



Permanent
Publications

Advanced Information

Grounded

A Gardener's Journey to Abundance and Self-Sufficiency

by Liz Zorab

Foreword by Huw Richards

Grounded is the story of a gardening journey, from bare field to bountiful feast! This is an inspiring tale of the transformation of a tired paddock to food abundance in just over four years with little money and a lot of resourcefulness and clever ideas.

Liz Zorab also tells the story of how she transformed her life, overcoming the effects of chronic illness to develop a self-sufficient, independent lifestyle. This has taken Liz and her husband away from the rat race, giving them greater freedom and a more abundant life.

Grounded is an inspiring blend of practical tips and ideas with personal narrative and a smattering of humour. It will encourage you to take your first steps to self reliance – because this is more easily achievable than you had ever imagined. It will show you how to:

- Become more resilient
- Be creative with resources
- Make the most of the space you have
- Achieve more without exhausting yourself
- Fill your garden without emptying your pocket
- Enjoy the process as much as the results

This is a tale of courage and imagination that will inspire you to grow your own productive paradise and live your dreams.

ABOUT THE AUTHOR:

Liz Zorab runs Byther Farm with her husband, Mr J. On just 0.8 acres, they grow 80% of the food and drink they enjoy each year, and they also run a veggie box scheme. Liz teaches gardening and self-sufficiency has a vibrant YouTube Channel, Byther Farm.



Published: February 2021

ISBN: 978 1 85623 302 6

246 x 189mm

colour photos
throughout

240 pages

Paperback

£16.00

File

Gardening

Environment

PUBLISHERS

Permanent Publications
The Sustainability Centre
East Meon, Hampshire
GU32 1HR
Tel: +44 (0)1730 823 311
Email: info@permaculture.co.uk
Web: www.permanentpublications.co.uk
Magazine: www.permaculture.co.uk

TRADE DISTRIBUTION

Orca Book Services
160 Eastern Avenue
Milton Park
Abingdon
OX14 4SB
Tel: +44 (0)1235 465 500
Email: tradeorders@orcabookservices.co.uk
Web: www.orcabookservices.co.uk

TRANSLATION & OVERSEAS PUBLISHING RIGHTS

Tony Rollinson
Permanent Publications
The Sustainability Centre
East Meon, Hampshire
GU32 1HR
Tel: +44 (0)1730 776 585
Email: tony@permaculture.co.uk

**Permanent Publications
publishes titles offering
inspiration for self reliance**

**Winners of The Queen's Award
for Enterprise in the Sustainable
Development category (2008)**