



The Garden Cottage Diaries: My Year in the Eighteenth Century

Fiona J Houston

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"Done with great wit and intelligent determination" (The Guardian) "A riveting tale of a rather extraordinary journey" (Family History Monthly) Bemoaning the evils of the modern diet, Fiona Houston was challenged to prove her claim that people ate better 200 years ago than they do today — and so decided to commit herself to a year of 'simplicity'. She lived in a one-roomed cottage, entirely on her own resources, for a full year. Find out how she donned historic dress, grew or gathered all her food, chopped wood and fetched water, fashioned soap, quills and candles, and waged heroic battles with damp, mice and mould.

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