Recommended Resources on Providing Healthy Food for Your Family

Contributed by Jennifer McBride
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As the U.S economy crumbles, as food prices rise and as the food on grocery store shelves becomes ever more polluted by chemicals, genetically modified ingredients, and unhealthy production practices it is becoming imperative that we educate ourselves and take measures to provide safe and nourishing food for our families. To that end we have listed just a few of the resources that we have found to be very helpful, inspiring and educational. This is just the tip of the iceberg, and we would encourage you to search out as much as you can read on the subject.

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Inherit the Land:"From a simple garden in a suburban backyard, to a full-fledged multi-thousand acre farm, or something in between, these stories will not only bless those that are contemplating an agrarian path, but all families that have a heart turned toward home and enjoy seeing a beautiful picture of family life. Learn about a return to old fashioned farming methods and the production of safe, healthy food."

Family Friendly Farming

This is an incredible book that I would highly recommend anyone read! While it is directed toward farming, the buckets of practical and Scriptural wisdom it contains are applicable to other family businesses, child training and much, much more. Though it provides more of the "Why" rather than the nuts and bolts "How to's" of his other books, it does also offer priceless advice for building a successful multi-generational farm and avoiding many of the pitfalls that can harm or destroy the family farm. Mr. Salatin shows both the value of, and need for, the multi-generational farm and how to keep it in the family. Mr. Salatin writes with an easy, readable style that makes you feel like he is leaning on a fence post chatting with you. This is one of my favorite books on any subject. A most inspiring read.

Other books and materials by Joel Salatin

Mr. Salatin also has a selection of books that do give a wealth of practical "How to's" and make farming seem like a reachable goal. (After reading these books you will also likely never want to eat grocery store chicken, beef or eggs again.)
Chicken Butchering DVD

Hog Butchering DVD
www.westonaprice.org A treasure trove of articles on nutrition.
www.urbanhomemaker.com
www.lighthousefarm.com
www.realmilk.com Information on raw milk and its many healt be
www.eatwild.com Your source for safe, healthy, natural and nutritious grass-fed beef, lamb, goats, bison, poultry, pork, dairy and other wild edibles.
www.localharvest.org/ The best organic food is what's grown closest to you. Use our website to find farmers' markets, family farms, and other sources of sustainably grown food in your area, where you can buy produce, grass-fed meats, and many other goodies.
9G Health Foods
The Deliberate Agrarian
www.vaughnshire.com "We just wanted a little bit of land to raise a family and perhaps a garden… a small place that could serve as the launching pad for the ministry God has called us to. Of course during this time, our understanding

of that ministry has been broadened and deepened. In fact you could say it has been expanded to encompass multiple generations." (One of our favorites!)
Passionate Homemaking - A wealth of articles on nourishing foods and how to prepare them.
Noble Womanhood - Homesteading and Gardening
Noble Womanhood - Household Health
Bread Making DVD "You'll watch Marmee make Basic Whole Wheat Bread, dinner rolls, teddy bears --and learn as she talks you through the process all sorts of tips for the home baker! "