

# A Farmers Life for Me: How to Live Sustainably, Jimmys Way



In this practical guide TV farmer Jimmy Doherty imparts his experience and ideas to show you how to achieve the self-sufficient lifestyle and how to build a business from it. Farmer, entrepreneur and TV presenter Jimmy Doherty is living proof that you can make a successful business from growing and rearing your own produce. Whatever your circumstances, whether you have a window box or a couple of acres, whether you want to grow a few herbs to stock your kitchen or make money from your own flock of sheep this book is full of ideas and suggestions to help you get started. The book opens with Jimmys story and his foray into pig-farming over eight years ago. Since then the business in Suffolk has grown into a successful working farm with even more livestock, a farm shop and nature trails. Using Jimmys knowledge and experience, this book will take you through all the pitfalls you may encounter and the realities to consider on the road to self-sufficiency, but above all it shows just how achievable it can be to grow and sell your own produce. Focusing on the two main areas, what you can grow and what you can rear, this book will answer all of your questions, offer you the most useful and practical advice and show you how you can apply these ideas to suit your situation. So, if you want to make your own juices, bread, knitted scarves or honey to sell at a local farmers market, save yourself the big grocery bills with your own vegetable garden, sell your own pork sausages or lamb burgers to local restaurants or rear your own turkey for your Christmas dinner this book will give you the practical knowledge and the confidence to actually do it. Jimmy covers everything from the skills to equipment to environmentalism to marketing and even shows that you dont necessarily need any land to live the self-sufficient lifestyle. Practical, realistic but full of good advice

and encouragement, and case studies and essays to inspire you, *A Farmers Life for Me* is the ultimate guide to the business of self-sufficiency.

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