0 552 98051 X

CORGI

The Complete Book of Self-Sufficiency

John Seymour

AT LAST IN PAPERBACK
THE BESTSELLING HANDBOOK FOR
THOSE WHO SEEK AN IMPROVED
QUALITY OF LIFE

The Complete Book of Self-Sufficiency

How to
plough a field sow wheat plant corn make hay
malt barley rotate crops grow vegetables
harness a horse milk a cow slaughter an ox
shear a sheep pluck a chicken cure a ham
salt beef brew beer make wine bake bread
churn butter press cheese pickle onions
prune trees can fruit dry herbs keep bees
track game set a snare bait a hook
skin a rabbit fillet a fish tan a hide
sink a well build a barn mend a wall
fire bricks dress stone split wood spin flax
coil pots weave a basket thatch a roof
construct an oven deep freeze store produce
make fuel generate light harness the wind
collect the rain trap the sun turn the soil
follow the seasons respect the land
reap the harvest waste nothing stay healthy
live well

"Mr Seymour is the Cobbett of our time, defiant, opinionated, and a splendid writer..."
Sunday Telegraph

UK	£ 3.95
Australia	*$ 10.95
New Zealand	$ 12.50

*RECOMMENDED PRICE ONLY

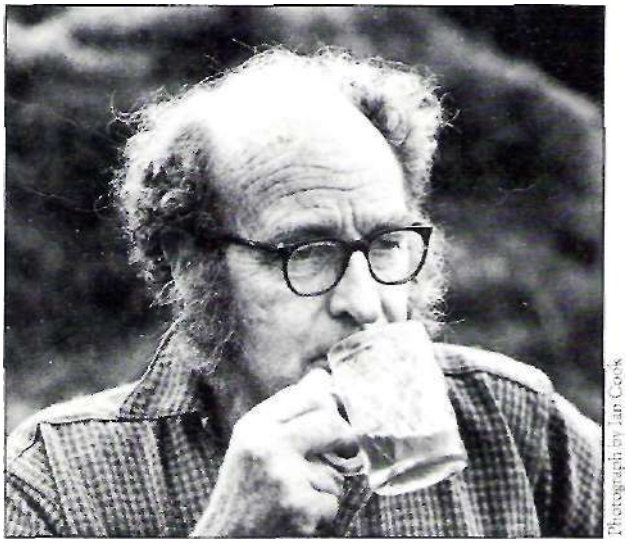
The Complete Book of

Self-Sufficiency

John Seymour

With a foreword by E. F. Schumacher
author of 'Small is Beautiful'

John Seymour was educated in England and Switzerland. After studying at an agricultural college, he worked on farms in England for two years and then spent some ten years in Africa where, among other things, he managed a sheep and cattle farm and acted as a livestock officer for a government veterinary department. After service in the King's African Rifles in the war, he travelled widely, lived on a fishing boat, wrote, broadcast, and studied the way of lite of rural people. Then, with his wife Sally, he settled down to running a self-sufficient smallholding in Suffolk, where he developed many, of the skills described in this book. Alter eight years in Suffolk they moved to Pembrokeshire, and a 62-acre farm. John Seymour has now remarried, and the farm is being developed as a school in the arts of self-sufficiency. The aim of the people on the farm is to endeavour to bring self-reliance, self-respect, people, culture and fun back to the countryside.



Photograph by Jan Cook

The Complete Book of Self-Sufficiency is a book for all seasons. Whether you live in town or country, on a farm or in a cottage, in a house with a garden or a flat with a window-box, this book has something for you.

If you want to
bake your own bread, brew your own beer, make your own cheese, pickle your own onions, this book will show you how.

If you want to
make hay, milk a cow, smoke a ham, design a dairy, convert to solar energy, this book will show you how.

If you just want to
grow your own vegetables, bottle your own fruit, dry your own herbs, this book will demonstrate exactly what to do.

The Complete Book of Self Sufficiency is an invaluable manual, packed with illustrations, and every illustration tells its own story, shows you what you need and how to do it.

John Seymour is everywhere recognised as *the* expert in self-sufficiency. He has lived the life for twenty years, and here he gathers all the expertise he has acquired into one authoritative volume.

The Complete Book of Self Sufficiency covers the whole range of the self-sufficient spectrum. It describes how, according to the size of your plot, *you can plan to support yourself, grow your own crops, keep your own livestock. It helps you over all the hurdles of growing and preserving your own food,* whether you harvest straight from the field or from the garden, from animals or from the wild. John Seymour guides you through every stage of the cycle. He shows you how to plant your crop, tend it, harvest it, preserve it, process it, and finally, how to cook it - in a variety of ways. He also includes chapters on how you can produce your own energy, and how you can help to re-vitalise many of the near-forgotten crafts.

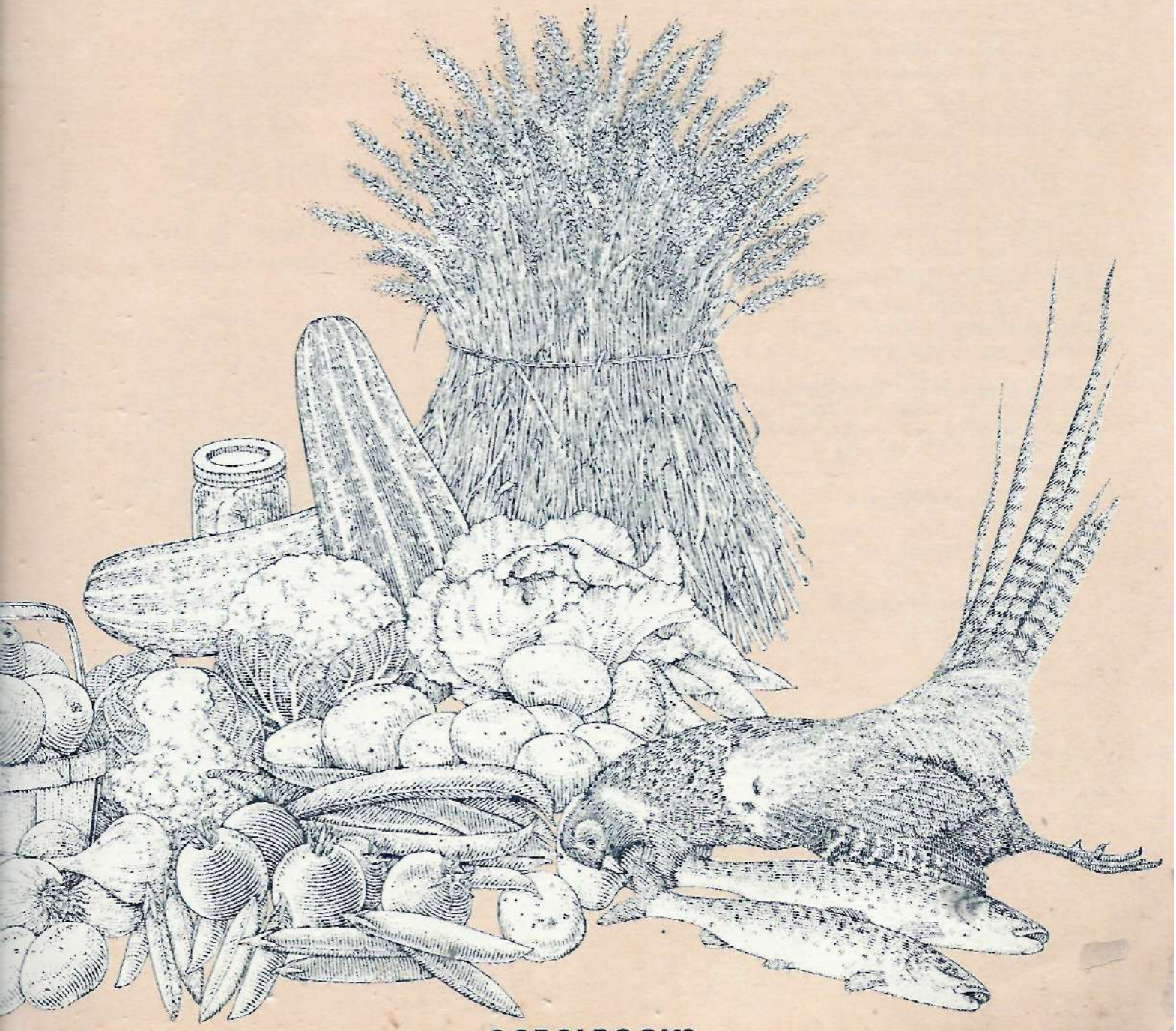
This is the first totally comprehensive book on supporting yourself. It is an encyclopaedia of practical advice on how to attain the skills and enjoy the fruits of the self-sufficient way of life.

See inside back cover
for press comments about this book.

The Complete Book of Self-Sufficiency

John Seymour

Foreword by E.F. Schumacher



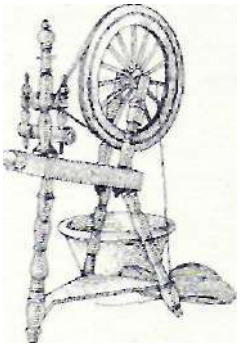
CORGI BOOKS
A DIVISION OF TRANSWORLD PUBLISHERS LTD

Food from Animals
The Living Farmyard 90
The Cow **92**
Making Butter & Cream **98**
Making Cheese **102**
Beef **106**
Goats **108**
Pigs **110**
Sheep **118**
Rabbits **123**
Poultry **124**
Bees & Honey **130**

Food from the Garden
The Food-Producing Garden **134**
The Gardener's Tools **138**
Sowing &L Planting **140**
Growing under Cover **142**
Protecting from Pests **144**
Vegetables **146**
Herbs **155**
Vegetables through the Year **160**
Winter **162**
Spring **164**
Early Summer **166**
Late Summer **168**
Autumn **170**
The Greenhouse **172**
Soft Fruit **174**
Tree Fruit **177**
Caring for Fruit Trees **180**
Storing Fruit &. Vegetables 182
Preserving **184**
Bottling **186**
Making Pickles & Chutneys 188
Making Jams &. Syrups **190**
Making Wine **192**
Making Cider &. Vinegar **196**

Food from the Wild
Game **198**
Fish &L Sea Foods **202**
Plants, Nuts &. Berries **208**

Natural Energy
Saving Energy **210**
Power from Water 212
Heat from the Sun **214**
Power from the Wind **216**
Fuel from Waste **218**



Crafts & Skills
Basketry **220**
Pottery **222**
Spinning Wool &. Cotton **226**
Dyeing &. Weaving **228**
Spinning Flax **230**
Curing & Tanning **231**
Making Bricks & Tiles **232**
Working in Stone **234**
Working in Metal **238**
Building & Thatching **240**
Working in Wood **242**
Wells, Ponds 6k Fish Farming **244**
Household Items **246**
The Ail-Purpose Furnace **248**

Useful Addresses 250

Useful Reading 251

Index 252

Acknowledgments 256