



# **Self-Sufficiency on a Shoestring: Recipes for a new, fun and free lifestyle**

*Alan Bridgewater, Gill Bridgewater*

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"Self-sufficiency on a Shoestring" tells how to get started - with little or no money - and how to expand your self-sufficiency ideals. Sustainable self-sufficiency, new technologies, global warming and problem solving are just a few of the issues tackled in the early chapters, followed by expert knowledge about vegetables, fruits and herbs. The art of keeping bees and essential animal welfare concerns when keeping chickens, pigs and goats are all succinctly explained. Methods of saving money on heating and lighting costs are detailed, from wind turbines and ground source heat pumps to solar panels and wood-burning stoves.

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