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ONE BACK/TO-THE-LAND FAMILY'S PLAN FOR CULTIVATING SOIL, SKILLS, AND SPIRIT

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Ben Hewitt

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



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A practiculture way to grow nutrient-dense food, make healthy fats, and live the nice life The Nourishing Homestead tells the story of how we can create truly satisfying, permanent, nourished human relationships to the land, nature, and one another. The Hewitts offer practical ways to grow nutrient-dense food on a small plot of land, and consider your farm, homestead, or home as an ecosystem. A lot of what the Hewitts attended to comprehend and embrace about their lives of deep nourishment is usually informed by their unique parcel and neighborhood in northern Vermont, but what they have gleaned is readily transferable to any place? whether you live on 4 acres, 40 acres, or in a 400-square-foot studio house. Ben and Penny (and their two sons) maintain copious gardens, dozens of fruit and nut trees and various other perennial plantings, in addition to a pick-your-very own blueberry patch. In addition to these cultivated food crops, in addition they forage for crazy edibles, process their own meat, make their very own butter, and ferment, dry, and can their very own vegetables. Ben uses the term "practiculture" to spell it out his family's work with the property?a term that encompasses the countless practical life skills and philosophies they embody to produce a thriving homestead, including raw-milk creation, soil remediation, wildcrafting, Weston A. The Nourishing Homestead also contains information on deep diet, the significance of good fat, and integrating children into the function of a homestead. The Hewitts' story is similar to The Good Existence, by Helen and Scott Nearing, and is sure to inspire a new generation of homesteaders, or anyone searching for a simpler way of life and a deeper link with the world. Their focus is to produce nutrient-dense foods from radiant, mineralized soils for themselves and their immediate community. Price concepts. bionutrient-dense farming, permaculture, agroforestry, traditional Vermont hill farming, and more. They are also committed to posting the traditional skills that support their family members, helping them end up being self-sufficient and thrive in these uncertain instances. Much of what the Hewitts are attempting on their homestead is to close the gaps that financial separation has created in our health, spirit, and skills,



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Excellent book for those just getting started in Homesteading. As others have noted, there's an emphasis on Meat creation. As independent once we are, we understand the fallacy of being "self-sufficient" to check out ways that our lifestyle can help us create community and connection with others..This is actually the book I wish I had 10 years ago. Ben Hewitt writes truthfully, without pretence. I'd not characterize the reserve as a "reference", though there's information in it I can see myself returning to regularly. But all too often I've completed one and been remaining with the empty feeling that all I got for my \$30 was a slick publication with pretty photos and very little information of any practical advantage to a homesteader. What things to expect, what lifestyle changes occur as a result (many of which might be unexpected for a lot of). For some, homesteading begins as a vague idea with one motivating element in mind. Perhaps lowering costs of living or enhancing the quality of food. The family has found great enjoyment and benefits through their effort and dedication to their lifestyle. Some simply need the idyllic agrarian life style. But that is a way of life. That June 17 (2015) interview continues to be up on their site, and is a great preview of this content of the book. The pursuit of one of those goals will lead you to others..This book chronicles how one family adapts to several new experiences, what realy works, what doesn't and why. When I initial picked up the book, I was honestly disappointed. I'm familiar with a far more "Technical Manual" strategy. But after the 1st chapter, I couldn't place it down. I bought it after hearing the author interviewed on the Survival Podcast, which is what primarily sparked my curiosity in it. All of those goals are carefully interconnected.! My family and I live on a little homestead and so are committed to not only providing as much food for our family as possible but to improving medical and vitality of our property just as much as we are able. For most people, that is the tipping stage between "Hobbyist Gardener" and "Self-Sufficient". This publication puts all those concepts and more together in a manner that is similar to a conversation with great (and more knowledgeable) friends. That fact alone makes this reserve priceless as much of us are simply just not fortunate enough to get access to such conversations first hand. Thanks Ben and Penny Hewitt! He's quick to cite additional sources for further information and never once makes the reader feel as if his family's way is the only method, a rarity in farming/homesteading books which are generally either all technical/textbook-oriented or straight memoir (inspiring but limited in its potential to greatly help people ready to get down to function.) This book is a carefully thought out blend of practical information that one may implement today as well as the stories behind the information..As a mother of two small kids, I particularly appreciate the inclusion of the Hewitt's boys in the book (probably they deserve author's credit, too!) It really is abundantly obvious that the Hewitt's life is focused on family. Not merely does the publication include an entire chapter devoted to children on the homestead (something I've never found in another book on this issue), but the boys' tales are woven through the entire publication underscoring the value this way of life has toward building healthful and mutually-dependent associations with one's have family and the surrounding community. I rarely purchase books but gladly did this one (along with his others. Hewitt embraces the very best of the permaculture teachings, while pursuing a more balanced path he phone calls "practiculture." I cannot recommend it highly enough. Worth more than \$20 I really like this book for most reasons. Which can be overwhelming.. He is generous with his understanding, i continue to utilize it as a source. Ben Hewitt includes a very truthful way of addressing topics, and a bold love of life which I enjoy. For people thinking about seeking genuine nutrition from food, homesteading and doing so within an effective way with trying to conserve use of fossil fuels, this publication gives great types of how to do that. The book also provides perspective on our current meals system, as well as other social systems without having to be pushy or preachy, weaved in to the how's and why's of the Hewitt's lifestyle and the way they run their homestead. It just is practical. I know I'll be putting to make use of many of the suggestions I've got from this book, and look forward to better health and diet.Like Hewitt's other books and his blog, this book flows in the author's easy-going and self-deprecating way while imparting an immense amount of information and wisdom, the type that uses years to develop. Best Homesteading Reserve We've Read I'm very little of a review writer, but We felt compelled to create one because of this outstanding publication. As small scale organic farmers and homesteaders, we have read an incredible amount of books on the subject. And a look into someone's else's life. That said, this book shines in comparison to any other publication I have read on homesteading. It might have saved me most of the common mistakes, and associated labor and price of racking your brains on what does work, and why is economic sense it offers

practical information anyone can use (not needing great wealth), explains the importance of developing nutrient rich food (which I hope can be more mainstream later on), tells what it's prefer to live such a life-style, gives helpful tips from years of their own experience, as well as the advantages/disadvantages of various animals one might use to increase their homestead. Ben Hewitt's book is outstanding. A fun browse and romp through the Hewitt's "practiculture A fun browse and romp through the Hewitt's "practiculture. This publication comes from a family group that really 'gets it'. This is simply not a book about landscape design. It's better fitted to those who are getting started in homesteading. Wii feeling on a homesteader's budget. I've often found myself wondering how the permaculture gurus settle the bills and place food on the table, while they're digging swales and waiting for the chestnut trees to mature. Even so I keep coming back to the well, and this time I'm very pleased I did. It's always been a frustration of mine to read all about a homestead and question how the authors had been ever able to gather more than enough dollars to perform everything the motivate others to accomplish. A well-written and engaging mixture of memoir, instructional instruction and homesteading philosophy, The Nourishing Homestead does not reject permaculture, but neither is it constrained by it. On his farm Mr.) It has already become a bit dog-eared from repeated reference and provides motivated many thoughtful conversations in your family concerning our route on our own "nourishing homestead." He doesn't shy from difficult subjects, like budget and the task of slaughtering beloved animals, and he doesn't waste materials the readers' period with senseless graphs and charts about points that are of no great concern to common homesteaders. A fine addition to any homesteader's library I'm a sucker for Chelsea Green's permaculture books. Very interesting! Inspring, humorous, and sometimes poetic I usually go through books very quickly but this book We enjoyed so much We tried to take my time reading it over many days because We didn't want it to get rid of. The book actually began as just another homesteading publication and I was expecting the same repeated info I've read in various other books. The further I browse the more I recognized this publication has a lot to offer. This book will surely make you yearn for an easier homesteding life. I love the parenting design and the way the children are raised to be real children able to openly explore, play yet simultaneously learn lessons which will benefit them through lifestyle. The writer and his family members seem very content with their life that is a blessing since so many people seek contentment and never find it. Some are attracted to it from an ecology perspective. Inspring, humorous, and sometimes poetic. Just a lovely tale with plenty of knowledge shared from this author. Five Stars i really enjoy this book. What a treasure of a browse. The pictures are gorgeous and inspiring. Ben shares everything, not just his knowledge and abilities, but his mistakes, items he would do in different ways, and how they paid/pay because of their expenses." If you've ever considered running back again to the land (or even just acquiring your backyard back again to the property). This book's for you personally. Five Stars Thank you. learned a lot. I loved this book I loved this book! Like a Conversation with Good (and More Knowledgeable) Friends! Five Stars I purchased this for my girl who loves it. I'm gradually enlarging our homestead and this gave me even more motivation. It is the last step before you cut out the grocery store all together. Even books that don't resonate completely with our objectives and values usually still possess perspectives or ideas that people can incorporate into our farm. Penny Hewitt's photos are gorgeous and plentiful and add to the personal feel of the book iust like vou had been on a first-hands tour of their house.



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