



## CITY FARMING

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# Grow Great!

*City Farming: A How-to Guide to Growing Crops and Raising Livestock in Urban Spaces* is the story of The Micro Farm Project and a compilation of ideas from a variety of urban farms around the country. It contains the **best urban farming solutions** in practice today and is the **guidebook for starting or improving a city farm**. Its pages illustrate the basics of how backyard farms produce food in the city. It also dives deeper, exploring ways that urban farmers are overcoming challenges, big and small, to feed themselves and their communities, to nurture their neighborhoods and enhance the environment.

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*I know that for a lot of people, gardening and raising animals can be exhausting or frustrating...I'm here to tell you:*

***It doesn't have to be that way.***

*City Farming takes you step-by-step to create an urban farm that is easy, rewarding and that you will love! From garden guidance and design hacks to livestock tips—all these joyful, straightforward guides make urban farming simpler and more fun.*

## About the Author

Kari Spencer is a popular local author and speaker, as well as the head farmer at The Micro Farm Project in Phoenix, Arizona. Kari has been a long-time advocate of the benefits of producing your own food, from the sense of self sufficiency it creates, to the connection with nature and the ability to feed your family better tasting, more nutritious food.

**Kari takes a decidedly different view of what it means to grow and eat healthy, delicious food**, born of experience and extensive knowledge as a master gardener, master farmer and agriculture instructor. Her practical, cheerful tutorials and tips for urban farmers (and aspiring gardeners) can be found at **CityFarmingBook.com** and **KariSpencer.com**.



**"This book will give you the tools to create your urban farm and join the food growing revolution."**

-Greg Peterson, The Urban Farm, Phoenix AZ