



Food Web: Concept: Raising Food the Right Way

Abe Connally, Josie Moores

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So few of us know where our food comes from, the quality of its life, what it consumed, and what it polluted on its way to our table. Food Web addresses these issues with a simple and elegant solution: locally integrated farming.

Imagine a meal produced in your own backyard, not from commercial inputs, but from the yard itself. Visualize a system of farming that resembles the intricate symbiosis of a natural ecosystem. No chemicals, no genetic modification, no overcrowded cages, and no international shipping. Just real food made by real people with a passion for quality and life.

Food Web is an alternative approach to farming from the perspective of the backyard producer. It's a design framework to build small systems from the ground up, based on resources and goals specific to each situation. We benefit from abundant and free waste streams by converting them into valuable and high quality products. The more we integrate, the more we can produce, without additional inputs or excessive labor. This gives the small farmer a competitive edge against the mass-produced food industry.

We focus on designing integrated networks that mimic nature's inherent strengths. By using and recycling our energy and wastes, we're able to produce more from less, and at a lower cost than modern agriculture methods. Learn the tools and knowledge needed to develop a personalized system that is sustainable, humane, profitable, and productive. Whether for your home or community, Food Web can improve your self-sufficiency. It offers specialized guides for urban, suburban, and rural areas to successfully raise vegetables and livestock in a way that benefits everyone.

Food Web: Concept is the first of the Food Web series, designed to give the reader the basics needed to analyze their local situation, define realistic and sustainable goals, design and implement individualized solutions, and adjust their approach as obstacles arise. We explain the concept behind the integrated farming model in a simple manner, so that anyone can get started no matter what level their experience. Our approach is based on decades of developing the methods and tools needed for small food producers to succeed.

If you want to enjoy cheaper, safer, healthier food, you'll find what you need to get started in Food Web: Concept.

Take responsibility for what you eat, start your Food Web today.

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