

**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](http://www.acresusa.com)

**Alaskan Gardening**

The Alaskan Gardener's Handbook by Lenore Hedla  
Alaska Gardener's Manual from Cooperative Extension Service, University of Alaska  
Alaska Gardening Guide, Vol 1 by Ann D. Roberts  
Kachemak Cultivating from Seaside to Summit by Homer Garden Club  
Ask Mother Nature- A Conscious Gardener's Guide by Ellen Vande Visse

**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](http://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 2<sup>nd</sup> Edition Video, 30 minutes: \$15

This video gives you step by step instruction for successful Alaskan backyard production. From [www.goodearthgardenschool.com](http://www.goodearthgardenschool.com) "on-line store"

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](http://www.biocycle.com) Email: [biocycle@jgpress.com](mailto:biocycle@jgpress.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)

"Worm Away Your Garbage" by Ellen Vande Visse ([www.goodearthgardenschool.com](http://www.goodearthgardenschool.com) )

## **Compost Tea, Soil Food Web, and Carbon Farming**

Compost Tea Brewing Manual see latest edition by Dr. Elaine Ingham [www.soilfoodweb.com](http://www.soilfoodweb.com)

The Field Guide for Actively Aerated Compost Tea (AACT) by Dr. Elaine Ingham [www.soilfoodweb.com](http://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](http://www.soilfoodweb.com) and ACRES USA)

The Soil Will Save Us by Kristin Ohlson (Mat-Su College library)

Teaming with Microbes Jeff Lowenfels and Wayne Lewis

Teaming with Nutrients and Teaming with Fungi Jeff Lowenfels

## **Extending the Season**

Four Season Harvest and Winter Harvest Handbook by Eliot Coleman. Chelsea Green. Four Season Farm, 609 Weir Cove Rd, Harborside ME 04642 [www.fourseasonfarm.com](http://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](http://www.greenpeace.org.uk)

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

## **Harvest Preservation, 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 & 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](http://www.centerforfoodsafety.org/YRTK.cfm)

### **Pest Management**

**Local Help: Pest Scout**— contact through your Cooperative Extension Service or Alaska Bugline 1-800-586-BUGS

**Suppliers** Most products are carried locally; otherwise see:

**Gardens Alive**, free catalog from 5100 Schenley Place, Lawrenceburg, IN 47025

[www.GardensAlive.com](http://www.GardensAlive.com) Or call 812-537-8650

**Hydro Gardens**, Inc. PO Box 9707, Colorado Springs, CO 80932. Tel 719-495-2266

**Organic Gardening Magazine website** [www.organicgardening.com](http://www.organicgardening.com)

**Peaceful Valley Farm Supply** PO Box 2209 Grass Valley, CA 95945 [www.groworganic.com](http://www.groworganic.com)

Tel (toll free) 888-784-1722 plus informative videos.

**Soil Foodweb Inc (SFI)** Microbial assays and products. [www.soilfoodweb.com](http://www.soilfoodweb.com)

**Rincon-Vitova Insectories** <http://www.rinconvitova.com/>

### **Reference Books**

Common Sense Pest Control. An excellent reference. \$40

Companion Plants and How to Use Them and

Encyclopedia of Natural Insects and Disease Control by Roger Yepson, Rodale Press.

Garden Pest Problem Solver Rodale Press

Gardening without Poisons by Beatrice Trum Hunter

Great Garden Formulas from Rodale Press, 1999

Insects of South-Central Alaska by Dominique M. Collet, 2008. Kenai Watershed Forum, Soldotna, AK

Roses Love Tomatoes and Carrots Love Tomatoes by Louse Riotte

The Bug Book Helen Philbrick and Richard Gregg.

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. \$20. Tel 616-636-8226. This tells how to eliminate weeds simply by manipulating the nutrients rather than using herbicides.

Natural Solutions to Things that Bug You by Dr. Myles H. Bader, Mar. 2012 TELEBrands Press.

### **Links**

Rincon-Vitova Insectories <http://www.rinconvitova.com/>

Biological Control News. Newsletter on line. [www.entomology.wisc.edu/mbcn/mbcn.htm](http://www.entomology.wisc.edu/mbcn/mbcn.htm)

### **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)

The Bio-Dynamic Farm and Bio-Dynamic Agriculture by Herbert Koepf

Various books by Hugh Lovell, & by Ehrenfried Pfeiffer

### **Fukuoka**

One Straw Revolution, The Natural Way of Farming by Masanobu Fukuoka

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. Seed Saver Publications, Rural Rte 3,

Decorah, Iowa, 52101. [www.seedsavers.org](http://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](http://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., Warrenton, VA, 22724.

[www.perelandra-ltd.com](http://www.perelandra-ltd.com)

Ask Mother Nature- A Conscious Gardener's Guide by Ellen Vande Visse. Findhorn Press, 2009. [www.goodearthgardenschool.com](http://www.goodearthgardenschool.com)

## **KEY to SOURCES of BOOKS**

**ACRES USA** 1- 800- 355- 5313 [www.acresusa.com](http://www.acresusa.com) Request catalog for books & DVD's and request a separate list for tapes and CD's from annual conferences. [info@acresusa.com](mailto:info@acresusa.com)

**Mother Earth News bookstore** [www.motheearthnews.com](http://www.motheearthnews.com)

**Rodale Books, Rodale Institute, & Organic Garden Magazine** [www.organicgardening.com](http://www.organicgardening.com)  
Magazine is now only by email subscription: [OrganicLife@news-rodaleorganiclife.com](mailto:OrganicLife@news-rodaleorganiclife.com)

**Storey's How-To Books**, Dept. 9069, 105 School House Rd, Pownal, Vermont, 05261.  
1-800-827-8673 [www.storey.com](http://www.storey.com)

## **PERIODICALS (magazines and on-line newsletters)**

**ACRES USA: A Voice for EcoAgriculture.** A magazine from ACRES USA . 1- 800-355- 5313 [www.acresusa.com](http://www.acresusa.com) . I recommend you subscribe. Monthly issues about eco-farming are packed with practical information, but the overflow richness ends up here: [Eco-Farming Daily](http://Eco-Farming Daily) [www.ecofarmingdaily.com](http://www.ecofarmingdaily.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](http://www.hortmag.com)

**The Land Report** (of the Land Institute) 2440 E Water Well Road Salina, Kansas 67401 [www.landinstitute.org](http://www.landinstitute.org)

**Mother Earth News;** the magazine; also on-line newsletter, books, and booklets available. [www.motherearthnews.com](http://www.motherearthnews.com) PO Box 56304, Boulder, Colorado 80323-6304

**Organic Bytes** an on-line newsletter about safe food issues. [www.organicconsumers.org](http://www.organicconsumers.org)

**Organic Gardening** (Rodale Press) recently changed to on-line only. Subscribe at [OrganicLife@news-rodaleorganiclife.com](mailto:OrganicLife@news-rodaleorganiclife.com) . Tel 1-800-666-2206 [www.organicgardening.com](http://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](http://www.gardenwriters.org) Email [par@gwaa.org](mailto: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](mailto: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** Mark Greig 315-0670; Rob 232-273 Fishbone meal and other ecological agriculture amendments. Palmer, [www.alaskasea-ag.com](http://www.alaskasea-ag.com) E-mail: Robert at [morr@alaskasea-ag.com](mailto:morr@alaskasea-ag.com)

**Classes on organic growing methods** Good Earth Garden School, Palmer AK. Courses,

email news bulletins, and networking. [www.goodearthgardenschool.com](http://www.goodearthgardenschool.com)

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

**Division of Agriculture** State of Alaska Dept of Natural Resources  
Palmer, AK 99645-0949. 745-7200

**Garden Clubs in Alaska:** contact Anchorage Cooperative Extension Service 907-279-5582.  
Mat-Su area: **Valley Garden Club:** PO Box 871244 Wasilla, AK 99687;

**Mat-Su Master Gardeners** Website: [www.matsumastergardeners.com/](http://www.matsumastergardeners.com/)

Email: [matsumastergardeners@gmail.com](mailto:matsumastergardeners@gmail.com)

**Master Gardeners Organization** listings for AK at [www.alaskamastergardeners.org](http://www.alaskamastergardeners.org)

**Fairbanks Master Gardeners** [www.uaf.edu/ces/michele](http://www.uaf.edu/ces/michele); [www.seakmastergardeners.org](http://www.seakmastergardeners.org)

**Mat-Su Master Gardeners** working through the Coop. Ext Service office at UAF Experiment Farm, Palmer, 745-3360.

**Jeff Lowenfels** Garden writer for Anchorage Daily News and host of radio garden show. Email garden questions to: [Jeff@gardener.com](mailto:Jeff@gardener.com)

**Permaculture Guild in Alaska** :<http://akpermaculture.ning.com/>

**Plant Materials Center, Palmer** Agriculture research, diseases, & potato inspection 907-745-4469

**Soil and Water Conservation Districts:** Palmer 746-1636; Wasilla 357-4563

## ***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](http://www.ces.ncsu.edu/san) E-mail [san@nal.usda.gov](mailto:san@nal.usda.gov)

### **SARE (Sustainable Agriculture Research & Education** [www.sare.org](http://www.sare.org)

Grants, publications, assistance.

**ATTRA Hotline** National Sustainable Agriculture Information Service, managed by the National Center for Appropriate Technology [www.attra.org](http://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](http://www.rodaleinstitute.org)