

[E-BOOK] A Thrifty Good Life: Reflections on My Unexpected Journey Toward Homegrown Simplicity and Healing

# A Thrifty Good Life: Reflections on My Unexpected Journey Toward Homegrown Simplicity and Healing

*Sarah Sailer*

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Reflections on my unexpected journey  
toward homegrown simplicity and healing.



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**Sarah Sailer : A Thrifty Good Life: Reflections on My Unexpected Journey Toward Homegrown Simplicity and Healing** before purchasing it in order to gage whether or not it would be worth my time, and all praised A Thrifty Good Life: Reflections on My Unexpected Journey Toward Homegrown Simplicity and Healing:

1 of 1 people found the following review helpful. Inspiring, entertaining, with several delicious recipes included.

Loved it!By JBrakeThe wife's review:I really enjoyed this book! It's a quick and engaging read. It's so inspiring to hear other people's journey towards eating healthier, whole foods and becoming more connected with our roots by working a small homestead. I'm blown away at what can be accomplished on 1/5 an acre of space.Sarah, the author, is so down to earth and writes in such a relatable way. There are tons of colorful photos of her vibrant homestead, adorable kiddos and farm critters, as well as of her mouth-watering kitchen cuisine. I enjoyed reading her ideas, insights, as well as her worries - and it was a bit of a relief to hear about mistakes she's made and how she pushed on and found solutions without giving up. Knowing that inspiring folks like her make mistakes offers an extra shot of hope for my own mistake-dotted endeavors :)I have had the pleasure of tasting Will's/Sarah's incredible sourdough bread, baked in that famous outdoor wood oven, when she was selling it at a micro brewery in town and I can say it's truly old-world delicious! I would have bought the book for nothing other than just that one recipe, but she offers several more easy and super nutritious food recipes I'm dying to try too. Practicing these staple recipes should keep me busy through the cold winter months while I dream and plan for next year's veggie crops.2 of 2 people found the following review helpful. What an amazing story. I have believed for a long time ...By PfeifWhat an amazing story. I have believed for a long time that you are what you eat. But reading it again with such simplicity has motivated me to try harder. The stories, the pictures, the recipes, all the gardening tips, the love and heartbreak in this book make it difficult to put down. My own daughters (9 and 12) are now reading this book... This story is what our family needed to start our own journey to a healthy, thrifty new life.1 of 1 people found the following review helpful. Great book on sustainable living for a beginner!By CustomerThis book is wonderful! Sarah shows the simplicity of the basics in sustainable living. I love her idea of the "Freezer Scrap Soup Stock". How simple is that! Her recipes of organic healthy meals are great. I am definitely going to start making my own pasta and pesto. Sarah includes great tips that are key to successful homesteading. I am a person who has struggled with successfully growing our own vegetables from my small garden. I look forward to starting over this spring with the help of Sarah's book.

A collection of stories and how-to's from her unlikely urban homesteading journey, *A Thrifty Good Life* is packed with beautiful photos and inspiring, homegrown recipes from a passionate mother of four.Though *Mother Earth News Magazine* named Sarah Sailer and her family "Homesteaders of the Year" in 2014, Sarah wasn't raised knowing any of these old-world skills. "I was raised in an affluent family with not much mention of thrift. At my oldest daughter's age, I knew more about how to pick the right lipstick at the Macy's makeup counter than how to choose the right poultry breed."Faced with illness and tight finances, she decided to dig up the front lawn and try growing her own food. She had no idea she was about to discover a whole new way to live. Her choice led to healing for their bodies, and the birth of a neighborhood village. She found herself falling in love with a life her Italian ancestors had once lived--a life rooted in the earth and connected to community.Sarah shares honest stories of heartbreak and failure, excitement and thrill as one crazy thing led to another. Growing vegetables led to learning how to ferment vegetables, then the gritty process of butchering animals, building a greenhouse and her own wood-fired oven. This family of 6 didn't leave and buy land in the country. They stayed in their small house just a few blocks from downtown. What began as their own front yard experiment led to them farming the neighborhood in six downtown yards.Far from a typical life, Sarah's four daughters raise backyard animals, help preserve the harvest and bake sourdough in their outdoor oven. "I never expected that moving compost and growing vegetables would become a passion, but I accidentally fell in love with this simple, homegrown life. I'm now convinced, it's the richest life there is."

About the Author*Mother Earth News Magazine* in 2014 named Sarah Sailer and her family "Homesteaders of the Year". But Sarah wasn't raised knowing these old-world skills. Faced with illness and tight finances, she decided to dig up the front lawn and try growing her own food. This decision led to healing for their bodies, and the discovery of her passion. She found herself falling in love with a life her Italian ancestors had once liveda life rooted in the earth and connected to community. Once their front lawn was replaced by a huge garden, raised beds sprung up where the driveway once was. A greenhouse and wood-fired oven now stand in the backyard, both built with their own hands. Though this family of six lives on a small 1/5 acre lot near downtown, they have since turned their home into a working neighborhood farm. Raising rabbits, chickens and ducks, composting with worms and keeping bees, the family is learning year by harvesting year, how to live sustainably in their small space. Sarah's passion for growing unique varieties and cooking for her family began to overflow into her community. Now she runs a working CSA neighborhood farm which includes eight growing plots in a one mile radius, providing fifteen local families with fresh, organic and affordable produce. These neighbors gather regularly to share in the work and learn how to grow, harvest and preserve together. Sarah finds joy in passing on the homesteading knowledge and food skills which she believes connect people to the earth, to their heritage and ultimately to each other.