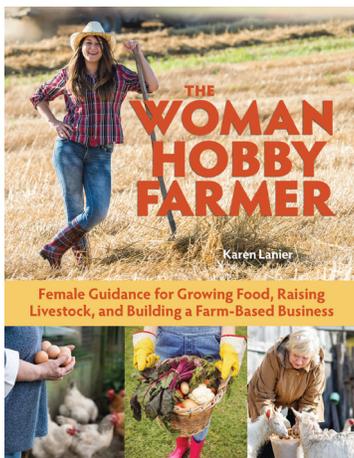


# New Book Offers Stories, Advice, and Female-specific Farming Challenges and Solutions for Women

## Woman Hobby Farmer

By Karen Lanier [September 2017]



Hobby farming is alive and thriving in semi-rural, suburban, and rural areas across the country, and female farmers have been cited as the fastest growing sector within the farming community in recent years. With more than 1 million women in the United States and Canada describing farming as their primary source of income, and many more for whom hobby farming is just that—a hobby—the time is right for a publication dedicated to hobby farming from a female perspective. Written for women, by a woman, this insightful volume is packed with stories and advice from women hobby farmers and looks at female-specific farming challenges as well as issues that all farmers face.

*Woman Hobby Farmers* by Karen Lanier offers a one-of-a-kind resource for women looking for a helpful guidebook on hobby farming. By reading this book, readers will be able to better define their own farming goals and gain invaluable advice to elevate their hobby or career in farming. The book is also filled with stories, quotes, and advice from successful female hobby farmers.

“In listening to farmers, topics arise that connect all of us to our food choices, whether we farm or not,” says Lanier. “The joys and struggles of working outdoors with the elements, the impact of unsustainable industrial agriculture, our nation’s current health and environmental crises, and each individual’s personal struggle to maintain a healthy work-life balance affect the very cells of our bodies, and the fabric of our society.”

### *Woman Hobby Farmer* offers the following features:

- Discussions on the who, what, why, and where of hobby farming
- Deciding on your farming goals and making a plan
- What to expect in your new endeavor
- How to decide what to plant and prepare your planting sites
- Advice on feeding, caring for, and housing different types of livestock



- A look at “agripreneurship”—running and marketing your hobby farm as a successful business
  - Stories, quotes, and advice from successful female hobby farmers
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#### **About Karen Lanier**

Karen Lanier is a naturalist, documentarian, teacher, artist, and gardener. She’s worked as a seasonal park ranger in national and state parks from California to Maine. Karen holds degrees in photography, French, and environmental documentation as well as professional environmental educator certification. She is actively involved with the Lexington, Kentucky, chapter of Wild Ones: Native Plants, Natural Landscapes, and she works closely with Kentucky Association of Environmental Education.

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*Woman Hobby Farmer*  
**Karen Lanier**  
240 pages; Softcover  
ISBN: 978-1620082607  
SRP: \$24.99

