



Citizen Farmers: The Biodynamic Way to Grow Healthy Food, Build Thriving Communities, and Give Back to the Earth

By Daron Joffe, Rinne Allen

Stewart, Tabori & Chang Inc. Paperback. Book Condition: new. BRAND NEW, Citizen Farmers: The Biodynamic Way to Grow Healthy Food, Build Thriving Communities, and Give Back to the Earth, Daron Joffe, Rinne Allen, With a focus on sustainability, biodynamic agriculture is a holistic take on farming that stresses the connections between plants, animals and terrain. Joffe offers easy, accessible ways for urban and country dwellers alike to adopt biodynamic practices, divided into 18 steps for maintaining a successful garden and becoming connected with the food you eat. Organised by season, simple and fun how-to projects instruct readers on everything from building a greenhouse to whipping up meals with freshly grown produce. Charts and diagrams demystify gardening challenges, including how to design a garden and build a compost pile. While the local food movement continues to expand, Citizen Farmer encourages readers to go beyond simply buying and growing organic to promoting ecological responsibility in their communities at large.



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