

## WAISTIE POUCH



The Waistie Pouch™ makes routine gardening tasks easier.



The Waistie Pouch™ is an award-winning product!

### Mind Your Waste

The Waistie Pouch—a stylish kangaroo pack designed specifically for gardeners—is an invention of convenience for anyone who prunes, weeds, or works outdoors. It's a sturdy, oversized apron that should, for most people, make routine gardening tasks much easier, since the open-top pouch leaves both hands completely free to clip blooms, do deadheading chores, or gather blueberries or tomatoes. Webbed side pockets and a separate scabbard provide convenient storage for gloves and gardening tools. The roomy pouch is water- and dirt-resistant and made of a rugged, silky-smooth fabric that is quickly unzipped down both front edges to facilitate emptying over a trash can or compost. The generously-sized attached belt is adjustable to fit and has an easy-to-fasten front clip buckle.

The Waistie Pouch folds flat for storage. At 13" wide by 10" tall, it's large enough to be functional, but its 8-inch depth makes us think that foldable or accordion-style side panels might be a bonus for smaller-framed folks who might find the pouch a bit bulky. Nonetheless, the Waistie Pouch is convenient and lightweight enough that it might even be worn around the house

for picking up toys and other bits of detritus (Legos and other annoyingly small items come to mind).

The Waistie Pouch appears to be quite well constructed, is made right here in the U.S.A., and should provide years of service. It retails for \$39.99, plus postage and handling, from [www.waistie.com](http://www.waistie.com).

### The Healthy Food Hunt

Samuel Thayer, author of *The Forager's Harvest*, acknowledges that some people contend that hunting and gathering have no place in this modern technological world. To this he responds, "No progress of science can make... the pursuit of healthy, peaceful, and fulfilling lives obsolete."

*The Forager's Harvest* is a comprehensive guide to identifying, harvesting, and preparing edible wild plants, a practice that is defined in the scientific community as ethnobotany. But the 364-page book was not really written for scientists. It was written to bring an in-depth knowledge of wild foods to novice and experienced foragers alike. Thayer, who's had a lifetime's worth of exposure to edible wild plants, shares his familiarity with the subject in an enthusiastic and positive fashion. He starts at the outset defining wild food, clarifying the history of foraging, and

explaining where and how to forage responsibly. There is a chapter on plant identification and forage safety, and a following chapter on harvest and preparation methods for greens, shoots, fruits, roots, seeds, grains, and nuts. Thirty-two different plant accounts from ostrich fern to thistle cover the entries in comprehensive detail and include elements such as background, description, range and habitat, harvest, and preparation. In cases where confusion with similar plants might exist, Thayer includes a "look-similar" section along with possible health concerns. Over 200 color photos support the text, and an illustrated glossary aids in clarification. A harvest calendar extending from early spring to late fall is included, along with a bibliography, index, and reference section.

The book is available for \$22.95 from Forager's Harvest, W5066 Hwy. 86, Omega, WI 54459, or online at [www.foragersharvest.com](http://www.foragersharvest.com). Shipping within the U.S. is no charge; call 715-767-5826 for international shipping quotes.

### Green Remodeling Guide

These days it is not too difficult to find a book on building "green." Escalating fuel and energy costs plus the growing awareness of global warming and shrinking water resources has seered even mainstream thought toward constructing buildings that use less embodied energy and fewer resources in their lifetimes. The landscape gets more barren, however, when looking for a book on green remodeling—a more environmentally responsible approach to sustainable building that avoids tear-downs (the destruction of a habitable structure to use the space for a new one) and encourages the use of salvaged materials and healthy, often less expensive, alternatives.

*Natural Remodeling for the Not-So-Green House* is a working guide to converting an existing house or cottage into an Earth-friendly, resource-conserving habitat. Authors Carol Venolia and Kelly Lerner, both residential architects who have greened their careers with eco-healthy designs, have put

