Record Nr. UNINA9910817310203321 Autore Wheeler Robin <1954-> Titolo Food security for the faint of heart: keeping your larder full in lean times / / Robin Wheeler Gabriola Island, B.C., : New Society Publishers, 2008 Pubbl/distr/stampa **ISBN** 1-282-46548-1 1-55092-384-6 Edizione [1st ed.] Descrizione fisica 1 online resource (193 p.) Disciplina 641.4 Soggetti Food - Storage Emergency food supply Survival and emergency equipment Lingua di pubblicazione Inglese Materiale a stampa **Formato** Livello bibliografico Monografia Note generali Description based upon print version of record. Includes bibliographical references and index. Nota di bibliografia Nota di contenuto Front Cover; Advance Praise; Title Page; Rights Page; Contents; Acknowledgments; Introduction; 10 Reasons to be Food Secure; Chapter 1: The Real Thing -EARTHQUAKE!; Chapter 2: Stockpiling; Chapter 3: Buying Organic on a Budget; Chapter 4: Getting Symbiotic With Your Garden; Chapter 5: Maximizing the Harvest; Chapter 6: Storing the Garden Abundance (Top Ten Techniques); Chapter 7: Just a Cup of Tea for Me or Hot Bevies from a Cool Garden; Chapter 8: Please Don't Eat the Daisies(Without a Good Dressing); Chapter 9: Gardener With a Suitcase; Chapter 10: Into the Wild Chapter 11: By the Sea -We Shall See What's on the Seashore (And Then We'll Eat It) Chapter 12: The 18 Minute Medic: Quick Medicine, at Your Door: Chapter 13: Water; Chapter 14: I'm Too Busy Watching "Survivor" to Live Through a Food Crisis!; Chapter 15: Working Cooperatively; Chapter 16: Choosing Your Future and Feeling Your Big Muscles; Chapter 17: Pulling It All Together; Index; About the Author

Sommario/riassunto

Simple techniques for securing your food supply in an insecure world.