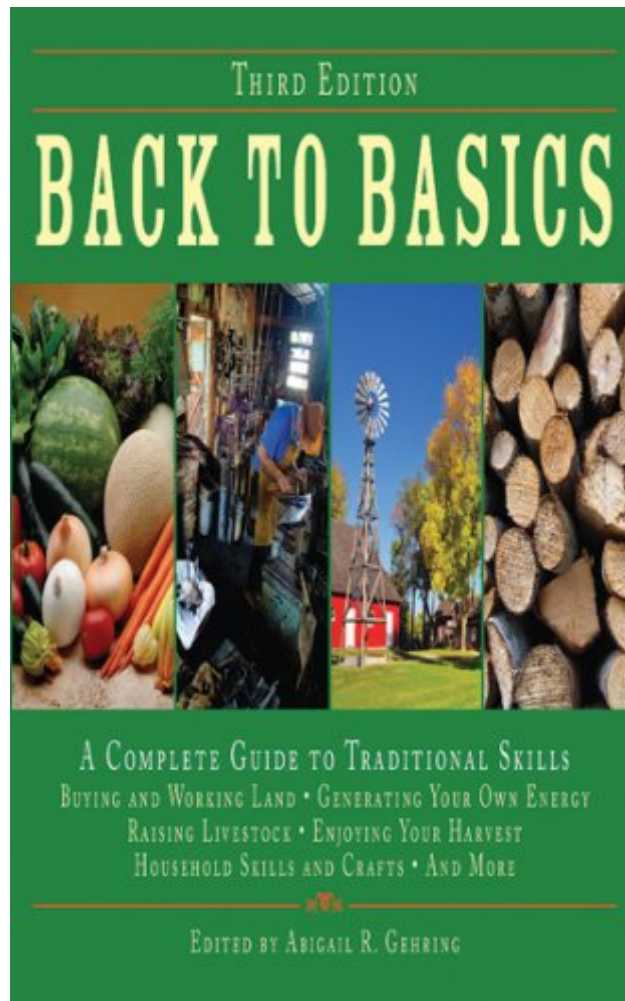


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# Back To Basics: A Complete Guide To Traditional Skills (Back To Basics Guides)



## Synopsis

Anyone who wants to learn basic living skillsâthe kind employed by our forefathersâand adapt them for a better life in the twenty-first century need look no further than this eminently useful, full-color guide. Countless readers have turned to Back to Basics for inspiration and instruction, escaping to an era before power saws and fast food restaurants and rediscovering the pleasures and challenges of a healthier, greener, and more self-sufficient lifestyle. Now newly updated, the hundreds of projects, step-by-step sequences, photographs, charts, and illustrations in Back to Basics will help you dye your own wool with plant pigments, graft trees, raise chickens, craft a hutch table with hand tools, and make treats such as blueberry peach jam and cheddar cheese. The truly ambitious will find instructions on how to build a log cabin or an adobe brick homestead. More than just practical advice, this is also a book for dreamersâeven if you live in a city apartment you will find your imagination sparked, and there's no reason why you can't, for example, make a loom and weave a rag rug. Complete with tips for old-fashioned fun (square dancing calls, homemade toys, and kayaking tips), this may be the most thorough book on voluntary simplicity available.

## Book Information

File Size: 57935 KB

Print Length: 456 pages

Publisher: Skyhorse Publishing; 3rd edition (April 17, 2008)

Publication Date: April 17, 2008

Sold by:Â Digital Services LLC

Language: English

ASIN: B002U80G36

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Not Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #418,111 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #85

inÂ Kindle Store > Kindle eBooks > Crafts, Hobbies & Home > How-to & Home Improvements > Reference #141 inÂ Books > Crafts, Hobbies & Home > Home Improvement & Design > How-to & Home Improvements > Green Housecleaning #413 inÂ Kindle Store > Kindle eBooks > Crafts, Hobbies & Home > How-to & Home Improvements > Cleaning, Caretaking & Relocating

## Customer Reviews

Until I checked this book out of the library, I had rarely given a thought to getting "back to basics," that is learning how to be more self-sufficient. After I read the book, I soon bought it, because it opened my eyes to the many ways that I am almost entirely dependent upon others for my basic needs. "Back to Basics" is a helpful guide for those who want to get away from it all and live totally independently on a farm, and even those like myself that live in town, but that want to become more self-sufficient, and less dependent on expensive fossil fuels and foods that someone else has raised or grown. "Back to Basics" is a colorful, easy-to-understand encyclopedia of basic skills. There are hundreds of color photos, and most lessons are laid out step-by-step, making the concepts very easy to learn. The book is divided into six basic parts: I. Land: Buying It - Building on it (how to choose land, build a home, develop a water supply, create a sauna, etc) II. Energy from Wood, Water, Wind, and Sun (making your home more efficient, how to use wind energy, setting up a solar-powered house, etc) III. Raising Your Own Vegetables, Fruit, and Livestock (how to properly grow all sorts of fruits, vegetables, and grains, how to farm fish, beekeeping, butchering an animal, etc) IV. Enjoying Your Harvest Year Round (canning, preserving all kinds of foods, making cheese and wine, etc) V. Skills and Crafts for House and Homestead (making natural dyes, weaving, woodworking, stenciling, soapmaking, making homemade perfumes, etc) VI.

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