

Urban Sustainable Living Resources

Humanure Handbook by Joseph Jenkins (Sec. Edition) FREE Download (Do throw a couple bucks to Jenkins if you can) <https://humanurehandbook.com/downloads/H2.pdf>

TLUD (Top Lit Up Draft Stoves--aka, let from the top, uses 1 gal of woodchips at a time) <https://greenstead.org/welcome-to-greensteaders-2/biochar-put-carbon-in-the-soil/the-champion-stove-a-high-end-biochar-stove/> - \$149. Efficient outdoor woodchip burning kitchen stove that produces Biochar! Remember to “*Charge* the Char” with animal urine and/or then put in compost.

Solar Oven - Can make your own or purchase, \$300-\$400 new. I prefer one with a glass top instead of plastic. Cookers can get up to 400degF <https://www.sunoven.com>.

****Use sheets and window screens (sandwich fruit between for protection) to dry fruits****

Remember option to use fertile growing space for expensive crops - garlic, Ginger, tumeric, carrots, and consider substituting high maintenance crops like kale to lambs quarter/nettle/sochan/purslane, all which are drought tolerant/will grow in poor soil.

Become a part of the Urban Solution by plugging into Patchwork Urban Farms. <https://www.patchworkurbanfarms.com/> Growing food throughout Asheville in CSA's/ Growing farmer cooperative seeking long term partnerships for sustainable food crops. Seeking individuals wanting to grow/sell a wide variety of products from teas to peas.

Grafters Handbook 6th Ed. by RJ Garner

Wild rootstocks are abundant from seed dispersal and you can have your own (free) select variety fruit or nut tree if you know how to graft. Felco Pruners=solid brand

If local join the Buncombe County Fruit and Nut Club. For entire US follow North America Fruit Explorers group (NAFEX) on FB and become a member. Great access to expert information on all things related to growing/processing/marketing food.

WE NEED FATS! Find/Create cooperatives to process wild nuts-Pecans,walnut, hickory, acorns can sustain humans way better than wheat/corn/soybeans. A lot less work too. Asheville currently has a nut processing site you can get a portion of your walnuts back in exchange for having them husked/cracked. Receive payment for acorns which are turned into oil. More Nutteries opening across US. Acornucopiaproject.com