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HOMESTEADING AND RELOCALIZING FOOD PRODUCTION RESOURCES

Articles & websites

The Food and Farming Transition <http://transitionus.org/sites/default/files/PCI-food-and-farming-transition.pdf>

<http://www.resilience.org/stories/2017-02-03/how-does-your-local-food-grow/> How Does Your Local Food Grow?
By Wayne Roberts. Building local food webs to replace global agri-chains.

<http://growfood-notlawns.com/started-boxes-60-days-later-neighbors-not-believe-built/>

<https://communitygarden.org/> Community gardening improves people's quality of life by providing a catalyst for neighborhood and community development, stimulating social interaction, encouraging self-reliance, beautifying neighborhoods, producing nutritious food, reducing family food budgets, conserving resources and creating opportunities for recreation, exercise, therapy and education.

http://www.academia.edu/1493672/How_do_Community_Gardens_Impact_Social_Conditions

http://www.peecworks.org/PEEC/PEEC_Reports/01795CA8-001D0211.32/CYE_FactSheet3_Benefits%20of%20Gardening%20for%20Children_August%202020.pdf Benefits of gardening for children.

http://www.gardeningmatters.org/sites/default/files/Multiple%20Benefits_2012.pdf The multiple benefits of community gardening

www.freightfarms.com/blog/urban-cropland-why-more-cities-are... Why more cities are growing their own food. In this day and age, cities that aren't taking steps to encourage food growth within city walls are in the minority.

www.growingcitiesmovie.com/the-film Growing Cities. The Film; ... teaching children how to grow and prepare their food, and preserving local foods. A documentary film that examines the role of urban farming in America and asks how much power it has to revitalize our cities and change the way we eat. Excellent trailer is free. Movie won amazing number of awards.

<http://theheartysoul.com/first-sustainable-urban-agrihood/> The first sustainable urban agrihood, which recently debuted in Detroit, is the project of the Michigan Urban Farming Initiative — an all-volunteer nonprofit, which seeks to empower urban communities using sustainable agriculture.

<http://www.motherearthnews.com/homesteading-and-livestock/self-reliance/guide-to-urban-homesteading-zm0z14amzrob> You can easily do many homesteading activities in the city.

<http://www.motherearthnews.com/homesteading-and-livestock/sustainable-farming/neighborhood-gardens-zm0z14amzror> Homestead Hamlets: Neighborhood Gardens That Create Community Food Security

www.takepart.com/article/2014/07/09/public-fruit-trees Fruit is free in these urban centers, thanks to food-bearing plants and trees growing right next to skyscrapers.

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www.citiesonthegrow.org Cities on the Grow seeks to support a commercially viable urban, local food transition that secures its potential contribution to climate change mitigation and ... Local food systems provide a more ecologically sustainable and socially just alternative to the conventional global industrialized food system

http://www.gardenproject.org/about_us The Garden Project's work empowers at risk young adults through environmentally based job training and life skills programming, while transforming the urban environment.

www.smmusd.org/foodservices/gardens/ResearchImpactofGBN.pdf Impact of garden-based youth nutrition intervention

<https://www.thespruce.com/how-to-make-a-lasagna-garden-2539877> Lasagna Gardening: No-Till, No-Dig Gardening How to turn lawn or other areas into garden beds. Roots of grasses and stubborn weeds die and your veggies thrive.

<https://www.thespruce.com/container-vegetable-gardening-1403396> Container Vegetable Gardening: Ideas for growing vegetables in small spaces

<http://www.motherearthnews.com> Both a website and a magazine of the same name. Articles by and about people who are living sustainably.

Our favorite seed companies: Fedco, Bountiful Gardens and High Mowing. Fedco is #1. Shares the fine standards of the other two, but has much lower prices.

www.peakprosperity.com/blog/essential-gardening-and-food-resilience-library/48424
A list of gardening and food resilience books.

<http://www.who.int/globalchange/ecosystems/biodiversity/en/> The World Health Organization re the importance of biodiversity.

wwf.panda.org/what_we_do/footprint/agriculture/impacts/ The environmental impacts of present-day, mainstream agriculture

<https://education.resilience.org/> While we must also act in our individual lives and as national/global citizens, building community resilience is our greatest means of mitigating and adapting to the 21st century's sustainability crises. *Think Resilience: Preparing Communities for the Rest of the 21st Century* is a video course consisting of 22 video lectures (4 hours total) by Post Carbon Institute Senior Fellow Richard Heinberg, to help you get started. \$20.

<http://www.sciencedirect.com/science/article/pii/S0301421513003856> EROI of different fuels and the implications for society. (Spoiler: no "alternative" to replace oil.)

<http://transitionus.org/> Transition US (TUS) is a national hub organization for the international Transition Towns movement of communities transitioning off fossil fuels, living in balance with resource limits, and building equity for all. Our mission is to catalyze and strengthen a national network of citizen-powered groups who are building local resilience through community action.

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<http://cassandralegacy.blogspot.co.uk/2016/07/some-reflections-on-twilight-of-oil-age.html> Excellent 3-part article, with primo graphics.

<http://www.feasta.org/2017/01/22/end-of-the-oilocene-the-demise-of-the-global-oil-industry-and-of-the-global-economic-system-as-we-know-it/> (The Foundation for the Economics of Sustainability, Ireland)

Also available as a PowerPoint presentation: <http://www.feasta.org/wp-content/uploads/2017/01/Systemic-Change-Rev-7.pdf>

www.peakprosperity.com/crashcourse The free *Crash Course* has provided millions of viewers with the depleting resources. But it also offers real hope. Those individuals who take informed action today, while we still have time, can lower their exposure to these coming trends -- and even discover a better way of life in the process. Video seminar in 10 languages.

BOOKS

The Vegetable Grower's Handbook, by Frank Tozer Everything you need to know about planting, growing and harvesting every common vegetable.

City Chicks, by Patricia Foreman How to keep a micro-flock as garden helpers, compost creators, bio-recyclers (Municipalities can save BIG on solid-waste management costs) and local food suppliers.

Backyard Market Gardening: The Entrepreneur's Guide to Selling What You Grow, by Andy Lee & Patricia Foreman "The farmer of the future will be a gardener. [This book] is their working guide." – Gene Logsdon

Attracting Native Pollinators, by the Xerces Society

Edible Landscaping A book by Rosalind Creasy. She poses a question that can change your lives (and your lawn): Why, she asks, do we always plant things we can't eat?

Fresh from the Garden: An Organic Guide to Growing Vegetables, Berries, and Herbs in Cold Climates by John Whitman A professional grower and avid backyard vegetable gardener shares tips and strategies for extending the growing season.

Making Plant Medicine, by Richo Cech. Make your own medicinal tinctures, vinegars, glycerites, syrups, salves, baths, poultices, teas, etc. Covers 100 herbs with 500 formulas, including dosage and use.

The Medicinal Herb Grower: A Guide for Cultivating Plants that Heal, by Richo Cech The most definitive herb growers' guide on the planet. Breathes with humor and how to really do it.

Growing 101 Plants that Heal, by Tammi Hartung

Restoration Agriculture: Real-World Permaculture for Farmers, by Mark Shepard How to restore the soil and the quality of the environment | sustainably growing perennial food crops, from backyard to global scale.

Restoration Agriculture in Practice – DVD by Mark Shepard. How he transformed 106 acres of soil depleted by monoculture into a thriving, perennial ecosystem producing nutritious staple crops.

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Gaia's Garden: A Guide to Home-Scale Permaculture, by Toby Hemenway

The Permaculture City, by Toby Hemenway How permaculture design can help town dwellers solve the challenges of meeting our needs for food, water, shelter, energy, community, and livelihood in sustainable, resilient ways. New information on designing the urban home garden and strategies for gardening in community, rethinking our water and energy systems, learning the difference between a “job” and a “livelihood,” and the importance of place making and an empowered community.

Fire the Landscaper - How Landscapers, HOAs, and Cultural Norms Are Poisoning Our Properties, by landscaper Phil Williams explores the health risks, cultural biases, origins, and the insults to Mother Nature caused by our culturally backed, legally enforced obsession with artificial monoculture representations of nature. Through his subsequent training as a permaculture designer, he offers many practical solutions aligned with nature to increase the health and productivity of landscapes, and the world by extension, while simultaneously reducing the workload of upkeep.

The End of Growth: Adapting to Our New Economic Reality The expansionary trajectory of industrial civilization is colliding with non-negotiable natural limits. Richard Heinberg's latest landmark work goes to the heart of the ongoing financial crisis, explaining how and why it occurred, and what policymakers, communities, and families can do to build a new economy that operates within Earth's budget of energy and resources. We can thrive during the transition if we set goals that promote human and environmental wellbeing, rather than continuing to pursue the now-unattainable prize of ever-expanding GDP.

Too Much Magic: Wishful Thinking, Technology, and the Fate of the Nation, by James Howard Kunstler Overly optimistic souls believe technology will solve all our problems. Kunstler analyzes the various technologies (vertical farms, fracking, corn ethanol) suggested as overnight solutions to the energy crisis and finds none that he thinks will work long-term to cure a society dependent on gas-guzzling cars, in love with an inefficient ideal of suburbia, and unwilling to fundamentally change its high-energy lifestyle. Kunstler also offers concrete ideas as to how we can help ourselves adjust to a society where the oil tap is running dry.

Prosper!: How To Prepare For The Future And Create A World Worth Inheriting By Chris Martenson and Adam Taggart Clearly, our global addiction to debt-fueled growth will not end well. In *Prosper!*, Martenson and Taggart provide a rare and much-needed resource for today's times: a comprehensive guide detailing practical, actionable investments of your time & resources you should take *now*, in advance of crisis, to secure a bright future.