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Simple techniques for securing your food supply in an insecure world.

-FOR IMMEDIATE RELEASE-

Food Security for the Faint of Heart

By Robin Wheeler

This is a terrific book, warmly written, funny and smart. Not only do I now want to read her gardening book, but I immediately found myself fantasizing about hanging out with the author and trading recipes and garden tricks. I really recommend the book, and I'll put it in the food storage section of my store once it is out. – Sharon Astyk author *Depletion and Abundance* and blogger www.sharonastyk.com

Where would you find your groceries if your supermarket's shelves were suddenly empty? The threat of earthquakes, trucker strikes, power outages or a global market collapse make us vulnerable like never before. With spiraling fuel prices and unstable world economies, individuals and communities are demanding more control over their food supply.

Food Security for the Faint of Heart is designed to gently ease readers into a more empowered place so that shocks to our food supply can be handled confidently.

Chapters are devoted to useful, transferable skills, including:

- Preserving garden food
- Saving freezer food during a power outage
- Managing through an earthquake
- Preparing quick herbal medicinals
- Foraging for wild foods

Humorous and practical, *Food Security for the Faint at Heart* will appeal to both long-time food security advocates, as well as to newcomers to the topic who are looking for a ten minute survival plan!

Robin Wheeler teaches traditional skills, sustenance gardening and medicinals at Edible Landscapes (www.ediblelandscapes.ca), a nursery and teaching garden in Roberts Creek, British Columbia. She is also the author of *Gardening for the Faint of Heart*.

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