



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

By Ben Hewitt, Penny Hewitt

Chelsea Green Publishing Co, United States, 2015. Paperback. Book Condition: New. 251 x 178 mm. Language: English . Brand New Book. A practical way to grow nutrient-dense food, produce healthy fats, and live the good life The Nourishing Homestead tells the story of how we can create truly satisfying, permanent, nourished 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 think about your farm, homestead, or home as an ecosystem. Much of what the Hewitts have come to understand and embrace about their lives of deep nourishment is informed by their particular piece of land and local community 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 apartment. Ben and Penny (and their two sons) maintain copious gardens, dozens of fruit and nut trees and other perennial plantings, as well as a pick-your-own blueberry patch. In addition to these cultivated food crops, they also forage for wild edibles, process their own meat, make their own butter, and ferment, dry, and can their own vegetables. Their focus is...

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