



# Press Release

## GROUNDING

### A Gardener's Journey to Abundance and Self-Sufficiency

by Liz Zorab

Foreword by Huw Richards

If you want to grow your own food, become more self sufficient, zero waste or eco friendly, or even go fully off grid, Liz Zorab is the perfect guide to help you explore the world of green living and permaculture.

*Grounded* is the story of her gardening journey: from bare field to bountiful feast; from poor soil to fertile abundance; from rookie errors to successful sustainability. Liz and her husband, Mr J, transformed a tired 0.8 acre field into a fertile home-stead that provides 80% of their food and drink – with enough left over to stock a community veggie box scheme!

An inspiring blend of practical tips and ideas with personal narrative and a good smattering of humour, *Grounded* will show you how to:

- ✿ Fill your garden without emptying your pocket
- ✿ Make the most of the space you have
- ✿ Be creative with resources
- ✿ Achieve more without exhausting yourself
- ✿ Become more resilient
- ✿ 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 and teaches gardening and self-sufficiency has a vibrant YouTube Channel, Byther Farm.

#### PUBLISHERS

Permanent Publications  
The Sustainability Centre  
East Meon, Hampshire  
GU32 1HR  
Tel: +44 (0)1730 823 311  
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Orca Book Services  
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Tony Rollinson  
Permanent Publications  
The Sustainability Centre  
East Meon, Hampshire  
GU32 1HR  
Tel: +44 (0)1730 776 585  
Email: tony@permaculture.co.uk



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