

Apparently, this technique is simple, flexible, effective and relatively inexpensive. It'll also save you some back ache, give you vegetables that crop sooner, and provide a medium for growing things that are challenged by particular soil types. Sound good? It does to me too – but there's clearly more to it than just placing a bale and sticking a plant or two in it.

First we get a description of how the bale works, what the wider benefits are: no digging, great drainage, extra elevation making it easier to reach, and positioning for the most sun; and a few warning tips about why it might not suit you – availability and cost of bales, finding herbicide free bales and the requirement to regularly water and feed the bale.

The next chapter explains what equipment you need to gather before you start. Suggestions for location, support, feeding and watering follow and then the fun part – planting, growing and harvesting! A more detailed section on individual vegetables follows, with handy advice on density and temperature, with an easy key showing whether to sow seeds or transplant seedlings. One short chapter deals with potential problems (feeding, watering and pests), and then what to do with the bale at the end of the season – break down what is left (some straw and compost inside), and spread it around!

The book is arranged into eight chapters, starting at only two pages and gradually lengthening through the book – which is perfect when learning a new subject and not wishing to overwhelm the reader with detail from the onset. Did I learn enough? Yes – including suggestions that I can place a bale on a concrete path – in fact anywhere that gives me optimum growing conditions.

If there's something I would like to have read in this guide then it's a comparison of growing in a bale as opposed to using containers or the ground, covering all the parameters: bought or made compost/shorter growing times/cost/yields.

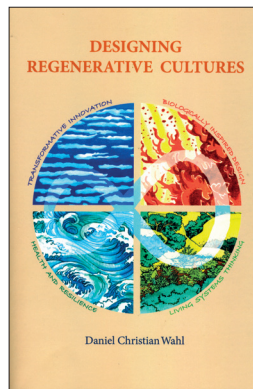
The book is published for an American market – but I'm pretty sure I can adapt anything to the UK, or across Europe.

Would I buy it? Yes definitely – it's any easy short read yet high on detail. I've already looked up an organic straw bale supplier and will be testing it out this summer.

*Anna Broszkiewicz*

### DESIGNING REGENERATIVE CULTURES

Daniel Christian Wahl  
Triarchy Press, 2016  
244 x 170mm, 288 pages  
£20.00  
978 190947 077 4



Daniel Wahl is a visionary seeker with a systematic and scientific brain and thus has the capacity to integrate intuition and spirit with scholarly research. This book is the synthesis of years of study, experimentation and practical research in many of the most innovative educational establishments, ecovillages and communities, and with many of the world's luminaries of the social and ecological change movements. His book is an energetic, well referenced and impeccably written exploration of how we can reframe our agriculture, economies, organisations and society, and effect systematic change that will enable humanity to shift from a destructive culture to a regenerative one. What makes it special then?!

Daniel has the capacity to explain complex and subtle subjects such as systems theory, regenerative design, holistic management, biomimicry, the circular economy, quantum theory ... and much more, succinctly. There are so many paragraphs in this book that I highlighted to return to and savour later on. He is also well versed in the integral, holistic worldview and the processes which

support the birth of a new consciousness that will enable these regenerative shifts. His book is not only a collection of well articulated ideas, it is a litany of so many of the world's best projects that are already in existence, balancing theory with practice. There is an unstoppable optimism implicit in this book, however care-worn and cynical the reader may feel. (I write this review on the day the British nation votes in the European Referendum.)

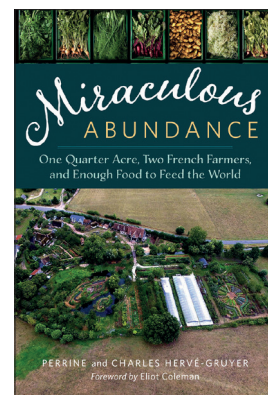
Daniel explains why we have to think more systemically, why we need a design-based approach (music to all permaculturists), how we can design *as* nature and what a regenerative culture already looks like economically, socially, ecologically... Daniel calls these business, governance and civil examples 'outbreaks of infectious health'. I invite you to delve into this scholarly and therapeutic book. It will help you reframe our current crises and step forward into new ways of living that embrace complexity, diversity and collaboration.

*Maddy Harland is the editor of PM and a Visiting Knowledge Exchange Fellow at the University of Winchester.*

### MIRACULOUS ABUNDANCE

One Quarter Acre, Two French Farmers, and Enough Food to Feed the World

Perrine and Charles Hervé-Gruyer  
Chelsea Green, 2016  
228 x 152mm, 272 pages  
£17.00



With the subtitle *One Quarter Acre, Two French Farmers, and Enough Food to Feed the World*, how can you resist?