



Self-Reliant Gardening: A Guide to Well-Being with Home Grown Foods on a Budget

By Janet Williams, Will Cook, Stephen Tvedten

Tck Publishing, United States, 2017. CD-Audio. Condition: New. Unabridged. Language: English . Brand New. Whether you are looking for a backup disaster plan or you just want to live a more self-reliant lifestyle, homegrown food and remedies offer you the freedom of choice to take care of yourself. To start with, this comprehensive program will show you how you can have homegrown, garden-fresh fruits and vegetables anytime and anywhere you want. Think of it--sweet, wholesome organic produce picked right from your yard or even your kitchen! While others bemoan the price of food, the effects of GMOs and the ills of pesticide use, you can cut your food bill, improve your health and enjoy the freshest produce with minimal effort. All it takes is a little help from the experts in this multipart audio series. Self-Reliant Gardening is loaded with tips and strategies for self-reliant living and well-being. From raising animals to simple tricks for clean energy, you ll find it all in this easy-to-follow program. Take a look at the techniques and tactics you will discover:1. Homesteading in the 21st Century by Janet Williams2. Urban Gardening by Will Cook3. Gardening on the Cheap by Liv Montgomery4. The Apothecary Garden...



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