

## The Urban Farmer Growing Food For Profit On Leased And Borrowed Land

CLICK HERE to download the chapter on "Growing Strategies to Maximize Garden Space" from The Urban Farm Handbook \* More than 150 sustainable resources for the Pacific Northwest \* More than 90 basic home-production recipes \* 75 black-and-white and 35 full color photographs \* Up-to-date information on Seattle-area urban farming permits and policy Is that . . . a goat in your garage?! It might be if you've been reading The Urban Farm Handbook: City-Slicker Resources for Growing, Raising, Sourcing, Trading, and Preparing What You Eat. In this comprehensive guide for city-dwellers on how to wean themselves from 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. Organized seasonally, this handbook instructs on: And so much more!

Urban agriculture is increasingly considered an important part of creating just and sustainable cities. Yet the benefits that many people attribute to urban agriculture--fresh food, green space, educational opportunities--can mask structural inequities, thereby making political transformation harder to achieve. Realizing social and environmental justice requires moving beyond food production to address deeper issues such as structural racism, gender inequity, and economic disparities. Beyond the Kale argues that urban agricultural projects focused explicitly on dismantling oppressive systems have the greatest potential to achieve substantive social change. Through in-depth interviews and public forums with some of New York City's most prominent urban agriculture activists and supporters, Kristin Reynolds and Nevin Cohen illustrate how some urban farmers and gardeners not only grow healthy food for their communities but also use their activities and spaces to disrupt the dynamics of power and privilege that perpetuate inequity. Addressing a significant gap in the urban agriculture literature, Beyond the Kale prioritizes the voices of people of color and women--activists and leaders whose strategies have often been underrepresented within the urban agriculture movement--and it examines the roles of scholarship in advancing social justice initiatives.

Grow better not bigger with proven low-tech, human-scale, biointensive farming methods

Small is beautiful, and these 15 real farm plans show that small-scale farmers can have big-time success. Compact Farms is an illustrated guide for anyone dreaming of starting, expanding, or perfecting a profitable farming enterprise on five acres or less. The farm plans explain how to harness an area's water supply, orientation, and geography in order to maximize efficiency and productivity while minimizing effort. Profiles of well-known farmers such as Eliot Coleman and Jean-Martin Fortier show that farming on a small scale in any region, in both urban and rural settings, can provide enough income to turn the endeavor from hobby to career. These real-life plans and down-and-dirty advice will equip you with everything you need to actually realize your farm dreams.

A former basketball star, Farmer Will Allen is an innovator, educator, and community builder. When he looked at an abandoned city lot he saw a huge table, big enough to feed the whole world. This is the inspiring story of his determination to bring good food to every table.

Mini Farming describes a holistic approach to small-area farming that will show you how to produce 85 percent of an average family's food on just a quarter acre—and earn \$10,000 in cash annually while spending less than half the time that an ordinary job would require. Even if you have never been a farmer or a gardener, this book covers everything you need to know to get started: buying and saving seeds, starting seedlings, establishing raised beds, soil fertility practices, composting, dealing with pest and disease problems, crop rotation, farm planning, and much more. Because self-sufficiency is the objective, subjects such as raising backyard chickens and home canning are also covered along with numerous methods for keeping costs down and production high. Materials, tools, and techniques are detailed with photographs, tables, diagrams, and illustrations.

Urban and rural collide in this wry, inspiring memoir of a woman who turned a vacant lot in downtown Oakland into a thriving farm. Novella Carpenter loves cities—the culture, the crowds, the energy. At the same time, she can't shake the fact that she is the daughter of two back-to-the-land hippies who taught her to love nature and eat vegetables. Ambivalent about repeating her parents' disastrous mistakes, yet drawn to the idea of backyard self-sufficiency, Carpenter decided that it might be possible to have it both ways: a homegrown vegetable plot as well as museums, bars, concerts, and a twenty-four-hour convenience mart mere minutes away. Especially when she moved to a ramshackle house in inner city Oakland and discovered a weed-choked, garbage-strewn abandoned lot next door. She closed her eyes and pictured heirloom tomatoes, a beehive, and a chicken coop. What started out as a few egg-laying chickens led to turkeys, geese, and ducks. Soon, some rabbits joined the fun, then two three-hundred-pound pigs. And no, these charming and eccentric animals weren't pets; she was a farmer, not a zookeeper. Novella was raising these animals for dinner. Novella Carpenter's corner of downtown Oakland is populated by unforgettable characters. Lana (anal spelled backward, she reminds us) runs a speakeasy across the street and refuses to hurt even a fly, let alone condone raising turkeys for Thanksgiving. Bobby, the homeless man who collects cars and car parts just outside the farm, is an invaluable neighborhood concierge. The turkeys, Harold and Maude, tend to escape on a daily basis to cavort with the prostitutes hanging around just off the highway nearby. Every day on this strange and beautiful farm, urban meets rural in the most surprising ways. For anyone who has ever grown herbs on their windowsill, tomatoes on their fire escape, or obsessed over the offerings at the local farmers' market, Carpenter's story will capture your heart. And if you've ever considered leaving it all behind to become a farmer outside the city limits, or looked at the abandoned lot next door with a gleam in your eye, consider this both a cautionary tale and a full-throated call to action. Farm City is an unforgettably charming memoir, full of hilarious moments, fascinating farmers' tips, and a great deal of heart. It is also a moving meditation on urban life versus the natural world and what we have given up to live the way we do.

A guide to organic vegetable gardens and small-scale farming with an emphasis on sustainability. Biodynamic farming, with its focus on ecological sustainability, has emerged as the gold standard in the organic gardening movement. Daron Joffe—known as Farmer D—has made it his mission to empower, educate, and inspire people to become conscientious consumers, citizens, and stewards of the land. In this engaging call to action, Farmer D teaches us to not only create sustainable gardens but also to develop a more holistic, community-minded approach to how our food is grown and how we live our lives in balance with nature.

Illustrated with photographs of gardens designed by Farmer D as well as line drawings, the book is packed with advice on: Establishing a biodynamic garden Composting Soil composition and replenishment Controlling pests and disease Cooperative gardening practices Creating delicious meals with your home-grown produce In collaboration with a James Beard Award-nominated food journalist, Farmer D offers an indispensable resource for anyone who wants to make the world a greener place. Farming in cities and small spaces is becoming increasingly popular, but it has its challenges. City Farming addresses the problems the urban farmer might face and turns them into creative solutions. It assists the new grower to gain expert understanding of how to create a production urban farm, as well as helping established farmers to discover new ways to bring their space into greater harmony and production. Also covered are integrated approaches that bring together the whole farming system in a small space to produce high yields with minimal energy and effort. The content is organised by themes of importance to urban farmers: sun and heat; water usage; seasonal production; spatial planning; soil quality and usage; propagation and breeding; pests and diseases; farming under time constraints; sustainability; and community initiatives. Each chapter unfolds a piece the story of The Micro Farm Project. The challenges that crop and livestock production present is discussed, and practical solutions to the problems—such as lack of space, high population density, poor soil quality, planning restrictions, etc—are given. Also included are case studies that give examples of different methods used within urban farming from different regions throughout the world. \*\*\* "City Farming is an empowering guide to converting small urban spaces into productive food hubs. Filled with both practical advice and heartfelt anecdotes, this book will help you become the next backyard food revolutionary, one plant or pasture at a time." --Edible Phoenix, Winter 2017 \*\*\* "...provides expert advice on growing a wide variety of fruits and vegetables and raising small livestock in a straight-forward and non-technical way that is aimed at everyone interested in establishing an outdoor plot on any scale, from a modest backyard to a fully functioning small farm." --North Central News, February 2018 [Subject: Urban Farming, Farm Studies]

If you'd like to grow your own food but don't think you have the space, look up! In urban and suburban areas across the country, farms and gardens are growing atop the rooftops of residential and commercial buildings. In this accessible guide, author Annie Novak's passion shines as she draws on her experience as a pioneering sky-high farmer to teach best practices for raising vegetables, herbs, flowers, and trees. The book also includes interviews, expert essays, and farm and garden profiles from across the country, so you'll find advice that works no matter where you live. Featuring the brass tacks on green roofs, container gardening, hydroponics, greenhouse growing, crop planning, pest management, harvesting tips, and more, The Rooftop Growing Guide will have you reimagining the possibilities of your own skyline. A global movement to take back our food is growing. The future of farming is in our hands—and in our cities. This book examines alternative food systems in cities around the globe that are shortening their food chains, growing food within their city limits, and taking their "food security" into their own hands. The author, an award-winning food journalist, sought out leaders in the urban-agriculture movement and visited cities successfully dealing with "food deserts." What she found was not just a niche concern of activists but a global movement that cuts across the private and public spheres, economic classes, and cultures. She describes a global movement happening from London and Paris to Vancouver and New York to establish alternatives to the monolithic globally integrated supermarket model. A cadre of forward-looking, innovative people has created growing spaces in cities: on rooftops, backyards, vacant lots, along roadways, and even in "vertical farms." Whether it's a community public orchard supplying the needs of local residents or an urban farm that has reclaimed a derelict inner city lot to grow and sell premium market veggies to restaurant chefs, the urban food revolution is clearly underway and working. This book is an exciting, fascinating chronicle of a game-changing movement, a rebellion against the industrial food behemoth, and a reclaiming of communities to grow, distribute, and eat locally.

Farming is taking root in our cities. With only a small capital investment, and without the need to own land, you can become part of this growing movement. The Urban Farmer will help you learn the crops, techniques and business strategies you need to make a good living growing food intensively right in your own backyard.

Mangos from India, pasta from Italy, coffee from Colombia: Every day, we are nourished by a global food system that relies on our planet remaining verdant and productive. But current practices are undermining both human and environmental health, resulting in the paradoxes of obesity paired with malnutrition, crops used for animal feed and biofuels while people go hungry, and more than thirty percent of food being wasted when it could feed the 795 million malnourished worldwide. In Nourished Planet, the Barilla Center for Food & Nutrition offers a global plan for feeding ourselves sustainably. Drawing on the diverse experiences of renowned international experts, the book offers a truly planetary perspective. Essays and interviews showcase Hans Herren, Vandana Shiva, Alexander Mueller, and Pavan Sukhdev, among many others. Together, these experts plot a map towards food for all, food for sustainable growth, food for health, and food for culture. With these ingredients, we can nourish our planet and ourselves.

There are twenty million acres of lawns in North America. In their current form, these unproductive expanses of grass represent a significant financial and environmental cost. However, viewed through a different lens, they can also be seen as a tremendous source of opportunity. Access to land is a major barrier for many people who want to enter the agricultural sector, and urban and suburban yards have huge potential for would-be farmers wanting to become part of this growing movement. The Urban Farmer is a comprehensive, hands-on, practical manual to help you learn the techniques and business strategies you need to make a good living growing high-yield, high-value crops right in your own backyard (or someone else's). Major benefits include: Low capital investment and overhead costs Reduced need for expensive infrastructure Easy access to markets Growing food in the city means that fresh crops may travel only a few blocks from field to table, making this innovative approach the next logical step in the local food movement. Based on a scalable, easily reproduced business model, The Urban Farmer is your complete guide to minimizing risk and maximizing

profit by using intensive production in small leased or borrowed spaces. Curtis Stone is the owner/operator of Green City Acres, a commercial urban farm growing vegetables for farmers markets, restaurants, and retail outlets. During his slower months, Curtis works as a public speaker, teacher, and consultant, sharing his story to inspire a new generation of farmers.

"There's a conviction among many sustainable agriculture advocates that the best way to move agriculture forward is to look back. The hope is to return to an exalted era in agriculture, to the kind of rural scene fit for a Rockwell painting or a Shaker Village—to food grown the old fashioned way. Breaking Through Concrete is not that, which is exactly the point. This ode to urban farming is not nostalgic (those are skyscrapers in the background, not silos), but instructive. It's a beautiful, gritty and very real portrait of the possibilities for the future of food." — Dan Barber, Executive Chef & Co-owner of Blue Hill "A road map to the future of America. A blueprint of possibilities. A book full of remarkable stories of neighborhood visionaries, stories of people who grow community in their gardens. Where others see trouble, they see food and hope." —NPR's Kitchen Sisters "Finally, a book on the full continuum of urban agriculture in America, replete with inspiring images of the people and places behind today's city-grown food. Hanson and Marty tell these stories with such admiration for their subjects you'll want to bestow hero status to city farmers." —Darrin Nordahl, author of Public Produce: The New Urban Agriculture "Breaking Through Concrete will satisfy readers hungry for a broad perspective on urban agriculture. The beautiful stories and photographs of successful programs throughout North America, combined with practical 'how to' guides, provides a valued resource for practitioners, advocates, scholars, and gardeners." —Laura Lawson, author of City Bountiful: A Century of Community Gardening in America

"Updated for its 30th anniversary edition; [This book] remains as relevant as ever."—New York Times Book Review Since its original publication in 1989, *The New Organic Grower* has been one of the most important farming books available, with pioneer Eliot Coleman leading the charge in the organic movement in the United States. Now fully illustrated and updated, this 30th Anniversary Edition is a must-have for any agricultural library. Eliot Coleman's books and innovative methods have helped innumerable organic farmers build successful farms in deep accordance with nature. The wisdom in this seminal book holds true even as the modern agricultural canon has grown—in large part due to Coleman's influence as a wise elder with decades of experience. New information has been included in this edition to showcase the new tools and techniques that Eliot has been developing over the last thirty-five years. Inspired by the European intensive growers, *The New Organic Grower*, 30th Anniversary Edition, offers a very approachable and productive form of farming that has proven to work well for the earth and its stewards for centuries. Gardeners working on 2.5 acres or less will find this book especially useful, as it offers proof that small-scale market growers and serious home gardeners can live good lives close to the land and make a profit at the same time. *The New Organic Grower* is ideal for young farmers just getting started, or gardeners seeking to expand into a more productive enterprise. New material in this edition includes: Beautiful color photographs throughout, taken by master gardener and author Barbara Damrosch (Eliot's wife and co-farmer) Updated information throughout on how Eliot's practices have changed through his experiments over the years A new section from Damrosch about incorporating flowers on the small farm More information on new tools Eliot has invented that don't appear in any of his other books

Urban agriculture is the global movement that encourages the practice of cultivating, processing and distributing food in the city. The guide for anyone who dreams of living the country life in the city by growing their own healthy, sustainable fruit and veg - and more! Producing our own fruit, vegetables, herbs, eggs and honey is perfectly possible in a suburban space, and this practical guide will help urban dwellers develop a more sustainable existence. With a deep knowledge of permaculture and organic gardening, horticultural expert Justin Calverley shows you how to establish a diverse urban farm, whether in your own backyard, a courtyard or even a balcony. Justin advocates observing and following nature's cycles and patterns as the best way to a sustainable and productive garden. As well as growing fruit and veg, *The Urban Farmer* explains how to take up bee-keeping, chook care, propagation, maintaining your plot and preserving your patch's bounty. So be inspired and get cracking with your own personal garden of Eden!

*Street Farm* is the inspirational account of residents in the notorious Low Track in Vancouver, British Columbia—one of the worst urban slums in North America—who joined together to create an urban farm as a means of addressing the chronic problems in their neighborhood. It is a story of recovery, of land and food, of people, and of the power of farming and nourishing others as a way to heal our world and ourselves. During the past seven years, Sole Food Street Farms—now North America's largest urban farm project—has transformed acres of vacant and contaminated urban land into street farms that grow artisan-quality fruits and vegetables. By providing jobs, agricultural training, and inclusion in a community of farmers and food lovers, the Sole Food project has empowered dozens of individuals with limited resources who are managing addiction and chronic mental health problems. Sole Food's mission is to encourage small farms in every urban neighborhood so that good food can be accessible to all, and to do so in a manner that allows everyone to participate in the process. In *Street Farm*, author-photographer-farmer Michael Ableman chronicles the challenges, growth, and success of this groundbreaking project and presents compelling portraits of the neighborhood residents-turned-farmers whose lives have been touched by it. Throughout, he also weaves his philosophy and insights about food and farming, as well as the fundamentals that are the underpinnings of success for both rural farms and urban farms. *Street Farm* will inspire individuals and communities everywhere by providing a clear vision for combining innovative farming methods with concrete social goals, all of which aim to create healthier and more resilient communities.

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The most complete book on urban farming, covering everything from growing organic produce and raising chickens, to running a small farm on a city lot or in a suburban backyard. Eating locally and growing one's own food is a rapidly evolving movement in urban settings - Hantz Farms in Detroit has transformed 70 acres of abandoned properties into energy-efficient gardens, and Eagle Street Rooftop Farm, a 6,000-foot vegetable farm in Brooklyn, New York, yields 30 different kinds of produce, while private square-foot farms are cropping up in cities all over the country. Created by Lisa Taylor and the gardeners of Seattle Tilth, *Your Farm in the City* covers all of the essential information specific to gardening and farming in a city or town. Clear, easy-to-follow instructions guide and inspire even the most inexperienced urbanite in how to grow and harvest all types of produce, flowers, herbs, and trees, as well as how to raise livestock like chickens, ducks, rabbits, goats, and honeybees. Important information particular to gardening in a city or town is included, such as planning and maximizing limited space, building healthy soil, managing irrigation, understanding zoning laws, outwitting urban pests, and being a considerate farming neighbor. With 100 two-color instructional illustrations throughout and dozens of vital resources, *Your Farm in the City* is the most practical, comprehensive, and easy-to-follow guide to the burgeoning trend of urban farming.

Easy gardening instruction for saving money and eating better by growing your own food in the city

You won't believe your eyes when you see the size of your harvest! In *High-Yield Vegetable Gardening*, authors Colin McCrate and Brad Halm show how you can make your food garden much more productive, no matter how big or small it is. You'll learn their secrets for preparing the soil, selecting and rotating your crops, and mapping out a specific customized plan to make the most of your space and your growing season. Packed with the charts, tables, schedules, and worksheets you need — as well as record-keeping pages so you can repeat your successes next year — this book is an essential tool for the serious gardener.

This book guides architects, landscape designers, urban planners, agronomists and society on the implementation of sustainable rooftop farming projects. The interdisciplinary team of authors involved stresses the different approaches and the multi-faceted forms that rooftop farming may assume in any context. While rooftop farming experiences are sprouting all over the world the need for scientific evidence on the most suitable growing solutions, policies and potential benefits emerges. This volume brings together existing experiences as well as suggestions for planning future sustainable cities.

Permaculture is more than just the latest buzzword; it offers positive solutions for many of the environmental and social challenges confronting us. And nowhere are those remedies more needed and desired than in our cities. *The Permaculture City* provides a new way of thinking about urban living, with practical examples for creating abundant food, energy security, close-knit communities, local and meaningful livelihoods, and sustainable policies in our cities and towns. The same nature-based approach that works so beautifully for growing food—connecting the pieces of the landscape together in harmonious ways—applies perfectly to many of our other needs. Toby Hemenway, one of the leading practitioners and teachers of permaculture design, illuminates a new way forward through examples of edge-pushing innovations, along with a deeply holistic conceptual framework for our cities, towns, and suburbs. *The Permaculture City* begins in the garden but takes what we have learned there and applies it to a much broader range of human experience; we're not just gardening plants but people, neighborhoods, and even cultures. Hemenway lays out how permaculture design can help town dwellers solve the challenges of meeting our needs for food, water, shelter, energy, community, and livelihood in sustainable, resilient ways. Readers will find new information on designing the urban home garden and strategies for gardening in community, rethinking our water and energy systems, learning the difference between a "job" and a "livelihood," and the importance of placemaking and an empowered community. This important book documents the rise of a new sophistication, depth, and diversity in the approaches and thinking of permaculture designers and practitioners. Understanding nature can do more than improve how we grow, make, or consume things; it can also teach us how to cooperate, make decisions, and arrive at good solutions.

The ultimate guide for anyone wondering how President Joe Biden will respond to the COVID-19 pandemic—all his plans, goals, and executive orders in response to the coronavirus crisis. Shortly after being inaugurated as the 46th President of the United States, Joe Biden and his administration released this 200 page guide detailing his plans to respond to the coronavirus pandemic. *The National Strategy for the COVID-19 Response and Pandemic Preparedness* breaks down seven crucial goals of President Joe Biden's administration with regards to the coronavirus pandemic: 1. Restore trust with the American people. 2. Mount a safe, effective, and comprehensive vaccination campaign. 3. Mitigate spread through expanding masking, testing, data, treatments, health care workforce, and clear public health standards. 4. Immediately expand emergency relief and exercise the Defense Production Act. 5. Safely reopen schools, businesses, and travel while protecting workers. 6. Protect those most at risk and advance equity, including across racial, ethnic and rural/urban lines. 7. Restore U.S. leadership globally and build better preparedness for future threats. Each of these goals are explained and detailed in the book, with evidence about the current circumstances and how we got here, as well as plans and concrete steps to achieve each goal. Also included is the full text of the many Executive Orders that will be issued by President Biden to achieve each of these goals. *The National Strategy for the COVID-19 Response and Pandemic Preparedness* is required reading for anyone interested in or concerned about the COVID-19 pandemic and its effects on American society.

Growing and harvesting food within city limits is the future of farming. Urban farming has become a way of life for city dwellers who want to feel closer to nature and grow organic food. To be an urban farmer, all you need is soil, seeds, and a bit of space. Join the urban farming revolution while learning operations with decimals. Packed with factual information and high-interest content, this nonfiction math book uses real-world examples of problem solving to build students' math and reading skills. *Let's Explore Math* sidebars feature math questions that challenge students to develop their math skills. A problem-solving section at the end of the book prompts students to reflect and apply what they've learned. Demystify math with this leveled book that makes learning math fun and accessible for kids ages 10-12 and is especially appealing to reluctant readers.

In 1920, 14 percent of all land-owning US farmers were black. Today less than 2 percent of farms are controlled by black

people--a loss of over 14 million acres and the result of discrimination and dispossession. While farm management is among the whitest of professions, farm labor is predominantly brown and exploited, and people of color disproportionately live in "food apartheid" neighborhoods and suffer from diet-related illness. The system is built on stolen land and stolen labor and needs a redesign. *Farming While Black* is the first comprehensive "how to" guide for aspiring African-heritage growers to reclaim their dignity as agriculturists and for all farmers to understand the distinct, technical contributions of African-heritage people to sustainable agriculture. At Soul Fire Farm, author Leah Penniman co-created the Black and Latinx Farmers Immersion (BLFI) program as a container for new farmers to share growing skills in a culturally relevant and supportive environment led by people of color. *Farming While Black* organizes and expands upon the curriculum of the BLFI to provide readers with a concise guide to all aspects of small-scale farming, from business planning to preserving the harvest. Throughout the chapters Penniman uplifts the wisdom of the African diasporic farmers and activists whose work informs the techniques described--from whole farm planning, soil fertility, seed selection, and agroecology, to using whole foods in culturally appropriate recipes, sharing stories of ancestors, and tools for healing from the trauma associated with slavery and economic exploitation on the land. Woven throughout the book is the story of Soul Fire Farm, a national leader in the food justice movement. The technical information is designed for farmers and gardeners with beginning to intermediate experience. For those with more experience, the book provides a fresh lens on practices that may have been taken for granted as ahistorical or strictly European. Black ancestors and contemporaries have always been leaders--and continue to lead--in the sustainable agriculture and food justice movements. It is time for all of us to listen.

As featured on *Humans of New York* "Hartland's joyful folk-art illustrations bop from the gray-toned jazzy vibrancy of a bustling city neighborhood to the colorful harvest of a lush urban farm." —The New York Times "An inspiring picture book for youngsters with meaningful ties to the environment, sustainability, and community engagement." —Booklist "Discover the incredible true story of Harlem Grown, a lush garden in New York City that grew out of an abandoned lot and now feeds a neighborhood. Once In a big city called New York In a bustling neighborhood There was an empty lot. Nevaeh called it the haunted garden. Harlem Grown tells the inspiring true story of how one man made a big difference in a neighborhood. After seeing how restless they were and their lack of healthy food options, Tony Hillery invited students from an underfunded school to turn a vacant lot into a beautiful and functional farm. By getting their hands dirty, these kids turned an abandoned space into something beautiful and useful while learning about healthy, sustainable eating and collaboration. Five years later, the kids and their parents, with the support of the Harlem Grown staff, grow thousands of pounds of fruits and vegetables a year. All of it is given to the kids and their families. The incredible story is vividly brought to life with Jessie Hartland's "charmingly busy art" (Booklist) that readers will pore over in search of new details as they revisit this poignant and uplifting tale over and over again. Harlem Grown is an independent, not-for-profit organization. The author's share of the proceeds from the sale of this book go directly to Harlem Grown.

Urban environments require specific techniques to optimise growing conditions for plants. Two leading experts in horticulture and soil science teach the reader how to grow their own food--from the ground up--in this authoritative, accessible, generously photographed guide. *Grow Your Own* provides simple step-by-step methods and information enabling the average city dweller to grow food plants at whatever scale their time and resources permit and no matter their location, be it suburban backyard or apartment balcony. Some of the many topics covered include creating the best environment for growing (influenced by water/temperature/light/air quality), setting up the soil; fertilisers, compost and worm farms; choosing crops (annual/perennial/heirloom/modern); propagation, planting and maintenance; pest and disease management; seed saving; rooftop spaces and vertical gardens; and integrated urban farming including bees and poultry.

The Urban Farmer Growing Food for Profit on Leased and Borrowed Land

Celebrates the innovative and inspiring ways that urban dwellers are reimagining our cities as places of food production. Original. Managing agricultural operations in the U.S., Europe, Asia and Africa. Rashid saw, up close, the abuses and inefficiencies of Big Ag. *Growing Out Loud* is an uncompromising, unapologetic polemic, offering solutions for America's antiquated food system, as well as arguments that demonstrate its failures.

"A useful manual for anyone interested in turning the concrete jungle green . . . a must-have for any urban dweller serious about farming." —Publishers Weekly In *Farm the City*, Michael Ableman, the "Spartacus of Sustainable Food Activism," offers a guide to setting up and running a successful urban farm, derived from the success of Sole Food Street Farms, one of the largest urban agriculture enterprises in North America. Sole Food Street Farms spans four acres of land in Vancouver, produces twenty-five tons of food annually, provides meaningful work for dozens of disadvantaged people, and has improved the surrounding community in countless ways. Coverage includes: Selecting land and choosing the right crops Growing food in city farms, including plans for planting and harvesting Fundraising and marketing strategies, philosophies, and vital information for selling fresh products Navigating local government and regulations Engaging the community and building meaningful livelihoods *Farm the City* is an invaluable tool kit for entrepreneurs and activists looking to create economic and social value through urban agriculture. Urban farming has the power to change diets, economies, and lives. Yet starting an urban farm can seem daunting with skills and knowledge that extend beyond growing to include marketing, sales, employees, community relations, and navigating local regulations. With this comprehensive guide, you'll be running a successful urban farm in no time. "A story of how to bring cities back to life, literally and emotionally . . . Local food not only addresses quality of life, economy, and food security, it changes our hearts . . . [a] wonderfully written testament to life." —Paul Hawken, New York Times bestselling author of *Drawdown*

How to maximize your food production in an urban environment. The idea of bringing agriculture into the city has been promoted by many on both sides of the political fence: proponents of sustainability and prevention of climate change as well as those who worry about government and social instability. To address the urgent need for a shift in the way our food is produced, *The Ultimate Guide to Urban Farming* offers a practical education in everything there is to know about city agriculture: how to grow a lot of food in any kind of urban living situation, from apartment to full-scale commercial venture. Subjects covered include: • Small scale vs. large scale agriculture • The economic, social, health, and environmental impacts of urban farming • Making the most of the space available • The latest technologies and developments in agriculture, including: hydroponics, vertical gardening, and aquaponics • Case studies and design concerns for community-based farming • The best plant species for cities and seasons • Beekeeping and small animals • Commercial agriculture and the business side of farming in a city environment This comprehensive guide will introduce readers to the rewarding possibilities of growing their own food, as well as dispel the falsehood that says we need faraway factory farms to produce everything we eat.

At Clay Bottom Farm, author Ben Hartman and staff practice kaizen, or continuous improvement, cutting out more waste--of time,

labor, space, money, and more--every year and aligning their organic production more tightly with customer demand. Applied alongside other lean principles originally developed by the Japanese auto industry, the end result has been increased profits and less work. In this field-guide companion to his award-winning first book, *The Lean Farm*, Hartman shows market vegetable growers in even more detail how Clay Bottom Farm implements lean thinking in every area of their work, including using kanbans, or replacement signals, to maximize land use; germination chambers to reduce defect waste; and right-sized machinery to save money and labor and increase efficiency. From finding land and assessing infrastructure needs to selling perfect produce at the farmers market, *The Lean Farm Guide to Growing Vegetables* digs deeper into specific, tested methods for waste-free farming that not only help farmers become more successful but make the work more enjoyable. These methods include: Using Japanese paper pot transplanters Building your own germinating chambers Leaning up your greenhouse Making and applying simple composts Using lean techniques for pest and weed control Creating Heijunka, or load-leveling calendars for efficient planning Farming is not static, and improvement requires constant change. *The Lean Farm Guide to Growing Vegetables* offers strategies for farmers to stay flexible and profitable even in the face of changing weather and markets. Much more than a simple exercise in cost-cutting, lean farming is about growing better, not cheaper, food--the food your customers want.

*Urban Farms* provides in-depth profiles of 16 innovative farms located in major metropolitan areas across the country, each operated by passionate individuals and communities committed to growing their own fruits and vegetables and raising animals. Included in these pages are some of the leaders in the movement, from Novella Carpenter's farm in an empty lot in Oakland to Growing Power's vast compound in Milwaukee. In addition to stories about the farms and their owners, sidebars provide basic how-to tips for such activities as composting, canning, beekeeping, and growing vegetables. A burgeoning movement that is fast catching on, urban farming taps into many touchstones of the zeitgeist, including environmental awareness, the foodie culture, localism, distrust of mass-production farming practices, and the DIY approach to life and living. Praise for *Urban Farms*: "Sarah C. Rich's handsome, intelligent *URBAN FARMS* (Abrams, \$30) chronicles a movement to bring kale to the people, an effort that stretches across the country, from Brooklyn to Oakland. . . . Benson's spirited photographs capture the joy and beauty of urban farming's bounty. No vase full of lush peonies from the grounds of an elegant estate could inspire such looks of eager joy as do the tomatoes harvested out of New York City's Edible Schoolyard. These vegetable gardeners—and farmers—are working against such odds that there's simply no excuse to let a comparatively lush suburban backyard lie fallow." —New York Times Book Review "A MacArthur ""Genius Award"" recipient and co-launcher of First Lady Michelle Obama's Let's Move! program describes his early experiences as a sharecropper's son and a KFC executive before building a preeminent urban farm to feed, educate and employ thousands of at-risk youths."

Explains how to grow and harvest vegetables throughout the year in mobile plastic greenhouses that use little heat, covering topics such as greenhouse design and construction, soil preparation, weed control, pests, and summer and winter crops.

The "how-to" guide for a new generation of farmers from the author of *Farm City* and a leading urban garden educator. In this indispensable guide, *Farm City* author Novella Carpenter and Willow Rosenthal share their experience as successful urban farmers and provide practical blueprints-complete with rich visual material-for novice and experienced growers looking to bring the principles of ethical food to the city streets. *The Essential Urban Farmer* guides readers from day one to market day, advising on how to find the perfect site, design a landscape, and cultivate crops. For anyone who has ever grown herbs on windowsills, or tomatoes on fire escapes, this is an invaluable volume with the potential to change our menus, our health, and our cities forever.

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