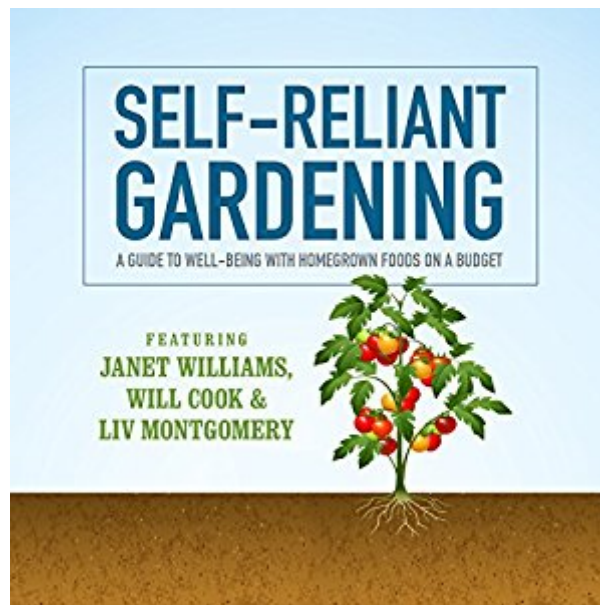




The book was found

Self-Reliant Gardening: A Guide To Well-Being With Homegrown Foods On A Budget



Synopsis

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.

Book Information

Audible Audio Edition

Listening Length: 5 hours

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Customer Reviews

Good

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Gardening - A Practical Guide For Beginners To Learn Everything About Hydroponic Gardening (Greenhouse Gardening, Organic Gardening, Basics Of Gardening) Gardening: The Complete Guide To Mini Farming (gardening climatic,gardening herbs, ornamental plant, Square Foot Gardening, Small Space Gardening, Mini Farming For Beginners) Gardening: An Easy Guide for Growing a Sustainable Garden (Gardening, Organic Gardening, Vegetable Gardening, Home Garden, Container Gardening, Horticulture, Agriculture, Hydroponics,) Gardening: A beginners guide to organic vegetable gardening, beginners gardenin (Organic Gardening, Vegetables, Herbs, Beginners Gardening, Vegetable Gardening, hydroponics) Gardening: Organic Gardening Beginners Guide: Growing Vegetables, Herbs and Berries (Gardening, Beginners Gardening, Organic Gardening, Vegetable) Will Bonsall's Essential Guide to Radical, Self-Reliant Gardening: Innovative Techniques for Growing Vegetables, Grains, and Perennial Food Crops with Minimal Fossil Fuel and Animal Inputs Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) CHEAT SHEET SIMPLY for USA FOODS: CARBOHYDRATE, GLYCEMIC INDEX, GLYCEMIC LOAD FOODS Listed from LOW to HIGH + High FIBER FOODS Listed from HIGH TO LOW with OVER 375 foods BORN IN THE USA Whole Food: The 30 Day Whole Food Challenge Æœ Whole Foods Diet Æœ Whole Foods Cookbook Æœ Whole Foods Recipes (Whole Foods - Clean Eating) Whole: The 30 Day Whole Foods Challenge: Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to Lose Weight (Whole, Whole foods, 30 Day Whole ... Whole Foods Cookbook, Whole Foods Diet) Self Made: Becoming Empowered, Self-Reliant, and Rich in Every Way DIY Projects for the Self-Sufficient Homeowner: 25 Ways to Build a Self-Reliant Lifestyle Practical Projects for Self-Sufficiency: DIY Projects to Get Your Self-Reliant Lifestyle Started Raising Self-Reliant Children in a Self-Indulgent World: Seven Building Blocks for Developing Capable Young People Square Foot Gardening High-Value Veggies: Homegrown Produce Ranked by Value (All New Square Foot Gardening) Gardening: Gardening :The Simple instructive complete guide to vegetable gardening for beginners (mini farming,Vertical Gardening,Agriculture Book 2) Permaculture Gardening For Beginners: The Ultimate Practical Guide To Permaculture Gardening And Permaculture Design (Gardening For Beginners, Basics Of Gardening)

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