490), 2001. 7 Episodes. http://johnjeavons.info/worldofhope_Home.html.
- The Worldwatch Institute. *State of the World*. NY: Norton. An annual report. Excellent.
- The Worldwatch Institute. *Mind Signs*. NY: Norton. An annual report. Excellent.
- World Resources Institute. *World Resources—A Guide to the Global Environment*. A good annual report.

22. GRAINS

In just 300 square feet, at biologically-intensive intermediate yields, one can grow sufficient wheat for one, one pound loaf of bread for every week in the year. In an additional 300 square feet, with hull-less oats you at intermediate yields, you can grow two good-sized bowls of oatmeal annually for each week. At the same time the straw is significant contributor to compost materials!

- *Busey, Marcieta. *Flour Power*. Jeremy Press, 2004. 265 pp. The only complete guide to home milling. Fresh whole grains lead to vastly improved health. Today bread making is easy. Let this book help you find the right mill for you.
- *Cox, Carol. "Grow Your Own Grains—Raising, Harvesting and Uses." Willits, CA: Ecology Action, 2001. 28 pp.
- Leonard, Warren H., and John H. Martin. *Cereal Crops*. NY: MacMillan, 1963. 124 pp.
- The Living Land*. Palo Alto, CA: Foundation for Global Community, 1999. Video. Includes discussion of perennial grain raising with Wes Jackson.
- *Longdon, Gene. *Small-Scale Grain Raising*. PA: Rodale Press, Second Edition: 2009. 305 pp.
- *Pitzer, Sam. *Homegrown Whole Grains*. VT: Storey Publishing, 2009. 168 pp. Includes recipes for wheat, corn, barley, millet, oats, rice, cereal rye, spelt and quinoa.
- *Schaller, Leanne K. *Legumes for the Organic Gardener and Mini-Farm: A Guide to Lentil History and Culture*. Ojai, CA: The Kima Seed Research Foundation, 2011. 133 pp.
- Tolstoy, Leo. *The Grain*. A wonderful, humorous short story about the importance of heritage seeds.

23. GRASSES

Preservation of the world's grasslands is key to sustainable ecosystems—to the preservation of the natural ecosystems and the genetic diversity of plants and animals upon which we all depend for a sustainable Earth.

Albrecht, William A. *Albrecht on Pastures*. Austin, TX: ACRES, USA, 2011. 247 pp.

Bonnes, Robert F., et al., eds. *Forages: An Introduction to Grassland Agriculture*, Vol. I. Ames, IA: Iowa State Press, 2003. 356 pp.

Hitchcock, A.S. *Manual of the Grasses of the United States*. Washington, DC: U.S. Department of Agriculture, Government Printing Office, 1935. 1,040 pp.

Hopkins, Alan, ed. *Grass, Its Production and Utilization*. Oxford, England: Blackwell Science, 2000. 440 pp.

Ondra, Nancy J. *Grasses: Versatile Partners for Uncommon Garden Design*. North Adams, MA: Storey Publishing, 2002. 143 pp.

Packard, Stephen, and Cornelia Matel, eds. *The Tallgrass Restoration Handbook*. Covelo, CA: Island Press, 1997. 463 pp.

Shaw, Thomas. *Grasses and How to Grow Them*. St. Paul, MN: Webb Publishing Co., 1905.

Shepard, Mark L. *Grassland Ecosystem Restoration: Successional Biomass and Oak Savanna as an Ecological Model for Permanent Staple Crop Production in North America*. Austin, TX: Acres U.S.A. Nov. 2010. pg. 26-32.

Shirley, Shirley. *Restoring the Tallgrass Prairie: An Illustrated Manual for Iowa and Upper Midwest*. Iowa City, IA: University of Iowa Press, 1994. 330 pp.

Stiles, H.W. *Grasses and Grassland Farming*. NY: Devin-Adair, 1958. 319 pp.

U.S. Department of Agriculture. *Grass: The Yearbook of Agriculture 1943*. Washington, DC: U.S. Government Printing Office, 1943. 392 pp.

24. GREENHOUSES

With greenhouses, tunnels and other season extenders, providing a reasonable amount of sun occurs, it is possible to extend your very active growing season a month, or more, on each side of that time, grow crops in zero degrees F. weather, raise seedlings on top of mesophilic compost piles that heat the flat soil, keep the roots warm and increase our food aside to the atmosphere, which helps the plants be more productive, thrive and be healthy. You can also grow \$10,000 to \$15,000, or more, annually in a 3,000 square foot greenhouse growing salad mix and other crops that produce a significant income per unit of area and time.

Anderson, Phyllis. "Gardening Under a Roof—Ten Tools You Make with Shade-cloth or Plastic over PVC Pipe." *Sunset Magazine* (Southern California Edition), March 1980, pp. 200-201.

Antill, David. *Gardening Under Protection*. Wakefield, England: EP Publishing, 1978. 72 pp.

Gatter, Mark, and McKee, Andy. *How to Grow Food in Your Polytunnel All Year Round*. Totnes, Devon, UK: Green Books, 2010. 192 pp.

McKee, Andy and Gatter, Mark. *The Polytunnel Handbook*. Totnes, Devon, UK: Green Books, 2009. 125 pp.

Marshall, Roger. *How to Build Your Own Greenhouse—Design and plans to meet Your Growing Needs*. VT: Storey, 2006. 255 pp.

Nutting, Helen and Scott. *Building and Using Our Sun-Heated Greenhouse: Grow Vegetables All Year Round*. VT: Garden Way, 1977. 148 pp.

Smith, Shane. *Greenhouse Gardener's Companion—Growing Food & Flowers in your Greenhouse or Sunspace*. Golden, CO: Fulcrum Publishing, Revised 2009. 497 pp.

Taylor, T.M. *Secrets to a Successful Greenhouse and Business—A Complete Guide to Starting and Operating A High-Profit Business That Benefits the Environment*. Melbourne, FL: Green Earth Publishing. 1999. 279.

Walls, Ian G. *The Complete Book of the Greenhouse*. London: Wood Lock. 1996. 304 pp.

25. HEALTH

Health is often created and maintained by good diet and exercise—not just by using various types of medicines, including herbal ones; when one is sick.

Balk, James F. and Phyllis A. *Prescription for Nutritional Healing: An Easy-to-Use A-Z Reference to Hundreds of Common Disorders and Their Herbal Remedies*. NY: Avery. 2002. 352 pp. Worthy addition to your healing library.

Bennangheldj, F. *Water For Health, For Healing, For Life*. NY: Warner Books. 2003. 284 pp.

Bennangheldj, F. *Your Body's Many Cries for Water*. Falls Church, VA: Global Health Solutions. 1995. 112 pp. Important.

Birmingham, Maureen and Peter Quesenberry. *Where There is No Animal Doctor*. Seattle, WA: Christian Veterinary Mission. 2000. 410 pp.

Bohnet, Stephen Harrel. *Herbal Antibiotics: Natural Alternatives for Treating Drug-Resistant Bacteria*. Poultney, VT: Storey Publishing. 1999. 115 pp. Easier to use.

_____. *Herbal Antibiotics—Natural Alternatives for Treating Drug-Resistant Bacteria*.

VT: Storey Publishing. 2012. 467 pp. Very in-depth description of a few super-antibiotic herbs. For the advanced herbalist. Information contained in it may save lives.

Bums, A. Axagot et al. *Where Women Have No Doctor—A Health Guide for Women*. Berkeley, CA: The Hesperian Foundation. 534 pp.

Chevalier, Andrew. *Encyclopedia of Herbal Medicine—The Definitive Reference to 530 Herbs and Remedies for Common Ailments*. UK: Dorling Kindersley. 2000. 336 pp.

*Chevalier, Andrew. *Herbal Remedies*. UK: Dorling Kindersley. 2007. 288 pp. Goes beyond herbs to all plants that are medicinal, including chickweed, celery, chocolate and pumpkin seeds. All world medicines are represented.

D'Onizio, Vito-Sica. *Gardener's Yoga*. Seattle: Sasquatch Books. 2006. 63 pp. Worthwhile.

Diamond, Jed. *Men Alone—Stop Killer Stress with Simple Energy Healing Tools*. Fifth Wave Press. 2012. 346 pp. Easy to use health solutions.

Fulerman, Joel. *Disease-Proof Your Child—Feeding Kids Right, Featuring Complete Meal Plans and More than 50 Delicious Recipes (For Today, Reduce Asthma, Ear Infections and Allergies...For The Future: Protect Against Diabetes, Cardiovascular Disease, and Cancer)*. NY: St. Martin's Griffin. 2003. 234 pp.

Klein, Susan. *A Book for Midwives—A Manual for Traditional Birth Attendants and Community Midwives*. Berkeley, CA: The Hesperian Foundation. 1995. 520 pp.

Norton, Ellen. *Newa, India's Miraculous Healing Plant*. Rochester, VT: Healing Arts Press. 2000. Pp. 1-92.

Terra, Lesley. *Healing With The Herbs Of Life—Hundreds of Herbal Remedies, Therapies & Preparations*. Berkeley, CA: Crossing Press/Ten Speed Press. 2003. 437 pp.

Wood, Susan S. *Breast Cancer? Breast Health—The Wise Woman Way*. Woodstock, NY: Ash Tree Publishing. 1996. 358 pp.

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- Wood, Susan S. *Wise Woman Herbal—Healing Wise*. Woodstock, NY: Ash Tree Publishing, 1999. 293 pp.
- Weser, David. *Helping Health Workers Learn*. Palo Alto, CA: The Hesperian Foundation (Box 3692, Palo Alto, CA 94302), 1982. 573 pp.
- Williams, Dr. David. *Alternatives*. P.O. Box 3277, Lancaster, PA 17604. Health newsletter. Clear, functional and excellent.
- 26. HERBS**
- Herbs can make for a healthier person, soil and garden. Some of my favorites include: rosemary, lavender and the antibacterial, anti-fungal and anti-viral aloe.*
- Bremness, Lesley. *Herbs: The Visual Guide to More Than 200 Herbs and Species from Around the World*. NY: DK Publishing, 1994. 304 pp. Excellent.
- *Coch, Richard A. *The Medicinal Herb Grower—Volume I*. Horizon Herbs LLC. Excellent and thorough. 2009. 150 pp.
- De Baggio, Thomas. "Growing Herbs." *The Herb Companion*. Oct./Nov. 1988. pp. 9-13.
- Foster, Gertrude B., et. al. *Park's Success with Herbs*. Greenwood, SC: George W. Park Seed Company, 1990. 192 pp. Excellent.
- Grieve, M. *A Modern Herbal, Volume 1*. NY: Dover Publications, 427 pp. A classic.
- Grieve, M. *A Modern Herbal, Volume 2*. NY: Dover Publications, 474 pp. A classic.
- Hoffman, David L. *The Herb User's Guide*. VT: Thorsons Publishing Group, 1997. 240 pp.
- Hoffman, David L. *The Holistic Herbal*. Lingmead, Shaftesbury, Dorset, England: Element Books Ltd. 1998. 230 pp.
- *Jawors, John, et. al. *The Backyard Homestead Mini-Farm and Garden Log Book*. Ten Speed Press, Berkeley, CA 94707, 1983. 234 pp. pp. 115-130. Self-fertilizing herbal lawn that needs half the maintenance and part of which you can use in cooking.
- Kerville, Kathy. "Solvex-Making and Keeping Your Own." *Vegetarian Times-Well Being*, Issue #47. (Or Write to: Herb Farm, 14443 Pest Tree Lane, Nevada City, CA 95959).
- Kerville, Kathy. "Herbal Tinctures, Everything You Wanted To Know..." *Vegetarian Times-Well Being*, Issue #49.
- Kerville, Kathy. "The Herbal Craftsperson – Part 2, A Guide to Harvesting." 3 pp.
- Kowalchick, Claire, et. al. *Rodale's Encyclopedia of Herbs*. PA: Rodale Press, 1987. 345 pp.
- *Lens-Petrie, Louise. "Growing Medicinal Herbs in as Little as Fifty Square Feet—Uses and Recipes". Willits, CA: Ecology Action, 1995. 40 pp. Grow most of your medicinal herbs in a small area. An herbal "medicine cabinet" of 24 common, easily grown herbs—described in depth. Instructions, recipes and bibliography. Sample 50-sq-ft bed with ideas for personal modifications.
- Linn, Patrick. *Harrington's Illustrated Book of Herbs*. Ontario, Canada: Camden House, 1996. 175 pp.
- Phillips, Harriet Flannery. "Herbal Ground Covers: Useful Plants for Problem Areas." *The Herb Companion*, June/July 1997. pp. 36-41.
- *Schaefer, Prg. *The Chinese Medicinal Herb Farm: A Cultivator's Guide to Small-Scale Organic Herb Production*. VT: Chelsea Green, 2011. 312 pp. A special resource.
- Tolley, Emelie, et. al. *Herbs, Gardens, Decorations, and Recipes*. NY: Crown Publishers, 1985. 244 pp.
- Terra, Michael. *The Way of Herbs*. NY: Washington Square Press, 1983. 281 pp. Excellent.
- Terra, Michael. *Planetary Herbology*. Santa Fe, NM: Lotus Press, 1988. 485 pp. Excellent.

27. HIGH ALTITUDE FOOD GROWING

Growing in these climates is often challenging and may include hail at inopportune times. Learning from an experienced gardener makes all the difference in the world.

- Allen, Judy. "Mountain Top Gardening." *National Gardening*. September 1985. pp. 14-18.
- Allen, Judy. "Undercover Report." *National Gardening*. September 1986. pp. 18-19.
- Allen, Judy. "Seedlings Under Snow." *National Gardening*. November 1986. pp. 12-13.
- Allen, Judy. "A Mountain Legend." *National Gardening*. November 1987. pp. 24-27.
- "Mountain Agriculture." I.L.E.I.A. I.L.E.I.A., P.O. Box 64, 1130 Alb Londen, The Netherlands, March 1983; Vol. 4, No. 1.
- Weinberg, Julie. *Growing Food In The High Desert*. Santa Fe, NM: Sunstone Press, 1985. 91 pp.

28. HISTORY

Learning from others can enable us to grow food and soil better, avoid depletion as many have over time and can better enable us to be proactive. "If you want to predict the future, create it." Without this knowledge, northern Africa, which used to be the grain producing area for Rome, became relatively desirous and a major area in Africa, which was forested, because the Sahara Desert. Why not create a veritable Garden of Eden instead?

- Aquarius, A. *Intensive Culture of Vegetables - French System*. Harrisville, NH: Solar Survival Press, 1978. 192 pp.
- Buchanan, Keith. *Transformation of the Chinese Earth*. NY: Praeger Publishers, 1970. 335 pp.
- Carter, Vernon, et. al. *Topsoil and Civilization*. OK: University of Oklahoma Press, 1935. 275 pp. Documentation of the historic deterioration of civilizations stemming from the depletion of soils.
- Coe, Michael D. "The Chinampas of Mexico." *Scientific American*. July 1964. pp. 90-91. The floating gardens of Mexico.
- Doulet, Paul, et. al. *Intensive Gardening Round the Year*. VT: The Stephen Green Press, 1988. 144 pp. History Chapter a good review.
- Ryans, Edward. *Soil and Civilization*. NY: Harper and Row Publishers, 1952. 312 pp. Additional documentation of the historic deterioration of civilizations stemming from the depletion of soils.
- Hensel, Julius. *Bread From Stones*. Austin, TX: Acres U.S.A., 1998. 102 pp. A classic.
- Homonat, Rudolf P. *China at Work*. MA: The M.I.T. Press, 1937. 366 pp.
- Reed, Charles A. (ed.) *Origins of Agriculture*. Merton Publishers, The Hague, Netherlands, 1977. 1043 pp.
- Howard, Sir Albert. *An Agricultural Testament*. NY: Oxford University Press, 1943. 253 pp. A classic.
- Howard, Sir Albert. *The Soil and Health*. NY: The Devin-Adair Co. 1936. 307 pp. Another classic.
- *Jevons, John. *How to Grow More Vegetables, and Fruits, Nuts, Berries, Grains and Other Crops Than You Ever Thought Possible On Less Land Than You Can Imagine*. NY: Ten Speed Press/Crown Books/Random House, Eighth Edition. 2012. pp. 7-13 and 239.
- Korn, Peter R. "The Food Crisis." *The Wall Street Journal*. November 11, 1974. p. I, p. 14.
- King, F.H. *Fathers of 40 Centuries*. PA: Rodale Press, Inc. 1972. 442 pp. Essential documentation of Chinese, Japanese and Korean biologically-intensive farming with a periodic focus on sustainable soil fertility.
- Mabell, A.J. *French Intensive Gardening*. London: W.H. & L. Collingridge Ltd., London, England, 128 pp.

- Mullen, William. "Secrets of Thoreau." *Sunday Magazine*, Chicago Tribune, November 21, 1986, pp. 10-19, pp. 23-27, pp. 29-32.
- Reed, Charles A. *Origins of Agriculture*. The Hague, Netherlands: Mouton Publishers, 1977. pp. 1-643.
- Smith, Thomas. *French Gardening*. London: Utopia Press, London, 1969. 125 pp.
- Steiner, Rudolf. *Agriculture*. Bio-Dynamic Agriculture Assn., Rudolf Steiner House, 35 Park Road, London, N.W. 1, 1953. 175 pp. Basis of Bio-dynamic farming, Advanced.
- Steinbeck, John. *The Grapes of Wrath*. NY: Penguin, 1992. 619 pp. Fictional, but real depiction of life during the Dust Bowl period in the U.S. during 1930s.
- Stoyl, Wolf D. *Culture and Horticulture*. Biodynamic Literature, Wyoming, RI 02898. 1979. 434 pp. pp. 5-25, pp. 29-91.
- Stoyl, Stoyl. *Primitivist Agriculture*. Garden City, NY: The Natural History Press, 1971. 233 pp.
- Westhern, John. *Commercial Gardening - Volumes I-IV*. London: The Geranium Publishing Company.
- Westhern, John. *French Market Gardening*. London: John Murray Co. 1909. 223 pp.

29. HOMESTEADING TIPS

Believe it or not, the people in the United States worked less hours than we do today. Two Korean women observing a family in the U.S. noted how much more we work than the people in their country do. All this is worth reflecting on. Additionally, what are the kinds of tasks that are productive, effective and bring joy?

- RockHouse magazine*. (P.O. Box 370, Mountain Home, NC 28752) Excellent urban and rural "homesteading" skills periodical.
- Burgess, Rebecca. *Harvesting Color—How to Find Plants and Make Natural Dyes*. NY: Artisan, 2011. 180 pp. Excellent.
- Bums, Scott. *The Household Economy*. Boston: Beacon House, 1974. Excellent reflection on how life works with a comparison of the late 1960s with earlier times.
- Emery, Carla. *The Encyclopedia of Country Living: An Old Fashioned Recipe Book*. Seattle: Sasquatch Books, 2003. 922 pp. Excellent.
- Hirser, Jr., Charles B. *The Gound Book*. OK: University of Oklahoma Press, 1979. 248 pp.
- Maili, Thomas E. *The Hopi Survival Kit: Prophecies, Instructions, and Warnings Revealed by the Last Elders*. NY: Penguin Company (375 Hudson St. New York, NY 10014), 1997. 376 pp. Worth perusing.
- Nabokov, Peter and Easter, Robert. *Native American Architecture*. NY: Oxford University Press, 1969. 401 pp.
- Neuring, Helen and Scott. *Continuing the Good Life*. NY: Schocken, 1979. 194 pp.
- Neuring, Helen. *Living the Good Life*. NY: Schocken, 1970. 213 pp.
- Scher, Les and Carol. *Finding and Buying Your Place in the Country*, 4th Edition. Chicago: Real Estates Education Company, 1996. 414 pp. Excellent.
- Seymour, John. *The Guide to Self-Sufficiency*. London: Faber and Faber, 1976. 256 pp. Coffee-table size. Includes grain, livestock, energy, and skills such as spinning, metalwork, and thatching.
- Seymour, John and Sally. *Self-Sufficiency*. London: Faber and Faber, 1973. 250 pp. Good personal account.
- Seymour, John. *I'm a Stranger Here Myself*. London: Faber and Faber, 1970. 140 pp. Another good personal account.

- Seymour, John. *La Vida en el Compo y El Horticulor Autosuficiente*. Barcelona: Impreso en Edigraf. 1991. 236 pp.
- Sloane, Eric. *An Age of Burns*. NY: Ballantine Books. 1967.
- Southern, Anne Ophelia. *Wild Green Things in the City—A Book of Weeds*. NY: Thomas Y. Crowell Co. 1972. 55 pp.
- Uproot-Living Fully, Digging Deeper. www.uproot.com A magazine that explores living more simply and holistically through quarterly theme issues and original articles.
- Wells, Kenneth McNeil. *The Owl Pen Reader*. NY: Doubleday, 1969. 445 pp. A fun read.
- Zimmerhof, Christian and Johannes. *The Big Book of Flax*. Atglen, PA: Schiffer Publishing. 2011. 240 pp. Comprehensive.
- 30. HUMAN WASTE**
- The real waste is that we are flushing all these nutrients away often into rivers, oceans or down bore holes, or mixing them with heavy metal containing manufacturing waste. The result is that the Earth's soils are becoming demineralized or toxic. The properly, safely and legally recycled human waste from one average global person annually can contain the nutrients needed to grow all of next year's food for one person. Another way to look at it, if a person lives for 85 years, during a lifetime, one person often "flushes" away 85 people's lifetimes' worth of nutrients.*
- Beeby, John. *Future Fertility: Transforming Human Waste into Human Wealth*. Willits, CA: Ecology Action. 1991. 164 pp.
- Jenkins, Joseph. *The Humanure Handbook: A Guide to Composting Human Manure*, 3rd Edition. White River Junction, VT: Chelsea Green Publishing. 2005. 235 pp.
- Stover, C.H., ed. *Goodbye to the Flush Toilet*. PA: Rodale Press. 1977.
- Van der Ryn, Sim. *The Toilet Papers*. Santa Barbara, CA: Capra Press. 1978. 124 pp.
- 31. HYDROPONICS**
- Hydroponics has a lot of set up and running expenses and works with many toxic materials. Why not explore organic hydroponics?*
- Douglas, Sholto. *Hydroponics: The Bengal System With Notes on Other Methods of Soilless Cultivation*. Bombay: Oxford University Press. 1959. 155 pp. An organic method of hydroponics.
- 32. INCOME**
- A farmer grows crops for food to eat and for income. Why not do this in a small area part time, rather than on a large area working more than full time? The average farmer has a capital investment of about \$500,000 for his or her ~500 acre farm, earns a net income of about \$6,700 from this work and has to work at an off the farm, non farm job to earn an additional ~\$33,300. See an alternative under Kona Kai Farms below.*
- Attalid, J.D. *East African Crops*. London: Longman Group Ltd. 1980. 252 pp.
- Andriano, Vilmarin. *The Vegetable Garden*. Berkeley, CA: Ten Speed Press. 1983. 620 pp.
- "Establishing a CSA," Austin, TX: Acres U.S.A., October 2011.
- Gibson, Eric. "Big Bucks from Small Acres." *Income Opportunities*. July/August, 1988. pp. 54-56.
- *Griffin, J. Mogador. "Cucumber Bonanza", Willits, CA: Ecology Action. 1979. 18 pp. Learn how to obtain much higher yields through observation and data collection.
- *Jervens, John. "An Experimental 33-Bed GROWBIOINTENSIVE® Mini-Farm: Growing Complete Fertility, Nutrition and Income". Willits, CA: Ecology Action. 2012. 31 pp. pp. 21-22.

- *Jevons, John. "The Complete 21-Bed Bio-Intensive Mini-Farm". Willits, CA: Ecology Action. 1986. 39 pp. pp. 23-36.
- Kono Kai Farms. Spring Newsletter, March 1983; 4 pp. Write to Kono Kai Farms, 1124 5th Street, Berkeley, CA 94710. Information from the former Economic Mini-Farm that earned \$235,000 gross/\$30,000 net at its peak on a 1/4-acre of planted surface, marketing 90% of its produce in northern California and while paying its 3 farmers 2.5 times the going farmer pay rate.
- *Moore, Steve. "Bio-intensive Lettuce Mini-Farm—Business Plan". Willits, CA: Ecology Action. Rev. 2000. 2 pp.
- Quincey, C.P. Intensive Salad Production. London: Crosby Lockwood and Son Ltd. 1945. 230 pp.
- "Salad: Fresh From 4th Street". Berkeley Ecology Center Newsletter. Berkeley, CA, March 1986, p. 2.
- Rohatgi, Vinod E. and Yamaguchi, Mas. *World Vegetables: Principles, Production, and Nutritive Values*. MD: Aspen Publishers. 1999. 543 pp. Greatly expanded second edition. An exceptional resource.

A. INSECT LIFE AND PLANT HEALTH

Until recently, when all the pesticides, herbicides, biocides, and rodenticides known to humankind were used in farming, 34% of the crop was still lost. Recently this changed. It is now 37%. If no-icides are used the crop loss is 42%. We are reaching the point where the yield will be the same if we use nothing. With biologically-intensive food raising, the crop loss is on the average probably about 5%. Why not let the life forces in Nature work for you?

A balanced ecosystem contains harmful insects, which are the food for beneficial predatory insects. It is a balance among these that we must seek.

We need to create thriving mini-ecosystems!

- Classen, Ruth Rogers. *20 Beautiful Deer-Resistant Plants—The Prettiest Annuals, Perennials, Bulbs, and Shrubs that Deer Don't Eat*. CA: Timber Press. 2011. 223 pp. Our fixed to plants under rugged deer-eating conditions are rosemary, lavender and wild daisies.
- *Coxson, Ross. *Natural Beekeeping—Organic Approaches to Modern Apiculture*. VT: Chelsea Green Publishing. 2007. 246 pp.
- *Deardorff, David. *What's Wrong With My Plant? (And How Do I Fix It?)—A Visual Guide to Early Diagnosis and Organic Remedies*. CA: Timber Press. 2009. 452 pp. Excellent.
- Ellis, Barbara W., and Fern Bradley, eds. *The Organic Gardener's Handbook of Natural Insect and Disease Control*. PA: Rodale Press, 1996. 514 pp.
- Hart, Rhonda Massingham. *Defeating Pest and Disease*. North Adams, MA: Storey Publishing. 2005. 199 pp.
- Hunter, Beatrice Tracy. *Gardening Without Poisons*. NY: Berkley Publishing. 1971. 352 pp. Comprehensive survey of insect-control methods.
- *Jevons, John. *How to Grow More Vegetables*. Willits, CA: Ecology Action. 2012. 239 pp. pp. 119-128.
- Juhn, Robert G. *Preventing Deer Damage*. Austin, TX: Acres U.S.A. 2011. 100 pp.
- *Leier, Robin. *Gopher Control*. Willits, CA: Ecology Action. 1 p.
- McClure, Susan, and C. Colston Burrell. *Rodale's Successful Organic Gardening: Control of Pests and Diseases*. PA: Rodale Press, 1992.
- McGraw, S.E. *Insect Pollination of Cultivated Crop Plants*. Washington, DC: Agricultural Research Services, U.S. Department of Agriculture, 1958. 411 pp. Excellent.
- Mitchell, Robert T. *Butterflies and Moths*. NY: Golden Press, 1962. 160 pp.

- Pesticide Action Network (49 Powell St, Ste. 500, San Francisco, CA 94102). Worldwide information clearinghouse on pesticide dangers.
- Philbrick, Helen, et. al. *The Bug Book*. VT: Garden Way Publishing. Both editions are useful and have some different information.
- Philbrick, Helen, et. al. *The Bug Book*. VT: Garden Way Publishing. 1974. 124 pp.
- *Rafferty, Kevin. *Slugs/Snails*. Willits, CA: Ecology Action. 1 p.
- *Rafferty, Kevin. *Suggestions To Minimize Insect Pests In Your Garden*. Willits, CA: Ecology Action Information Sheet. 6 pp.
- Smith, Minerva, et. al. *Rodale's Garden Insect, Disease and Weed Identification Guide*. PA: Rodale Press. 1979. 328 pp.
- Smittle, Delilah, ed. *Rodale's Complete Garden Problem Solver*. PA: Rodale Press, 1997. 346 pp. Available at most garden centers. One of my favorites.
- Tanem, Bob. *Decto List: 1992 Update*. Santa Venetia Nursery, 213 North San Pedro Rd., San Rafael, CA 94901. 2 pp.
- Tompkins, Peter and Christopher Bird. "Love Among the Cabbages." *Harper's*, November 1972: 136-141. Worth reading.
- Tompkins, Peter and Christopher Bird. *The Secret Life of Plants*. NY: Harper and Row, 1973. 402 pp. Excellent.
- Vinson, Roger B. *The Encyclopedia of Natural Insect and Disease Control*. PA: Rodale Press. 1994. 490 pp.
- Zim, Herbert S. *Insects*. NY: Golden Press, 1956. 160 pp.

34. LANGUAGE AND TRAVEL

Many people want to explore and learn from other cultures. One of the best compost recipes for low rainfall areas was taught to us by a relatively "uneducated" person. I felt it to be the uneducated one.

Ametry, Heather, et. al. *The First 1,000 Words in Spanish*. London: Usborne Publishing, 1979. 62 pp.

Peter Corp. *A Glossary of Agricultural Terms: Spanish/English - English/Spanish*. Washington, DC: American Language Center, The American University, 1976. 107 pp.

Rice, Robert P., Jr. *Thomson's English/Spanish - Spanish/English Illustrated Agricultural Dictionary*. Fresno, CA: Thomson Publications (P.O. Box 9335, Fresno, CA 93791), 1993. 860 pp. Excellent for beginners.

Wilkes, Angela. *Spanish for Beginners*. Lincolnwood, IL: National Textbook Company. 50 pp.

35. MUSHROOMS

With the world's growing population and lowering farmland per person, we are feeling that there is not much room left. Mushrooms not only are a good food; they also can remediate a toxic soil.

Anora, David. *Mushrooms Demystified*. Berkeley, CA: Ten Speed Press, 1979. 668 pp. A classic.

*Stamets, Paul. *Gardening Gourmet and Medical Mushrooms*. Berkeley, CA: Ten Speed Press, 2000. 574 pp. Excellent and thorough, for those with serious interest.

*Stamets, Paul. *Mycelium Running: How Mushrooms Can Help Save the World*. Berkeley, CA: Ten Speed Press, 2005. 339 pp. Excellent, including a beginning on how to begin to remediate toxic soils.

36. NATIVE AMERICANS

Learning from those who lived in harmony with the land is an exhilarating experience.

- Brechac, Joseph, and Michael J. Caduto. *Native American Gardening: Stories, Projects and Recipes for Families*. Golden, CO: Fulcrum 1996. 158 pp.
- Brown Jr., Tom. *The Tracker*. Berkley Books. 1979. 229 pp. Experiences of a person trained in tracking skills by the last Apache scout. Exceptional.
- 37. PERMACULTURE**
- Sustainably practiced, Permaculture design principles are a special gift to us all.*
- Holmgren, David. *Permaculture—Principles & Pathways Beyond Sustainability*. Hepburn, Victoria 3461, Australia: Holmgren Design Services. 2002. 286 pp. By the co-originator of the Permaculture Concept.
- Mollison, Bill with Reny Mia Shry. *Introduction to Permaculture*. Tyalgum, Australia: Tagari Publications. 2nd Edit. 1994. 216 pp.
- Mollison, Bill. *Permaculture—A Designer's Manual*. Tyalgum, Australia: Tagari Publications. 1988. 576 pp.
- Mollison, Bill & Holmgren, David. *Permaculture One—A Potential Agriculture for Human Settlements*. Hobart, Australia: Environmental Psychology, University of Tasmania. 1978. 128 pp.
- The Permaculture Activist*. (P.O. 1, box 38, Prism Springs, TN 38476). Magazine. Excellent.
- Whitefield, Patrick. *Permaculture in a Nutshell*. Hampshire, England: Permanent Publications. 3rd Edit. 2000. 94 pp.
- 38. PHILOSOPHY**
- Pogo said, "There *is* no *me*; and *she* is *us*." *Ecology Action has found our friend, and *she* is *us* as well. It all depends on how we do things!*
- Pogo also said, "We are surrounded by innumerable opportunities." *Why not break the challenges into bite-sized pieces and transform one of them at a time?*
- Adams, Richard. *Watership Down*. NY: Avon Books. 1972. 475 pp. An indirect reflection about human civilization through a fictional rabbit perspective.
- Agriculture, Food and Human Values. (100 E. Normal St., Kirksville, MO 63501-4211). Quarterly journal. Excellent perspectives.
- Ashborough, Richard. *The Words of Gandhi*. NY: New Market Press. 111 pp.
- Berry, Wendell. *The Unsettling of America: Culture and Agriculture*. San Francisco, CA: Sierra Club Books, 1977. 226 pp. Eloquent and passionate view of the sociological aspects of farming.
- Christensen, Carl. *The Green Bible*. Ben Lomond, CA: Johnny Publishing (P.O. Box 624, Ben Lomond, CA 95005), 1990. 31 pp. Excellent.
- DeVault, George, ed. *Return to Pleasant Valley: Louis Bromfield's Best from Malabar Farm and His Other Country Classics*. Chillicothe, IL: The American Botanist, 1996. 318 pp. Inspiring.
- Dominguez, Joe, and Vicki Robin. *Your Money or Your Life: Transforming Your Relationship with Money and Achieving Financial Independence*. NY: Penguin, 1992. 350 pp.
- Goering, Peter, Helene Norberg-Hodge, and John Page. *From the Ground Up: Rethinking Industrial Agriculture*. Atlantic Highlands, NJ: Zed Books/International Society for Ecology and Culture, 1993. 130 pp.
- Gray, Charles. *Toward a Nonviolent Economics*. Eugene, OR: Charles Gray (333 Almoden, Eugene, OR 97402), 1989. 140 pp. Excellent perspective.
- Mander, Jerry. *In the Absence of the Sacred*. San Francisco, CA: Sierra Club, 1992. 446 pp.

- McRobie, George. *Small is Possible*. NY: Harper and Row, 1980. 331 pp.
- Millman, Dan. *Way of the Peaceful Warrior: A Book That Changes Lives*. Tiburon, CA: J.J. Kramer (P.O. Box 1012, Tiburon, CA 94920), 1984. 210 pp.
- Papanek, Victor. *Design for the Real World*. Chicago, IL: Academy Chicago Publishers, 1985. 394 pp.
- Pfeiffer, Ehrenfeld. Himself. Austin, TX: Acres USA, Masters of Eco-Agriculture Series, Metairie, La. 1957-1960.
- Quinn, Daniel. *Inhabited*. NY: Bauman, 1992. 262 pp.
- Schumacher, E.F., et al. *The Collected Writings of Hazel Henderson—Creating Alternative Futures*. NY: Berkeley Publishing (200 Madison Ave., New York, NY 10016), 1978. 403 pp.
- Schumacher, E.F. *Small is Beautiful*. NY: Harper and Row, 1973. 303 pp.
- Schumacher, E.F. *Good Work*. NY: Harper and Row, 1979. 223 pp.
- Tenck, Edward Way, ed. *The Wilderness World of John Muir*. Boston: Houghton Mifflin, 1964. 312 pp. Inspiring.
- Tolstoy, "How Much Land Does a Man Need?". From *The Portable Tolstoy*. Bayley, John ed. Mt. Vernon, NY: Penguin Books. 1978. 583 pp. pp. 506-522.
- Tolstoy, *What Men Live By*. Mt. Vernon, NY: The Peter Pauper Press. 58 pp.

39. PLANNING

In the 1920s an American woman married a Chinese farmer and moved to China. The way they planned was by using data collected for the previous 30 years each year.

Making a plan of what to do each month of the year, or even each week, makes the daily work so much easier. You know you are doing what needs to be done. Also, if one time period has too much to do in it, you can spread out the tasks, so the work is more fun.

Beeby, John. *Harvest Planner* - a free online program that helps you analyze the nutritional status of a diet, and to design nutritionally complete diets for a family. Harvest Planner will soon also help you to grow the nutritionally complete diets you have planned using sustainable agricultural methods. Available at www.harvestplanner.org.

*Conner, Cindy. *Develop a Sustainable Vegetable Garden Plan*. VA: Cindy Conner. 2009. An intense 66-minute video course in garden planning packed with information. Cindy takes you through the steps of putting together a notebook with your complete plan. A companion CD contains worksheets to help you figure how many seeds and plants you need, when to plant and where, and when to expect a harvest. Meet Cindy's friends and visit their gardens as they explain how garden planning has helped them.

*Cox, Carol. *The Sustainable Vegetable Garden—The Backyard Guide to Higher Yields and Healthy Soil*. Willits, CA: Ecology Action. Revised 1999. 113 pp. Planning Chapter.

*Ecology Action. *Ecology Action's 2013 Garden Calendar—A Working Calendar*. Willits, CA: Ecology Action. Published annually. Describes what to do periodically during each month combined with a calendar for writing your own action entries, plus inspiring quotes. For Willits, CA 5-month active growing season: ~May 15 to October 15. Can be adjusted to other similar growing seasons and is a good pattern for the development of similar calendars for shorter and longer active growing seasons. Works in Boston as well.

*Ecology Action Staff. "Designing a GROW BIOINTENSIVE® Sustainable Mini-Farm—A Working Paper". Willits, CA: Ecology Action. 2003. 45 pp. Comprehensive.

*Jensen, John, Griffin, J. Magdalor, and Leier, Robin. *The Backyard Homestead, Mini-Farm and Garden Log Book*. Berkeley, CA: Ten Speed Press. 1983. 234 pp. pp. 46-117, pp. 145-189.

- *Jervois, John and Bruneau, Bill. "Backyard Garden Research". *Ecology Action*, Willits, CA 95490, 1978. 32 pp.
- Maderieris, Eric. *Designing Cropping Systems from Nature*. Les Ulis Cedex, France: Agronomy for Sustainable Development, Vol. 32, No. 1, 2012. 29 pp.
- Wain, Nora. *The House of Exile*. NY: Blue Ribbon Books, 1903. 337 pp. pp. 53-76. Experiences in China of an American woman who married a Chinese Farmer—each year they planned the farm using data from the previous 30 years.

40. PRUNING

If you not shape your tree to be like you want, while strengthening its health and increasing its productivity?

Brickell, Christopher. *Pruning*. NY: Simon and Schuster, 1980. 96 pp. Excellent.

Hudson, Roy L. *The Pruning Handbook*. NY: Galahad Books, 1952 and 1972. 80 pp. [Sunset]

Loreto, Louis. *The LORETO System of Pruning*. London: Martin Hopkinson, 1925. 166 pp. Practiced by Alain Chadwick. Fruit trees are gently pinched back, pruned trained during summer so that the year's growth-energy goes into the tree's growth that you want.

41. ROOTS

Roots are the controlling part of the plant. If you increase the root health 2% to 4% you can increase the yield of most crops 200% to 400%. Also root "compost" that is developed naturally in the soil is 5 times better qualitatively than animal manure or compost, and two times better than plant compost.

Eptonin, Emanuel. "Roots." *Scientific American*, May 1973: pp. 48-58.

Weaver, John E. *Prairie Plants and Their Environment*. Lincoln, NE: University of Nebraska Press, 1968. 276 pp. John Weaver spent his life studying and documenting in text and illustrations the root systems of plants. Invaluable.

Weaver, John E. *Root Development of Field Crops*. NY: McGraw-Hill, 1926. 291 pp. Emphasizes grains. Among many other things compare the root systems of corn and sorghum for an amazing education.

Weaver, John E. *Root Development of Vegetable Crops*. NY: McGraw-Hill, 1927. 331 pp. Check out how deep a carrots root goes in average soil.

Wilson, Charles M. *Roots: Miracles Below*. NY: Doubleday, 1968. 214 pp. Excellent.

42. SEED PROPAGATION

If you raise your seedlings in flats, rather than direct sowing, you can save sufficient water to grow a complete diet for half of a person's to an entire person's diet for a whole year—if you also choose the right water efficient crops.

Bailey, L.H. *How Plants Get Their Names*. NY: Dover Publications, 1963. 181 pp.

Buchanan, Rita. *A Naturalist's Guide*. Loveland, CO: Intermountain Press, 1987. 239 pp.

Bunting, Albert C. *Bountiful Vegetables*. NY: Houghton Mifflin, 1975. 224 pp. Good note on scheduling for continuous harvest.

"Crop Genetic Erosion in the Field." The Seed Map (RAFI, P.O. Box 605, Pittsboro, NC 27312), 1992. Large Chart.

Ericksen-Brown, Charlotte. *Use of Plants for The Past 500 Years*. Botany Cranks Press, Box 104, Aurore, Ontario, Canada, L4G 3H1. Excellent. Also see Dover edition of the above.

Fyfe, Agnes. *Moon and Plant Society for Cancer Research*, Adelheim, Switzerland, 1975. 94 pp.

"GMO Revolution Hits Double Trouble." *U.S. News and World Report*. July 28, 1990. p. 37, p. 40.

- "Green Revolution." *The Elements*. 1991 Q St. N.W. Washington, D.C. 20009. June 1973, 16 pp. p.3, pp. 14-16.
- Quillet, Dominique. *The Seeds of Kokopelli*. Arignon, France: Les Presses de Provence, 2002. 440 pp. Available from Kokopelli Seed Foundation, 59 Westland Ave., Boston, MA 02115. Excellent. Also in French.
- Reeley, B.J. *A Gardener's Guide to Plant Names*. NY: Charles Scribner's Sons, 1972. 284 pp.
- "How Green is the Green Revolution?" Enfo, Box 761, Berkeley, CA. 94701. Sept. 1973. 4 pp. pp. 1-2.
- *Leavens, John. *How to Grow More Vegetables, and Fruits, Nuts, Berries, Grains and Other Crops Than You Ever Thought Possible On Less Land Than You Can Imagine*. NY: Ten Speed Press/Crown Books/Random House, Eighth Edition. 2012. 239 pp. pp. 75-100.
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- Seed Savers Exchange. *Garden Seed Inventory* (6th Edition) www.seedsavers.org/continent. Excellent resource of all the vegetable seed varieties generally available in the U.S. and Canada.
- Seed Planting Guide. Native Seed/Search, 2909 N. Campbell Ave. #325, Tucson, AZ 85719.
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43. SEED COLLECTION

This year's garden contains next year's—you can save enough seed in this year's to cover 2½ additional acres.

A seed in the heart of an apple is an orchard invisible.—British Proverb

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- *Denean, Peter. *Growing to Seed*. Willits, CA: Ecology Action. Rev. 1999. 45 pp.
- Manual Seed Cleaning Screens. from Territorial Seed Company. Available in the following mesh sizes (in fractions of inches): 3/64, 5/64, 6/64, 7/64, 8/64, 10/64, and 20/64. Made of stainless steel for long use. P.O. Box 133 Cottage Grove, OR 97424 Phone Order: 800-626-0866 <http://www.territorialseed.com/product/14234>.
- *Rogers, Marc. *Saving Seeds: The Gardener's Guide to Growing and Storing Vegetable and Flower Seeds*. Poultney, VT: Storey, 1990. 183 pp.
- Abundant Life Seeds. Many organic and Biodynamic varieties. Now offered through Territorial Seed Company. www.territorialseed.com/Abundant_Life_Seeds
- The Antique Rose Emporium. 9300 Luckenmeyer Rd., Brenham, TX 77833. Phone: (800) 441-0002. www.antiqueroseemporium.com
- Bear Creek Nursery. 2791 Highway 23 North, Eureka Springs, AR 72631. Phone: (479) 253-7466. No web address available.
- Baker Creek Heirloom Seeds. 2271 Baker Creek Road, Mansfield, MO 65704. Phone: (417) 924-9917. Innovative. www.bakersseeds.com
- Beautiful Gardens Seeds. 18001 Shafter Ranch Rd., Willits, CA, 95490. Phone: (707) 459-6410. Ecology Action's international mail order service for vegetable, grain, compost crop, flower, and herb seeds in growing-area sized packets; key gardening books and supplies; and all Ecology Action publications. www.beautifulgardens.org
- Bumper Seed Company. W. Alter Bumper and Company. 300 Park Ave., Warminster, PA 18974. Phone: 1-(800) 333-1447. www.bumper.com
- Clyde Robin Seed Company. Wildflower seeds. 4233 Heyer Ave., Castro Valley, CA 94546. Phone: (510) 315-6720. www.clyderobin.com
- Cooks Garden. P.O. Box C5000, Warminster, PA 18974-0574. Phone: (800) 457-9703. www.cooksgarden.com
- Dave Wilson Nursery. 19701 Lake Rd., Hickman, CA 95323. Phone: (209) 874-4121. Excellent fruit tree varieties. www.davewilson.com
- Deep Diversity. P.O. Box 90, Santa Fe, NM 87506-5700. Wide variety of organically grown, open-pollinated seeds and related publications. Excellent. www.deepdiversity.org/
- Friends of the Trees Society. P.O. Box 826, Tumwater, WA 98505. Phone: (509) 436-4056. Excellent resource. www.friendsofthetrees.net/
- Gurney's Seed and Nursery Company. P.O. Box 4178, Greendale, IN 47025-4178. Phone: (313) 354-1492. www.gurneys.com/
- Henry Doubleday Research Association - Ryton Gardens - The National Center for Organic Gardening. Ryton-on-Dunsmore, Coventry CV8 3LG, England. Vegetable, flower, herb and green manure seeds, organic fertilizer, safe pesticides, comfrey products, educational materials, books, and attractant plants. Excellent group. www.organiccatalogue.com/
- J.L. Hudson Seed Company. P.O. Box 337, La Honda, CA 94020. No Phone Number. inquiry@jhudsonseeds.net. Excellent resource. www.jhudsonseeds.net
- Johnny's Selected Seeds. 955 Benton Ave., Winslow, ME 04901. Phone: (877) 564-6697. Check out the 3-month maturing Jerusalem Artichoke varieties. www.johnnyseeds.com
- KUSA Seed Foundation. P.O. Box 761, Ojai, CA 93004. Excellent grain resource. www.ancientrealgrains.org
- Le Marche Seeds International. 200 N 1st St. Dixon, CA. 95620. No web address available.
- Meadowbrook Herb Garden. Route 113, Wyoming, RI 02893. Phone: (401) 539-7603. No web address available.

- Native Seeds/SEARCH, 3061 N. Campbell Ave., Tucson, AZ 85719. Phone: (520) 622-5561. Excellent resource. Includes varieties that do well in low rainfall regions. www.nativeseeds.org
- Nichols Garden Nursery, 1190 Old Salem Rd. NE, Albany, OR 97321. Phone: 1 (800) 422-3985. www.nicholsgarden nursery.com/store/
- One Garden, Inc. Box 1, General Delivery, Brainerd, MN 66618. Phone: (417) 679-1003. www.onegarden.org/
- Parks Seed Company, 1 Parkton Ave., Greenwood, SC 29647. Phone: 1 (800) 845-3349. Good flower seed resource.
- Peace Seeds, 2135 SE Thompson St., Corvallis, OR 97333-1919. Email: alkapela@yahoo.com. Excellent. www.peace seeds.com or peace seedsalive.blogspot.com
- R.H. Shumway's, 334 W Street St., Randolph, WI 53956. Phone: 1 (800) 342-9461. www.rhshumway.com
- Seed Savers Exchange, 3094 N Winn Rd., Decorah, IA 52101. Phone: (963) 342-3990. Member seed exchange listing, many very special, published yearly. Good source of heirloom varieties. Listing includes seed saving guide. www.seedsavers.org
- *Seed Savers Exchange. Garden Seed Inventory, 16th Edition. Seed Savers Exchange, 3076 North Winn Rd., Decorah, IA 52101, 2001. 560 pp. Excellent listing of all open-pollinated vegetable seed varieties generally available in the United States and Canada along with sources.
- Seeds of Change. www.seedsofchange.org
- Stark Brothers' Nurseries and Orchards Company, P.O. Box 1100, Louisiana, MO 63351. Phone: 1 (800) 325-4180. Fruit tree and landscaping catalog. Hedges, shrubs, vines, berries, ground covers, and roses; fruit, nut, shade and ornamental trees; supplies and books. Specializes in fruit trees, especially dwarf and semi-dwarf varieties, including many developed by Luther Burbank. www.starkbros.com
- Stokes Seeds, Inc. P.O. Box 548, Buffalo, NY 14240-0548. Phone: (716) 695-6990. Carries excellent varieties of many vegetables, especially carrots. Many varieties of Early Bunching Onions, including Ichikura. Be sure to specify in your order a request for untreated seeds. www.stokesseeds.com
- Territorial Seed Company, P.O. Box 158, Cottage Grove, OR 97424. Phone: 1 (800) 626-0366. www.territorial-seed.com
- Thompson & Morgan® Seedsmen, Inc. P.O. Box 397, Avon, IN 47001-0397. Phone: 1 (800) 274-7333. Many unique seeds including a red early bunching onion. www.tmsseeds.com
- *Torgerson, John, Edt. Fruit, Berry and Nut Inventory, 4th Edition. Seed Savers Exchange, 3076 North Winn Rd., Decorah, IA 52101, 2009. 336 pp. Listing of all varieties generally available in the U.S. and Canada along with sources.
- Vermont Bean Seed Company, 334 W Street St., Randolph, WI 53956. Phone: 1 (800) 349-0071. Great bean seed resource. www.vermontbean.com
- Vilmorin-Andrieux, 4, quai de la Megisserie, 75001 Paris, France. Good offerings from one of the oldest seed companies in Europe. French website: www.vilmorin-jardin.fr English language site: www.vilmorin.com/default.aspx?carte=1
- Wood Prairie Farm and The Maine Potato Catalog, 49 Kinney Road, Bridgewater, ME 04735. www.woodprairie.com Organic.
- Yerba Buena Nursery, 12511 San Mateo Rd. (Hwy 92) in Half Moon Bay, PO Box 3188, Half Moon Bay, CA 94019. Phone: (650) 851-1663. Good for California native plants. <http://www.yerbabuenanursery.com/>

44. SOIL

Every time a person in the world eats a pound of food produced by various forms of farming 6 to 24 pounds of farmable soil are lost due to wind and water erosion, because of the types of farming being used. With biologically-intensive farming up to 20 pounds are farmable soil are "grown" per pound of food eaten according to a University of California-Berkeley Soil Science Department Masters Thesis (see Maher, below).

The root is the controlling part of the plant, and the soil is the womb and home for the roots.

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Paul, Eldor A. ed. *Soil Microbiology, Ecology and Biochemistry*. Academic Press, 3rd ed. 2007. 532 pp.

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The Soil—How to Conserve. Food and Agriculture Organization of the United Nations, Rome, Italy, 1976. 29 pp. In the U.S.: UNIPUB, 1130 Avenue of the Americas, New York, NY, 10036.

The Soil—How To Improve. Food and Agriculture Organization of the United Nations, Rome, Italy, 1976. 29 pp. In the U.S.: UNIPUB, 1130 Avenue of the Americas, New York, NY, 10036.

Soil Quality Test Kit Guide. Washington, DC: U.S. Department of Agriculture, Agriculture Research Service, Natural Resources Conservation Service, Soil-Quality Institute, 1999. 82 pp.

Sachs, Paul D. *Edaphic Dynamics of a Natural Soil System*, 2nd Edition. Newbury, VT: Edaphic Press, 1999. 201 pp. Excellent for understanding the soil ecosystem.

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45. SOIL PREPARATION

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- ## 46. SUPPLY CATALOGS
- GratiaNet's Supply Company. 125 Intervale Rd., Burlington, VT 05401. Phone: 1-800-876-5520.
<http://www.grati.net.com/>
- Peaceful Valley Farm Supply. 125 Clydesdale Court, Green Valley, CA 93945. Phone: (800) 784-8722.
<http://www.groworganic.com/> Fertilizers, suppliers, seeds, and books. Excellent source.
- Walt Nickle's Garden Talk. P.O. Box 433, Topsfield, MA 01913. Phone: (978) 887-3333. <http://www.gardentalk.com/>
- ## 47. TEACHING
- Habits are the best part of knowledge.*
- Bailey, L.H. *Cornell Nature Study Leaflets*. State of New York, Department of Agriculture. Printed by J.B. Lyon Company, New York, NY, 1904. Excellent for teaching children.
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- Bulldog Films. (Department F, Oley, PA 19547.) Good selection of films on food, farming, land use, and the environment.
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- The Common Roots Program: Education So Real You Can See It Growing. Montpelier, VT: Food Works (64 Main St., Montpelier, VT 05602). Excellent innovative hands-on teaching/learning program for kindergartens through grade 6. Begins with Native American practices and ends with biologically-intensive ones.
- Dorf, Phillip. *Liberty Hyde Bailey - An Informal Biography*. Ithaca, NY: Cornell University Press, 1956. 239 pp.
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- Hilgard, E.W., and W.J.V. Osterhout. *Agriculture for Schools of the Pacific Slope*. NY: MacMillan, 1927. 428 pp. Interesting.

- * Jevons, John, Mercedes-Torres Barrios and Juan Manuel Martinez Valdez. Basic Level Biointensive Sustainable Mini-Farming Method: Training Manual. Willits, CA: Ecology Action. 2006. 32 pp.
- Jerster, Hartmut von. "In Defense of Old Fashioned Farming." Bio-Dynamics: Bio-Dynamic Farming and Gardening Ann., P.O. Box 550, Kimberton, PA. 19442, Spring, 1977, pp. 7-11. Summer, 1977, pp. 21-26. An important reflection on learning the living art of farming.
- Kiefer, Joseph, and Martin Kemple. Digging Deeper: Integrating Youth Gardens Into Schools and Communities. Montpelier, VT: Food Works/ Common Roots Press, 1998. 141 pp.
- Life Lab Science Curriculum. (1156 High St., Santa Cruz, CA 95060). A good curriculum for high school students. Excellent.
- Ocone, Lynn, and Eve Prusik. The National Gardening Association Guide to Kid's Gardening: A Complete Guide for Teachers, Parents, and Youth Leaders. NY: John Wiley and Sons, 1990.
- Osterhout, W.J.V. Experiments With Plants. NY: The MacMillan Company. 1911. 492 pp. Worth looking at. Fascinating.
- Past Worlds: The Times Atlas of Archaeology. Maplewood, NJ: Hammond, 1988. 319 pp. Connect farming types with their times.
- Roferty, Kevin, and Kim Gilbert. Kid's Gardening. Palo Alto, CA: Kidoz Press, 1999. 92 pp., plus seeds for 13 kinds of crops.
- Seeger, Joni, ed. The State of the Earth Atlas. NY: Simon and Schuster, 1990. 127 pp. See connections with how people act and live with various outcomes.
- * Self-Teaching Section of Ecology Action Website. Ecology Action (3791 Ridgewood Rd., Willits, CA 95490), 2010. http://growbiointensive.org/Self_Teaching.html.
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- Teaching Peace Through Gardening. Seattle, WA: Seattle Tilth (4649 Sunnyside Ave., N., Rm. 1, Seattle, EA). Children's Ed education.

48. TERRACING

Be on the level with your planes

- Copijn, A.N. A-Frames and Other Levering Instruments. E.T.C. Foundation, AME Programme, P.O. Box 64, 3130 AB Leiden, The Netherlands. December, 1986. 13 pp.
- Copijn, A.N. Soil Protection. E.T.C. Foundation, AME Programme, P.O. Box 64, 3130 AB Leiden, The Netherlands. September, 1987. 16 pp.
- How To Farm Hilly Land. Forestry for People Series, Bureau of Forest Development, The Philippines.
- "Kenya Shore Up Hopes and Topsoil With Terraces." Christian Science Monitor, May 9, 1988.
- Mother Green: A Thin Green Line Against Erosion. Washington, DC: National Research Council, National Academy Press, 1993. 171 pp. "Living terracing" crop.
- www.vetiver.org
- Wesner, Carl G. An Outline of Soil Conservation In Kenya. Soil Conservation Extension Unit, Ministry of Agriculture, Kenya. 57 pp.
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Sneek, Tagmaste. *A Productive Barren Shrub for Sustainable Agriculture*. Mansfield, Australia: Agrovision, 1996. Also good for temperate climate "living terracing."

48. TESTING

Our alfalfa grew only 2 inches high and had two cuttings a year at the beginning of our work in Willis, CA in a dry,肥沃的土壤. After utilizing the results from a Timberleaf test, the alfalfa grew much higher, had up to 4 cuttings and produced at the rate of 2+ times the U.S. average.

A good soil test can save you money at the grocery store through higher yields, mean you purchase fewer, and the correct types and amounts of nutrients in organic fertilizer form and have healthier plants.

HarvestMore - Organic Fertilizer Recommendations, P.O. Box 4095, Ithaca, NY 14852-4095 (607) 351-3594. Send your test results to jshoefly@gmail.com and you will receive a comprehensive recommendation for organic fertilizers available in your area. Evaluations around the world a specialty.

Timberleaf Soil Testing Service, 396-41 Old Springs Rd., Murrieta, CA 92563-5566. (851) 677-7530. Excellent. Send for information on services and prices. The basic and trace mineral tests are highly recommended.

Watercheck, 6555 Wilson Mills Rd., Cleveland, OH 44123, (800) 458-3330. Excellent water testing laboratory. Write for information. Consider drinking water quality test which tests for 35 different factors for a comparatively very reasonable cost.

58. TOOLS

The right tool makes all the difference in the world! In addition, one good quality D-handled spade we purchased in 1973 is still being used today.

McCallagh, James C. *Pedal Power In Work, Leisure and Transportation*. PA: Rodale Press, 1977. 133 pp. Excellent.

Tiemerow, David. *The Scythe Book: Mowing Hay, Cutting Woods, and Harvesting Small Grains with Hand Tools*.

Battleboro, VT: Hand and Foot, 1981. 120 pp. Worthwhile. A 100 square foot growing bed of wheat can be harvested with a scythe and attached grain cradle in 2 minutes. Three such beds at intermediate biologically-intensive yields can produce sufficient wheat for one, one pound loaf of bread for every week in the year.

51. TREES

Trees provide in themselves, and the ground cover and soil underneath, the living protective skin of the Earth—while redistributing water through transpiration and providing oxygen to the atmosphere.

*"To clear-cut is like skinning a person alive. Of the earth's 30 billion acres, already nine billion acres are desert. I look at it in this way: if a man loses one-third of his skin, he dies. Plastic surgeons say he's had it. If a tree loses one-third of its bark, it dies. Ask the dendrologist and the arborists. And I submit to you that if the earth loses one-third of its green mantle of trees, it will die, the water table will sink beyond recall and life on this planet will become impossible." —Richard St. Barbe Baker, *Man of The Trees*. See Gridley below.*

Ayrton, Edward S., et al. *Firewood Crops*. Washington, DC: National Academy of Sciences, 1990. 237 pp.

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Board on Science and Technology for International Development. *Firewood Crops: Shrubs and Tree Species for Energy Production*, Vol. 2. Washington, DC: National Research Council, 1994. 92 pp.

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- Farris, Crof W. *The Hazel Tree*. East Lansing, MI: Northern Nut Growers Association, Department of Botany and Plant Pathology, Michigan State University, 2000. 74 pp.
- Fitzgerald, Glenn and Palma, Edgardo. *Introducción Al Proyecto Agroforestal*. Guatemala: CARE, 1989. 351 pp. Excellent. Very practical.
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- *Gridley, Karen, ed. *Man of the Trees: Selected Writings of Richard St. Barbe Baker*. Willits, CA: Ecology Action, 1989. 144 pp. An excellent compilation of some of St. Barbe's best writings taken from some of his 32 books.
- Hall, Lewis and Perry, Leonard. *The Fruit Gardener's Bible—A Complete Guide to Growing Fruits and Nuts in the Home Garden*. VT: Storey, 2011. 319 pp.
- "How to Grow Your Own Firewood." Publication 21454, Cooperative Extension (University of California, Division of Agriculture and Natural Resources), 6 pp.
- James Jr., Theodore. *How to Select, Grow and Enjoy Fruit, Berries, and Nuts in The East and Midwest*. HP Books, PO Box 5167, Tucson, AZ 85703, 1983. 144 pp. Predominantly for the regions noted.
- *Jevons, John et. al. *Backyard Homestead, Mini-Farm and Garden Log Book*. Berkeley, CA: Ten Speed Press. The section pp. 63-72.
- Johnson, Dave. *The Good Woodcutter's Guide: Chain Saws, Portable Mills, and Woodlots*. White River Junction, VT: Chelsea Green, 1998. 215 pp.
- Kang, B.T., et al. *Alley Cropping: A Stable Alternative to Shifting Cultivation*. Ibadan, Nigeria: IITA, 1984. 22 pp.
- Koch, Frank D. *Azucado Grower's Handbook*. Bonsall, CA: Bonsall Publications, 1983. 273 pp.
- Kyle, H.R., et. al. *CCC Forestry*. U.S. Department of the Interior, Office of Education, Washington D.C. 334 pp. Excellent guide for setting up small tree nurseries for reforesting the Earth. Grew out of initiatives that Richard St. Barbe Baker recommended that Franklin Delano Roosevelt pursue once he became President of the U.S.
- Lenscan-Based Farming. *Worlds Neighbors*, 5166 N. Portland, Oklahoma City, OK 73112, 1986. 29 pp. A multi-purpose tree that includes uses as firewood, fodder and living terracing.
- Mann, Rick. *Backyard Sugaring*. Woodstock, VT: The Countryman Press, 1978. 78 pp. The making of maple syrup from Sugar Maple trees.
- Man of the Trees. Redway, CA: Music for Little People (P.O. Box 1460, Redway, CA 95560). Video about Richard St. Barbe Baker.
- The Man Who Planted Trees. Los Angeles: Direct Cinema (P.O. Box 49799, Los Angeles, CA 90069). Video. Excellent animated adaptation of Jean-Giono's classic story. In English and French. Academy Award, 1987.
- Morash, Hans. *Common Sense Forestry*. VT: Chelsea Green, 2002. 209 pp.
- Nutting, Helen and Scott. *The Maple Sugar Book*. White River Junction, VT: Chelsea Green, 2000. 305 pp.
- Ocean, Steven. *Atoms and Eat 'em: A How-To Vegetation Cookbook—complete Directions for Harvesting, Preparing, Cooking Atoms*. Grass Valley, CA: Ocean-Hose (P.O. Box 115). 1993. 86 pp.

- On the Edge of the Forest**, Olney, PA: Building Films, 1977. Excellent video of Dr. E.F. Schumacher, author of *Small Is Beautiful*. A key perception about Agroforestry and trees.
- Pay, Richard, et. al. *Citrus: How to Select, Grow and Enjoy*. HP Books, PO Box 5367, Tucson, AZ 85703, 1990. 174 pp. Excellent.
- Pilarski, Michael, ed. *Rainforest Forestry: An International Guide to Sustainable Forestry Practices*. Durango, CO: Kinksi Press (315 E. 31st St., Durango, CO 81301), 1994. 525 pp.
- Shatto-Douglas, J., and Roberts A. de J. Hart. *Forest Farming*. London: Intermediate Technology Publications, 1994. 207 pp. Excellent.
- Smith, J. Russell. *Tire Crops: Key to a Permanent Agriculture*. Greenwich, CT: Devin-Adair, 1953. 408 pp. Excellent resource. Gives equivalencies for nuts of several trees. For example: Chestnuts are the equivalent of corn, the Persian and Black Walnuts meat and butter, and Honey Locust sugar.
- "Stopping the Coming Ice Age." A 60-minute Video distributed by: Institute for a Future, 2000-Center Street, Berkeley, CA 94704. (415) 524-2700.
- www.truebluelife.com. An excellent way to have trees planted on the Earth as gifts, memorials and for other purposes.
- Thompson, Bruce. *Black Walnuts For Fun and Profit*. Bremerton, OR: Timber Press, 1976.
- Thomas, Eric. *Hedgegrows*. NY: William Morrow Company, Inc. 1980. 46 pp. Beyond excellent.
- Wilheims, Lance. *How to Select, Grow and Enjoy: Fruits, Berries and Nuts In The West*. HP Books, PO Box 5367, Tucson, AZ 85703, 1991. 192 pp. Excellent. Worth several lifetimes of experience.
- Weiner, M.A. *Plant a Tree*. NY: MacMillan, 1973. 277 pp. Excellent, practical and inspirational.
- White, John T. *Hedgegrows*. NY: William Morrow, 1980. 46 pp.
- Wijewardene, Ray, et. al. *Conservation Farming*. Marga Publications, 4-L, Sampathnaya Marutha, Colombo 5, Sri Lanka.
- "Windbreaks: An Agroforestry Practice." Columbia, MO: University of Missouri Center for Agroforestry.
- Wood Conservation Cook-Stevens. *Volunteers in Technical Assistance*, 3706 Rhode Island Ave., Mt. Rainier, Maryland 20822, 1980. 111 pp.

5.2 TRADITIONAL AGRICULTURE

Traditional forms of farming have very often been sustainable. The universal scientific principles involved are worth learning from. They often have been very productive as well as sustainable.

Cooklin, Harold. *Hammoo-Agriculture: A Report on an Integral System of Shifting Cultivation in the Philippines*. Rome: Food and Agriculture Organization of the United Nations, 1957. 154 pp. An illiterate Stone Age Culture that has been relatively untouched by civilization. The Hammoo have a 200-crop, 5-year rotation system that grows 40 different varieties of rice each year, so that whether the weather is too hot, cold, wet or dry, they still produce sufficient calories. In terms of the space required to grow a complete animal diet, calories represent 90%+ of the area needed.

Information for Low External Input Agriculture. Understanding Traditional Agriculture. The Netherlands: ILEIA (PO. Box 64, 3130 AB Leusden, The Netherlands), 1987. 144 pp.

5.3 TROPICS

Organic matter is depleted up to five times more rapidly in the hot, humid tropics, but organic matter is produced up to five times more rapidly. The nutrients are stored in the plants in the hot, humid tropics, rather than in the soil as in temperate regions. As a result, we need to look at some things in different ways.

Ackland, J.D. *East African Crops*. London: Longman Group, 1990. 252 pp. Very good, easy to read and to the point. A good briefing that includes many of the crops grown in temperate areas.

- The Bio-Intensive Approach to Family Food Gardens. International Institute of Rural Reconstruction, 1775 Broadway, New York, NY 10019. (Information Packet). Very useful.
- Composting for the Tropics. Bocking, England: Henry Doubleday Research Association, 1963. 288 pp. Useful pamphlet for humid areas.
- Dynamics of Soil Organic Matter in Tropical Ecosystems. Honolulu, HI: NiFTAL Project, University of Hawaii, 1989. 249 pp.
- Gibson, D., and A. Pain. *Crops of the Drier Regions of the Tropics*. Singapore: Longman Singapore, 1985. 157 pp.
- Hodges, R. D., ed. *Composting in Tropical Agriculture*. Ipswich, England: International Institute of Biological Husbandry, 1979. 32 pp. Useful.
- *Jevons, John and Griffin, J. *Examining The Tropics: A Small Scale Approach To Sustainable Agriculture*. Willits, CA: Ecology Action, 1982. 40 pp. Contains a large bibliography.
- MacKey, Susan E. *alley Farming in the Humid and Subhumid Tropics: Proceedings of an International Workshop Held at Badan, Nigeria, Ottawa, Canada: IDRC (P.O. Box 2500, Ottawa, ON K1G 3H8, Canada), March, 1986*. 251 pp.
- Regenerative Agriculture Technologies. IIRR. 1775 Broadway, New York, NY 10019. (Information Packet).
- Sánchez, Pedro A. *Properties and Management of Soil in the Tropics*. NY: John Wiley and Sons, 1987. 641 pp. A practical classic.
- Saß, Gaby. *Natural Crop Protection-Based on Local Farm Resources in the Tropics and Sub-Tropics*. TRIOPS, Raef-freisnitzstrasse 24, D-6070 Lagen, FR Germany, 1986. 188 pp.
- Groups to contact for further information regarding the tropics:
- Asian Vegetable Research and Development Center (AVRDC), P.O. Box 42, Shandong, Taiwan 741, Taiwan ROC. One of their emphases is high calorie per unit of area and time root crops as being important to future world nutrition.
- Educational Concerns for Hunger Organization (E.C.H.O.), RR 2, Box 152, Fort Myers, FL 33903. This organization also often provides key seeds to groups around the world.
- ILEIA Newsletter. (Centre for Information for Low External Input and Sustainable Agriculture, P.O. Box 64, 1830 AB Leusden, The Netherlands.) Excellent.
- International Institute for Rural Reconstruction (IIRR), 1775 Broadway, New York, NY 10019. Many good publications.
- International Institute of Tropical Agriculture (IITA), 133 Dhermapota Mawatha, Colombo 7, Sri Lanka.
- Institute for Tropical Agriculture, University of Florida, Box 13533, Gainesville, FL 32604.
- League for International Food Education (LIFE), 915 13th Street N.W., Suite 915, Washington D.C. 20005.
- Mayaguez Institute of Tropical Agriculture, SEA, Box 70, Mayaguez, Puerto Rico, 00703.
- Volunteers in Asia (V.I.A.), Box 4543, Stanford, CA 94305.
- Volunteers in Technical Assistance (V.I.T.A.), 3706 Rhode Island Avenue, Mt. Rainier, MD 20822.

54. VEGETABLES

It is important to know plant personalities. They enable us to plan and grow better crops. Keep notes on each one, and, over the years, you will have a wonderful amount of practical knowledge.

Approximately 12% of the calories, 5% of the protein, and 12% of the calcium eaten worldwide is in the form of potatoes grown on 2.4% of the cropland.

200 million children in India have eyesight and brain deficiencies due to not eating sufficient Vitamin A and Iron during their early years. The missing Vitamin A and Iron can be grown with biological-intensity on about 23 square feet of paradise.

Gaskell, Peter. "Cut-and-Come-Again Lettuce Sampler." *Kitchen Gardener*. February/March 1999: 10-14.

Rohatinsky, Vincenz, and Mas Yamaguchi. *World Vegetables*. New York: Chapman and Hall, 2nd Edition: 1992. 542 pp. Very good.

Vilmorin-Andrieux, M.M. Soft-cover edition: Berkeley, CA: Ten Speed Press, 1981. 620 pp. Hard-cover edition: Wilton, CA: The Jenkins-Leret Press (3790 Ridgewood Rd., Willits, CA 95490). 620 pp. Reprints of the excellent 1885 English edition by John Murray. This classic is still one of the most useful works on cultural directions in existence today.

55. WATERING

How many days does an inch of water—water your garden for?

Did you know if you raise your seedlings in flats or a nursery bed, if you choose the right diet and compost crops, you may save sufficient water to grow all the food for one-half of a person annually—and maybe for one person?

Brandy, Nyle C. *The Nature and Property of Soils*. NY: MacMillan, 1914. 750 pp. pp. 90-96. All editions of The Nature and Properties of Soils are useful as a perspective for their publishing point in time.

Emoto, Masaru. *The Hidden Messages in Water*. Hillsboro, OR: Beyond Words Publishing, 2004. 157 pp. Fascinating and amazing.

James, J.C., et al. *How Much Water in a 12-Ounce Can?* Washington, DC: U.S. Geological Survey, 1976. 11 pp.

*Jenner, John and Lelet, Robin. "Intensive Gardening, Less Water and Higher Yields." *Organic Gardening and Farming*. PA: Rodale Press. July 1977. (Note: 20 gallons per day average in 1976, was reduced to 10 gallons per day in 1977, and 8 gallons per day in 1978).

*Jenner, John. *How to Grow More Vegetables—and Fruits, Nuts, Berries, Grains and Other Crops Than You Ever Thought Possible On Less Land Than You Can Imagine*. New York: Ten Speed Press/Crown Books/Random House, 2012. 2012. 239 p. pp. 90-93.

Kourik, Robert. *Graywater Use in the Landscape: How to Make Your Landscape Prosperous with Recycled Water*. Santa Rosa, CA: Metamorphic Press, 1993. 28 pp.

Lyon, T. Lynne, et. al. *The Nature and Property of Soils*. NY: MacMillan, 1st Edition: 1929. 421 pp. pp. 96-103. All editions of The Nature and Property of Soils are good relative to their different time periods.

Lyon, T. Lynne. *The Nature and Property of Soils*. NY: MacMillan, 4th Edition: 1943. 499 pp. pp. 163-190. All editions of The Nature and Property of Soils are good relative to their different time periods.

56. WEEDS

Herbs can tell us whether a soil has been cultivated before or recently and what nutrients are and are not available in the soils. Valuable information at no cost. Many are very nutritious as well.

Cocamouso, Joseph A. *Weeds: Guardians of the Soil*. NY: Devin-Adair, 1948. 179 pp. How weeds help your garden. Fascinating.

Hastfield, Andry W. *How to Enjoy Your Weeds*. NY: Sterling, 1971. 192 pp. Delightful. Includes an herbal tea, flower salads, and other charming ideas. Fascinating.

Quarles, William. "Non-Toxic Weed Control in the Lawn and Garden." *Common Sense Quarterly*. Summer 1999: 4-14.

Quarles, William. "Non-Toxic Weed Control, Specific Situations." *Common Sense Pest Quarterly*. Summer 1999: 15-17.

NOTES

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