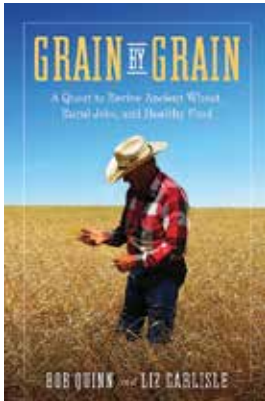


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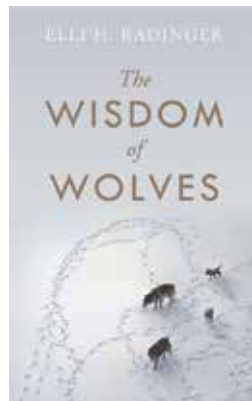


GRAIN BY GRAIN

Bob Quinn and Liz Carlisle
ISLAND PRESS, 2019. \$39.99

It's November 2017, I'm having breakfast at a new restaurant in my hometown of Hampton, Queensland. My meal includes a slice of sourdough made from wheat trademarked by a Montana farmer and scientist. The wheat in question is the ancient variety kamut (or Khorasan) and the farmer is Dr Bob Quinn, whose mission is to create "thriving communities, meaningful work, and healthy land". Quinn tells of his journey from commodity farming to regenerative farming in this memoir, co-written with academic Liz Carlisle. As a contribution to the emerging regenerative agriculture canon it's an important book, full of wisdom and clear-headed about how we can develop a food system based on values instead of the bottom line. An inspiring read!

Justin Russell

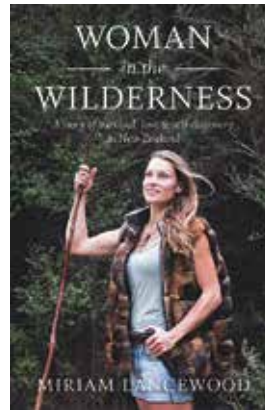


THE WISDOM OF WOLVES

Elli H Radinger
PENGUIN, 2019. \$29.99

If you've ever howled at the moon to find your inner wolf (go on; admit it), you may have been barking up the wrong tree. First, wolves don't howl at the moon (though they do howl when agreeing to go on a group hunt), and second, rather than trying to find your inner wolf, maybe you should have been using wolves to help find your inner human. Elli Radinger, who studies wolves full-time, has produced a fascinating read, showcasing a pure, simple wonder at these amazing animals and what they can teach us. "Everyone who first hears wolves howling in the wilderness is deeply moved," Radinger writes. "I look into the eyes of those hearing a wild wolf for the first time and know we are still connected with nature, however dependent our lives are on technology."

Simon Webster



WOMAN IN THE WILDERNESS

Miriam Lancewood
ALLEN & UNWIN, 2018. \$22.99

Just about anyone who has ever been to New Zealand has toyed with the idea of living there. All that stunning wilderness, without a poisonous snake or spider in sight – it's very tempting. Of course, a few people do move there. And then there are those who go the whole hog. Take Dutch teacher Miriam Lancewood, for example. One minute she's chatting to a Kiwi traveller over a bowl of dhal in India, the next she's living in the wilds of the South Island with him, wearing a possum vest, lighting fires in the rain and shooting goats with a bow and arrow. This is the story of Miriam and her partner's six years in the wilderness, embracing nature and rejoicing in the fact that it is possible to escape the trap of modern life and take a walk on the wild side.

Simon Webster



A FAMILY GUIDE TO WASTE-FREE LIVING

Lauren & Oberon Carter
PLUM, 2019. \$34.99

This colourful guide tells us that "at its heart, waste-free living is simple" and the simplicity lies in making a conscious decision to avoid creating waste. The authors, founders of Zero-Waste Tasmania, have filled the book with practical ideas from the basic principles of living waste-free, to making products such as household cleaners and deodorants. There's also advice on how to start a medicinal garden, bartering and foraging, plus working for policy change. Based on the Carter family's experience, it's a good place to start for people with children who are introducing lifestyle changes to their household. For others, who have made the decision to live simply (and have been doing so for a while) it's a useful resource for fresh ideas.

Leanne Croker