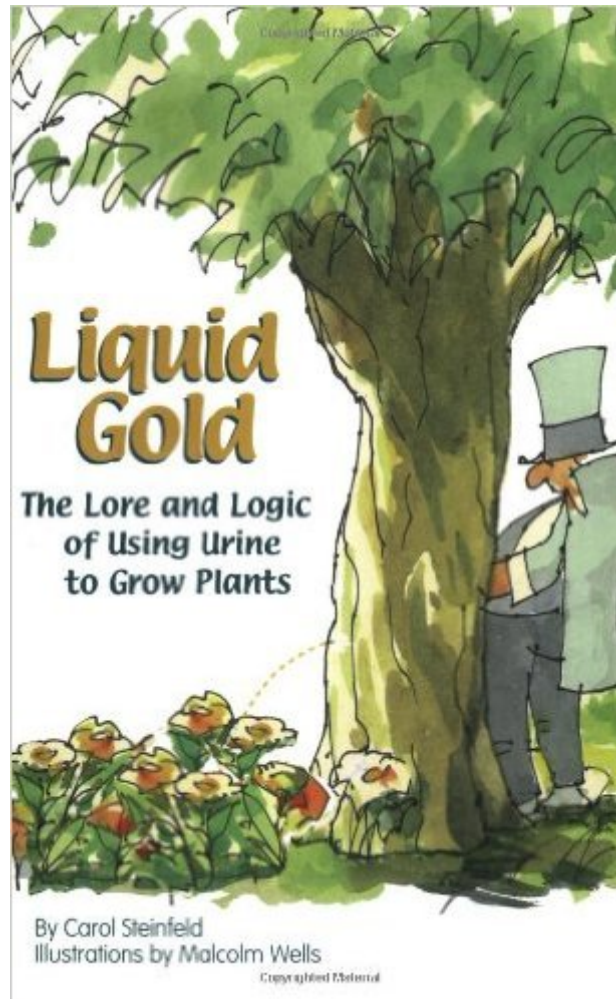


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# Liquid Gold: The Lore And Logic Of Using Urine To Grow Plants



## Synopsis

Nitrogen pollution of lakes, rivers, and oceans by human urine is a growing problem. *Liquid Gold* shows how urine can safely be used to grow food, fuel, fiber, and beautiful landscapes while protecting the environment and providing free and safe fertilizer. Featuring a short history of urine use "from ritual to medicinal and even culinary" and many whimsical illustrations, this great bathroom reader is an ideal gift for irreverent gardeners, homeowners, campers, environmentalists, and anyone who urinates. Carol Steinfeld is a writer, urinal designer, and ecological wastewater consultant. Malcolm Wells is a well-known illustrator and author specializing in underground architecture.

## Book Information

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Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (32 customer reviews)

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## Customer Reviews

The is a smart, thoughtful book on an important subject. Despite the cartoon cover, the author approaches the use and disposal of urine in a practical and user friendly way. She presents convincing scientific information supporting the healthful use of urine for growing plants. Also, she gives good information on composting toilets. This is a timely subject for two reasons: first, the recapture of the nitrogen and other resources that are contained in the urine. Second: the disposal of urine without polluting drinking water. Like the *Humanure* book, this book makes the important point that the use of pure water to flush wastes away into the sewer system is a very poor use of very scarce resources. Highly recommend.

Though I had heard of this book years ago, I finally got a copy of it just a few days ago. I think I was expecting "more" - but then again - I had just finished reading "The Humanure Handbook" by Joseph Jenkins, and was expecting a similar treatment of the subject. Steinfeld makes all the right points and does so in an interesting manner, but her method is more one of presenting possibilities than one of presenting a plan. It seems as though she is "reporting" - showing us pictures and descriptions of how folks have used urine. She doesn't seem to have a "passion" for the subject - something that people who do things radically different from others generally need to see the project through. Steinfeld is also diametrically opposed to Jenkins on best methods: She suggests separating and using the urine separately while "disposing" of the solid waste material by conventional methods. Jenkins is quite adamant about collecting and using liquids and solids together and recycling them both - a much more ecological and economically-sensible suggestion. (I'd LOVE to see these two authors review each others books!) I would still recommend this book for folks with a couple of \*extra\* dollars to spend or those just interested in learning how people past and present use urine. For those interested in shouldering the greater responsibility of properly, safely, and beneficially recycling their ALL of their "waste" I would suggest "The Humanure Handbook" instead. In all fairness and to Steinfeld's credit, "The lore and logic of using urine to grow plants" is an accurate description of this book's scope.

For anyone interested in this sort of thing "Practicality". This book is fun and interesting. I loved it. Very Easy read. Lots of techniques used around the world on urine separating toilets; along with ideas on how to create you own urinals. I actually made one after reading this book and am using it as liquid fertilizer in my yard. The design is so clean and out of the way that not even my wife was bothered by it!

This little gem of a book is both an informative source of about all things urine - including interesting historical attitudes and uses as well as modern environmental aspects - in addition to being a very fun read due to the amusing diagrams and sharp prose. Both the professional wastewater expert and the casual nature lover will find much knowledge and enjoyment in these pages. Because of this, Liquid Gold would be the perfect "stocking stuffer" gift for the environmentalist in your house this upcoming holiday season!

I have always wondered why a dog lifts his leg to pee on a plant. Guess God knew if man didn't have enough smarts then His animals would do the job the natural way that would make His plants

grow healthy and strong. I spent several years in the military over in Germany and wondered why they sprayed human waste on their food growing in the fields there. Thought it was a very dangerous practice at that time. Now I have a very different way of thinking. I pee on my yard plants now and they are beautiful. Save yourself tons of money buying chemicals because pee is free!!!

I really like this book. What a great way to save money all around. I dilute the urine and use it for house plants. I use it undiluted on my leave compost pile. Thanks...George Kelly  
*Liquid Gold: The Lore and Logic of Using Urine to Grow Plants*

Doreen and I have been cultivating a variety of plants over a number of years now. In the past we had always used peat but (thanks to the riots at Clonycavan) prices soared and we were left helpless. It was at this time we turned to the pioneering research of Carol Steinfeld and fortunately she did not disappoint. Despite a couple of minor setbacks (before Doreen started going through a funnel) our indoor plants were soon growing better than ever before! PS. Anyone who disputes the logic of using human-fluids to grow plants, need only turn to the actions of the grandfather of logic: Dr. Spock (not to be confused with the child psychologist Mr. Spock!). Who could forget the episode of Star Trek in which he relieves himself into the ship's yucca plant?

Quick and wicked good read. I was already privvy to much of the logic contained in this book, I purchased it to convert a more straight-edged step-father. The book is a plethora of straight-science rife with anecdotes and great comics. The book contains much medicine and lore while it is written in a political way, only promoting the agricultural, closed-system use of urine. The book will leave you fully believing in the power of Liquid Gold.

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