

The Organic Farming Manual A Comprehensive Guide To Starting And Running A Certified Organic Farm

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Sustainable Homebrewing - Amelia Slayton Loftus 2014-06-03

Brew delicious organic beer at home. In this comprehensive guide, Amelia Slayton Loftus covers everything you need to know to brew at home with organic ingredients, stressing practices that minimize waste and use sustainable resources. Along with 30 irresistible recipes, Loftus provides expert tips on buying equipment, harnessing solar energy, recycling water, using spent grain, and growing your own organic barley, hops, and herbs. You'll enjoy brewing homemade beer that not only tastes great, but is good for the environment.

Making Hay - Ann Larkin Hansen 2014-04-08

Ann Larkin Hansen offers expert advice on everything from scythes to disc mowers, and details the pros and cons of using horse power or tractors. You'll learn how to choose the right species for your soil, judge hay quality to buy or sell, and determine how many bales your animals need to stay happy, healthy, and energetic.

Nofa Guides - Northeast Organic Farming Association 2011-04-26

A series of eight guides originally published by NOFA (Northeast Organic Farming Association) on organic principles and practices for both the beginner farmer as well as established farmers looking to convert to organic or deepen their practices. Each book is approximately 100 pages, but the information is weighty; the guides use a strong whole-systems farming theory behind their practical advice, as well as offer historical information, further resources, detailed appendices, and profiles of various organic farms across the Northeast. Titles include: Organic Weed and Soil Fertility Management by Steve Gilman (approx 104 pp) Soil Resiliency and Health: Crop Rotation and Cover Cropping on the Organic Farm by Seth Kroeck (96 pp) Compost, Vermicompost, and Compost Tea by Grace Gershuny (96 pp) Vegetable Crop Health: Helping Nature Control Diseases and Pests Organically by Brian Caldwell (96 pp) Organic Dairy Production by Sarah Flack (96) The Wisdom of Plant Heritage: Organic Seed Production and Saving by Bryan Connolly (112 pp) Whole Farm Planning: Ecological Imperatives, Personal Values, and Economics by Elizabeth Henderson and Karl North (96 pp) Humane and Healthy Poultry Production: A Manual for Organic Growers by Karma Glos (104 pp)

ORGANIC VEGETABLE PRODUCTION - Gareth Davies 2012-08-01

Organic Vegetable Production provides an invaluable, practical guide to the production of organic vegetables across a range of organic farming systems in temperate areas. The book covers all aspects of production, including crop choice, fertility building and weed, pest and disease management within a framework of rotation design and business planning. The specific needs of a range of commonly grown vegetable crops are discussed in detail. The authors consider that knowledge-gathering, marketing and financial management are integral parts of organic vegetable production and these subjects are examined in depth. Speciality topics as protected cropping and storage are covered. The book highlights the technical and economic consequences of converting from conventional to organic production and the challenges that can arise.

The Complete Guide to Organic Livestock Farming - Terri Paaajanen 2011

Small-scale, organic farming has grown greatly in popularity during the last two decades, with a greater turn in public awareness toward locally grown, organic, grass-fed products that have not been modified or chemically altered and that are from animals that were treated humanely. For that reason, those looking to start a small-scale, organic farm and raise livestock have a greater chance than ever before to take advantage of the new market for organic goods. This book will show any potential farmer how to start raising livestock and marketing it to the organic, natural lifestyle community that so fervently seeks out these products. You will learn how to start the basic outline for your new small farm, including which livestock to raise, how to build their pens and habitat, and what you will be feeding them to maintain a healthy, organic farm. Read about the basics of animal husbandry, from genetics and breeding to feeding, building locations, and proper health and reproduction care. You will discover how to find yourself the right niche for selling your products and what legalities you must see to, as well as get valuable information about the butchering and processing phase of raising animals for food. Hundreds of hours of in-depth interviews have been conducted for this book with top experts in farm management to provide you with details about farm planning, financial planning, and proper livestock planning. A complete appendix will detail the various breeds and needs of cattle, chickens, goats, horses, pigs, and sheep to help you select the right livestock for your farm. In addition, you will learn the basic composition of most feeds, different grasses and legumes you can use, and find a plethora of outside resources to utilize. For anyone with dreams of a small farm and raising livestock in the future, this is a book for you. Atlantic Publishing is a small, independent publishing company based in Ocala, Florida. Founded over twenty years ago in the company president's garage, Atlantic Publishing has grown to become a renowned resource for non-fiction books. Today, over 450 titles are in print covering subjects such as small business, healthy living, management, finance, careers, and real estate. Atlantic Publishing prides itself on producing award winning, high-quality manuals that give readers up-to-date, pertinent information, real-world examples, and case studies with expert advice. Every book has resources, contact information, and web sites of the products or companies discussed.

A Landowner's Guide to Managing Your Woods - Ann Larkin Hansen 2011-01-01

"Beginning with an explanation of the natural processes governing forest development, the authors present active steps you can take to guide your woodland toward a state of health and beauty and sustainably produce one of the world's greatest renewable resources -- wood."--P. [4] of cover.

The Organic Farming Manual - Ann Larkin Hansen 2010-03-17

Providing expert tips on tending the land, caring for animals, and necessary equipment, Ann Larkin Hansen also covers the intricate process of acquiring organic certification and other business considerations important to a profitable operation. Discover the rewarding satisfaction of running a successful and sustainable organic farm.

Think and Eat Yourself Smart - Dr. Caroline Leaf 2016-03-29

Science is beginning to understand that our thinking has a deep and complicated relationship with our eating. Our thoughts before, during, and after eating profoundly impact our food choices, our digestive

health, our brain health, and more. Yet most of us give very little thought to our food beyond taste and basic nutritional content. In this revolutionary book, Dr. Caroline Leaf packs an incredible amount of information that will change readers' eating and thinking habits for the better. Rather than getting caught up in whether we should go raw or vegan, gluten-free or paleo, Leaf shows readers that every individual is unique, has unique nutritional needs, and has the power to impact their own health through the right thinking. There's no one perfect solution. Rather, she shows us how to change the way we think about food and put ourselves on the path towards health. Anyone who is tired of traditional diet plans that don't work, who struggles with emotional eating, or who simply isn't satisfied with their level of health will find in this book the key to discovering how they can begin developing a healthier body, brain, and spirit.

Organic Farming - Peter Fossel 2014-06-15

Organic Farming is the seed you need to get your organic farm growing. This essential guidebook explains everything you need to know to begin and maintain a healthy, productive, and profitable organic farm, from organic certification to planting crops to marketing your produce. If you're thinking of starting an organic farm or making the transition to organics, you're in good company. The market for organic food increases every year, as does the number of organic producers: in the past two decades, the number of organic farms and businesses has more than tripled. And whether you're growing crops or raising animals, you'll need some helpful advice as you get started. Organic Farming can help—its pages are full of inspiring and educational wisdom from author Peter V. Fossel, who has farmed organically for more than 25 years. Find out how to farm without pesticides, how to find your way through the rules and regulations surrounding organic certification, and how to develop a marketing strategy. A list of resources also points the way to other books, websites, and organizations that focus on organic farming, including state standards. Organic Farming is the ideal practical handbook to fulfilling your dreams.

The Organic Farmer's Business Handbook - Richard Wiswall 2009-10-09

Contrary to popular belief, a good living can be made on an organic farm. What's required is farming smarter, not harder. In *The Organic Farmer's Business Handbook*, Richard Wiswall shares advice on how to make your vegetable production more efficient, better manage your employees and finances, and turn a profit. From his twenty-seven years of experience at Cate Farm in Vermont, Wiswall knows firsthand the joys of starting and operating an organic farm—as well as the challenges of making a living from one. Farming offers fundamental satisfaction from producing food, working outdoors, being one's own boss, and working intimately with nature. But, unfortunately, many farmers avoid learning about the business end of farming; because of this, they often work harder than they need to, or quit farming altogether because of frustrating—and often avoidable—losses. In this comprehensive business kit, Wiswall covers: Step-by-step procedures to make your crop production more efficient Advice on managing employees, farm operations, and office systems Novel marketing strategies What to do with your profits: business spending, investing, and planning for retirement A companion CD offers valuable business tools, including easy-to-use spreadsheets for projecting cash flow, a payroll calculator, comprehensive crop budgets for forty different crops, and tax planners.

Storey's Guide to Growing Organic Vegetables & Herbs for Market - Keith Stewart 2013-03-22

Keith Stewart covers everything you need to know to successfully grow and market your own organic vegetables and herbs. Offering expert tips on choosing a growing site, soil fertility, companion planting, irrigation, organic farming techniques, dealing with pests, and harvesting, Stewart also helps you design a business plan, manage employees, and find niche markets for your produce.

Organic Farming Handbook - Wendel Mason 2015-02-13

This book aims at presenting a number of studies on the subject of organic farming in order to enable the readers to compare results, methods and conclusions. Therefore, studies from different parts of the world have been included in the form of different topics. It is expected that this opportunity to compare results from different countries will give way to a new perspective on the subject, allowing the typical characteristics of organic agriculture and organic food to be understood more clearly. The renowned experts who have contributed in this book have shared their experience and expertise in this book for the benefit of researchers and students from all over the world and to help them in reaching new results in the field of organic agriculture and organic food.

Farming While Black - Leah Penniman 2018

"Farming While Black is the first comprehensive "how to" guide for aspiring African-heritage growers to reclaim their dignity as agriculturists and for all farmers to understand the distinct, technical contributions of African-heritage people to sustainable agriculture. At Soul Fire Farm, author Leah Penniman co-created the Black and Latino Farmers Immersion (BLFI) program as a container for new farmers to share growing skills in a culturally relevant and supportive environment led by people of color. Farming While Black organizes and expands upon the curriculum of the BLFI to provide readers with a concise guide to all aspects of small-scale farming, from business planning to preserving the harvest. Throughout the chapters Penniman uplifts the wisdom of the African diasporic farmers and activists whose work informs the techniques described—from whole farm planning, soil fertility, seed selection, and agroecology, to using whole foods in culturally appropriate recipes, sharing stories of ancestors, and tools for healing from the trauma associated with slavery and economic exploitation on the land. Woven throughout the book is the story of Soul Fire Farm, a national leader in the food justice movement." --

The Organic Seed Grower - John Navazio 2012-12-17

The Organic Seed Grower is a comprehensive manual for the serious vegetable grower who is interested in growing high-quality seeds using organic farming practices. It is written for both serious home seed savers and diversified small-scale farmers who want to learn the necessary steps involved in successfully producing a commercial seed crop organically. Detailed profiles for each of the major vegetables provide users with practical, in-depth knowledge about growing, harvesting, and processing seed for a wide range of common and specialty vegetable crops, from Asian greens to zucchini. In addition, readers will find extensive and critical information on topics including: The reproductive biology of crop plants Annual vs. biennial seed crops Isolation distances needed to ensure varietal purity Maintaining adequate population size for genetic integrity Seed crop climates Seed-borne diseases Seed-cleaning basics Seed storage for farmers and more . . . This book can serve as a bridge to lead skilled gardeners, who are already saving their own seed, into the idea of growing seed commercially. And for diversified vegetable farmers who are growing a seed crop for sale for the first time, it will provide details on many of the tricks of the trade that are used by professional seed growers. This manual will help the budding seed farmer to become more knowledgeable, efficient, and effective in producing a commercially viable seed crop. With the strong demand for certified organic produce, many regional seed companies are increasingly seeking out dedicated seed growers to ensure a reliable source of organically grown seeds for their farmer and gardener customers. This trend represents a great business opportunity for small-scale commercial growers who wish to raise and sell vegetable seeds as a profitable part of their diversified small-farm operation. Written by well-known plant breeder and organic seed expert John Navazio, *The Organic Seed Grower* is the most up-to-date and useful guide to best practices in this exciting and important field.

The New Organic Grower - Eliot Coleman 1995-10-01

With more than 45,000 sold since 1989, *The New Organic Grower* has become a modern classic. In this newly revised and expanded edition, master grower Eliot Coleman continues to present the simplest and most sustainable ways of growing top-quality organic vegetables. Coleman updates practical information on marketing the harvest, on small-scale equipment, and on farming and gardening for the long-term health of the soil. The new book is thoroughly updated, and includes all-new chapters such as: Farm-Generated Fertility—how to meet your soil-fertility needs from the resources of your own land, even if manure is not available. The Moveable Feast—how to construct home-garden and commercial-scale greenhouses that can be easily moved to benefit plants and avoid insect and disease build-up. The Winter Garden—how to plant, harvest, and sell hardy salad crops all winter long from unheated or minimally heated greenhouses. Pests—how to find "plant-positive" rather than "pest-negative" solutions by growing healthy, naturally resistant plants. The Information Resource—how and where to learn what you need to know to grow delicious organic vegetables, no matter where you live. Written for the serious gardener or small market farmer, *The New Organic Grower* proves that, in terms of both efficiency and profitability, smaller can be better.

The Winter Harvest Handbook - Eliot Coleman 2009-04-15

Choosing locally grown organic food is a sustainable living trend that's taken hold throughout North

America. Celebrated farming expert Eliot Coleman helped start this movement with *The New Organic Grower* published 20 years ago. He continues to lead the way, pushing the limits of the harvest season while working his world-renowned organic farm in Harborside, Maine. Now, with his long-awaited new book, *The Winter Harvest Handbook*, anyone can have access to his hard-won experience. Gardeners and farmers can use the innovative, highly successful methods Coleman describes in this comprehensive handbook to raise crops throughout the coldest of winters. Building on the techniques that hundreds of thousands of farmers and gardeners adopted from *The New Organic Grower* and *Four-Season Harvest*, this new book focuses on growing produce of unparalleled freshness and quality in customized unheated or, in some cases, minimally heated, movable plastic greenhouses. Coleman offers clear, concise details on greenhouse construction and maintenance, planting schedules, crop management, harvesting practices, and even marketing methods in this complete, meticulous, and illustrated guide. Readers have access to all the techniques that have proven to produce higher-quality crops on Coleman's own farm. His painstaking research and experimentation with more than 30 different crops will be valuable to small farmers, homesteaders, and experienced home gardeners who seek to expand their production seasons. A passionate advocate for the revival of small-scale sustainable farming, Coleman provides a practical model for supplying fresh, locally grown produce during the winter season, even in climates where conventional wisdom says it "just can't be done."

[Managing Pasture](#) - Dale Strickler 2019-04-30

The health and profitability of grass-based livestock begins with the food they eat. In *Managing Pasture*, author Dale Strickler guides farmers and ranchers through the practical and ideological considerations behind caring for the land as a key part of running a successful grass-based operation, from the profitability of replacing expensive grain feed with nutrient-rich native grasses to the benefits of ecologically-minded land management. In-depth examinations of the biology and benefits of grazing plants and different grazing strategies accompany detailed plans for paddock and fencing set-ups, livestock watering, and effective methods for dealing with common pasture problems throughout the seasons, from mud to drought. For readers invested in pasture improvement strategies that offer environmental benefits beyond better meat and dairy, including carbon sequestration, erosion prevention, increased pollinator resources and wildlife habitat, and improved water quality, *Managing Pasture* is an approachable, accessible guide to creating and caring for the grassland that feeds animals and future generations.

Sustainable Market Farming - Pam Dawling 2013-02-01

Growing for 100 - the complete year-round guide for the small-scale market grower. Across North America, an agricultural renaissance is unfolding. A growing number of market gardeners are emerging to feed our appetite for organic, regional produce. But most of the available resources on food production are aimed at the backyard or hobby gardener who wants to supplement their family's diet with a few homegrown fruits and vegetables. Targeted at serious growers in every climate zone, *Sustainable Market Farming* is a comprehensive manual for small-scale farmers raising organic crops sustainably on a few acres. Informed by the author's extensive experience growing a wide variety of fresh, organic vegetables and fruit to feed the approximately one hundred members of Twin Oaks Community in central Virginia, this practical guide provides: Detailed profiles of a full range of crops, addressing sowing, cultivation, rotation, succession, common pests and diseases, and harvest and storage Information about new, efficient techniques, season extension, and disease resistant varieties Farm-specific business skills to help ensure a successful, profitable enterprise Whether you are a beginning market grower or an established enterprise seeking to improve your skills, *Sustainable Market Farming* is an invaluable resource and a timely book for the maturing local agriculture movement. Pam Dawling is a contributing editor with *Growing for Market* magazine. An avid vegetable grower, she has been farming as a member of Twin Oaks Community in central Virginia for over twenty years, where she helps grow food for around one hundred people on three and a half acres, and provides training in sustainable vegetable production.

[Electric Fencing](#) - Ann Larkin Hansen 2013-08-14

Protect your livestock and gardens with electric fencing. In this Storey BASICS® guide, Ann Larkin Hansen describes the pros and cons of different varieties of electric fencing so that you can choose the fence that best suits your property and needs. You'll also learn how electric fencing works and how to put it together

yourself. Whether you're looking for a standard design to reign in your flock or a portable version for rotational grazing, this accessible volume will help you find an efficient, cost-effective solution.

Humane and Healthy Poultry Production - Karma Glos 2011-04-15

Part of the NOFA guides. Includes information on: Organic poultry basics Establishing the facilities (housing and equipment, choosing and using litter, outdoor access, brooding, grazing and pasturing) Purchasing and brooding chicks Organic feed and supplements Poultry health care in the organic system Management challenges (production and culling, spotted shells, yolk color) Slaughter and Processing Marketing Production expectations and economic viability

Organic Farming - Peter V. Fossel 2007-05-15

Going organic may be a clear way of getting back to basics—and getting away from the havoc chemicals can wreak on our health and our environment—but the basics themselves may not be so clear. How to begin? What kind of fertilizer and feed are allowed? Is there natural pest management? What does certification entail? And is this the way to go? This book covers the basics and then some. Whether you're thinking of starting an organic farm or making the transition to organics, whether you're growing crops or raising animals, you'll find everything you need to know in these pages—from getting started to developing a marketing strategy. A list of resources also points the way to other books, websites, and organizations focusing on every aspect of organic farming, including state standards and more information.

Your Complete Guide to Organic Poultry Farming - Opeyemi Samuel Afeluyi 2020-02-08

This book is a practical guide to help you stay away from synthetic drugs while maximizing the benefits of herbs, roots, and spices around you. It's content can help you go 100% Organic in raising organic chickens. If for any reason you cannot go 100% organic, the book will help you substitute some drugs with herbs and spices that will give you outstanding results while saving you a lot of money. The author has conducted a deep research in response to the disadvantages of antibiotics in chicken. As a result, the book "YOUR GUIDE TO ORGANIC POULTRY FARMING" will help you to get rid of Antibiotics on your farm. YES! You can get some knowledge about ORGANIC POULTRY FARMING in bits here and there, but not to be compared to the FULL DOSE that you will get here. IF YOU EVER WANT TO BE CONFIDENT BEFORE YOU START, KNOWING THAT YOU CAN ALWAYS TURN TO A GUIDE TO SEE WHAT AND WHAT YOU NEED TO PUT TOGETHER TO TACKLE DISEASES. THIS IS IT! And before long, you will master the art and become a good organic poultry farmer. IT IS A PRACTICAL STEP-BY-STEP GUIDE EVERYONE CAN FOLLOW WITHOUT A COACH.

[The Greenhouse and Hoophouse Grower's Handbook](#) - Andrew Mefferd 2017

The Greenhouse and Hoophouse Grower's Handbook shares best practices for both large- and small-scale production of the eight most profitable crops - tomatoes, eggplant, cucumbers, peppers, leafy greens, lettuce, herbs, and microgreens. Every year, more growers are turning to protected culture to deal with unpredictable weather and to meet out-of-season demand for local food, but many end up spinning their wheels, wasting time and money on unprofitable crops grown in ways that don't make the most of their precious greenhouse space. This book levels the playing field with decision-making framework that goes beyond a list of simple dos and don'ts. With comprehensive chapters on temperature control and crop steering, pruning and trellising, grafting, and more, Andrew Mefferd's book is full of techniques and strategies that can help farms stay profitable, satisfy customers, and become an integral part of relocalizing our food system. From seed to sale, this book is the indispensable resource for protected growing.--COVER.

The New Organic Grower, 3rd Edition - Eliot Coleman 2018-09-26

"Updated for its 30th anniversary edition; [This book] remains as relevant as ever."—New York Times Book Review Since its original publication in 1989, *The New Organic Grower* has been one of the most important farming books available, with pioneer Eliot Coleman leading the charge in the organic movement in the United States. Now fully illustrated and updated, this 30th Anniversary Edition is a must-have for any agricultural library. Eliot Coleman's books and innovative methods have helped innumerable organic farmers build successful farms in deep accordance with nature. The wisdom in this seminal book holds true even as the modern agricultural canon has grown—in large part due to Coleman's influence as a wise elder with decades of experience. New information has been included in this edition to showcase the new tools and techniques that Eliot has been developing over the last thirty-five years. Inspired by the European

intensive growers, *The New Organic Grower*, 30th Anniversary Edition, offers a very approachable and productive form of farming that has proven to work well for the earth and its stewards for centuries. Gardeners working on 2.5 acres or less will find this book especially useful, as it offers proof that small-scale market growers and serious home gardeners can live good lives close to the land and make a profit at the same time. *The New Organic Grower* is ideal for young farmers just getting started, or gardeners seeking to expand into a more productive enterprise. New material in this edition includes: Beautiful color photographs throughout, taken by master gardener and author Barbara Damrosch (Eliot's wife and co-farmer) Updated information throughout on how Eliot's practices have changed through his experiments over the years A new section from Damrosch about incorporating flowers on the small farm More information on new tools Eliot has invented that don't appear in any of his other books

The No-Till Organic Vegetable Farm - Daniel Mays 2020-11-17

As more farmers recognize the benefits of no-till farming for soil health, water retention, and crop productivity, expert Daniel Mays provides an in-depth how-to manual on getting started with no-till techniques for successful vegetable production on a commercial scale.

Crop Rotation on Organic Farms - Charles L. Mohler 2009

Training Manual for Organic Agriculture - I. Gomez 2017-09-01

The production of this manual is a joint activity between the Climate, Energy and Tenure Division (NRC) and the Technologies and practices for smallholder farmers (TECA) Team from the Research and Extension Division (DDNR) of FAO Headquarters in Rome, Italy. The realization of this manual has been possible thanks to the hard review, compilation and edition work of Nadia Scialabba, Natural Resources officer (NRC) and Ilka Gomez and Lisa Thivant, members of the TECA Team. Special thanks are due to the International Federation of Organic Agriculture Movements (IFOAM), the Research Institute of Organic Agriculture (FiBL) and the International Institute for Rural Reconstruction (IIRR) for their valuable documents and publications on organic farming for smallholder farmers.

Soil Sisters - Lisa Kivirist 2016-01-25

Women in agriculture are sprouting up in record numbers, but they face a host of distinct challenges and opportunities. Blending What Color is Your Parachute-style career advice with sustainable agriculture practices viewed through a gender lens, *Soil Sisters* provides a wealth of invaluable information for fledging female farming entrepreneurs. The first manual of its kind, this authoritative and comprehensive blueprint presents practical considerations from a woman's perspective, covering everything from business planning to tool use and ergonomics to integrating children and family in farm and field operations. Key topics include: Finding your niche: mid-life encore careers, young and beginning, Boomerangs, and more From concept to crop: diversified farm start-up basics Resources, grants, and loans available especially for women farmers. *Soil Sisters* also contains case studies, inspirational ideas, and savvy advice nuggets from over one hundred successful women farmers and advocates. Targeted specifically to members of the fastest-growing demographic in local agriculture, this highly readable guide is practical and pragmatic "Chick Lit" for today's food scene. Lisa Kivirist is Senior Fellow, Endowed Chair in Agricultural Systems at the Minnesota Institute for Sustainable Agriculture and a national advocate for women in sustainable agriculture. She founded and directs the Rural Women's Project of the Midwest Organic Sustainable Education Service, an award-winning initiative championing female farmers and food-based entrepreneurs. Together with her husband, John Ivanko, Lisa is co-author of *Homemade for Sale*, *Farmstead Chef*, *ECOpreneur*, and *Rural Renaissance*. Lisa and her family run *Inn Serendipity Farm and Bed & Breakfast*, completely powered by the wind and sun in the rolling green hills of southern Wisconsin.

The Mobile Poultry Slaughterhouse - Ali Berlow 2013-07-25

If you're raising poultry for meat and lack easy access to a humane slaughterhouse, a mobile slaughter and processing unit may be the solution. Ali Berlow shows you how to build a unit that accommodates all types of poultry and can easily be moved to any location, making it a great cooperative investment for a community of small-scale farmers. Covering the mechanics of construction, sanitation, safety, and permitting processes, this guide shows you how a mobile slaughterhouse can make your poultry operation more self-sufficient.

Olives and Olive Oil as Functional Foods - Apostolos Kiritsakis 2017-08-14

The only single-source reference on the science of olives and olive oil nutrition and health benefits *Olives and Olive Oil as Functional Foods* is the first comprehensive reference on the science of olives and olive oil. While the main focus of the book is on the fruit's renowned health-sustaining properties, it also provides an in-depth coverage of a wide range of topics of vital concern to producers and researchers, including post-harvest handling, packaging, analysis, sensory evaluation, authentication, waste product utilization, global markets, and much more. People have been cultivating olives for more than six millennia, and olives and olive oil have been celebrated in songs and legends for their life-sustaining properties since antiquity. However, it is only within the last several decades that the unique health benefits of their consumption have become the focus of concerted scientific studies. It is now known that olives and olive oil contain an abundance of phenolic antioxidants, as well as the anti-cancer compounds such as squalene and terpenoids. This centerpiece of the Mediterranean diet has been linked to a greatly reduced risk of heart disease and lowered cancer risk. Bringing together contributions from some of the world's foremost experts on the subject, this book: Addresses the importance of olives and olive oil for the agricultural economy and the relevance of its bioactive components to human health Explores the role that olive oil plays in reducing oxidative stress in cells-a well-known risk factor in human health Provides important information about new findings on olive oil and lipids which reviews the latest research Explores topics of interest to producers, processors, and researchers, including the fruit's chemical composition, processing considerations, quality control, safety, traceability, and more Edited by two scientists world-renowned for their pioneering work on olive oil and human health, this book is an indispensable source of timely information and practical insights for agricultural and food scientists, nutritionists, dieticians, physicians, and all those with a professional interest in food, nutrition, and health.

Finding Good Farmland - Ann Larkin Hansen 2013-01-01

Buying your first farm can be a challenge. This practical guide contains all of the information you need to have before purchasing farmland, covering everything from the characteristics of the land (soil type, slope, water sources, drainage) and the surrounding area to permits, codes, taxes, roads, loans, mortgages, government assistance programs, and more. Checklists and questionnaires are included to help you decide exactly what you need and how to find it.

The Organic Medicinal Herb Farmer - Jeff Carpenter 2015-05-06

A new approach to growing local medicine, including information on geo-authenticity, wildcrafting, and developing a good business plan Both a business guide and a farming manual, *The Organic Medicinal Herb Farmer* will teach readers how to successfully grow and market organic medicinal Western herbs. Whether you're trying to farm medicinal plants, culinary herbs, or at-risk native herbs exclusively or simply add herbal crops to what you're already growing, successful small-scale herb farmers Jeff and Melanie Carpenter will guide you through the entire process—from cultivation to creating value-added products. Using their Zack Woods Herb Farm in Vermont as a backdrop, the Carpenters cover all the basic practical information farmers need to know to get an organic herb farm up and running, including: • Size and scale considerations; • Layout and design of the farm and facilities; • Growing and cultivation information, including types of tools; • Field and bed prep; • Plant propagation; • Weed control, and pests and diseases; • Harvesting, as well as wild harvesting and the concept of geo-authentic botanicals; • Postharvest processing; and, • Value-added products and marketing. The authors also provide fifty detailed plant profiles, going deeper into the herbs every farmer should consider growing. In an easy-to-understand, practical, and comprehensive manner, readers will learn how to focus on quality over quantity, and keep costs down by innovating with existing equipment, rather than expensive technology. Market farmers who have never before considered growing medicinal herbs will learn why it's more important to produce these herbs domestically. *The Organic Medicinal Herb Farmer* makes a convincing case that producing organic medicinal herbs can be a viable, profitable, farming enterprise. The Carpenters also make the case for incorporating medicinal herbs into existing operations, as it can help increase revenue in the form of value-added products, not to mention improve the ecological health of farmland by encouraging biodiversity as a path toward greater soil health.

Whole-Farm Planning - Elizabeth Henderson 2011-04-15

Part of the NOFA Guides. Includes information on: Lessons from systems science (including tools) Assessing the whole farm (what are we managing? the people, physical and mental assets, money) Understanding the farm ecosystems (the water and mineral cycles, dynamics of the biological community, the energy flow) Choosing appropriate tools Making a framework to test decisions Including examples and statements from practicing farmers, and more holistic resources and alternative business models.

The Market Gardener - Jean-Martin Fortier 2014-03-04

Grow better not bigger with proven low-tech, human-scale, biointensive farming methods

Hobby Farm Animals - Sue Weaver 2015-05-12

Eggs, meat, milk, wool, fur, feathers, and some priceless bucolic bliss. No hobby farm is complete without critters...possibly a small herd peppering the field or a microflock flapping around the hen house or pond. A single information-packed volume with everything a hobby farmer needs to know about farm animals, this new comprehensive manual to selecting, caring for, and breeding livestock brings forth the expertise of six hobby farmers, each of whom has real-life on-the-farm experience with the animals she discusses. Whether you're contemplating adding a small herd of sheep or goats to your existing hobby farm or you've always wondered about the benefits of raising angora rabbits or Muscovy ducks, *Livestock for Your Hobby Farm* provides the kind of guidance you need to begin a herd or flock and expand your pens and fencing. With exhaustive detail, the authors offer complete coverage of chickens, ducks, goats, sheep, cattle, pigs, and rabbits, including the housing, health-care, special needs, advantages and challenges of each. -Extensive sections devoted to the seven major farm animals, including profiles of the most popular breeds and varieties -Detailed how-to chapters on the care, handling, feeding, health, and safety of each animal - Special chapters devoted to the breeding and raising of young animals -Recommendations for ways of capitalizing on your livestock's output, from selling eggs, milk, fiber, and so forth -Tips for troubleshooting potential problems and warding off diseases, parasites, and predators

Teaching Organic Farming and Gardening - Martha Brown 2015-02-23

Drawing on nearly 50 years of teaching organic farming and gardening, the staff of the UC Santa Cruz Farm & Garden Apprenticeship and invited authors have developed an updated and expanded resource for instructors based on many of the skills and concepts taught in UCSC's annual Apprenticeship in Ecological Horticulture program. *Teaching Organic Farming & Gardening: Resources for Instructors*, 3rd Edition addresses practical aspects of organic farming and gardening, applied soil science, and social and environmental issues in agriculture. New features of the 3rd Edition include revised and expanded lecture outlines, new demonstrations and exercises, detailed narrative supplements to support lecture topics, and new appendices and illustrations. Although much of the material has been developed for field or garden demonstrations and skill building, most of the units can also be tailored to a classroom setting. The 700-

page manual was produced by UCSC's Center for Agroecology & Sustainable Food System and is designed for a wide audience of those involved in teaching farming and gardening skills and sustainable agriculture concepts, including colleges and universities with sustainable agriculture programs, student farms or gardens, and on-farm education programs; urban agriculture, community garden, and farm training programs; farms with internships or apprenticeships; agriculture extension stations; school gardening programs; organizations such as the Peace Corps, US AID, and other groups that provide international training in food growing and ecological growing methods; and master gardener programs.

Teaming with Fungi - Jeff Lowenfels 2017-01-11

From the bestselling author of *Teaming with Microbes* and *Teaming with Nutrients* *Teaming with Fungi* is an important guide to mycorrhizae and the role they play in agriculture, horticulture, and hydroponics. Almost every plant in a garden forms a relationship with fungi, and many plants would not exist without their fungal partners. By better understanding this relationship, gardeners can take advantage of the benefits of fungi, which include an increased uptake in nutrients, resistance to drought, earlier fruiting, and more. Learn how the fungi interact with plants and how to best to employ them in your home garden.

The Electric Fencing Handbook - Ann Larkin Hansen 2017-05-16

Use electric fencing to protect your livestock, poultry, beehives, and garden. Portable electric fencing is key to successful rotational grazing, while permanent electric fencing effectively protects gardens and orchards and secures large pastures. Through clear instructions accessible to everyone, you'll learn when to use these methods or a combination of the two, plus how to plan for, build, and maintain your electric fencing. This crucial tool is cost effective and versatile, but veteran farmer and author Ann Larkin Hansen also explains what not to do with an electric fence.

A Landowner's Guide to Managing Your Woods - Anne Larkin Hansen 2011-09-01

Whether you have a few acres of trees in the suburbs or a small commercial forest, you can encourage a healthy and sustainable ecosystem through proper woodland management. This introductory guide shows you how to identify the type, health, and quality of your trees and suggests strategies for keeping your woodland thriving.

Growing Christmas Trees - Patrick White 2015-02-24

Growing beautiful Christmas trees is a great way to generate off-season farm income and make better use of your land. From selecting a site and planting the right species to marketing and selling trees, this Storey BASICS® guide shows you how to build and maintain your own small tree nursery. Including handy tips for making handcrafted kissing balls and holiday wreaths, *Growing Christmas Trees* covers everything you need to know to successfully cultivate stunning evergreens that will provide income and bring holiday cheer.