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The Lost Arts of Hearth and Home: The Happy Luddite's Guide to Domestic Self-Sufficiency

Ken Albala, Rosanna Nafziger Henderson

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The Lost Arts of Hearth and Home is not about extreme, off-the-grid living. It’s for city and suburban dwellers with day jobs: people who love to cook, love fresh natural ingredients, and old techniques for preservation; people who like doing things themselves with a needle and thread, garden hoe, or manual saw.

Ken Albala and Rosanna Nafziger Henderson spread the spirit of antiquated self-sufficiency throughout the household. They offer projects that are decidedly unplugged and a little daring, including:

* Home building projects like rooftop food dehydrators and wood-burning ovens
* Homemaking essentials, from sewing and quilting to rug braiding and soap making
* The wonders of grain: making croissants by hand, sprouting grains, and baking bread
* Adventures with meat: pickled pig’s feet, homemade liverwurst, and celery-cured salami

Intended for industrious cooks and crafters who aren’t afraid to roll up their sleeves, *The Lost Arts of Hearth and Home* will teach you the history and how-to on projects for every facet of your home, all without the electric toys that take away from the experience of making things by hand.

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Denise Barnhart:

The Lost Arts of Hearth and Home: The Happy Luddite's Guide to Domestic Self-Sufficiency can be one of your beginner books that are good idea. All of us recommend that straight away because this book has good vocabulary that can increase your knowledge in terminology, easy to understand, bit entertaining but nevertheless delivering the information. The article author giving his/her effort to get every word into delight arrangement in writing The Lost Arts of Hearth and Home: The Happy Luddite's Guide to Domestic Self-Sufficiency nevertheless doesn't forget the main level, giving the reader the hottest and based confirm resource facts that maybe you can be among it. This great information can easily drawn you into new stage of crucial pondering.

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