

Living off the land

Post by “Pacatus” of July 26, 2023 at 2:11 PM

I've shared before that my wife and I spent 15 years on 20+ acres in the country. Our cottage sat down a chert lane and across a small limestone creek (called Terrapin Branch), and against a high wooded ridge. We had goats and various fruit trees (my wife made tasty dry country wines from tart cherries and elderberries - and even parsley once). We had a kitchen garden that yielded enough tomatoes, bell peppers, onions and garlic - and herbs such as oregano, parsley and sage -- to last the winter. In the last years, we had a small greenhouse.

To do that, I had to retire early, and we cut our income by nearly half. Let's say we lived those years in "rich simplicity."

Now we have lived for 10 years as townies in a small apartment. We only grow a few herbs on the deck. We do try to get a lot of groceries and produce from the local co-op. (During the pandemic we had nearly everything delivered - including wine from a discount wine club that supports up-and-coming independent vintners, including a number of women.) We eat out about once a week.

I am not by nature ascetic - quite the contrary! 😄 I do intermittent fasting for its health benefits (12 to 16 hours three or four times a week). All in all, as townies on fixed income, I would say that we live in "*rich frugality*."