



# Farming for Self-Sufficiency: Independence on a Five-Acre Farm

*John Seymour, Sally Seymour*

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**Farming for Self-Sufficiency: Independence on a Five-Acre Farm** John Seymour, Sally Seymour  
Rear cover notes: "For eighteen years John and Sally Seymour have provided themselves and their four children with wholesome food which they have learned to grow themselves. Now you can follow their example. The Seymours have written a complete guide for living on a small, independent farm with no more than one acre of land per person - enough to support the production of fruits, vegetables,, grains, dairy products, meat, and poultry for the family. In addition to growing an adequate supply of food, the Seymours explain how to make wine and beer, how to bake bread, how to gather honey, and how to preserve foods. The authors of this inspiring book have sought to achieve for themselves and their children a rich and satisfying life, as well as to provide for their physical sustenance. They have done both, and their book is a practical guide to accomplishing these goals. 'We have, in fact, lived for eighteen years on the fat of the land: we have probably eaten and drunk better than most people....Our food has been varied, fresh, and of the very best quality....We have lived very well on a small money income, and the tax-eaters have not done very well out of us.'"

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