



A Survival Acre

By Linda Runyon

Wild Food Company, United States, 1985. Paperback. Book Condition: New. 224 x 148 mm. Language: English . Brand New Book. Eat Free for Life on One Acre of Land! -- Yes, you read that right. Skeptical? The Author of this book did it for years. Author Linda Runyon was raised during summers at Nirvana Lodge, a tourist camp owned by her grandparents. As an adult, returning to Indian Lake from the Jersey shore seemed the natural thing to do. Homesteading in the Adirondack Mountains without modern conveniences, seeking wild foods, cooking outdoors learning basic Native American ways became the beginning of A SURVIVAL ACRE. There are literally hundreds of plants to choose from when selecting food sources. However, the 50 Survival foods listed here seem to be the most prevalent, and are found naturally throughout the Adirondacks, the country the world. A few are unique to the East or the West United States. These 50 form the basis of an Environmentarian diet, and these staples nourish a body well and give great health. (An environmentarian is one who eats from their environment.) Linda has sold tens of thousands of these books. She was featured in People Magazine and has demonstrated...

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Reviews

I actually started out looking at this publication. it was actually writtern really perfectly and useful. Its been written in an extremely simple way and it is only soon after i finished reading through this pdf by which really modified me, change the way i really believe.

-- **Breanna Kerluke**

Basically no phrases to clarify. It really is writter in straightforward phrases rather than hard to understand. You will not sense monotony at at any moment of your own time (that's what catalogues are for concerning if you ask me).

-- **Doris Beier**