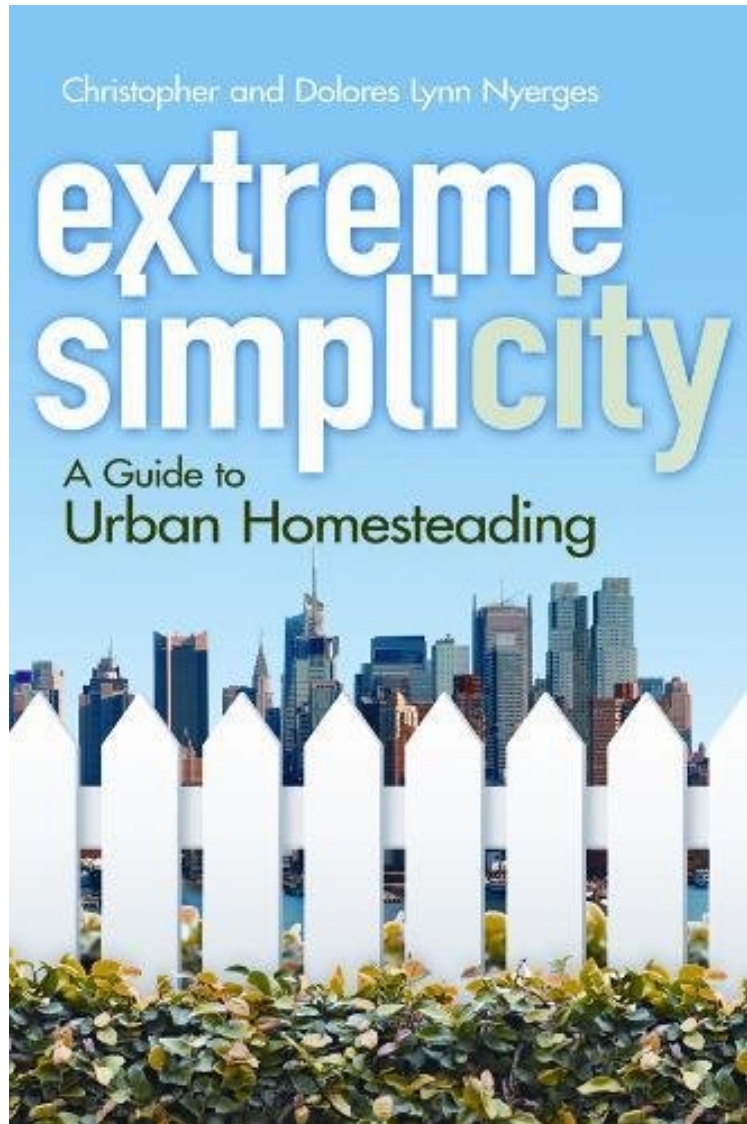


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Extreme Simplicity: A Guide to Urban Homesteading (Dover Cookbooks)

Christopher Nyerges, Dolores Lynn Nyerges
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This perfect guide to self-sufficient city dwelling was written by a pair of gentle survivalists who brought nature to their Los Angeles home. Christopher and Dolores Lynn Nyerges are prepared for everything from power failures and terrorist attacks to droughts and earthquakes. They'll show you the path to self-reliance, with strategies for coping with disasters as well as making the most of everyday life. The authors explain how to use available natural resources in an intelligent, efficient way. Their methods include growing and preserving garden produce and finding wild edibles; harvesting storm runoff for backup water supplies; preparing food with a wood stove and solar cooker; recycling everything from bottle caps to wood chips; keeping chickens, bees, and other animals; and much more.