

# Contents

Foreword.....	ix
Preface .....	xi
Gratitude.....	xiii
Introduction .....	1

## *Grow*

<b>Chapter 1:</b> The Problems and the Solutions.....	9
<b>Chapter 2:</b> Food: The Common Thread that Weaves Humanity Together. Eat Local as a Global Remedy .....	15
<b>Chapter 3:</b> Permaculture: A Global Solution .....	29
<b>Chapter 4:</b> Compost! A Good Garden Begins with Healthy Soil.....	43
<b>Chapter 5:</b> Get Your Roots Wet: Start Small!.....	47
<b>Chapter 6:</b> Gardening Basics .....	55
<b>Chapter 7:</b> Forage and Discover the Wonders of Wild Edibles and Medicinals.....	73
<b>Chapter 8:</b> Growing Medicinal Herbs .....	93
<b>Chapter 9:</b> A Season in the Fields .....	105
<b>Chapter 10:</b> Food As Medicine .....	121

## *Create*

<b>Chapter 11:</b> Create Abundance in Your Kitchen .....	143
<b>Chapter 12:</b> Seed-to-Table Recipes.....	163
<b>Chapter 13:</b> Nature's Herbal Remedies.....	185

<b>Chapter 14:</b> Herbal Body Care .....	193
<b>Chapter 15:</b> Natural Household Cleaners .....	199
<b>Chapter 16:</b> Create Your Own Gifts: Inexpensive DIY Gifts for the Holidays.....	209
<b><i>Inspire</i></b>	
<b>Chapter 17:</b> My Personal Inspiration.....	217
<b>Chapter 18:</b> Anecdotes of Inspiration .....	223
<b>Chapter 19:</b> Food Unites Us .....	231
<b>Chapter 20:</b> Children in the Garden and the Kitchen. ....	245
<b>Chapter 21:</b> Connection .....	255
Acknowledgments .....	263
Index .....	265
About the Author.....	273
A Note About the Publisher.....	274