



reading for a new world

THAT OLD ADAGE - *KNOWLEDGE IS POWER* - IS ONLY PARTLY TRUE...

Knowledge in and of itself isn't power. It is *POTENTIAL* power.

We only claim that power for ourselves when we put our knowledge to work through action. Having these books on your shelf is like an insurance policy - they will be there to refer to if you need them. That's valuable, to be sure.

But the *REAL* magic happens when we begin to integrate this knowledge into our daily lives; when we cultivate habits, skills and new ways of thinking through routine practice.

As we practice these skills and weave them into our daily lives, something miraculous happens - Those skills multiply and spread. We gain a confidence in both ourselves and our community. Without even knowing it or trying - just by our **being** in a different way in the world, we give others permission to do the same.

This list is far from exhaustive - it's just some of my favourites whose contents have survived contact with the 'real world' beyond the bookshelf. You will see gaps - I don't make my own clothes for example - but feel free to fill them in with your own.

Read them in a spirit of joyful rebellion.

In hope and solidarity,
Stacey

growing food

THE NEW ORGANIC GROWER

Eliot Coleman

The bible of deep-organic agriculture. Eliot grows year-round in Maine, USA.

THE HOLISTIC ORCHARD THE APPLE GROWER

Michael Phillips

These are two books by Phillips who is an expert in natural fruit growing. The Holistic Orchard covers all tree fruit and berries and The Apple Grower gets into detail about apples.

CREATIVE VEGETABLE GARDENING

Joy Larkcom

Don't have a big yard? Sneak veggies into your flower beds with lots of inspiration from this edible landscaping book.

PERENNIAL VEGETABLES

Eric Toensmeier

Most veg we eat are annuals. Perennial vegetables offer a harvest year after year without replanting or needing to till the soil - both important to long-term resiliency.

ORGANIC MUSHROOM FARMING + MYCROREMEDIATION

Tradd Cotter

A comprehensive book on growing mushrooms AND using them to clean and heal our environment. Great for beginners through to professionals.

HOMEGROWN WHOLE GRAINS

Sarah Pitzer

Local grains can be tough to come by here in BC. Grow your own on a small-scale with this book.

raising livestock

STOREY'S GUIDES

Various Authors

Storey's are a series of guides that cover all sorts of topics. They are a great starting point for beginners to animal husbandry.

DIRT HOG

Kelly Klover

A guide to raising hogs outdoors, naturally.

PASTURED POULTRY PROFITS

Joel Salatin

Joel is best in person or on YouTube, but his books are worthy of a spot on your bookshelf. He is an international leader in regenerative agriculture using rotational grazing techniques and 'stacking' animals on the same piece of land.

SMALL-SCALE LIVESTOCK FARMING

Carol Ekarius

Excellent intro esp. if you haven't worked with livestock before. Even covers how to walk around sheep and cows to get them to move where you want!

BARNYARD IN YOUR BACKYARD

Gail Damerow

A beginners guide to raising chickens, ducks, geese, rabbits, goats, sheep and cattle. A thorough introduction to livestock husbandry.

reference guides

RODALE'S ULTIMATE ENCYCLOPEDIA OF ORGANIC GARDENING

Bradley, Ellis + Phillips

Good for dipping into as specific questions or problems arise.

GARDENING INSECTS OF NORTH AMERICA

Whitney Cranshaw

Get to know your allies in the garden.

THE ORGANIC GARDENER'S HANDBOOK OF NATURAL PEST + DISEASE CONTROL

Whitney Cranshaw

Y'all know how I feel about pests and disease...But if you really HAVE to go to war, here's the guidebook on how to do it as 'naturally' as possible.

preserving food

PRESERVING FOOD WITHOUT FREEZING OR CANNING

Gardeners + Farmers of Terre Vivante

Traditional methods of preserving food without modern technology. Includes recipes as well as good general overviews.

HOW TO STORE YOUR GARDEN PRODUCE

Piers Warren

Arranged by crop listing the various ways each can be stored. Especially helpful if you have a bumper crops of something in particular and don't want to get tired of eating it just one way.

CHARCUTERIE

Ruhlman + Polcyn

The BEST book on the topic I've found. Excellent overview and fantastic recipes you will actually want to eat - not just for the zombie apocalypse.

THE ART OF NATURAL CHEESE MAKING

David Asher

This book blew my mind. Anyone who talks about 'cheese sovereignty' is my kind of people. Focus on non-industrial methods and raw ingredients.

MASTERING ARTISAN CHEESEMAKING

Gianaclis Caldwell

A totally different vibe than the book above, but another great cheesemaking book for beginners through to experienced cheesemakers.

THE ART OF FERMENTATION

Sandor Ellix Katz

Winner of the James Beard Foundation Book Award. The modern bible of fermentation. EVERYTHING is in here.

THE COMPLETE BOOK OF HOME PRESERVING

Kingry + Devine

This is Bernardin's huge tome of canning recipes. Some old fashioned stuff, but also some staples that I return to year after year.

THE PRESERVATION KITCHEN

Paul Virant

A more modern take on canning and preserving, written by a chef. Includes recipes on how to actually USE all those preserves - helpful for those of us who didn't grow up with a tradition of preserving foods.

seed saving

SAVING SEEDS AS IF OUR LIVES DEPENDED ON IT

Dan Jason

I've had the pleasure of meeting Dan - an early pioneer of seed sovereignty from right here in BC. Founder of Salt Spring Seeds - he's a wealth of wisdom.

SAVING SEEDS

Marc Rogers

A comprehensive but accessible book that covers both vegetables and flowers.

self-reliance skills + homesteading

MEDICINAL HERBS - A BEGINNER'S GUIDE

Rosemary Gladstar

A basic primer of medicinal plants to 'know, grow + use' from one of the most beloved herbalists.

WHOLE BEAST BUTCHERY

Ryan Farr

A complete visual guide to butchering beef, lamb + pork.

BASIC BUTCHERY OF LIVESTOCK + GAME

John Mettler

Jeff uses this regularly. A good one if you intend to learn how to hunt.

THE HOMEMADE PANTRY : 101 FOODS YOU CAN STOP BUYING + START MAKING

Alana Chernila

From crackers to ketchup to - even - pop-tarts!! This book will help free you from the grocery store and processed foods.

DOUGH : SIMPLE CONTEMPORARY BREAD

Richard Bertinet

This was my first proper foray into homemade artisan bread way back in the day. From simple sandwich bread to show-stopping fougasse, it's in here.

THE SELF-SUFFICIENT LIFE + HOW TO LIVE IT

John Seymour

An incredible primer for those looking to start homesteading. As beautiful as it is informative. This book touches on it ALL.

THE RESILIENT FARM + HOMESTEAD

Ben Falk

Hands down, the BEST permaculture book I've read. Ben moves beyond philosophical, best-case scenerios into practical, lived experience. (All the books say the ducks *won't* eat the rice - until they do! He's the only one I've read who admits it!)

GAIA'S GARDEN

Toby Hemmingway

A intro to small-scale permaculture. This was helpful in our design of our urban East Van homestead. If you are urban or suburban, worth the read.

DEERSKINS INTO BUCKSKINS

Matt Richards

If you are raising animals or hunting, this is a useful book for learning how to tan hides and make leather. I learned how to do this and it is a ton of work - not for the feint of heart!

THE NATURAL HOMEMADE SOAP BOOK

Sarah Harper

A basic introduction to making soap from scratch.

inspiration

THE UNSETTLING OF AMERICA

Wendell Berry

Berry is the godfather of the agrarian movement. A farmer from Kentucky, he writes beautifully about the importance of people connecting deeply to their places. This is his most well-known book, but there are many. He is hopeful, rebellious and who I turn to when I'm feeling down about the state of the world. He writes poetry and fiction as well as non-fiction essays.

IN DEFENSE OF FOOD

Michael Pollan

Michael Pollan is a journalist who writes about food and culture. You can find many of his documentaries, including Food, Inc. and Cooked online. The Omnivore's Dilemma is another good one. He asks hard questions about our food system and the culture that created them, but also points a path forward.

THE CONTRARY FARMER

Gene Logsdon

Another deliciously rebellious farmer, writing in defence of the family farm and small-scale, community-based agriculture. Some of his other books include All Flesh is Grass and Gene Everlasting.

THE ONE STRAW REVOLUTION

Masanobu Fukuoka

Zen and the art of farming. This 'do nothing' manifesto is a classic in the world of alternative agriculture

A NATION OF FARMERS

Sharon Astyk + Aaron Newton

This book is a rallying cry for more farmers. She has a quote in here from Tolstoy that sums up her overarching themes : "Until you do what you believe in, you don't know whether you believe in it or not." This woman walks the talk. Astyk specialises in adapting to a changing world. Her book Depletion and Abundance is also excellent and timely.

REBUILDING THE FOODSHED

Phillip Ackerman-Leist

How to create local, sustainable and secure food systems, a community resilience guide. A big picture take on reimagining our food and our culture.

RADICAL HOMEMAKERS : RECLAIMING DOMESTICITY FROM A CONSUMER CULTURE

Shannon Hayes

In my own early days as a reluctant homemaker, this book became a call to arms and helped me reframe my own unpaid domestic labour in a way that aligned with my feminist values.

CONSULTING THE GENIUS OF THE PLACE

Wes Jackson

An ecological approach to a new agriculture. Wes is the founder of The Land Institute in Kansas. Wes writes about soil and the promise of perennial plants in agriculture.

ANIMAL, VEGETABLE, MIRACLE

Barbara Kingsolver

A beautiful story of one family's journey through a year of eating close to home. Uplifting food for the soul.

IN PRAISE OF SLOW

Carl Honoré

Honoré is the voice of the Slow Movement, and a Canadian, to boot. If we want to move forward into a different world, we must shift our values, our perspective and our day-to-day lives. Slow Living provides a roadmap to do just that.

DEEP ECONOMY

Bill McKibben

The wealth of communities and durable futures. McKibben writes the case for moving beyond 'growth' as the primary goal of our culture and economy - moving away from more towards 'better'.

SIMPLICITY PARENTING : USING THE EXTRODINARY POWER OF LESS TO RAISE CALMER, HAPPIER + MORE SECURE KIDS

Kim John Payne

Shifting our culture means shifting our daily lives; our values, expectations, habits and measures of 'success'. This is a powerful tool for parents who want to raise kids who are free from the 'relentless pursuit of more'.

DIGITAL MINIMALISM : CHOOSING A FOCUSED LIFE IN A NOISY WORLD

Cal Newport

Newport is an associate professor of computer science at Georgetown, yet he writes extensively about NOT using technology. Renegotiating our relationship with technology is key making space for real skills, personal autonomy from corporations and acts of self-reliance.

THE VANDANA SHIVA READER

Vandana Shiva

One of my personal heroines. Shiva is an activist weaving together food sovereignty, feminism, anti-globalism, social-justice and sustainability. Her work on keeping seeds in the commons is at the root of my own farming / activism practice. She's written many books - this will help you dip your toe.

DEVOTIONS

Mary Oliver

A collection of poetry? Mary Oliver helps me remember what we're fighting for, and why it matters. Don't underestimate the power and usefulness of art and creativity in your activism, not to mention the rebellious nature of rest and joy in a society that values neither.