



The Essential Guide to Back Garden Self-Sufficiency

Carleen Madigan

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Nothing tastes better than homegrown produce and there's nowhere better to grow it than your own back garden. Whether you're interested in a small patch of gourmet asparagus and strawberries, a few eggs to make your own omelettes or full-scale self-sufficiency, this guide contains the traditional, tried-and-tested skills that turn dreams into reality. Vegetable growing is made easy with clear, sensible advice on the basics and plenty of inventive tips. Find out the best ways to store and preserve the harvest, learn how to make apple juice, cheese, butter and even how to plant your own herbal remedy border. Practical advice on keeping chickens, bees, goats and pigs provides essential reading for anyone just starting out with livestock. Growing and making your own food is healthy, sustainable and rewarding, and can bring that satisfying buzz that you get from knowing that you're cutting your supermarket bill, reducing your carbon footprint and learning the practical skills of self-reliance.

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