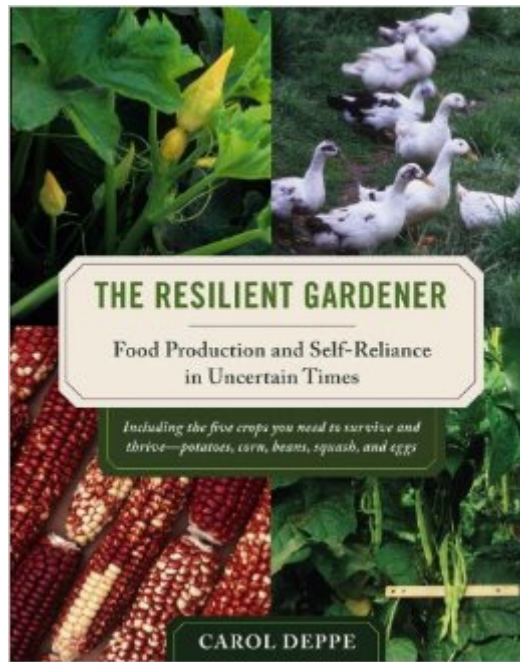


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# The Resilient Gardener: Food Production And Self-Reliance In Uncertain Times



## Synopsis

Scientist/gardener Carol Deppe combines her passion for organic gardening with newly emerging scientific information from many fields • resilience science, climatology, climate change, ecology, anthropology, paleontology, sustainable agriculture, nutrition, health, and medicine. In the last half of *The Resilient Gardener*, Deppe extends and illustrates these principles with detailed information about growing and using five key crops: potatoes, corn, beans, squash, and eggs. In this book youâ™™ll learn how to: • Garden in an era of unpredictable weather and climate change • Grow, store, and use more of your own staple crops • Garden efficiently and comfortably (even if you have a bad back) • Grow, store, and cook different varieties of potatoes and save your own potato seed • Grow the right varieties of corn to make your own gourmet-quality fast-cooking polenta, cornbread, parched corn, corn cakes, pancakes and even savory corn gravy • Make whole-grain, corn-based breads and cakes using the authorâ™™s original gluten-free recipes involving no other grains, artificial binders, or dairy products • Grow and use popbeans and other grain legumes • Grow, store, and use summer, winter, and drying squash • Keep a home laying flock of ducks or chickens; integrate them with your gardening, and grow most of their feed. *The Resilient Gardener* is both a conceptual and a hands-on organic gardening book, and is suitable for vegetable gardeners at all levels of experience. Resilience here is broadly conceived and encompasses a full range of problems, from personal hard times such as injuries, family crises, financial problems, health problems, and special dietary needs (gluten intolerance, food allergies, carbohydrate sensitivity, and a need for weight control) to serious regional and global disasters and climate change. It is a supremely optimistic as well as realistic book about how resilient gardeners and their vegetable gardens can flourish even in challenging times and help their communities to survive and thrive through everything that comes their way • from tomorrow through the next thousand years. Organic gardening, vegetable gardening, self-sufficiency, subsistence gardening, gluten-free living.

## Book Information

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## Customer Reviews

I have been looking for a book like this one for several years, so the publication of *The Resilient Gardener: Food Production and Self-Reliance in Uncertain Times* gives me cause for rejoicing. Carol Deppe (whose earlier book, *Breed Your Own Vegetable Varieties*, should be on every gardener's must-read list) brings us practical, common-sense garden wisdom and comprehensive, detailed advice for producing our own food staples. She's funny, too, and her wry humor goes a long way toward lightening her serious subject. Carol Deppe is a long-time gardener and plant breeder (in Corvallis, Oregon) who specializes in developing open-pollinated, public-domain food plants for organic gardens. *The Resilient Gardener* encourages us to redesign our gardens for hard times. Its first focus, Deppe says, is on achieving greater control over our food supply, rather than relying on fossil-fueled industrial agriculture to supply our staple foods. Its second focus: on surviving the natural and personal disasters (droughts, family emergencies) that can wreak havoc in the garden. Its third: on gardening not just in the good times, or even in the hard times, but "gardening in mega-hard times." And not just gardening for ourselves, either, but for others: "A gardener who knows how to garden in both good times and bad can be a reservoir of knowledge and a source of resilience for the entire community." The bottom line, for Deppe, is the awareness that a time may come when our gardening pastime turns into a basic survival skill. Natural disasters, widespread resource depletions (fossil fuel, water, soil), or a catastrophic economic downturn may require us to grow our food, she says, so it's a very good idea to learn how to do this before we have no other alternative. To which I say "amen."

I wish I could eloquently sum up this book. Actually, the title does that about as well as anyone could. But I'll give you a couple reasons why I'm so excited about it. There are more good points to make. But I can't take the time to get them all into this review. 1) This book pretty well nails what has been my wife's and my passion in almost everything we do related to self-sufficiency. That is, it addresses something larger and broader than just growing things. It addresses \*production for

consumption, survival and happiness.\*2) Carol writes uniquely. One does not learn what she has to teach without learning about her own journey. I find this very helpful, as the context helps explain the content. I also find Carol, in her books, to be a delightful person.3) This book addresses other areas of production, which, in my mind are closely related to gardening, though often not considered so. For example she writes on poultry and other forms of meat production. To me, this is just a logical step from gardening and very important.4) Carol is a "duck-aholic" and so am I. Okay, so she isn't into Muscovies, like I am. But her Anconas sound like excellent birds. I cannot understand why so few Americans like duck and even fewer like their eggs. Yet, ducks are probably the most practical of all poultry, with the potential of being raised where chickens can not.5) Carol writes about growing and raising things because they make one feel good. I grow certain crops which I call "feel good crops." That's because, they are dependable and productive and, for one reason or another, when I grow them and am around them, I am happy. Carol expresses this very well.6) Carol has celiac disease.

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