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The Food Forest Handbook: Design and Manage a Home-Scale Perennial Polyculture Garden

Michelle Czolba, Darrell Frey

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A food forest is a productive landscape developed around a mix of trees and perennials. Rooted in permaculture principles, this integrated approach to gardening incorporates a variety of plants such as fruit and nut trees, shrubs, vines, and perennial herbs and vegetables. Food forests can help increase biodiversity, protect valuable habitat for beneficial insects, and promote food security and resilience, all while providing an abundant harvest.

The Food Forest Handbook is a practical manual for the design and management of a home-scale perennial polyculture garden. Simple, straightforward instructions guide the reader through:

Getting started - site assessment and planning Tending the forest garden – maintaining soil health, succession planning, , mulching, pruning and more The fruits of your labor – crop profiles, harvest, storage, nutrition and recipes.

This timely book makes the concept of food forests accessible to everyone. Focusing on the potential of perennial polyculture to enhance local food systems, *The Food Forest Handbook* shows the reader how to mix and match plants in unique combinations to establish bountiful landscapes and create genuine self-reliance in years to come.

Darrell Frey is the owner and manager of Three Sisters Farm, a five-acre permaculture farm, solar greenhouse and market garden located in Western Pennsylvania. He has been permaculture teacher for thirty years, and is the author of *Bioshelter Market Garden: A Permaculture Farm*.

Michelle Czolba is co-owner of Pittsburgh Permaculture and co-founded the Hazelwood Food Forest. She has extensive experience in the design and maintenance of perennial polyculture.

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Precisely why? Because this The Food Forest Handbook: Design and Manage a Home-Scale Perennial Polyculture Garden is an unordinary book that the inside of the reserve waiting for you to snap the idea but latter it will distress you with the secret the idea inside. Reading this book next to it was fantastic author who all write the book in such amazing way makes the content interior easier to understand, entertaining method but still convey the meaning thoroughly. So , it is good for you for not hesitating having this anymore or you going to regret it. This excellent book will give you a lot of rewards than the other book include such as help improving your ability and your critical thinking way. So , still want to delay having that book? If I have been you I will go to the guide store hurriedly.

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