Technical Papers

ASPI Technical Series gives an in-depth and understandable tour of appropriate technological subjects which are part of our demonstration center and environs. All papers are at least four pages of about 2,400 words, and many include diagrams and helpful illustrations. **SP** = Spanish Translation **FR** = French Translation.

1. **Solar Food Cookers** - Details how to construct a very low cost food cooker using materials at hand. Cook with the sun! **SP, FR**
2. **Compost Toilets** - Diagrams and describes four models of dry composting toilets, and the rationale for building them. **SP, FR**
3. **Cisterns** - Compact information on building and maintaining these low-cost water systems in an age of water scarcity. **SP, FR**
4. **Solar Greenhouses** - A descriptive narrative on how to construct and best utilize this environmentally sound source of domestic food and supplemental solar heat. **SP, FR**
5. **Cordwood Buildings** - Succinctly describes why and how to build these beautiful, simple and energy efficient structures from local materials. **SP**
6. **Solar Food Dryer** - Condenses ASPI's former 16-page Dryer plans to a compact, handy flyer with two added pages of basic solar food drying information. **SP, FR**
7. **Year Round Gardening** - Tips from our experience, including methods to extend the growing season on both ends and useful hints for all gardeners
8. **Low-Cost Housing: The Yurt** - You can adapt this versatile structure to your surroundings. We tell you why. Includes good references for additional information. **FR**
9. **Solar Hot Water Heaters** - A must for energy savers -- with small expenditure of money and effort! Illustrates and discusses three models.
10. **Nature Trails** - ASPI trail experience extended -- how to plan, build, use, and maintain trails for the public.
11. **Composting for Gardens** - Plainly presented for the beginner who wants to build productive soil using organic wastes.
12. **Masonry Stoves and Ovens** - This time-tested European technology is now available for heating homes efficiently, at a low price.
13. **Organic and Intensive Gardening** - Commercial fertilizers and chemical pesticides are unnecessary with organic techniques.
14. **Rural Solar Photovoltaic Use** - Power buildings and pathway lights, electric fencing, exhaust fans, and more using Photovoltaics.
15. **Appropriate Tech. Info Systems** - Covers AT resources, library, and cataloging, networking, data banks and retrieval, and more.
16. **Forest Preservation Techniques** - Limited use programs, tree plantings and diversification, advocacy, organizing, and monitoring.
17. **Coexisting with Wildlife** - Covers bioregional assessment, 'off-limits' areas and controlled hunting, feeding and habitation areas, and garden protection from wildlife incursion.
18. **Rural Waste Recovery Systems** - Ways of collecting, sorting and reusing all rural generated materials to minimize landfilling.

Papers **19 - 24** available in autumn, 1993

19. **Water Purification** - Discussion of commercial and homemade filter systems and methods for testing water purity.
20. **Aquaculture** - Raising fish in ponds, tanks and cages for domestic use and markets.
21. **Low-Cost Building Materials** - Seven categories of materials available to reduce home construction costs.
22. **Indoor Environment** - Clean up your home using houseplants, conservation techniques and chemical alternatives.
23. **Native Wild Foods** - Gather wild herbs and greens, and cultivate native Appalachian species for food.
24. **Root Cellars** - Create a space for quality preservation of food at the lowest cost.

$2.00 each, 9 for **$15.00**, First 18 **$30.00**

Calendar

Appalachia Simple Lifestyle Calendar

1994 Theme: Porches of Appalachia. A celebration of the mountain people of Appalachia with 365 timely suggestions to help you bring the spirit of their simple lifestyles into yours. Special days such as Ghandi's birthday and International Women's Day, as well as moon phases and seasonal names. Printed on recycled paper. Black and white photos by Warren Brunner, design by Mark Spencer. Discounts on large orders.
11 x 8 1/2". **$6.00**

1993 Calendar still available $6.00.

Notecards

"Wildflowers"
Color images of vibrant Appalachian wildflowers. Photos by Warren Brunner. Set of six cards with envelopes. **$4.00**
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"Winter Scenes"
Quiet and beautiful black-and-white photographs of Appalachian winter scenes. Photos by Warren Brunner. Set of six cards printed on heavy stock. **$4.00**
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Research Reports

WASTE MINIMIZATION: Widening the Perspectives. A background paper prepared for the Second International Conference on Waste Minimization and Clean Technology. This work explores the cultural underpinnings of the waste issue and deals with the economics, politics, history, technology, educational barriers, spirituality, and sociology of waste generation and disposal. Focuses on waste practices in the United States. By Al Fritsch and Timothy Collins, with Robyn Arnold, Rick Caulkins, Andy McDonald, and Steve Seibel. 109 pages with references. **$15.00**

Safe and Affordable Housing Series. *Surveys methods of making low-cost housing available to people willing to do their own building. These reports resulted from workshops held in different parts of Appalachia in the early 1990's.*

Indoor Pollution Problems and Solutions, by Phil Stern. Household pollutants & suggestions for dealing with them. 17 pp. **$4.00.**

Building Materials and Techniques Describes four super low-cost houses and one school that illustrate five safe and affordable construction principles. 28 pp. **$5.60**

Solar Domestic Systems, by Robert Fairchild, (solar hot water, photovoltaics, greenhouses and food cookers). 20 pp. **$4.00.**

Domestic Waste and Water Systems, Five low-cost dry composting toilet systems with diagrams are described and compared. Cisterns and filtering systems are also discussed. 20 pp. **$4.00**

Vegetation In and Around the Home, by Paul Gallimore. Suggestions for indoor plants that help freshen air, beautify, and supply food, along with edible landscaping and vegetative wind, shade and noise barriers. 25 pp. **$5.00**

Critical Issues Series on Forest Policy - *Written by Timothy Collins for ASPI's Forest Project, these essays respond to the critical issues affecting our National Forests today. They trace the historical reasons behind current forest policies, and encourage more appropriate forest guidelines for the future.*

1. **In Defense of National Forests,** 10 pp. **$3.00**
2. **Caught between a Rock and a Mandate:** The Philosophy of the Forest Service, 15 pp. **$3.00**
3. **Multiple Use and Multiple Misuse:** National Forest Management Issues, 14 pp. **$3.00**
4. **Chronology and Quotes:** Changing Forests, Changing Forest Service, 56 pp. **$8.00**

Overcoming the Waste Crisis: A Deeper View, by Andy McDonald and Al Fritsch. Exposes the cultural roots of our waste crisis from many perspectives, points to a renewed conservation ethic, and provides an outline for regional "resource management" planning drawn from ASPI's research. 1993, 15 pp. **$3.00**

Divided We Fall: A Comparison of Appalachian Kentucky and State-wide Industrial Development Patterns, Timothy Collins. 7 maps, 25 tables, 1987, 260 pp. **$10.00**

Native Americans in Central Appalachia: A Bibliography, Timothy Collins. An up-to-date listing of bibligraphic sources pertinent to the region. 1989, 20 pp. **$10.00**

Land Ethics in Appalachia: Proceedings of A Conference on Ethical Values Related to Land, 1982, 115 pp. **$12.50**

The Tree-Saver's Manual: A Lighthearted Guide to Saving the Forest, Pete Ayers & Al Fritsch. 1987, 38 pp. **$5.00**

12 Insulated Shades, Phyllis Fitzgerald. Plans for making delightful insulated window shades, 1983, 112 pp. **$6.00**

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