



From the Ground Up: A Food Grower's Education in Life, Love, and the Movement That's Changing the Nation

Jeanne Nolan

Download now

[Click here](#) if your download doesn't start automatically

From the Ground Up: A Food Grower's Education in Life, Love, and the Movement That's Changing the Nation

Jeanne Nolan

From the Ground Up: A Food Grower's Education in Life, Love, and the Movement That's Changing the Nation Jeanne Nolan

An inspiring story for everyone who's ever dreamed of growing the food they eat

When Jeanne Nolan, a teenager in search of a less materialistic, more authentic existence, left Chicago in 1987 to join a communal farm, she had no idea that her decades-long journey would lead her to the heart of a movement that is currently changing our nation's relationship to food. Now a leader in the sustainable food movement, Nolan shares her story in *From the Ground Up*, helping us understand the benefits of organic gardening—for the environment, our health, our wallets, our families, and our communities. The great news, as Nolan shows us, is that it has never been easier to grow the vegetables we eat, whether on our rooftops, in our backyards, in our school yards, or on our fire escapes.

From the Ground Up chronicles Nolan's journey as she returned seventeen years later, disillusioned with communal life, to her parents' suburban home on the North Shore as a single mother with few marketable skills. Her mother suggested she plant a vegetable garden in their yard, and it grew so abundantly that she established a small business planting organic gardens in suburban yards. She was then asked to create an organic farm for children at Chicago's Lincoln Park Zoo, and she soon began installing gardens around the city—on a restaurant's rooftop, in school yards, and for nonprofit organizations. Not only did she realize that practically anyone anywhere could grow vegetables on a small scale but she learned a greater lesson as well: rather than turn her back on mainstream society, she could make a difference in the world. The answer she was searching for was no further than her own backyard.

In this moving and inspiring account, which combines her fascinating personal journey with the knowledge she gained along the way, Nolan helps us understand the importance of planting and eating organically—both for our health and for the environment—and provides practical tips for growing our food. With the message that we can create utopias in our very own backyards and rooftops, *From the Ground Up* can inspire each of us to reassess our relationship to the food we eat.

Praise for *From the Ground Up*

“One of the most intelligent, surprising and impressive garden memoirs I've read in a long time . . . radiant with hope and love.”—*The New York Times Book Review*

“The joy of *From the Ground Up* is not Nolan's own happy ending but rather the illuminating way she applies her vision to practical problems. . . . The hardest memoir to write is the one that is honest but not self-obsessed; Nolan accomplishes this with clarity and poise.”—**Jane Smiley, *Harper's***

“[A] rare and improbable thing: a gripping gardening memoir . . . [Nolan's] voice is an honest and reassuring one.”—*Chicago Reader*

“[A] refreshing narrative . . . *From the Ground Up* triumphs the backyard micro-garden as it imparts lessons from Nolan's life about family. . . . The book is a good read for foodies and lovers of a good story alike, and an inspiration to garden wherever you can find space.”—**Fredericksburg *Free Lance-Star***

“From the Ground Up resonates powerfully with me, as a gardener, and inspires me to ‘double dig’ my garden bed. But even readers who keep their fingernails clean will benefit from this beautiful story and powerful message.”—**Sophia Siskel, president and CEO of the Chicago Botanic Garden**



Download [From the Ground Up: A Food Grower's Education in Life, ...pdf](#)



Read Online [From the Ground Up: A Food Grower's Education in Life ...pdf](#)

Download and Read Free Online From the Ground Up: A Food Grower's Education in Life, Love, and the Movement That's Changing the Nation Jeanne Nolan

Download and Read Free Online From the Ground Up: A Food Grower's Education in Life, Love, and the Movement That's Changing the Nation Jeanne Nolan

From reader reviews:

David George:

Book is written, printed, or descriptive for everything. You can recognize everything you want by a guide. Book has a different type. As you may know that book is important factor to bring us around the world. Alongside that you can your reading expertise was fluently. A publication From the Ground Up: A Food Grower's Education in Life, Love, and the Movement That's Changing the Nation will make you to end up being smarter. You can feel far more confidence if you can know about every little thing. But some of you think that will open or reading the book make you bored. It's not make you fun. Why they may be thought like that? Have you seeking best book or appropriate book with you?

Christopher Williams:

Book is to be different for every single grade. Book for children until adult are different content. As we know that book is very important usually. The book From the Ground Up: A Food Grower's Education in Life, Love, and the Movement That's Changing the Nation was making you to know about other know-how and of course you can take more information. It doesn't matter what advantages for you. The e-book From the Ground Up: A Food Grower's Education in Life, Love, and the Movement That's Changing the Nation is not only giving you considerably more new information but also for being your friend when you sense bored. You can spend your own spend time to read your guide. Try to make relationship while using book From the Ground Up: A Food Grower's Education in Life, Love, and the Movement That's Changing the Nation. You never really feel lose out for everything if you read some books.

Vickie Duke:

As people who live in the actual modest era should be up-date about what going on or details even knowledge to make these individuals keep up with the era and that is always change and make progress. Some of you maybe will probably update themselves by examining books. It is a good choice to suit your needs but the problems coming to you is you don't know which you should start with. This From the Ground Up: A Food Grower's Education in Life, Love, and the Movement That's Changing the Nation is our recommendation to make you keep up with the world. Why, because this book serves what you want and wish in this era.

Karen Johnson:

This From the Ground Up: A Food Grower's Education in Life, Love, and the Movement That's Changing the Nation tend to be reliable for you who want to certainly be a successful person, why. The reason of this From the Ground Up: A Food Grower's Education in Life, Love, and the Movement That's Changing the Nation can be one of several great books you must have is actually giving you more than just simple studying food but feed a person with information that possibly will shock your preceding knowledge. This book will be handy, you can bring it just about everywhere and whenever your conditions in the e-book and

printed types. Beside that this From the Ground Up: A Food Grower's Education in Life, Love, and the Movement That's Changing the Nation forcing you to have an enormous of experience including rich vocabulary, giving you trial run of critical thinking that we know it useful in your day task. So , let's have it and revel in reading.

Download and Read Online From the Ground Up: A Food Grower's Education in Life, Love, and the Movement That's Changing the Nation Jeanne Nolan #F452P3E7WGR

Read From the Ground Up: A Food Grower's Education in Life, Love, and the Movement That's Changing the Nation by Jeanne Nolan for online ebook

From the Ground Up: A Food Grower's Education in Life, Love, and the Movement That's Changing the Nation by Jeanne Nolan Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read From the Ground Up: A Food Grower's Education in Life, Love, and the Movement That's Changing the Nation by Jeanne Nolan books to read online.

Online From the Ground Up: A Food Grower's Education in Life, Love, and the Movement That's Changing the Nation by Jeanne Nolan ebook PDF download

From the Ground Up: A Food Grower's Education in Life, Love, and the Movement That's Changing the Nation by Jeanne Nolan Doc

From the Ground Up: A Food Grower's Education in Life, Love, and the Movement That's Changing the Nation by Jeanne Nolan Mobipocket

From the Ground Up: A Food Grower's Education in Life, Love, and the Movement That's Changing the Nation by Jeanne Nolan EPub