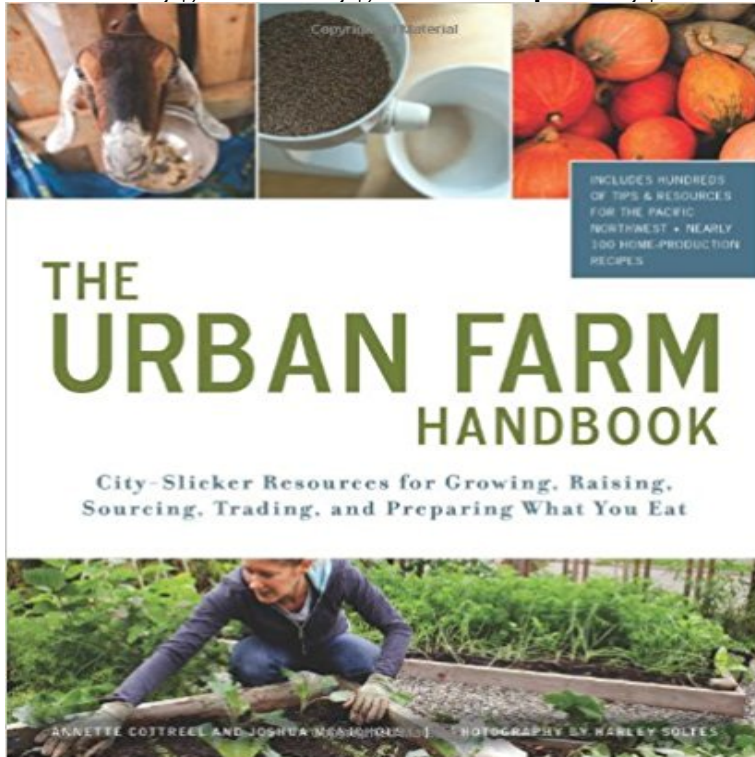


# Urban Farm Handbook: City Slicker Resources for Growing, Raising, Sourcing, Trading, and Preparing What You Eat



You don't have to live on 50 acres to begin taking control over what you eat. Is that...a goat in your garage?! It might be if you've been reading **THE URBAN FARM HANDBOOK: CITY-SLICHER RESOURCES FOR GROWING, RAISING, SOURCING, TRADING, AND PREPARING WHAT YOU EAT**. In this comprehensive guide for city-dwellers on how to wean themselves off of commercial supermarkets, the authors map a plan for how to manage a busy, urban family life with home-grown foods, shared community efforts, and easy yet healthful practices. More than just a few ideas about gardening and raising chickens, **THE URBAN FARM HANDBOOK** uses stories, charts, grocery lists, recipes, and calendars to inform and instruct. As busy urbanites who have learned how to do everything from making cheese and curing meat to collaborating with neighbors on a food bartering system, the authors share their own food journeys along with those of local producers and consumers who are changing the food systems in the Pacific Northwest.

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