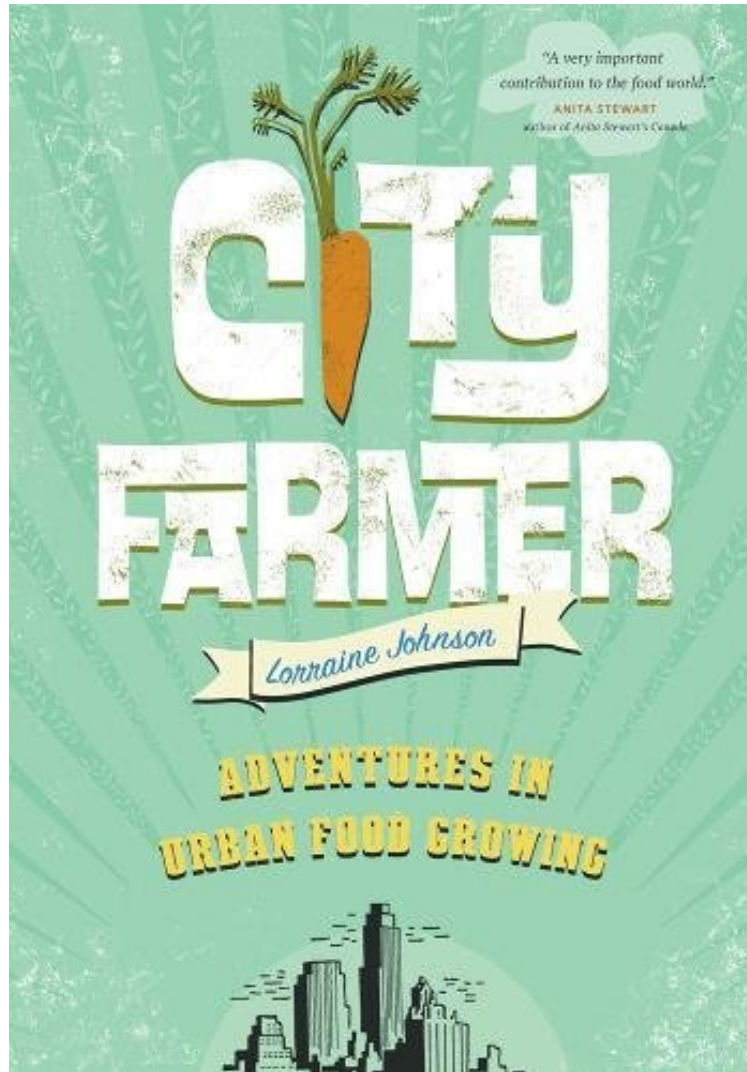


[Ebook free] City Farmer: Adventures in Urban Food Growing

City Farmer: Adventures in Urban Food Growing

Lorraine Johnson

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Lorraine Johnson : City Farmer: Adventures in Urban Food Growing before purchasing it in order to gage whether or not it would be worth my time, and all praised City Farmer: Adventures in Urban Food Growing:

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it for growing food. The concept is simple but as Lorraine points out the need for fresh vegetables and food is most critical in the inner city and depressed urban areas and this can be eased by creative use of vacant lots, rooftops and other surfaces. Using the example of her 'tomato farm' which consisted of planting tomatoes in four bags of potting soil on the roof of her building we see that there are opportunities everywhere for growing healthy food. Not only is the book filled with great information, but the resources at the back make it essential for anyone who is interesting in the topic. Guerilla gardening, foraging, animals and community garden organizations are all listed with contact information.

City Farmer celebrates the new ways that urban dwellers across North America are reimagining cities as places of food production. From homeowners planting their front yards with vegetables to guerilla gardeners scattering seeds in neglected urban corners, gardening guru Lorraine Johnson chronicles the increasing popularity of innovative urban food growing.

"Infectious and motivating... A manifesto on how city dwellers can be more engaged" Gayla Trail, author of *You Grow Girl and Grow Great Grub* "Vibrant and alive... a spirited journey to meet those who are rediscovering the economic, social, and healing power of growing food in the city" Michael Ableman, author of *Fields of Plenty* "passionate, optimistic... a boots-on-the-ground tour of urban farms and a call to civic action." *Pittsburgh Post-Gazette*