



A Survival Acre

By Linda Runyon

Wild Food Company, United States, 1985. Paperback. Book Condition: New. 224 x 148 mm. Language: English . Brand New Book. Eat Free for Life on One Acre of Land! -- Yes, you read that right. Skeptical? The Author of this book did it for years. Author Linda Runyon was raised during summers at Nirvana Lodge, a tourist camp owned by her grandparents. As an adult, returning to Indian Lake from the Jersey shore seemed the natural thing to do. Homesteading in the Adirondack Mountains without modern conveniences, seeking wild foods, cooking outdoors learning basic Native American ways became the beginning of A SURVIVAL ACRE. There are literally hundreds of plants to choose from when selecting food sources. However, the 50 Survival foods listed here seem to be the most prevalent, and are found naturally throughout the Adirondacks, the country the world. A few are unique to the East or the West United States. These 50 form the basis of an Environmentalist diet, and these staples nourish a body well and give great health. (An environmentalist is one who eats from their environment.) Linda has sold tens of thousands of these books. She was featured in People Magazine and has demonstrated...



READ ONLINE
[8.79 MB]

Reviews

Certainly, this is actually the very best job by any author. It really is rally exciting through studying time. You may like how the blogger write this pdf.
-- **Rudolph Jones MD**

Completely essential go through ebook. I was able to comprehended almost everything using this created e pdf. You will not sense monotony at anytime of your time (that's what catalogs are for relating to if you request me).
-- **Timmothy Schulist**