

Bella Linde, text
Lena Granefeldt, photographs

RÄTT UR JORDEN – HANDBOK I SJÄLVHUSHÅLLNING
Straight From the Earth – Handbook in Being Self-sufficient

In the same spirit as “Ved” (Wood) by Lars Mytting!

Make the jump from confused consumer to self-sustaining grower and get the benefits of food without toxins, a nice past-time and a clean conscience! Nowadays there is a lot of talk about locally grown and organic food. But not a lot is said about who should be growing it and where. The truth is that you can actually do a lot yourself, without having to change your lifestyle. An average sized garden will produce enough to supply four people with vegetables for a whole year, but an allotment or even growing on your balcony will give a real boost to your household’s nutrition. Also, it won’t mean more than an extra hour’s work each day. This book will give you basic knowledge and practical advice on how you successfully grow vegetables for your household needs. It covers everything from producing good soil, to sowing, tending, harvesting, preserve and store the crops. There is also an additional chapter about the free food growing in woodlands and fields and a calendar outlining the year for the self-sustaining household.



Bella Linde is a journalist focusing on cultivating and gardening. She had the idea for “Rätt ur jorden” after she realized that the store-bought vegetables she had fed her nine-year old son were not as healthy as she thought. **Lena Granefeldt** is a photographer with focus on gardening, cultivating and food.

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Nominated for Gardening Book of the Year 2014!

Press voices on “Rätt ur Jorden”

“A long term companion” – *The Climate Magazien Effekt*

“Have you had enough of vegetables that have travelled thousands of kilometers, peppers covered in pesticides and genetically modified sweet corn? Then you have two options: buy organic and locally grown produce or grow it yourself! Step one is that you have a garden or allotment. Step two is to get the handbook “Rätt ur Jorden”. *M-Magasin*

