



The Country Living Handbook: A Back-to-Basics Guide to Living Off the Land (The Handbook Series)

Abigail R. Gehring

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Packed with step-by-step instructions, useful tips, time-honored wisdom, and both illustrations and photographs, this compact guide has everything you need to dive into a more self-sufficient life. From canning and preserving to keeping chickens, fermenting vegetables to soap-making, Gehring covers all the basics in this easy-to-read, approachable collection. Topics covered include:

Generating your own energy

Herbal medicine

Cheese-making

Maple sugaring

Farm mechanics

Building a smokehouse

Dyeing wool

Composting

Disaster Preparedness

And more!

Whether you own one hundred acres or rent a studio apartment in the city, this book has plenty of ideas to inspire you. Learn how to build a log cabin or how to craft handmade paper; find out how to install a solar panel on your roof or brew your own tea from dried herbs; Cure a ham, bake a loaf of bread, or brew your own beer. This book has something for everyone.

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