

Contents

Acknowledgmentsxiii
Forewordxv
Introductionxvii
Chapter 1: Living by Green Design.....	1
Sustainable Living.....	1
How-to: Maintaining a Natural and Healthy Home	6
Living With the Seventh Generation in Mind.....	12
How-to: Assessing Our Impacts: Ecological Footprints.....	16
Multiplicity of Small Changes	19
How-to: Steps to Greening Our Life	23
The Least Imperfect Path	26
How-to: Appliances that can Make a Difference.....	30
Sustainable Woods.....	33
How-to: Buying Sustainably Harvested Wood	36
Chapter 2: Food and Friendships	39
Granolaheads Anonymous	39
How-to: Living the Cultural Creative Dream	43
The Forces of Spring	46
How-to: Pick a Cuppa Sustainable Coffee	48
Creative Kitchen Partnerships	50
How-to: Supporting Local Farmers while Enjoying Good Food	52
The Comfort of Potatoes	55
How-to: Finding Our Place	57
Ode to the Chickie	59
How-to: Raising Happy Chickens	63

Chapter 3: Growing and Gardening	65
Planting Seeds	65
How-to: Seeds and the Patenting of Life	71
Organically Grown	72
How-to: Organic Gardening Strategies	77
Life Lessons in the Starter Garden	80
How-to: Permaculture Design and Edible Landscaping	82
Circle of Life	86
How-to: The War on Bugs	88
Free Canning Jars to a Good Home	91
How-to: Basics of Food Preservation	95
Perennial Magic	97
Raised Beds and Raised Expectations	99
Chapter 4: Energy, Independence and Interdependence	105
Renewable Energies	105
How-to: Energy Flows, Conservation and Efficiency	107
The White Buffalo	113
How-to: Solar Hot Water System Basics	116
Apollo's Blessing	118
How-to: Photovoltaic (PV) System Basics	120
Interdependence Day	125
How-to: Winds of Change: Generating Power from a Wind Turbine	129
The Heart and Hearth of Fire	133
How-to: Heating with a Woodstove	137
Precious Water	139
How-to: Water Conservation	142
Personal Energies	144
How-to: Walking and Designing a Labyrinth	147
Chapter 5: Creating and Caring For Community	149
Feeding Community	149
How-to: Join the Anti-consumer Community	153
Unappreciated Rhubarb	155
How-to: Searching for Underrated Treasures	158
That Interesting Couple on County P	161
How-to: Thinking Outside of the Box	163

Cappuccino and Community	165
How-to: Supporting the Local Economy	168
A House of Straw	171
How-to: Building with Straw Bale	174
Chapter 6: Loving Our Livelihood	177
Right Livelihood	177
How-to: Work For Our Passion and Follow Our Bliss	181
Diversified Income-producing Portfolio of Work	185
Adopting a Different Measure of Wealth	187
The Bed & Breakfast Lifestyle	189
How-to: A Short Course on Starting a B&B	193
Home Sweet Office	195
How-to: Home Office Economics	197
Lifestyle and Workstyle: Blending Work and Leisure	199
How-to: Traveling as an Ecotourist	202
Blending Baby and Business	205
How-to: Nurture by Nature	209
Chapter 7: Leaving a Simple Legacy	213
Empty Hammocks	213
How-to: Creative Steps to De-cluttering	216
Growth Versus Development	219
How-to: Considering a Diversified Quality of Life Index (DQLI)	222
Bluebirds, Birch and Bass: Creating Wildlife Habitat	225
How-to: Building a Bluebird Trail	229
Eating Lower on the Food Chain	231
How-to: Going Vegetarian	234
Health and Wellness	236
How-to: Providing What a Body Needs	239
Freedom To and Freedom From	241
Leaving a Legacy	245
How-to: Leaving Biological Legacies	249
Epilogue: Independance and Interdependance Day	253
Index	255
About the Authors	267