

Contents

Acknowledgments	xi
Foreword	xiii
Introduction	1
Health.....	2
Safety.....	6
Quality.....	11
Ethics.....	14
Sustainability.....	18
Frugality.....	20
Entertainment.....	21
Personal pride.....	22
Getting started.....	22
Part one: The Sustainable Garden	
Chapter 1: Planning the Sustainable Garden	29
What do you need?.....	29
What will you grow?.....	34
How much will you grow?.....	38
Chapter 2: Growing the Sustainable Garden	41
Composting.....	43
Vermicomposting.....	46

Vertical gardening	50
Organic solutions	51
Seed saving	54
Growing herbs indoors	56
Growing sprouts.....	56
Extending the tomato harvest	58
Winter gardening.....	58
Chapter 3: Cooking from the Sustainable Garden	63
Tomatoes	63
Freezing tomatoes	63
Drying tomatoes.....	67
Recipe: <i>Creamy Heirloom Tomato Soup</i>	67
Canning tomatoes.....	68
Recipe: <i>Gazpacho</i>	68
Step-by-step canning	72
Recipe: <i>Pizza Sauce</i>	76
Recipe: <i>Canned Salsa</i>	78
Peppers.....	78
Recipe: <i>Pickled Peppers</i>	79
Drying peppers.....	80
Green beans.....	80
Recipe: <i>Pickled Green Beans</i>	82
Herbs	82
Recipe: <i>Iced Lemon Spearmint Tea</i>	84
Root cellar vegetables.....	84
Recipe: <i>Homemade Ginger Ale</i>	85
Part two: The Backyard Orchard	
Chapter 4: Planning the Backyard Orchard	89
What do you need?	89
What will you grow?.....	91
Chapter 5: Growing the Backyard Orchard	93
Planting	93

Watering.....	94
Mulching.....	95
Pruning.....	96
Chapter 6: Cooking from the Backyard Orchard	101
Freezing berries	102
Canning fruit.....	103
Recipe: <i>Caramel Apple Butter</i>	103
Recipe: <i>Canned Pears</i>	104
Part three: The Backyard Poultry Flock	
Chapter 7: Planning the Backyard Poultry Flock.....	107
What do you need?	108
What will you raise?	113
Chapter 8: Raising the Backyard Poultry Flock.....	121
Brooding	121
Coop management	126
Laying.....	127
Feeding.....	128
Injury prevention and treatment.....	129
Chapter 9: Raising the Backyard Poultry Flock for Meat	131
Chickens	131
Turkeys.....	134
Ducks and geese	139
Chapter 10: Cooking from the Backyard Poultry Flock	141
Eggs.....	141
Recipe: <i>Quick Quiche</i>	142
Recipe: <i>Crème Brulee Pie</i>	143
Recipe: <i>Mayonnaise</i>	143
Recipe: <i>Brioche</i>	144
Recipe: <i>Noodles</i>	146
Meat	146
Recipe: <i>Chicken soup</i>	147
Recipe: <i>Turkey stroganoff</i>	149

Part four: The Home Dairy

Chapter 11: Planning the Home Dairy.....	153
Cows.....	154
Goats.....	156
Sheep.....	161
Herd animals.....	162
Pasture or dry lot.....	163
Bedding.....	164
Feeding.....	164
Minerals and supplements.....	167
Breeding males.....	168
Babies.....	170
Veterinary care.....	170
Milking equipment.....	171
Breeds.....	173
Buying dairy animals.....	175
Chapter 12: Managing the Home Dairy.....	179
Natural dairy management.....	179
Training a milker.....	181
Milking by hand.....	183
Milking by machine.....	185
Health basics.....	185
Natural parasite control.....	189
Birthing.....	190
Pasteurization.....	193
Chapter 13: Producing from the Home Dairy.....	195
Butter.....	195
Buttermilk.....	197
Yogurt.....	198
Cheese.....	199
Recipe: <i>Chevre</i>	199
Recipe: <i>Queso Blanco</i>	200
Recipe: <i>Ricotta</i>	201

Recipe: <i>Easy Mozzarella</i>	202
Recipe: <i>Feta</i>	204
Soap	204
Recipe: <i>Castile soap</i>	215
Recipe: <i>Gardener's scrub bar</i>	216
Recipe: <i>Facial soap</i>	217
 Part five: The Home Fiber Flock	
Chapter 14: Planning and Managing the Home Fiber Flock	221
Choosing fiber animals	223
Rabbits	223
Goats and sheep	226
Llamas and alpacas.....	228
Bedding.....	231
Shearing	232
Breeding.....	233
Veterinary care.....	234
Feeding and supplements.....	235
Chapter 15: Producing from the Home Fiber Flock	237
Processing fiber.....	237
Felting.....	241
Project: <i>Felted soap</i>	242
Spinning.....	244
Knitting	245
Project: <i>Scarf</i>	250
Afterword	253
Bibliography	255
Notes	259
Index	263
About the author	271