

Contents

Acknowledgments.....	ix
Section One: Restoring Reciprocity, Sustaining Sustenance	1
Introduction.....	2
The Farmer's Quandary	3
Two Human Paths	4
Who Is This Book For?	5
Chapter 1: A Different Way	7
Tending the Wild.....	9
Eat Local	13
Chapter 2: Plants in Relationship.....	15
Plant Planet.....	16
Carbon and Soils.....	16
Temperature and Water	17
Wild Plants as Food	19
Wild Plants as Medicine.....	20
Chapter 3: Ecological Restoration	23
Mimesis and the Reference Ecosystem	23
Restoring Plants	24

Chapter 4: In Community with Nature	28
Communities	29
Belonging to an Ecological Community.....	30
 Section Two: Learning Your Land.....	 33
 Chapter 5: Reading Geology, Soils, and Water	 36
Soils and Geology.....	36
Water.....	37
Plants and Hydrology.....	39
 Chapter 6: Land Use History.....	 41
Land Use History and Habitat Quality.....	43
Post-Agricultural Soils	43
Natural Disturbances	48
 Chapter 7: Reading the Story of the Land	 51
Historical Aerial Photos and Maps	54
Analyzing the Landscape	55
Indicators of a Remnant.....	55
Indicators of Disturbed Habitats	57
Making Your Own Map	60
Tend or Mend	61
High-Quality Sites → Tend.....	63
Low-Quality Sites → Mend.....	64
 Section Three: Plant Communities and Culturally Useful Plants	 65
 Chapter 8: Plant Communities	 67
Plant Community: Riparian Forests	69
Plant Community: Rich Mesic Forest.....	72
Plant Community: Upland Oak Forest.....	76
Plant Community: Glades	78
Plant Community: Meadows and Grasslands	81
Plant Community: Forested Wetlands	84

Plant Community: Sunny Wetlands and Shores.....	86
Plant Community: High Elevation and Northern Forests	89
Plant Community: Sandy Pine and Oak Forests.....	92
Plant Community: The Seashore.....	95
Chapter 9: Plant Species	99
Section Four: Restoring Your Land	221
Chapter 10: The Reference Site.....	222
How to Find a Reference Site.....	222
Interpreting a Natural Area for Beginners.....	224
Chapter 11: Repairing Soils	226
Soil Amendments.....	226
Wood Chips	226
Leaf Compost	227
Mycorrhizal Fungi.....	227
Biochar	228
Decompressing Soil	228
Restoring Landscape Structure	229
Pit and Mound Topography	229
Structural Repair Methods.....	231
Chapter 12: Vegetation Control	232
Tillage.....	232
Smothering and Solarizing	232
The “Lasagna” Mulching Method.....	233
Herbicides	234
Chapter 13: Burning.....	238
Indigenous Fire	239
Transitions	239
Ecological Potential	240

Chapter 14: Deer Management and Exclusion	243
Protecting Plantings from White-Tailed Deer	244
Chapter 15: Introducing Plant Materials	246
Planting.....	246
Seeding.....	248
Post-Seeding Maintenance for Meadows.....	251
Meadow Maintenance	251
Conclusion: A Missing Link.....	252
Belonging to This Place.....	253
Appendix — Assessment and Monitoring Techniques.....	258
Assessment and Monitoring.....	258
Baseline Monitoring	258
Monitoring Methods.....	258
Photo Monitoring	258
Biological Inventories	259
Floristic Quality Assessment.....	259
Sampling Units.....	264
Endnotes	266
Index	282
About the Author	293
About New Society Publishers	294