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## Grow Create Inspire: Crafting a Joyful Life of Beauty and Abundance

Crystal Stevens

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**Crystal Stevens : Grow Create Inspire: Crafting a Joyful Life of Beauty and Abundance** before purchasing it in order to gage whether or not it would be worth my time, and all praised Grow Create Inspire: Crafting a Joyful Life of Beauty and Abundance:

0 of 0 people found the following review helpful. I love it that she includes recipes for not only for ...By SaraSuch a

warm, well written, practice guide for trying to make this earth all it was intended to be. Such heart behind her words with knowledge to back it up. So inspired to take my garden to the next level. I love it that she includes recipes for not only for the food you grow, but also basic everyday cleaners that are way more eco-friendly, and also diy naturally inspired gifts with instruction!

0 of 0 people found the following review helpful. Inspiring Eco-guide for EveryoneBy Serene BardolA wonderful Eco-guide to inspire your life and mind! This book has so much to offer, whether you're deep into eco-conscious living or just beginning to make changes in that direction. And if you haven't thought much about it before at all, the author's easy conversational style will gently take you down a path of eco-introspection without being at all preachy or arrogant. I have strived to live lightly on the Earth for my entire adult life, making gradual yet consistent changes in order to leave the world better than I found it. Grow Create Inspire is full of advice, tips, recipes, and homegrown organic food-for-thought. Lasagna gardening, permaculture basics, natural cleaning product recipes, herbal home remedies, DIY gift instructions, seasonal meal recipes... the list seriously goes on and on. I LOVE this book! It's going to be a very well used reference in this household. With as much variety of information as the author has presented, Grow Create Inspire maintains a graceful cohesion and readability. You also will enjoy Crystal's poetic prose sprinkled throughout and her campfire conversational style. This gem will take a front and center place on your coffee table or bookshelf. Use the index for quick referencing those recipes! And enjoy taking a fun and inspired step towards a more sustainable lifestyle.

0 of 0 people found the following review helpful. Draw creative inspiration from these pagesBy Lisa C. KiviristThis book is like sitting around the farm kitchen table with Crystal: as warm and welcoming as a cup of her herbal tea. The pages blend practical ideas with beautiful illustrations and her stories and experiences behind them. Whether you're on the beginning of your DIY joyful life journey or seasoned, there's something to learn here.

How can we embrace the absolute necessity of preserving and protecting the earth for our descendants, creating a future in which there is still clean water to drink, fresh air to breathe, and fresh, healthy food vital to human existence? Grow, Create, Inspire is a rallying cry, itself an inspiration urging all of us to help fill the vital need for growth -- not only of food, but also in the hearts and the minds of individuals around the globe. Focusing on step-by-step approaches to accumulating skills toward self-sufficiency, Grow, Create, Inspire is a comprehensive guide to creating a beautiful, regenerative, and deeply satisfying life, covering everything from basic and more advanced growing tips, preparing and preserving harvest, and generally greening those aspects of life which bring about happiness, including, food, art, music, beauty, and time in nature. Increasing individual happiness ultimately leads to creating positive changes in our families and communities, and empowering others to do the same. Together, we can grow, create, and inspire a new world of beauty and abundance, while helping ensure our descendants can do the same in a healthy, vibrant world.

Crystal Stevens is an herbalist, writer, artist, and vegetable farmer, employing multiple platforms to share her passion for inspiring others to care for the environment, to grow gardens, and to live healthy lifestyles. Together with her husband Eric, Crystal co-manages La Vista Farm, a CSA serving 150 families. They live along the bluffs of the Mississippi River in Godfrey, Illinois, with their two children.

In Grow Create Inspire, Crystal Stevens has skillfully tied the seemingly mundanewhat to grow food, cook, shop, stay healthy to our deepest spiritual and transformative aspirations. In clear and often poetic language, she chronicles her own journey toward a more self-reliant yet deeply interconnected life, and makes this story useful to all of us by sharing the recipes, techniques, and lessons she has learned or created along the way. For anyone interested in homesteading, skill building, and creating community, this book is an inspirational roadmap from a guide who has blazed her own path toward sustainability.

--- Toby Hemenway, author, *Gaias Garden: A Guide to Home-Scale Permaculture* and *The Permaculture City*The perfect read for anyone searching to transform their time on this earth into a truly satisfying journey! Crystal Stevens passion for the natural order shimmers throughout the text to energize and inspire, while her knowledge and experience encapsulate the whys and how-tos in the form of lists and anecdotal examples. Certainly a powerful antidote for these times of decadent destruction -- full of wise words and useful suggestions to help recreate Eden here on Earth.

--- Jenni Blackmore, author, *Permaculture for the Rest of Us* and *The Food Lovers Garden*Grow Create Inspire embodies the hopeful, do-it-yourself attitude that Mother Earth News has encouraged for more than 40 years. Were honored that Crystal has found inspiration in our publication and has transformed our ideals into a free-spirited, accessible plan for improving the health of the Earth, our communities, and our own bodies and souls.

--- Hannah Kincaid, Senior Editor, Mother Earth NewsA healthy relationship between human society and the natural world begins with a healthy relationship between individual humans and the natural world. Crystal Stevenss Grow Create Inspire is as good a guide to understanding the building blocks of that relationship as you are going to find.

--- H. Emerson Blake, *Orion*Grow Create Inspire reads like a friendly chat with a dear friend who is full of sage advice, shares fascinating experiences, and has lots of great recipes to share.

-- Deborah Niemann, author, *Homegrown and Handmade* and *Raising Goats Naturally*Grow, Create, Inspire is an excellent reminder and guide for the importance being connected to our food and ultimately the earth. She simplifies the power of our consumption and the important link to earth stewardship through outlining clear goals any household can achieve.

Dr. Julia Stevens, Microbial Ecologist, North Carolina Museum of Natural Sciences