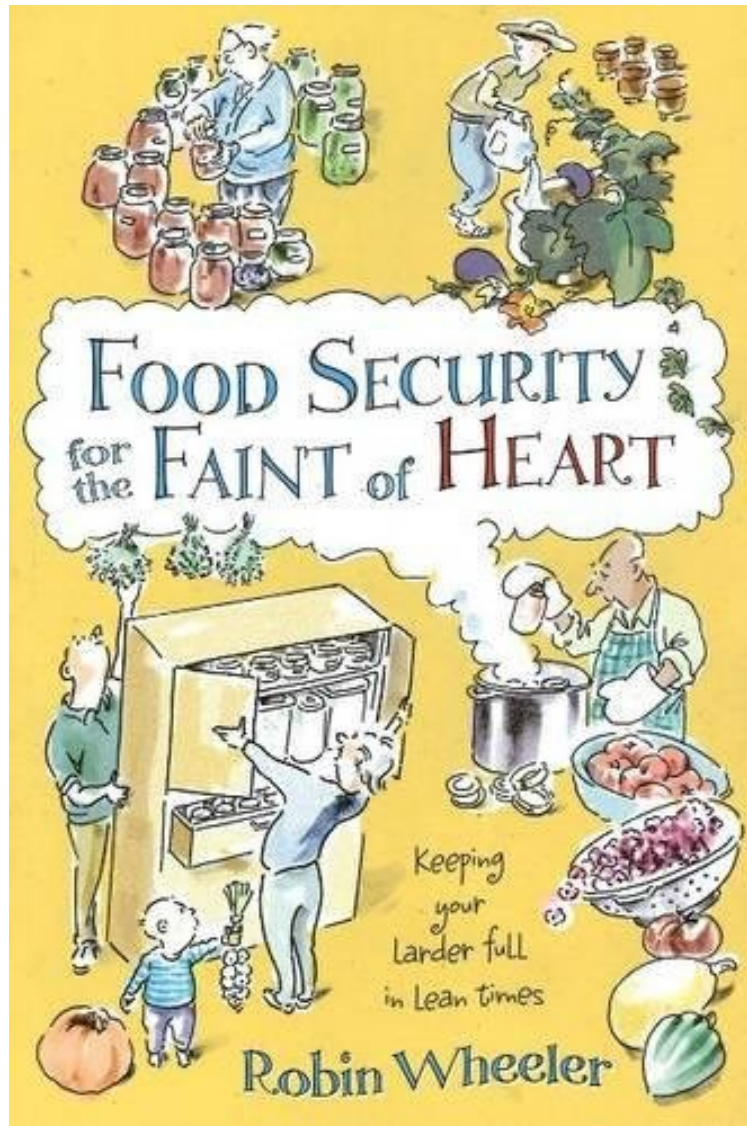


Food Security for the Faint of Heart: Keeping Your Larder Full in Lean Times

Robin Wheeler

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Robin Wheeler : Food Security for the Faint of Heart: Keeping Your Larder Full in Lean Times before purchasing it in order to gauge whether or not it would be worth my time, and all praised Food Security for the Faint of Heart: Keeping Your Larder Full in Lean Times:

0 of 0 people found the following review helpful. Advice with a bit of humor By saltytoast My husband has been wanting us to begin stocking up on food -- for economic reasons if nothing else. I just finished reading this book about

a week before the mega-storm Sandy hit, so the advice was certainly timely, although we only lost power for a short time, so I haven't had to put the advice into action yet. The author provides a good overview on preparing for disaster, whether due to economic adversity or Mother Nature, and presents her information with a wonderful sense of humor. She is never preachy or condescending, just offers sensible advice, with references to other sources of information to provide details. Each chapter ends with an action list, which also helps provide motivation. The gardening advice is geared toward those in the Pacific Northwest, so not of much use to me in south-central Pennsylvania, but my husband and I already garden, so that wasn't a concern for us. I recommend this book for anyone who is interested in disaster preparedness -- better to get ready before the next Sandy hits. 7 of 7 people found the following review helpful. Well-written, fun to read, easy to follow basic food storage. By Jean I have read about food storage off and on for years and this is one of the best -- well-written and engaging. The initial suggestions for getting started on a rotating storage system are easy and doable for most people... no giant root cellar construction needed. 5 of 5 people found the following review helpful. Charming and informative. By Big Jon Robin Wheeler has thoroughly covered the subject of food security in a funny, lighthearted way. Her writing style and humor are delightful and I got the feeling that I would like to meet her in person. This is not just a book about storing emergency food, but a book of suggestions on how to take control of your food supply, eat healthier and have some peace of mind...and maybe even have a little fun doing it. She makes you want to try some of her suggestions. She presents several interesting recipes, written in a happy-go-lucky way that makes you believe you can't fail. I intend to try her Potato-Leek soup...but I might just use scallions instead of Leeks! What the heck. I recommend this book highly.

There are books you merely read. There are books you read, recommend to others and pass along. Then there are those books you read, lay aside, jump to your feet, throw your hands in the air, and holler, "Yes!!" Food Security for the Faint of Heart is one of the latter. Robin Wheeler has managed to extract logic from hysteria, package it with a strong environmental perspective, an abundance of practical suggestions and enough good humour to make this a must-have for every soul interested in surviving whatever natural disaster comes along. Wheeler wastes no time in addressing the central theme of her book: Anything can happen so you better be prepared--and here's how. In her impressive list of "Good Things to Have in an Emergency", she catalogues essential items, including lesser touted items such as cooking oil and salt. If Wheeler has done anything by writing this book, she's pulled the proverbial rug from under our feet when it comes to excuses for not eating well through any disaster. Reviewed by Linda Wegner, Country Life in BC. Where would you find your groceries if your supermarkets shelves were suddenly empty? The threat of earthquakes, trucker strikes, power outages, or a global market collapse makes us vulnerable like never before. With spiraling fuel prices and unstable world economies, individuals and communities are demanding more control over their food supply. Food Security for the Faint of Heart is designed to gently ease readers into a more empowered place so that shocks to our food supply can be handled confidently. As well as acquiring new skills and ideas, there are other compelling reasons to get better prepared. The local economy gains support and encouragement to expand, in turn boosting food's taste and nutritional value, along with the health of people and ecosystems. Community support helps low-income families eat higher quality food, and the preparation provides a psychological edge in an emergency. Chapters are devoted to useful, transferable skills, including: Preserving garden food Saving freezer food during a power outage Managing through an earthquake Preparing quick herbal medicinals Foraging for wild food A humorous treatment of a sometimes threatening topic, this book will appeal to both long-time food security advocates and newcomers to the topic who are wary of it all and would prefer to avoid it. Robin Wheeler teaches traditional skills, sustenance gardening, and medicinals at Edible Landscapes (www.ediblelandscapes.ca), a nursery and teaching garden in Roberts Creek, British Columbia. She is also the author of Gardening for the Faint of Heart (New Catalyst Books).

Where would you find your groceries if your supermarket's shelves were suddenly empty? The threat of earthquakes, trucker strikes, power outages or a global market collapse make us vulnerable like never before. With spiralling fuel prices and unstable world economies, individuals and communities are demanding more control over their food supply. Food Security for the Faint of Heart is designed to gently ease readers into a more empowered place so that shocks to our food supply can be handled confidently. As well as acquiring new skills and ideas, there are other compelling reasons to get better prepared. The local economy gains support and encouragement to expand, in turn boosting food's taste and nutritional value, along with the health of people and ecosystems. Community support helps low-income families eat higher quality food, and the preparation provides a psychological edge in an emergency. Chapters are devoted to useful, transferable skills, including: Preserving garden food Saving freezer food during a power outage Managing through an earthquake Preparing quick herbal medicinals Foraging for wild food. A humorous treatment of a sometimes threatening topic, this book will appeal to both long-time food security advocates, as well as to newcomers to the topic who are wary of it all and would prefer to avoid it. (2008-05-07) About the Author Robin Wheeler teaches traditional skills, sustenance gardening and medicinals at Edible Landscapes (www.ediblelandscapes.ca), a nursery and teaching garden in Roberts Creek, B.C. She is the author of Gardening for

the Faint of Heart.