

L'orto Sinergico Guida Per Ortolani In Erba Alla Riscoperta Dei Doni Della Terra

Viviamo un meraviglioso momento di riscoperta del fare le cose con le proprie mani, il pane con la pasta madre, il sapone, l’uncinetto, l’artigianato; in mezzo a tutto questo c’è l’orto, simbolo incontrastato del fare con le mani, del contatto terra-uomo e uomo-se stesso. L’ortò è il nostro foglio bianco e i semi la tavolozza di colore con la quale dipingeremo le tavole imbandite di cibi auto-prodotti, sani e genuini. Il perché di un orto, sia esso sul balcone, in terra o su una parete verticale, si può spiegare attraverso il diritto di ognuno di noi all’autosufficienza alimentare, seppur a volte simbolica. Il messaggio è: inizio da qui. Ne sono capace. Posso, con le mie mani-testa-cuore, coltivare il mio cibo. Coltivare un piccolo orto è un gesto d’amore, di semplicità e di responsabilità. Riprendiamoci il saper fare: soltanto attraverso gesti di responsabilità si può tornare a essere davvero liberi.
Contenuti dell’ebook:
. la scelta dell’attrezzatura
. la progettazione dell’orto
. la preparazione del terreno
. l’irrigazione
. il compostaggio
. le giuste combinazioni degli ortaggi
. le tecniche di rotazione e molti altri...

Questo manuale, contenente unità di apprendimento di scienze giuridico-economiche (classe di concorso A-46) destinate alla scuola secondaria di secondo grado, intende suggerire piste di lavoro, proposte argomentate e suggestioni operative a quanti, cimentandosi nelle prove concorsuali, intendano diventare gli attori, insieme alle studentesse e agli studenti, del processo di insegnamento/apprendimento. A fare da coach sono professionisti del mondo della scuola che, con i loro contributi, invitano a riflettere sui fondamenti e sulla struttura della progettazione curricolare disciplinare e interdisci–plinare della classe, il cui solido possesso è un elemento indispensabile per chi voglia insegna–re. Dalla riflessione si perviene alla definizione concreta di esperienze di apprendimento signi–ficativo che tengono costantemente conto del curriculum per competenze, affinché gli studenti siano protagonisti del loro percorso formativo e acquisiscano piena consapevolezza di quale importante ruolo rivesta ciò che hanno appreso, interiorizzato e agito nel contesto scolastico ai fini della conquista dell'autonomia e della maturazione personale. Gli autori propongono scenari e modelli sostenuti da robuste conoscenze psicopedagogiche e normative, con lo scopo di rispondere sia all’esigenza di innovare le pratiche didattiche, sia alla richiesta di sperimentare modalità diversificate per l’efficace gestione degli ambienti di apprendimento. Le unità di apprendimento nascono dall’esperienza diretta di chi opera quotidianamente a con–tatto con gli studenti. Rappresentano la viva espressione di una pluralità di percorsi possibili in cui anche le tecnologie, insieme ai processi logici e comunicativi, agli aspetti metacognitivi e alla cura della relazione educativa, possono giocare un ruolo rilevante nell’azione didattica e formativa quotidiana.

'Clever... valuable introduction to the study of plant science.' - Gardeners Illustrated RHS Botany for Gardeners is more than just a useful reference book on the science of botany and the language of horticulture - it is a practical, hands-on guide that will help gardeners understand how plants grow, what affects their performance, and how to get better results. Illustrated throughout with beautiful botanical prints and simple diagrams, RHS Botany for Gardeners provides easy-to-understand explanations of over 3,000 botanical words and terms, and show how these can be applied to everyday gardening practice. For easy navigation, the book is divided into thematic chapters covering everything from Plant Pests, and further subdivided into useful headings such as 'Seed Sowing' and 'Pruning'. 'Botany in Action' boxes provide instantly accessible practical tips and advice, and feature spreads profile the remarkable individuals who collected, studied and illustrated the plants that we grow today. Aided by this book, gardeners will unlock the wealth of information that lies within the intriguing world of botanical science - and their gardens will thrive as a result. This is the perfect gift for any gardener. Contents Includes... The Plant kingdom Growth, Form and Function Inner Workings Reproduction The Beginning of Life External Factors Pruning Botany and the Senses Pest, Diseases and Disorders Botanists and Botanical Illustration ... And Much More!

Now in paperback comes Pia Pera's bestselling answer to "Lolita", where the novel is told not from the point of view of the seducer, Humbert Humbert, but of the young girl herself.

Ecovillaggi e Cohousing

Including The Soul of an Indian and Other Writings of Ohiyesa and the Great Speeches of Red Jacket, Chief Joseph, and Chief Seattle

A Practical Handbook with Maps and Images

Designing Productive Cities

Building with Straw Bales

RHS Botany for Gardeners

Planting Seeds

Founder of the UK Heritage Seed Programme and founders of the Australian Seed Savers' Network have collaborated to show how gardeners can protect our global food heritage -- and eat it, too. The seeds and growth cycles of 80 vegetables and culinary herbs described in detail.

Sono sempre più numerosi giovani e meno giovani che decidono di andare a vivere in un cohousing o in un ecovillaggio, una scelta dettata non solo da motivi economici (vivere insieme costa decisamente meno), ma anche dal crescente bisogno di uno stile di vita sobrio e a basso impatto ambientale, basato su relazioni autentiche e di solidarietà. Il panorama delle esperienze comunitarie, in Italia e all'estero, è assai ricco e variegato. Sempre più spesso si riconosce il valore sociale oltre che ambientale del vivere insieme, tanto che anche in Italia sono in crescita le amministrazioni locali che promuovono bandi per l'assegnazione di terreni o edifici destinati al cosiddetto housing sociale; è successo in Lombardia, Toscana, Emilia-Romagna e altrove. L'autrice racconta la storia e soprattutto il presente di ecovillaggi e cohousing già attivi in Italia, dei numerosi progetti in via di realizzazione e aperti a nuove adesioni, e delle esperienze internazionali più significative. Quella che emerge è una mappa completa e variegata, utile per chi vuole approfondire una tematica ancora poco conosciuta oppure per chi ha già avviato una riflessione e un percorso, e che nel libro può trovare suggestioni, stimoli e contatti per proseguire il proprio cammino.

In this book, Sean Safford compares the recent history of Allentown, Pennsylvania, with that of Youngstown, Ohio. Allentown has seen a noticeable rebound over the course of the past twenty years. Facing a collapse of its steel-making firms, its economy has reinvented itself by transforming existing companies, building an entrepreneurial sector, and attracting inward investment. Youngstown was similar to Allentown in its industrial history, the composition of its labor force, and other important variables, and yet instead of adapting in the face of acute economic crisis, it fell into a mean race to the bottom. Challenging various theoretical perspectives on regional socioeconomic change, Why the Garden Club Couldn't Save Youngstown argues that the structure of social networks among the cities' economic, political, and civic leaders account for the divergent trajectories of post-industrial regions. It offers a probing historical explanation for the decline, fall, and unlikely rejuvenation of the Rust Belt. Emphasizing the power of social networks to shape action, determine access to and control over information and resources, define the contexts in which problems are viewed, and enable collective action in the face of externally generated crises, this book points toward present-day policy prescriptions for the ongoing plight of mature industrial regions in the U.S. and abroad.

The prestigious publication in two volumes, Ferrari 1000 GP: The Official Book, in a limited edition, is an extraordinary tribute to Scuderia Ferrari and the remarkable objective of 1,000 Grands Prix achieved by the team from Maranello in 2020. Over the course of more than 700 pages enriched with more than 1,000 illustrations, many of which are previously unpublished, the work traces the incredible story of Ferrari's participation in Formula 1 that began in 1950 with the Monaco Grand Prix, continued with no less than 230 victories, 15 drivers' titles and 16 constructors' titles and has reached the unique total of 1,000 Grands Prix. Made in collaboration with Ferrari Spa and available in a limited edition of 2,000 copies, the book is contained in an exclusive slipcase in "Rosso Storico 127", the same colour as the 125 S, the first Ferrari from 1947, and the SF1000, which in 2020 competed in the Scuderia's 1,000th Grand Prix on the Mugello circuit. An indispensable volume for the bookshelves of all enthusiasts of the Prancing Horse: a precious collector's item as well as an invaluable source of information regarding the results obtained by the cars from Maranello in every race and the team's placings in the Drivers' and Constructors' championships. The book features a foreword by Louis Camilleri and Mattia Binotto.

Introduction to Permaculture

L'orto sinergico. Guida per ortolani in erba alla riscoperta dei doni della terra

Progetta e realizza il tuo orto naturale

The Daughter

Il Libro Ufficiale/the Official Book

A Practical Guide for the UK and Ireland

How Permaculture Changed My Life

In the tradition of Gillian Flynn, Tana French, and Ruth Rendell, this compelling and clever psychological thriller spins the harrowing tale of a mother’s obsessive search for her missing daughter. Jenny is a successful family doctor, the mother of three great teenagers, married to a celebrated neurosurgeon. But when her youngest child, fifteen-year-old Naomi, doesn’t come home after her school play, Jenny’s seemingly ideal life begins to crumble. The authorities launch a nationwide search with no success. Naomi has vanished, and her family is broken. As the months pass, the worst-case scenarios–kidnapping, murder–seem less plausible. The trail has gone cold. Yet for a desperate Jenny, the search has barely begun. More than a year after her daughter’s disappearance, she’s still digging for answers–and what she finds disturbs her. Everyone she’s trusted, everyone she thought she knew, has been keeping secrets, especially Naomi. Piecing together the traces her daughter left behind, Jenny discovers a very different Naomi from the girl she thought she’d raised.

Towards a Sustainable University tackles the challenge of sustainability in universities. Universities are also a working environment and an organization in which sustainability can be experienced. This book shows how a sustainable university can shape future citizens and future managers following the sustainable paradigm.

This report reflects long-term, in-depth discussion and debate by participants in the Latin American Roundtable on Corporate Governance.

Il 2012 sarà ricordato come l'anno più triste del dopoguerra. L'anno in cui la crisi economica ha spazzato via certezze consolidate e ha avvolto il futuro in una nebbia fittissima. La frustrazione degli italiani, costretti a un'austerità in parte necessaria, ma poco sopportabile in una tremenda recessione, è diventata ribellione - ora silenziosa, ora gridata nelle piazze - dinanzi alla cecità di un mondo politico restio a sintonizzarsi con gli umori della gente nei tagli ai propri privilegi. Il Palazzo e la piazza, che indaga a fondo sui più clamorosi casi di malcostume politico, è un libro fondamentale per capire come gli errori del passato stanno influenzando il presente e il futuro.

The Hobbit, Or There and Back Again

Rooftop Urban Agriculture

The Ca’ Foscari Experience

The Transformation of the Rust Belt

A Novel

Il mio orto biologico

Towards a Sustainable University

Un'esplorazione delle esperienze educative alternative alla scuola tradizionale, sia nell'ambito delle realtà prescolari e di scuola primaria sia in quelle, più rare ma non meno significative, della scuola secondaria. Un fermo immagine di una realtà in continuo mutamento che, lontano dal voler proporre nuove verità assolute, intende soprattutto accendere lo sguardo critico del lettore.

Dopo una panoramica delle principali teorie pedagogiche e delle metodologie utilizzate dagli educatori per metterle in pratica, il libro prende in esame le esperienze di istruzione alternativa più rappresentative per le diverse fasce di età, nonché le realtà associative che lavorano per armonizzarne l'operato. Infine, anche attraverso le testimonianze di alcuni giovani, tenta di capire a quali percorsi formativi e lavorativi tali modelli di istruzione possano dare accesso, provando a tracciare possibili scenari per l'educazione del futuro.

In these talks Steiner describes in fascinating details the unconscious wisdom of the beehive, and how this relates to our human experience of health, civilization, and the cosmos. The elemental imagery and its relationship to human society so inspired the influential avante garde artist Joseph Beuys that he used it in his groundbreaking sculptures, drawings, installations, and performance art pieces.

NEW EDITION COMING AUGUST 2021 What do avocados, apples, mangos and tomatoes have in common? The answer is that they can all be grown at home, for free, from pips that you would otherwise throw into the recycling bin. RHS Plants from Pips shows you how to grow a range of fruit and vegetables, indoors and out, with minimum equipment and experience. This complete guide covers everything from the science of how plants grow to how to deal with pests and other problems. Find out what to grow, what to grow it in and when and where to grow it for the best results. Packed with colourful photographs and step-by-step illustrations, this is the perfect way to introduce beginners of all ages, from 6 to 60, to the joys of watching things grow.

This book guides architects, landscape designers, urban planners, agronomists and society on the implementation of sustainable rooftop farming projects. The interdisciplinary team of authors involved stresses the different approaches and the multi-faceted forms that rooftop farming may assume in any context. While rooftop farming experiences are sprouting all over the world the need for scientific evidence on the most suitable growing solutions, policies and potential benefits emerges. This volume brings together existing experiences as well as suggestions for planning future sustainable cities.

Bees

La rivoluzione dell’Orto Verdone

Facial Reflexology - Dien Chan Zone

A New Accounting Disclosure

Vita in campagna

Practicing Mindfulness with Children

Topics in this book include: Energy-efficient site analysis, planning & design methods. House placement & design for temperate, dryland & tropical regions. Urban permaculture: garden layouts, land access & community funding systems. Using fences, trellis, greenhouse & shadehouse to best effect. Chicken & pig forage systems; tree crops & pasture integration for stock. Orchards & home woodlots for temperate, arid & tropical climates. How to influence microclimate around the house & garden. Large section on selected plant species lists, with climatic tolerances, heights & uses.

La prospettiva di questo volume è quella dell’antropologia dell’alimentazione. Il libro è uno studio etnografico, condotto nella città di Cagliari, dell’attivismo alimentare (food activism), cioè delle mobilitazioni attivate nel campo dell’alimentazione, in quanto tentativo pubblico di promuovere la giustizia economica e sociale attraverso il cibo. La sua finalità è approfondire la conoscenza del mondo degli “attivisti alimentari”, che lavorano per un cambiamento strutturale all’interno delle istituzioni, accomunati dal desiderio di resistere al sistema agroindustriale che domina sempre più nell’approvvigionamento del cibo in tutto il mondo. Parte da un case study etnografico sulla costellazione di movimenti alternativi focalizzati intorno alle pratiche di scambio e consumo di cibo nel capoluogo della Sardegna, che coinvolge soggetti legati al mondo della produzione (aziende agricole, cooperative, fattorie didattiche), della distribuzione (mercati di contadini, negozi bio, GAS), del consumo (ristoranti, Slow Food). Attraverso le dense descrizioni narrative raccolte, il saggio prova a ricostruire puntualmente le azioni e motivazioni che hanno condotto attori molto variegati a cambiare il loro modo di intendere e consumare il cibo, in modo militante, mentre perseguono alternative di base al sistema agro-industriale. L’analisi si concentra su tre temi trasversali, emersi nelle interviste con gli attivisti del cibo in area cagliaritano: il significato del territorio e del luogo, l’importanza del gusto come strategia di azione, l’obiettivo di costruire “comunità” anche tramite pratiche educative.

In this playful yet informative manifesto, a leading plant neurobiologist presents the eight fundamental pillars on which the life of plants—and by extension, humans—rests. Even if they behave as though they were, humans are not the masters of the Earth, but only one of its most irksome residents. From the moment of their arrival, about three hundred thousand years ago—nothing when compared to the history of life on our planet—humans have succeeded in changing the conditions of the planet so drastically as to make it a dangerous place for their own survival. The causes of this reckless behavior are in part inherent in their predatory nature, but they also depend on our total incomprehension of the rules that govern a community of living beings. We behave like children who wreak havoc, unaware of the significance of the things they are playing with. In The Nation of Plants, the most important, widespread, and powerful nation on Earth finally gets to speak. Like attentive parents, plants, after making it possible for us to live, have come to our aid once again, giving us their rules: the first Universal Declaration of Rights of Living Beings written by the plants. A short charter based on the general principles that regulate the common life of plants, it establishes norms applicable to all living beings. Compared to our constitutions, which place humans at the center of the entire juridical reality, in conformity with an anthropocentrism that reduces to things all that is not human, plants offer us a revolution.

The teachings of the Native Americans provide a connection with the land, the environment, and the simple beauties of life. This collection of writings from revered Native Americans offers timeless, meaningful lessons on living and learning. Taken from writings, orations, and recorded observations of life, this book selects the best of Native American wisdom and distills it to its essence in short, digestible quotes – perhaps even more timely now than when they were first written. In addition to the short passages, this edition includes the complete Soul of an Indian, as well as other writings by Ohiyesa (Charles Alexander Eastman), one of the great interpreters of American Indian thought, and three great speeches by Chiefs Joseph, Seattle, and Red Jacket.

Second Nature Urban Agriculture

Ferrari 1000 GP

The Role of Institutional Investors

Dove sono, chi li anima, come farne parte o realizzarne di nuovi

How vagabond plants gatecrashed civilisation and changed the way we think about nature

Luoghi, sapori e comunità

Una guida alle soluzioni pedagogiche alternative: Montessori, Steiner, outdoor education, homeschooling

Over half a century of brilliant scientific detective work, the Nobel Prize-winning biologist Karl von Frisch learned how the world, looks, smells, and tastes to a bee. More significantly, he discovered their dance language and their ability to use the sun as a compass. Intended to serve as an accessible introduction to one of the most fascinating areas of biology, *Bees* (first published in 1950 and revised in 1971), reported the startling results of his ingenious and revolutionary experiments with honeybees. In his revisions, von Frisch updated his discussion about the phylogenetic origin of the language of bees and also demonstrated that their color sense is greater than had been thought previously. He also took into consideration the electrophysiological experiments and electromicroscopic observations that have supplied more information on how the bee analyzes polarized light to orient itself and how the olfactory organs on the bee's antennae function. Now back in print after more than two decades, this classic still-accurate account of the behavior patterns and sensory capacities of the honeybee remains a book "written with a simplicity, directness, and charm which all who know him will recognize as characteristic of its author. Any intelligent reader, without scientific training, can enjoy it."—Yale Review

“Che bella rivoluzione quella dell’Orto Verdone! Musica, colori, allegria... e il trionfo dei cibi sani! Ah... se avessi conosciuto il lavoro di Rita, Patrizia e Pietro Cangiano solo qualche anno fa! Avrei certo risparmiato tante prediche noiose ai miei figli sulle virtù e i vantaggi di un'alimentazione equilibrata e avremmo evitato tante discussioni davanti alla pappa prima e alla tavola imbandita poi... Già, perché a ben poco sono valsi i miei camuffamenti culinari: ho sperimentato una serie pressoché infinita di ricette con l'intento di far loro mangiare un po' di frutta e verdura: una gran fatica, con risultati pressoché nulli! E ora – quasi per caso - scopro un'operetta piena di fantasia ed energia positiva, frutto della creatività di un team assai affiatato: una violoncellista, un pianista compositore, una pittrice e tanti amici disposti a collaborare per una sfida, solo in apparenza, irraggiungibile: rendere attraenti le verdure ai piccoli! Come? Addirittura mettendo in musica le virtù e le proprietà nutritive di ogni prodotto dell'orto! E dai spinaci al pomodoro le verdure raccontano di sé in rima, con grande simpatia. A questo punto, ormai cresciuti i miei bambini, sono pronta a dare il benvenuto ai figli degli amici, con filastrocche musicali dedicate a carote e zucchine... Grazie agli autori dell'Orto Verdone!"
MARIA CONCETTA MATTEI, Giornalista
“Quanta energia, quanto colore, quanta vitalità in questa pacifica rivoluzione! È pari alla passione che le autrici mettono nelle pagine come nella vita. È un'arte tutta loro: attraverso le parole rigorosamente in rima, il disegno, la musica trasmettono sorrisi, allegria ottimismo e un messaggio importante: mangiare bene si può e bene si può vivere in armonia. Basta affidarsi a ciò che Madre Natura offre e gustare i prodotti dell’Orto Verdone... E allora benvenuti a fagiolini, carote, spinaci e melanzane: si presentano con tutte le loro proprietà, hanno occhi mani e bocca e ci invitano ad andare con loro nel sano mondo dell'alimentazione. Seguiamoli e gustiamoli... nelle pagine di questo libro e sulle nostre tavole!"
CINZIA TERLIZZI, Giornalista

This book is a timely addition to the fast-growing international debate on Integrated Reporting, which offers a holistic view of the evolution and practice of Integrated Reporting. The book covers the determinants and consequences of Integrated Reporting, as well as examining some of the most relevant issues (particularly in the context of the United States) in the debate about Integrated Reporting.

Emilio Sereni’s classic work is now available in an English language edition. History of the Italian Agricultural Landscape is a synthesis of the agricultural history of Italy in its economic, social, and ecological context, from antiquity to the mid-twentieth century. From his perspective in the Italian tradition of cultural Marxism, Sereni guides the reader through the millennial changes that have affected the agriculture and ecology of the regions of Italy, as well as through the successes and failures of farmers and technicians in antiquity, the middle ages, the Renaissance, and the Industrial Revolution. In this sweeping historical survey, he describes attempts by successive generations to adapt Italy’s natural environment for the purposes of agriculture and to respond to its changing ecological problems. History of the Italian Agricultural Landscape first appeared in 1961. At the time of its publication it was a pathbreaking work, parallel in its importance for Italy to Marc Bloc’s masterwork of 1931, *The Original Character of French Rural History*. Sereni invented the concept of the historical "agricultural landscape": an interdisciplinary characterization of rural life involving economic and social history, linguistics, archeology, art history, and ecological studies. Originally published in 1997, The Princeton Legacy Library uses the latest print-on-demand technology to again make available previously out-of-print books from the distinguished backlist of Princeton University Press. These editions preserve the original texts of these important books while presenting them in durable paperback and hardcover editions. The goal of the Princeton Legacy Library is to vastly increase access to the rich scholarly heritage found in the thousands of books published by Princeton University Press since its founding in 1905.

Guida pratica all'orto domestico vol.1

Attivismo alimentare in Sardegna

Agricoltura sinergica. Le origini, l'esperienza, la pratica

Their Vision, Chemical Senses, and Language

Why the Garden Club Couldn't Save Youngstown

Heaven and Earth

Integrated Reporting

A powerful, epic novel of four friends as they grapple with desire, youth, death, and faith in a sweeping story by the international bestselling author of The Solitude of Prime Numbers “Perfect, moving, honest, brilliant, with characters who feel like old friends.” –Andrew Sean Greer, Pulitzer prize-winning author of Less "Heaven and Earth is a stunning achievement and confirms him as an electrifying presence in contemporary fiction.” –André Aciman, author of Call Me By Your Name and Find Me Every summer Teresa follows her father to his childhood home in Puglia, down in the heel of Italy, a land of relentless, shimmering heat, centuries-old olive groves and families who have lived there for generations. She spends long afternoons enveloped in a sunstruck stupor, reading her grandmother's paperbacks. Everything changes the summer she meets the three boys who live on the farm next door: Nicola, Tommaso and Bern – the man Teresa will love for the rest of her life. Raised like brothers on a farm that feels to Teresa almost suspended in time, the three boys share a complex, intimate and seemingly unassailable bond. But no bond is unbreakable and no summer truly endless, as Teresa soon discovers. Because there is resentment underneath the surface of that strange brotherhood, a twisted kind of love that protects a dark secret. And when Bern – the enigmatic, restless gravitational centre of the group – commits a brutal act of revenge, not even a final pilgrimage to the edge of the world will be enough to bring back those perfect, golden hours in the shadow of the olive trees. An unforgettable story of enduring love, the bonds between men, and the all-too-human search for meaning, Heaven and Earth is Paolo Giordano at his best: an author capable of unveiling the depths of the human soul, who has now given us the old-fashioned pleasure of a big, sprawling novel in which to lose ourselves.

“The key to health is on your face and in your hands” This book presents a self-care method unique in its genre, which offers extraordinary, sometimes amazing and often immediate results for all kinds of disharmony in the body. The method began life in 1980s Vietnam – like many important discoveries, a result of war and necessity – independent of resource availability. It was developed by a group of acupuncturists to put healing in the hands of the masses by replacing needles with equally effective blunt rounded tools. It is the most recent reflexology on the planet and has nothing to do with other oriental techniques related to the face. Today ‘Dien Chan’ is a popular and accepted method of healthcare in its home country and part of their official system. However, it is the work of two self declared Italian ‘free-sprits’, over the past twenty years, which has suitably translated the technique and advanced it to meet the needs of modern Westerners. No longer a painful stimulation of pre-defined points; it has evolved to a relaxing massage of zones and individual, personalised points. ‘Dien Chan Zone’ incorporates simplified principles and teachings of Traditional Chinese Medicine, protocols for allergies and intolerances, a unique Facial-Cranial reflexology and a beauty treatment to tone muscle and regulate skin function. It is the authors’ overriding intention to facilitate learning and to make this method accessible to everyone. In this book they share full instructions for self-treatment which they know present a great frontier of freedom, and the medicine of the future. Contains 95 full colour maps Beatrice Moricoli, founder of S.I.R.F.A./A.I.R.F.I. in Milan, is the first female teacher of Dien Chan (Zone) in Italy, but for many years has practiced also as a therapist and teacher of Reiki, Shiatsu, Tui Na, Chinese Medicine and ‘The Blowing Technique’. Vittorio Bergagnini, founder of S.I.R.F.A./A.I.R.F.I. in Milan, is a teacher of Dien Chan Zone as well as Tai Chi Chuan, Reiki, Foot Reflexoogy and Wung Chun.

Weeds survive, entombed in the soil, for centuries. They are as persistent and pervasive as myths. They ride out ice ages, agricultural revolutions, global wars. They mark the tracks of human movements across continents as indelibly as languages. Yet to humans they are the scourge of our gardens, saboteurs of our best-laid plans. They rob crops of nourishment, ruin the exquisite visions of garden designers, and make unpleasant and impenetrable hiding places for urban ne'er-do-wells. Weeds can be destructive and troubling, but they can also be beautiful, and they are the prototypes of most of the plants that keep us alive. Humans have grappled with their paradox for thousands of years, and with characteristic verve and lyricism, Richard Mabey uncovers some of the deeper cultural reasons behind the attitudes we have to such a huge section of the plant world. Winner of the 2015 RIBA President’s Award for Outstanding University Located Research This book is the long awaited sequel to "Continuous Productive Urban Landscapes: Designing Urban Agriculture for Sustainable Cities". "Second Nature Urban Agriculture" updates and extends the authors' concept for introducing productive urban landscapes, including urban agriculture, into cities as essential elements of sustainable urban infrastructure. It reviews recent research and projects on the subject and presents concrete actions aimed at making urban agriculture happen. As pioneering thinkers in this area, the authors bring a unique overview to contemporary developments and have the experience to judge opportunities and challenges facing those who wish to create more equitable, resilient, desirable and beautiful cities.

RHS Plants from Pips

The One-Straw Revolution

The Art and Science of Gardening Explained & Explored

The Rule of the Monk

Pots of plants for the whole family to enjoy

PRINCIPI DI PROGETTAZIONE UNIVERSALE – Abitazioni accessibili – 8. Gli aspetti esterni

Concorso a cattedra Scuola secondaria – Vol. 2d. Scienze giuridico-economiche. Classe di concorso A-46. Con webinar di approfondimento online

L'orto sinergico. Guida per ortolani in erba alla riscoperta dei doni della terraAltrimondiGuida pratica all'orto domestico vol.1Progetta e realizza il tuo orto naturaleArea51 Publishing

Fra i molteplici obiettivi della serie di monografie dedicata alla soluzione economica di moltissimi piccoli e grandi problemi pratici che possono rendere più vivibile e confortevole un appartamento, il tema che viene sviscerato in profondità sotto tutti gli aspetti nelle quasi 1200 pagine di testo in quadricromia parte da un preciso interrogativo: con quali caratteristiche si può tentare di realizzare o risistemare un'abitazione in base all'età, su tutto l'arco della vita, da quando si è appena nati fino alla vecchiaia più avanzata? L'esame dei numerosi spazi esterni che possono essere presenti in una proprietà abitativa ha lo scopo di identificare e descrivere quali sono le prerogative che ciascuno deve possedere per poter rispondere adeguatamente in termini di accessibilità e usabilità. L'obiettivo è ancora e sempre quello di fornire soluzioni che possano essere realizzate in modo economico, sicuro e funzionale, quando si devono modificare per renderli fruibili. I singoli capitoli si sviluppano con un percorso logico, che ha inizio con l'accesso alla proprietà, che moto sovente è il primo a costituire una barriera architettonica, con scalini o dislivelli, cancelli o portoni insuperabili con molto difficoltà stando in carrozzina. Le soluzioni escogitate per facilitare l'usabilità sono numerose e sono esaminate in ciascun capitolo, anche quando si tratta di spazi esterni, come i giardini, i terrazzi, i balconi, ecc. Le soluzioni escogitate per facilitare l'usabilità sono numerose e sono esaminate in ciascun capitolo, quando si devono modificare per renderli fruibili. I singoli capitoli si sviluppano con un percorso logico, che ha inizio con l'accesso alla proprietà, che moto sovente è il primo a costituire una barriera architettonica, con scalini o dislivelli, cancelli o portoni insuperabili con molto difficoltà stando in carrozzina. Le stesse caratteristiche di accessibilità si possono conferire organizzando i piccoli laboratori domestici necessari per poter svolgere attività artistiche varie (produzione di oggettistica, ceramiche, sculture) o per effettuare le piccole riparazioni casalinghe.

Call it ‘Zen and the Art of Farming’ or a ‘Little Green Book.’ Masanobu Fukuoka’s manifesto about farming, eating, and the limits of human knowledge presents a radical challenge to the global systems we rely on for our food. At the same time, it is a spiritual memoir of a man whose innovative system of cultivating the earth reflects a deep faith in the wholeness and balance of the natural world. “Fukuoka’s approach to agriculture is not just a matter of technique, but of philosophy. It is at once practical and philosophical. It is an inspiring, necessary book about agriculture because it is not just about agriculture.” Trained as a scientist, Fukuoka rejected both modern agribusiness and centuries of agricultural practice, deciding instead that the best forms of cultivation mirror nature’s own laws. Over the next three decades he perfected his so-called “do-nothing” technique: cover crops, no-till, no fertilizer, tillage, and perhaps most significantly, wasteful effort. Whether you’re a guerrilla gardener or a kitchen gardener, dedicated to slow food or simply looking to live a healthier life, you will find something here—you may even be moved to start a revolution of your own.

Planting Seeds: Practicing Mindfulness with Children is the fruit of decades of development and innovation in the Plum Village community’s collective practice with children. Based on Thich Nhat Hanh’s thirty years of teaching mindfulness and compassion to parents, teachers, and children, the book and enclosed CD cover a wide range of contemplative and fun activities parents and educators can use to help children practice mindfulness. Planting Seeds offers ways to help children relieve stress, increase concentration, nourish gratitude and confidence, deal with difficult emotions, touch our interconnection with nature, and improve communication. Planting Seeds offers insight, concrete activities, and curricula that parents and educators can apply in school settings, in their local communities or at home, in a way that is meaningful and inviting to children. The key practices include: mindful breathing, mindful listening, mindful walking, mindful eating, mindful meditation, the Two Promises or ethical guidelines for children, children’s versions of Touching the Earth and Deep Relaxation, eating meditation and dealing with conflict and strong emotions. Also included, are the lyrics to the songs on the enclosed CD that summarize and highlight the key teachings, as well as a chapter on dealing effectively with conflict in the classroom or difficult group dynamics. The accompanying CD has inspiring recordings of all the songs in the book as well as a guided pebble meditation, total relaxation, and children’s touching the earth. Beautiful, color illustrations by Wietske Vriezen Illustrator of Mindful Movements (ISBN-13: 978-1-888375-79-4) accompany the various practices. Any adult wishing to plant seeds of peace, relaxation, and awareness in children will find this book a valuable resource. Includes 1 audio CD.

Corporate Governance Strengthening Latin American Corporate Governance The Role of Institutional Investors

Io scelgo tutta un'altra scuola

The Nation of Plants

Sulle tracce degli animali. Escursioni alla scoperta della fauna del Piemonte

nel bel teatro dell'alberello Pavone

The Seed Savers' Handbook

History of the Italian Agricultural Landscape