



# Growing Simple: The Story of Old World Garden Farms

*Jim Competti, Mary Competti*

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In 2010, wanting to slow down, simplify, and become more responsible for the food on their table, Jim and Mary Competti began Old World Garden Farms. Their goals were simple. To build the farm with recycled materials when possible, grow food without the use of chemicals or pesticides, and create the entire venture with zero debt. And most importantly - to have FUN doing it! This book is their story of just how they accomplished that dream! Starting from scratch, they worked together to convert an overgrown 3 acre field into a thriving organic homestead that now produces over 75% of their family's food. They have done it all on a budget - including a barn and chicken coop constructed at near zero cost from recycled and reclaimed materials. Each and every day, more and more people from every walk of life want to simplify and de-clutter their lives, perhaps grow their first garden, preserve their own food, or raise a few chickens for their own eggs. They want to eat healthier, cut out preservatives - and learn to be responsible for their own food and life choices. The problem - they don't know where to begin! In 2012, they created a website to document the entire process. With over 18 million views and 100,000+ followers from 235 countries around world - it has now become a go-to source of inspiration for those wanting to slow down and live a more meaningful and simple life. Growing Simple not only covers their unique story of creating our little "farm" - but serves to teach, inspire and share the tips, hints and tricks that were learned along the way. From gardening, cooking, canning and preserving much of their own food - to using recycled materials like pallets and reclaimed barn wood to rebuild and create everything needed along the way, all the while using a zero-debt philosophy.



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