

**RESOURCE GUIDE for
SUSTAINABLE GARDENING
for South Central Alaska**

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BOOKS Please see **Key to Sources of Books** below;
Most of these resources are available from www.acresusa.com.

Alaskan Gardening

The Alaskan Gardener's Handbook by Lenore Hedla
Alaska Gardener's Manual from Cooperative Extension Service, University of Alaska
Kachemak Cultivating from Seaside to Summit by Homer Garden Club

General Organic Gardening

The Healthy Garden Handbook by Ed. of Mother Earth News and Simon and Schuster.
How to Grow More Vegetables by John Jeavons. Ten Speed Press (ACRES USA)
How to Grow Vegetables Organically. By Jeff Cox and Eds. of Rodale Press.
From Rodale Books, # 01-820-0, Box 220, Emmaus, PA 18099-0220.
Living the Good Life and Continuing the Good Life by Scott and Helen Nearing,
Schocken Books, NY. (in libraries & ACRES USA and
www.motherearthnews.com/shopping/detail.aspx?itemnumber=1760)
The New Organic Grower by Eliot Coleman (ACRES USA)
Organic Gardening by Crow and Elizabeth Miller (ACRES USA)
Rodale's All New Encyclopedia of Organic Gardening. (Rodale Press & ACRES USA)

Composting

Backyard Composting in Alaska 2nd Edition Video, 30 minutes: \$15

This video gives you step by step instruction for successful Alaskan backyard production. Your donation of \$15 benefits Valley Community for Recycling Solutions, Tel 907-745-5544

www.valleyrecycling.org

The Humanure Handbook. A Guide to Composting Human Manure by J. C. Jenkins, Jenkins Publishing, PO Box 607 Grove City, PA 16127. (ACRES USA)

Lessons in Nature by Malcolm Beck (ACRES USA)

The Rodale Book of Composting. Martin and Gershuny, Eds Rodale Press. (ACRES USA)

Composting- Large-Scale

See www.biocycle.com Email: biocycle@igpress.com

Composting- Worms (Vermiculture)

Worms Eat My Garbage by Mary Appelhof (ACRES USA)

The Worm Book by Loren Nancarrow and Janet Hogan Taylor (ACRES USA)

Compost Tea and Soil Food Web

Compost Tea Brewing Manual see latest edition by Dr. Elaine Ingham www.soilfoodweb.com

The Field Guide for Actively Aerated Compost Tea (AACT) by Dr. Elaine Ingham www.soilfoodweb.com

Soil Biology Primer by Dr. Elaine Ingham, Andrew R. Moldenke & Clive A. Edwards

Published by NRCS Soil Quality Institute (www.soilfoodweb.com and ACRES USA)

Teaming with Microbes Jeff Lowenfels and Wayne Lewis

Extending the Season

Four Season Harvest and Winter Harvest Manual by Eliot Coleman. Chelsea Green. Four Season Farm, 609 Weir Cove Rd, Harborside ME 04642 www.fourseasonfarm.com

Microfarming at High Latitudes: A Resource for Small-scale, Cold-climate Food Security by Michael A. Kircher, Palmer AK

Successful Cold Climate Gardening by Lewis Hill

Herbs, Wild

Discovering Wild Plants by Janice Schofield

Genetic Engineering

The Future of Food by Deborah Garcia: book and VHS or DVD (ACRES USA)

Organic Consumers Association: <http://www.organicconsumers.org> for products list, campaigns, and information.

Genetically Engineered Food by R. Cummins and B. Lilliston (ACRES USA)

Green Peace www.greenpeace.org.uk

Your Right to Know: GE and the Secret Changes in Your Food, by Andrew Kimbrell

Harvest and Storage & Cookbooks for Garden Surplus

"Build Your Own Underground Root Cellar," by Ed. of Mother Earth News.

(from Mother Earth News or Storey's Bulletin #A-76)

Canning and Preserving without Sugar by Norma MacRae.

Moosewood Daily Specials

Recipes from a Kitchen Garden and More Recipes from a Kitchen Garden by Rene Shepard & Fran Raboff, Ten Speed Press

Root Cellaring by Nancy and Mike Bubel. (Mother Earth News books and ACRES USA)

Local Food and Problems with Industrial Agriculture

Animal, Vegetable, Miracle by Barbara Kingsolver, Harper Collins

Omnivore's Dilemma and In Defense of Food: An Eater's Manifesto by Michael Pollan

Fatal Harvest: The Tragedy of Industrial Agriculture Edited by Andrew Kimbrell

From Center for Food Safety, www.centerforfoodsafety.org/YRTK.cfm

Pest Management

Common Sense Pest Control.

Companion Plants and How to Use Them and The Bug Book Helen Philbrick and Richard Gregg.

The Encyclopedia of Natural Insect and Disease Control. Ed. Roger Yepsen, Jr. 1984 Rodale Garden Pest Problem Solver Rodale Press

Gardening without Poisons by Beatrice Trum Hunter.

Great Garden Formulas from Rodale, 1999.

The Organic Gardener's Handbook of Natural Insect and Disease Control by Bradley and Ellis (ACRES USA)

Roses Love Tomatoes and Carrots Love Tomatoes by Louse Riotte

Weeds and What They Tell by Ehrenfried E. Pfeiffer

Weeds: Guardians of the Soil by J. A. Cocannouer.

Weeds and Why They Grow by Jay Mc Caman. From Mc Caman Farms, 9 Oak St., Sand Lake MI 49343. Tel 616-636-8226. This tells how to eliminate weeds simply by manipulating the nutrients rather than using herbicides.

Biological Control News. Newsletter on line www.entomology.wisc.edu/mbcn/mbcn.html

Planting Calendar by Moon and Stars

Moon Sign Handbook and Gardening Guide.

Stella Natura, the Biodynamic sowing calendar (ACRES USA)

Organic Growing Specialties:

Biodynamics: Bio-Dynamic Farming and Gardening Association, PO Box 550, Kimberton, PA 19442, Tel 215-935-7797.

Culture and Agriculture by Stori

Secrets of the Soil by Bird and Tompkins (ACRES USA)

Various books by Ehrenfried Pfeiffer or Herbert Koepf. E.g. The Bio-Dynamic Farm and Bio-Dynamic Agriculture by Herbert Koepf

Fukuoka

One Straw Revolution, The Natural Way of Farming and The Road Back to Nature by Masanobu Fukuoka

Permaculture

Gaia's Garden A Guide to Home-Scale Permaculture by Toby Hemenway. Chelsea Green
Permaculture One and Permaculture Two. By Bill Mollison

Seed Sources, Seed Starting

The New Seed Starter's Handbook by Bubel, Nancy. (Rodale & Mother Earth News)

Garden Seed Inventory by Kent Whealey. Seed Saver Publications, Rural Rte 3, Decorah, Iowa, 52101. www.seedsavers.org (ACRES USA)

Soil Chemistry and Biology

The Soul of Soil by Grace Gershuny and Joseph Smillie

Spiritual Gardening

The Findhorn Garden by the Findhorn Community. Harper Colophon Books, Harper and Row,

www.findhorn.org

Behaving as if the God in All Things Mattered and The Perelandra Garden Workbook I and II.

By Machaelle Small Wright from Perelandra Ltd., Box 3603, Warrenton, VA, 22724.

www.perelandra-ltd.com

KEY to SOURCES of BOOKS

ACRES USA 1- 800- 355- 5313 www.acresusa.com Request catalog for books and request a *separate* list for tapes and CD's from annual conferences. Email info@acresusa.com

Mother Earth News bookstore www.motherearthnews.com

Rodale Books & Organic Garden Magazine www.organicgardening.com Email: organicgardening@rodale.com

Storey's How-To Books, Dept. 9069, 105 School House Rd, Pownal, Vermont, 05261.
1-800-827-8673 www.storey.com

PERIODICALS (magazines and on-line newsletters)

ACRES USA: A Voice for EcoAgriculture. A monthly magazine from ACRES USA .
1- 800-355- 5313 www.acresusa.com

Countryside PO Box 6017, Duluth MN 55806-6017

Farmstead Box 111, Freedom, ME 04941

Horticulture PO Box 51455, Boulder, CO 80321-1455 www.hortmag.com

The Land Report (of the Land Institute) 2440 E Water Well Road Salina, Kansas 67401
www.landinstitute.org

Mother Earth News; the magazine; also on-line newsletter, books, and booklets available.
www.motherearthnews.com PO Box 56304, Boulder, Colorado 80323-6304

Organic Bytes an on-line newsletter about safe food issues. www.organicconsumers.org

Organic Gardening (Rodale Press) PO Box 7377 Red Oak IA 51591-7377
Tel 1-800-666-2206 www.organicgardening.com

COMMUNITY SERVICE

Plant a Row for the Hungry PAR Campaign, 10210 Leatherleaf Ct, Manassas, VA 20111
Phone 877-492-2727 www.gardenwriters.org Email par@gwaa.org
Master Gardener Program Contact your Cooperative Extension Service office of U of A

LOCAL SOURCES OF ASSISTANCE

Alaska Community Action on Toxics, Anchorage, 907-222-7714 Email: info@akaction.net

Anchorage Farmers Market 1305 N Smith Rd, Palmer 99645, 907-746-1087

Alaska Food & Farm Products Directory a booklet listing all agriculture operations and contacts in Alaska. Obtain from AK Dept of Natural Resources, Division of Agriculture, 907-745-7200.

Alaska Sea-Ag Bob Greig. Fishbone meal and other ecological agriculture amendments. 907-745-5725, Palmer, www.alaskasea-ag.com E-mail: info@alaskasea-ag.com

Alaska Trust Foods Network Kim Sollien & Jeremiah Millen, PO Box 4965 Palmer, Alaska 99645 Phone: 907-745-7379 E-mail: trust@mtaonline.net www.trustfoods.blogspot.com
Connecting community, leaders, producers to enhance and protect Alaska's agricultural sustainability.

Classes on organic growing methods Good Earth Garden School, Palmer AK. Courses, email news bulletins, and networking. www.goodearthgardenschool.com

Cooperative Extension Service of University of Alaska www.uaf.edu/ces
Anchorage **786-6300**; Palmer office is **745-3360**; Fairbanks office is **474-1530**
Soil testing; horticulture information, Pest Scout program, Alaska Bugline: 1-800-586-BUGS

Division of Agriculture State of Alaska Dept of Natural Resources
P.O. Box 949, Palmer, AK 99645-0949. 745-7200

Garden Clubs in Alaska: contact Anchorage Cooperative Extension Service 907-279-5582.
Mat-Su area: **Valley Garden Club**, contact Co-President Florene Carney at PO Box 871244, Wasilla, AK 99687. Email snowfire@mtaonline.net

Jeff Lowenfels Garden writer for Anchorage Daily News and host of radio garden show.
Email garden questions to: Jeff@gardener.com

Master Gardeners Organization listings for AK at www.alaskamastergardeners.org

Fairbanks Master Gardeners www.uaf.edu/ces/michele; www.seakmastergardeners.org

Mat-Su Master Gardeners working through the Coop. Ext Service office in Palmer, 745-3360.
"Master Gardener Hotline" operates on Tues from 1-3 and Fri from 10-12. Or people can call and leave a message, and one of us will return the call. (No website) Co-President Marie Domer at 745-6561, Email, use *Subject line: Master Gardener Information.* dougnmarie@gci.net

Pest Control- Non-toxic: contact Pest Scout at Cooperative Extension Service office near you. Also see **Peaceful Valley Farm Supply** catalog, www.groworganic.com Email helpdesk@groworganic.com Toll-free line 888-784-1722 and **Gardens Alive** catalog, www.gardensAlive.com 5100 Schenley Place, Lawrenceburg, IN 47025. Tel 812-537-8650. Email service@gardensalive.com

Plant Materials Center Bill Campbell. Plant diseases and potatoes 907-745-4469

Soil and Water Conservation Districts: Palmer 745-1441; Wasilla 357-4563 ext 103.

Valley Garden Club see above under Garden Clubs

ON-LINE NETWORKS about SUSTAINABLE AGRICULTURE

Sustainable Agriculture Network (SAN)
Alternative Farming Systems Information Center
Room 304, National Agricultural Library
10301 Baltimore Ave. Beltsville, MD 20705-2351 (301) 504- 6425
www.ces.ncsu.edu/san E-mail san@nal.usda.gov

Sustainable Agriculture Network Publications
Hills Building, University of Vermont, Burlington, VT 05405-0082
(802) 656- 4656 fax

ATTRA Hotline National Sustainable Agriculture Information Service, managed by the National Center for Appropriate Technology PO Box 3657, Fayetteville, AR 72702 Tel 1-800-346-9140. www.attra.org An incredible wealth of free knowledge and information in all aspects of agriculture. Free newsletter available.

Rodale Institute Soils of the world, Regeneration of soils and healthy food systems.
www.rodaleinstitute.org