



## Farming the Woods

An Integrated Permaculture Approach to Growing Food and Medicinals in Temperate Forests

Ken Mudge, Steve Gabriel

\$39.95 • Paperback

8 x 10 • 400 pages

Full Color Photos/Illustrations

ISBN 9781603585071

**Pub Date: October 9, 2014**

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“ **With increasing inequality, the collapse of ecosystems around the world, and the uncertain effects of climate change, there is not a better time to consider farming the woods.** ”

To many, the practices of forestry and farming are mutually exclusive, because in the modern world, agriculture involves open fields, straight rows, and machinery to grow crops, while forests are primarily reserved for timber and firewood harvesting.

*Farming the Woods* introduces a remarkably different perspective: that a healthy forest can be maintained while growing a wide range of food, medicinal, and other non-timber products such as ginseng, mushrooms, and ramps.

In *Farming the Woods*, authors Ken Mudge and Steve Gabriel demonstrate how forest farms can be most productive in places where the plow is not: on steep slopes, and in shallow soils. Forest farming is becoming an invaluable practice to integrate into any farm or homestead, especially as the need for unique value-added products and supplemental income becomes increasingly important for farmers.

Many already know that daily indulgences we take for granted such as coffee, chocolate, and many tropical fruits, all originate in forest ecosystems. But few know that such abundance is also available in the cool temperate forests of North America.

Mudge and Gabriel cover in detail how to cultivate, harvest, and market high-value non-timber forest crops such as American ginseng, shiitake mushrooms, ramps (wild leeks), maple syrup, fruit and nut trees, ornamentals, and more. *Farming the Woods* includes profiles of forest farmers from around the country who are practicing many of the techniques described in the book.

*Farming the Woods* is a must-read for farmers and gardeners who have access to an established woodland and are looking for productive ways to manage it, and are interested in incorporating aspects of agroforestry, permaculture, forest gardening, and sustainable woodlot management into the concept of a whole-farm organism.



**Ken Mudge**, associate professor at Cornell University, has been involved in agroforestry research, teaching, and extension for over twenty years. He teaches both on-campus and online courses in forest farming, plant propagation, and grafting and is the Director of the MacDaniels Nut Grove, which is the foremost center for forest-farming education in the country.



**Steve Gabriel** is an ecologist, educator, author, and forest farmer who has lived most of his life in the Finger Lakes region of New York. He cofounded the Finger Lakes Permaculture Institute and currently works for cooperative extension in the department of horticulture at Cornell, where he focuses on permaculture and agroforestry research and education.

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