

## Intro to Sustainable Gardening Resources

Cathe' Fish Permaculture Design Consultant  
[www.practicalpermaculture.com](http://www.practicalpermaculture.com)

USDA Plant Hardiness Zone Map  
[www.usna.usda.gov/Hardzone/ushzmap.html](http://www.usna.usda.gov/Hardzone/ushzmap.html)

Freeze Frost Occurrence Data  
Search for **Frost pdf**  
[www.ncdc.noaa.gov/oa/climate/freezefrost/freezefrost.pdf](http://www.ncdc.noaa.gov/oa/climate/freezefrost/freezefrost.pdf)

The Cook's Garden Fall and Winter Lettuces  
[www.cooksgarden.com](http://www.cooksgarden.com)

Fedco Seeds Coop  
[www.fedcoseeds.com](http://www.fedcoseeds.com)

Rice Knife from Asian import store  
or Brush Sickle from Peace Valley Farm Supply  
[www.groworganic.com/item\\_GO700\\_Brush\\_Sickle\\_.html](http://www.groworganic.com/item_GO700_Brush_Sickle_.html)

Ruth Stout Mulch Gardens  
Mother Earth News article Feb/Mar 2004  
[www.motherearthnews.com/Organic-Gardening/2004-02-01/Ruth-Stouts-System.aspx](http://www.motherearthnews.com/Organic-Gardening/2004-02-01/Ruth-Stouts-System.aspx)  
*The Ruth Stout No-Work Garden Book: Secrets of the year-round mulch method by Ruth Stout*

Extending Seasons  
Passive Solar Greenhouse DVD Cathe' Fish

Sheet Mulch Gardens  
browse the web or take my Intro to Permaculture workshop

Soil Food Web  
*Teaming with Microbes: A Gardener's Guide to the Soil Food Web*  
by Jeff Lowenfels and Wayne Lewis

Nitrogen Fixer Cover Crops      Peaceful Valley Farm Supply  
[www.groworganic.com/browse\\_22\\_Cover\\_Crop\\_Seed.html](http://www.groworganic.com/browse_22_Cover_Crop_Seed.html)

Harvey and Ellen Ussery    The Modern Homestead Poultry Flock  
[www.themodernhomestead.us/article/Poultry.html](http://www.themodernhomestead.us/article/Poultry.html)

Store Harvested Food  
browse root cellars

Water Collection and Harvesting DVD Cathe' Fish

*Create an Oasis with Greywater: Your Complete Guide to  
Choosing, Building and Using Greywater Systems* by Art Ludwig

*Rainwater Harvesting for Drylands and Beyond* by Brad Lancaster

*Water Storage: Tanks, Cisterns, Aquifers, and Pond for Domestic  
Supply, Fire and Emergency Use* by Art Ludwig

Drought tolerant seeds      Native Seed Search  
[www.nativeseeds.org](http://www.nativeseeds.org)

Urban Homestead    Path to Freedom    The Dervaes Family  
Glendale, California    [www.pathtofreedom.com](http://www.pathtofreedom.com) and  
[www.youtube.com/watch?v=mCPEBM5oI0Q&feature=related](http://www.youtube.com/watch?v=mCPEBM5oI0Q&feature=related)

Intro to Practical Permaculture – 6 disk DVD    Cathe' Fish