



Citizen Farmers: The Biodynamic Way to Grow Healthy Food, Build Thriving Communities, and Give Back to the Earth

Daron Joffe

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Biodynamic farming, with its focus on ecological sustainability, has emerged as the gold standard in the organic gardening movement. Daron Joffe (known as Farmer D) has made it his mission to empower, educate, and inspire people to become conscientious consumers, citizens, and stewards of the land. In this engaging call to action, Farmer D teaches us to not only create sustainable gardens but also to develop a more holistic, community-minded approach to how our food is grown and how we live our lives in balance with nature. Illustrated with photographs of gardens designed by Farmer D as well as line drawings, the book is an indispensable resource packed with advice on establishing a biodynamic garden, composting, soil composition and replenishment, controlling pests and disease, cooperative gardening practices, and even creating delicious meals.

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