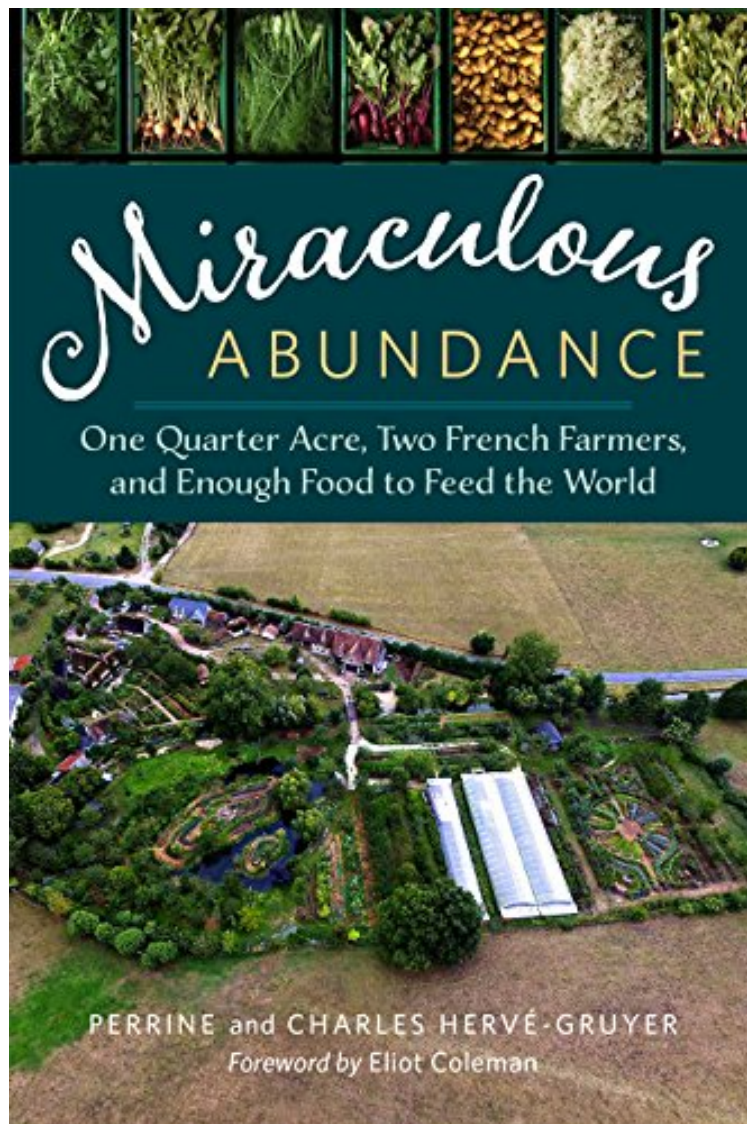


(Download free pdf) Miraculous Abundance: One Quarter Acre, Two French Farmers, and Enough Food to Feed the World

Miraculous Abundance: One Quarter Acre, Two French Farmers, and Enough Food to Feed the World

Perrine Herv-Gruyer, Charles Herv-Gruyer
audiobook | *ebooks | Download PDF | ePub | DOC



DOWNLOAD



READ ONLINE

#399513 in Books imusti 2016-03-23Original language:EnglishPDF # 1 9.00 x .60 x 6.00l, .0 #File Name: 1603586423272 pagesShips from Vermont | File size: 50.Mb

Perrine Herv-Gruyer, Charles Herv-Gruyer : Miraculous Abundance: One Quarter Acre, Two French Farmers, and Enough Food to Feed the World before purchasing it in order to gage whether or not it would be worth my time, and all praised Miraculous Abundance: One Quarter Acre, Two French Farmers, and Enough Food to Feed the World:

9 of 9 people found the following review helpful. Good Book On Making A Living On A Small Spot of LandBy BamboochikI enjoyed this book very much. It was interesting to see how they worked through their ups and downs in this business venture. There is not a lot written about Permaculture and a working farm so this was a nice change. Some readers must not have read the book thoroughly or they would know that the test on 1000 meters (1/4 acre) was conducted and show to be a viable way to make a reasonable living. The title is misleading in the fact that some people will think that you can feed the world on this 1/4 acre space. Yes, they have way more than 1/4 acre, they merely took a 1/4 acre spot and did the experiment. You can tell who really reads a book and who skims through just by their feedback.5 of 5 people found the following review helpful. Doers and DreamersBy well-nat birderDreamers and Doers. Perrine and Charles are both. I bought the book to learn more and better ways to use my land for growing food. They have some excellent suggestions and ideas. I was more interested in the "hows" of what they are doing than the "whys". At first I was frustrated by the parts of the book which express their vision of the world using these techniques. But I became intrigued by the strong science and data behind their vision. Previously I had felt mostly hopeless about our ability to change the world in any significant way before we destroy our ability to live here. But I became much more hopeful as Perrine and Charles explained the science-based ways significant change can be achieved right now by everyday people. The solution is already available, not in some laboratory, but in the land and people we have. And everyone, consumer or producer, can easily be part of it. I still want even more specifics about day to day, in the ground operations of their farm, but I am glad to have a much better view of where we can go and how we can get there....and that I can actually be part of that change.3 of 3 people found the following review helpful. Can't Wait for Their Follow Up TextBy A. WittenThis is an excellent work which first and foremost describes Perrine and Charles' experiences in their transition to becoming farmers. It includes many thoughtful comments on work and life in western society, with perpetual reminders about our ability to impact what happens to our modernity as it continues to unfold. Readers looking for a reflective, personal account will be happy with what is offered. As someone considering the transition to farming, I found this work particularly useful through its discussion of preferred approaches, and pitfalls (if looking for the same, see Ch. 21 particularly, though there are comments spread throughout the book). I was especially happy with the pictures which are provided, as they are both beautiful and instructive.Those who are looking for more technically-oriented advice on how to approach modifying their own lands may, as other reviewers have pointed out, be somewhat disappointed; I must admit, this was also my initial reaction. However, as I thought about the narrative it seemed to me that they did detail what steps they took, what trials they faced, and gave a sense for what will be facing those who move from their current occupation to that of micro-farmer. In the meantime, they provide their website, where videos and papers are available now (fermedubec.com). I found there are more resources in French than English available presently, as their English site appears to be under construction. But what I was looking for after finishing the book I did find there.The narrative does include information about their many parcels, not just their 1,000 square meter experiment on which the title is based. I saw this as a way for readers to trace the evolution of their thinking on permaculture and integrated landscapes and enjoyed having these small gems of agricultural advice spread out like so many Easter eggs along the way.It is the intention of the authors to publish a second work which includes their technical guidance, based on the work which is still being conducted on the experimental plot. Within *Miraculous Abundance* and its afterword are details about the scheme's productivity which serve as a nice way to whet the appetite for their future book.

The Bec Hellouin model for growing food, sequestering carbon, creating jobs, and increasing biodiversity without using fossil fuels When Charles and Perrine Herv-Gruyer set out to create their farm in an historic Normandy village, they had no idea just how much their lives would change. Neither one had ever farmed before. Charles had been circumnavigating the globe by sail, operating a floating school that taught students about ecology and indigenous cultures. Perrine had been an international lawyer in Japan. Each had returned to France to start a new life. Eventually, Perrine joined Charles in Normandy, and *Le Ferme du Bec Hellouin* was born. Bec Hellouin has since become a celebrated model of innovative, ecological agriculture in Europe, connected to national and international organizations addressing food security, heralded by celebrity chefs as well as the Slow Food movement, and featured in the inspiring *Csar* and COLCOA award-winning documentary film, *Demain* ("Tomorrow"). *Miraculous Abundance* is the eloquent tale of the couples evolution from creating a farm to sustain their family to delving into an experiment in how to grow the most food possible, in the most ecological way possible, and create a farm model that can carry us into a post-carbon futurewhen oil is no longer moving goods and services, energy is scarcer, and localization is a must. Today, the farm produces a variety of vegetables using a mix of permaculture, bio-intensive, four-season, and natural farming techniques--as well as techniques gleaned from native cultures around the world. It has some animals for eggs and milk, horses for farming, a welcome center, a farm store, a permaculture school, a bread oven for artisan breads, greenhouses, a cidery, and a forge. It has also become the site of research focusing on how small organic farms like theirs might confront Europes (and the worlds) projected food crisis. But in this honest and engaging account of the trials and joys of their uncompromising effort, readers meet two people who are farming the future as much as they are farming their land. They envision farms like theirs someday being the hub for a host of other businesses that can drive

rural communities from bread makers and grain millers to animal care givers and other tradespeople. Market farmers and home gardeners alike will find much in these pages, but so will those who've never picked up a hoe. The couples' account of their quest to design an almost Edenlike farm, hone their practices, and find new ways to feed the world is an inspiring tale. It is also a love letter to a future in which people increasingly live in rural communities that rely on traditional skills, locally created and purveyed goods and services, renewable energy, and greater local governance, but are also connected to the larger world.

"This book, more about philosophy than a how-to, describes how two inexperienced beginners succeeded in creating a gorgeous, productive, self-sustaining farm on 1000 square meters of land in Normandy La Ferme du Bec Hellouin. They did this by using the techniques of permaculture. This they define as a box of smart tools that allows the creation of a lifestyle that respects the earth and its inhabitants a practical method inspired by nature. Later, they explain that it is based on an ethic: Take care of the earth. Take care of the people. Equitably share resources. As I said, philosophy, not how-to. You have to read the book to figure out what all this means in practice. It seems to come down to what I thought of as French Intensive methods. These use raised beds, rich soil, composting, and thoughtful planting of coordinated crops that support each others growth and nutritional needs. Vandana Shiva's Navdanya seeds approach works the same way. The authors drew on the work of John Jeavons, Eliot Coleman, and many other small-scale sustainable farmers from all over the world to develop their version of these methods. If the color photographs are any indication, the results are magnificent. The place is so highly productive that it easily supports the two of them. The mandala garden alone made me want to get on the next plane just to see how it works in controlling weeds. The moral: you could do this at home."--Marion Nestle Publishers Weekly-

"Charles Hervé-Gruyer tells the starry-eyed, dirty-nailed story of how he and his wife, Perrine, transformed a 'dilapidated cottage' and 'a mediocre field' into an idyllic, prolific 37-acre farm and educational center in Normandy over the course of eight years. La Ferme du Bec Hellouin, one of the few French farms employing permaculture and intensive, nonmechanized agriculture, has attracted the attention of aspiring microfarmers and mainstream agronomists. Grounded in permaculture and inspired by intuition and beauty, Charles modestly acknowledges that their techniques are not original. They draw on a multitude of sources from indigenous Asian and South American cultures to 19th-century Parisian market gardeners and modern California biointensive gardening, and their teachers include English agrarian-self-sufficiency author John Seymour, Maine year-round farming expert Elliot Coleman, Quebec market gardener Jean-Martin Fortier, and a number of French organic-farming pioneers. Charles extrapolates from his own experience and environmental concerns to propose a worldwide agricultural transformation into agrarian solidarity systems, quasi-land trusts managed and cultivated by multiple individual farmers and the cottage industries that develop from them. Dare to imagine the new, Perrine and Charles Hervé-Gruyer tell us. Take the best of the many traditions of humanity, and the best of modernity, to shape a world that has never existed. These authors synthesize the best from multiple indigenous cultures with successful patterns of modern small-scale farming to create a soaring example and vision of a future one in which human beings are an essential and positive force helping to preserve the biosphere, and even a quarter acre can be a full-fledged and productive farm yielding amazing agricultural bounty."--Carol Deppe, author of *The Tao of Vegetable Gardening* and *The Resilient Gardener* *Miraculous Abundance* is a true marvel! Like Perrine and Charles Hervé-Gruyer's amazing farm, their book blends science and anthropology, but it also mixes memoir and travelogue to create a beautiful whole that will inspire the next generation of farmers."--Novella Carpenter, author of *Farm City*; coauthor of *The Essential Urban Farmer* This book will be a source of inspiration and guidance for those striving toward an agriculture that is not merely sustainable but also regenerative and rewarding. Charles and Perrine are trailblazers, courageous visionaries who have drawn inspiration from sources as varied as 19th century Parisian market gardeners and Iain tribes people. As their method is a fusion, so too is the book; practical, historical, and philosophical in tone, it shows us how practicing agriculture as part of the ecosystem is not only economically viable but also spiritually fulfilling. We need people like the Hervé-Gruyers to show us what is possible in reality rather than just theory, and in sharing their journey, they tell an important story for the future of humankind."--Caroline Aitken, permaculture teacher and consultant at Patrick Whitefield Associates; coauthor of *Food from Your Forest Garden* At their farm in Normandy, France, Perrine and Charles Hervé-Gruyer have created an inspiring example of how it is possible to intensively farm a small plot of land and produce an abundance of food while at the same time enriching the fertility of the soil and the health of the people, plants, and animals that live there. Their work demonstrates how people and nature can again co-exist for mutual benefit and their self-sufficient way of living and farming is certainly the future of agriculture."--Larry Korn, author of *One-Straw Revolutionary*; editor of Masanobu Fukuoka's *The One-Straw Revolution* and *Sowing Seeds in the Desert* *Miraculous Abundance* is a dynamic combination of permaculture, biointensive, four season, natural farming, and Iain farming approaches with exciting practical goals to pattern after. The book is about healing ourselves and the Earth in a post-carbon era. Worth reading for inner growth and outer growing of food, compost materials, income, and soil!"--John Jeavons, author; biologically intensive farming specialist *Miraculous Abundance* is absolutely the right book for right now. I don't know when I have been more encouraged about the future. The authors tell how, after some ten years of upward not always

successful experimentation, going directly against the grain of modern industrial farming, they have advanced the renaissance of small-scale agriculture to near biological perfection. They are combining biointensive farming and permaculture to make a viable, diversified microfarm on test plots that are little more than two acres with the possibility of reducing that size down to as small as one fourth acre. They do their farming almost entirely by hand and with the utmost refinements and advances in agronomic soil enrichment. They use hardly any fossil-fuel energy at all, calling what they do the agriculture of the sun. Along the way they provide solid evidence from sources all over the world to back up the conclusions they are drawing from their work, including achieving more healthful food, food security for the coming population increases, more jobs, effective sequestration of CO₂, and indeed a whole new world order that would insure better social stability out of the chaos we presently face.--Gene Logsdon, author of *A Sanctuary of Trees* and *The Contrary Farmer* In this lovely, hopeful book, an unlikely couple creates an astonishingly productive edible landscape in Normandy, weaving together the insights, materials, and techniques of dozens of acknowledged predecessors. *Miraculous Abundance* is a modestly written song of defiance, a demonstration that the world can readily feed its projected 9 billion with an agriculture that restores the biosphere.--Joan Gussow, author of *Growing, Older and This Organic Life* *Miraculous Abundance* offers one of the most readable, visceral blueprints for earth-healing abundance I've ever seen. Absolutely captivating. Only true-blue practitioners, hands in the soil, can offer the kind of eclectic synthesis combining the best of all the earth-healing traditions and technologies discovered on this permaculture microfarm. A fantastic book with iconic potential. I couldn't put it down.--Joel Salatin, owner, Polyface Farm; author of *Fields of Farmers* "Miraculous Abundance" tells the story of a pioneering permaculture market garden in France. Small, highly diverse, highly productive microfarms are a critical part of climate-change mitigation; their 'agroecological intensification' means we can grow more on less land and reduce deforestation at the same time. Perrine and Charles Hervé-Gruyer's book covers more than the logistics of their operation; it delves into their philosophy and historical roots in French market garden history. *Miraculous Abundance* is a powerful case study of an intensive, commercial permaculture production system."--Eric Toensmeier, *The Carbon Farming Solution* Can farming a tiny quarter-acre piece of land be sustainable, economic, and fulfilling? In *Miraculous Abundance*, Perrine and Charles Hervé-Gruyer tackle that very question and answer it positively in the affirmative. This fascinating book describes the evolution of their farm from its beginnings in 2004, when the authors knew little, over the next ten years as they discovered biointensive agriculture, permaculture, forest gardens, and more. The authors are passionate about small, human-scale farming and the role it can play in the future, and they envisage a future with numerous small farms, enabling many more people to live on the land and lessening the effects of climate change. Their farm in France now attracts farmers, chefs, and scientists and also hosts a school to teach how a diverse edible landscape can be created to both earn a living and make a beautiful space and a fulfilling life.--Martin Crawford, author of *Trees for Gardens, Orchards and Permaculture* About the Author Perrine Hervé-Gruyer has worked as an international lawyer and head of the legal department of a major company in Asia, and has volunteered with the High Commissioner for Refugees. When she turned thirty, Perrine radically changed lanes, and began taking courses in psychotherapy, specifically in relaxation therapy, publishing a book titled *La Relaxation en Famille*. With her husband, Charles, she created *Le Ferme du Bec Hellouin*. Perrine also serves as a Green Party representative with the Regional Parliament of Haute-Normandie, where she oversees a committee focusing on agriculture. Charles Hervé-Gruyer has been passionate about the relationship between humans and nature since childhood. He circumnavigated the globe for 22 years while operating a floating school focusing on ecology and indigenous cultures, the subject of many of his books and documentaries. Charles then directed his research to exploring our inner world, studying psychology, relaxation therapy, massage, and yoga instruction. Anxious to explore the most environmentally friendly farming practices, Charles created *Le Ferme du Bec Hellouin* with his wife, Perrine, in 2003. The couple then began an experiment merging various small-scale, intensive, organic, and natural agricultural techniques that would pique the interest of European agencies planning food-security strategy and raise awareness about permaculture in France. The farm also operates a permaculture school. Eliot Coleman has over thirty years' experience in all aspects of organic farming, including field vegetables, greenhouse vegetables, rotational grazing of cattle and sheep, and range poultry. He is the author of *The New Organic Grower*, *Four-Season Harvest*, and *The Winter Harvest Handbook*, as well as the instructional workshop DVD *Year-Round Vegetable Production* with Eliot Coleman. Coleman and his wife, Barbara Damrosch, presently operate a commercial year-round market garden, in addition to horticultural research projects, at Four Season Farm in Harborside, Maine.