

CONTENTS

Foreword vii

Preface ix

Dedication x

1. Setting the Scene 1

*What is changing? Is there a problem?
Climate change. Peak oil. Food sovereignty.*

2. Sustainable Living Practices 7

*Sustainability. Permaculture: designing for a sustainable future.
Permaculture design fundamentals.*

3. Planning a Garden 15

*Ecological principles. How ecosystems work. The design process.
Designing for others. Implementation schedule.
Sharing the surplus, thriving and surviving.*

4. Getting the Soil Right 33

*What is soil? Compost making. Soil amendments. Mulch.
Green manure crops. Fermented fertilizers. Weeds as indicators
of soil conditions. Simple soil tests. Other soil tests.*

5. Edible Food Plants 57

Top ten vegetables. top ten garden salad fruits. Handy hints.

6. Fruit and Nut Trees 71

*Dryland fruit and nut trees. Cold climate fruit and nut trees.
Warm humid climate fruit and nut trees.
Some other considerations.*

7. Heavenly Herbs 89

Herbs used in cooking. Herbal teas. Pest-repellent herbs. A herb medical cabinet.

8. Other Useful Plant Groups 103

Dryland plants. Cool climate plants. Warm humid climate plants.

9. Fodder and Forage Shrubs and Trees for Farm Animals 113

Dryland plants. Cool climate plants. Warm humid climate plants.

10. All About Water 123

Saving water in the home. Water conservation. Irrigation practices. Graywater reuse. Rainwater harvesting. Integration of water systems. On-site domestic wastewater systems. Water in the landscape.

11. Strategies for Rural Properties 143

Organic farming. Biodynamic farming. Holistic management. Cell grazing. Polyface. Natural sequence farming. Pasture cropping. Keyline. Regenerative agriculture. Water capture. Other aspects of farming.

12. Strategies for Small Spaces 167

Inside the house. Outside the house.

13. Hand Tools 177

Personal protective equipment (PPE) and general work clothing. Ten basic hand tools. Handyperson set of ten tools. Supplementary set of ten tools. Ten basic garden hand tools. Ten handyperson garden tools.

14. Foods You Can Easily Make at Home 189

Ten simple foods to make. Others to try. Ten fermented foods. Preserving your foods.

15. It's Energy That Matters 221

Embodied energy. Saving and reducing energy. Energy-efficient housing. Active solar systems. Energy generation.

16. Forgotten Skills 245

Some simple knots. Handmade paper. Making soap. Homemade laundry detergent. Splitting bamboo. How to make playdough. Saving seeds. Weaving (fiber basketry). Making rope from plant material. How to make candles.

Conversion Formulae 266

Acknowledgments 267

Index 269

About the Author 277

A Note About the Publisher 278