



# The Seasons on Henry's Farm: A Year of Food and Life on a Sustainable Farm

*Terra Brockman*

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Henry's Farm, run by Henry Brockman, is in central Illinois — some of the richest farming land in the world. There, he and his family — five generations of farmers, including sister Terra, the author — have bucked the traditional agribusiness conventional wisdom by farming in a way that's sensible, sustainable, and focused on producing healthy, nutritious food in ways that doesn't despoil the land. Terra Brockman tells the story of her family and their life on the farm in the form of a year-long memoir (with recipes) that takes readers through each season of life on the farm. Studded with vignettes, digressions, photographs, family stories, and illustrations of the farm's vivid plant life, the book is a one-of-a-kind treasure that will appeal to readers of Michael Pollan, E. B. White, Gretel Ehrlich, and Sandra Steingraber.

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