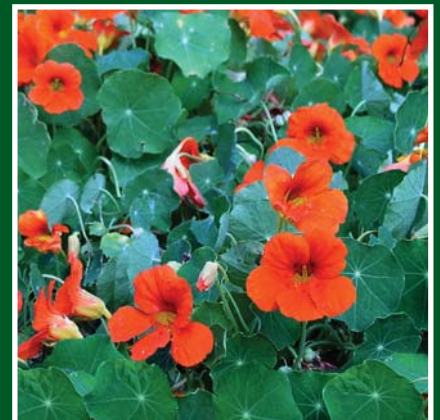


# How can I be prepared with Self-Sufficiency and Survival Foods?

*An essential manual with practical information on plants, plans and recipes to help us survive in a toxic world, and face other hazards that may threaten our health, security and sanity in the 21st Century.*



**ISABELL SHIPARD**

- How to plant a practical edible garden.
- How to prepare a 72 hour survival kit.
- Best choices of food and provisions for the home for 3 to 12 months.
- Getting to know and use edible weeds.
- Bush tucker plants we need to know.
- Herbs for health and for healing.
- Practical herbal preparations and uses – such as fresh aloe leaf gel to clean your teeth.
- Sprouted seeds – living survival food at its best.
- Ideas on how to cut the costs of living.
- Seed saving tips.
- Stories to lighten the heart.
- Numerous economical recipes.

*This book covers many practical facets of self-sufficiency and informs readers about survival foods. Isabell shows how we all can be prepared for hard times, no matter what the future may bring.*

**Do we need to live more simply, conserving resources by being budget conscious and more self-reliant?**

Many Australians and others in affluent countries suffer from diseases like diabetes, obesity and heart disease, caused by over-consumption of food (particularly processed food) and lack of exercise.

In other parts of the world, millions of people struggle daily, seeking out a meagre existence amidst the everyday reality of starvation and death. But, as resources diminish and the world faces food, energy and other crises, what will the future hold in our wonderful country?

In the news we hear that global oil reserves are running low, dramatically increasing the price of fuel and causing the cost of food and other everyday necessities to skyrocket. We also hear that drought, genetically modified crops, and the increase of bio-fuel production are taking over vital farmland and causing massive food shortages around the world. Changes in weather conditions may cause cyclones, floods, bushfires and other calamities, and every home must be prepared for **whatever** the future might bring. Councils, throughout Australia, are beginning to inform the public of the need to be prepared in case of emergencies.

**Right NOW**, it is vital for every person to be conscious of how the choices we make affect the world.

Self-sufficiency is one means of reclaiming our responsibility. We all must reclaim the knowledge and ability to grow our own food to provide for ourselves and our families.

Isabell says, "I grew up on a farm and learnt the value of fresh home-grown produce. This background gave me the desire to grow and provide food for my own family (fruits, vegetables, eggs, milk and meat) and then to establish the Herb Farm at Nambour, on the Sunshine Coast, with a large variety of herbs. For many years, I taught Herb Courses and always included a segment on the importance of self-sufficiency and survival in possible hard times. People often expressed the view that I should put this information into a book."

This book is a practical 'survival manual' for every home. Isabell will encourage you to see the importance of being prepared. She urges everyone to have an emergency plan in place and to be equipped. The future may bring us many challenges, including possible food and energy shortages and other unforeseen calamities. Families can learn to grow as much as they are able, and also to put in place some food security for these uncertain times.

**Today is the right time to get started.**



"Once again, Isabell has put together a very helpful book. A book that will help us to act together, for survival in emergencies, such as surround us today. Many of us have tried, at all levels, to alert people to the critical 'state of the nation', due to global warming, low levels of all fuels and drought.

"To grow our own food always has taken us less time than to shop for it! People, in the end, get what they choose, and to me at least, chasing life and food seems only sensible. As usual, Isabell has put in your hands, a manual that helps that aim. She has all my support."

**Bill Mollison** – *The Permaculture Institute*

"This is an essential book for everyone who intends to make a serious effort to survive any food crisis. It is full of the most detailed and valuable information on a great diversity of survival foods, and how to produce them.

Isabell has the greatest knowledge of reference and experience on this subject that I have ever known or met in all my travels, teaching and consulting on permaculture around the world. You need to buy this book for the security of your family."

**Geoff Lawton** – [www.permaculture.org.au](http://www.permaculture.org.au)

"Within the spectrum of concepts presented in her book, here is a very useful 'survival manual', packed full of practical ideas in true Shipard style... like aloe tooth gel, seed-saving tips, and how to use edible weeds. You will find many budget-saving ways to conserve resources and deal with climate change. Be prepared for the future... and enjoy Isabell's light-hearted memoirs."

**Christine Bennett** – *Maroochy Greens member, Sunshine Coast*

To order "**How can I be prepared with Self-Sufficiency and Survival Foods?**" 136 A4 size pages, illustrated with over 100 colour pictures, **at \$37 per book, plus Pack and Post** to all places within Australia only: **1 book \$10, 2-6 books \$15**. Make **Cheque** or **Money Order** payable to **Shipards Herb Farm** and send to: **PO Box 66, Nambour Qld 4560**. For details for **Direct Deposit** payment, or by **Credit Card** phone (07) 5441 1101 (best during Herb Farm Open Hours: Mon, Tues, Thurs, Sat 10am - 2pm). **Purchase online** at: [www.herbsarespecial.com.au](http://www.herbsarespecial.com.au)

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