

Practical Self Reliance

Your Practical Guide to Self Reliant Living



Its About...

Homesteading
Off Grid Living
Foraging
Herbalism
Scratch Cooking
Fermenting
Green Living
DIY



Ashley Adamant

is the owner and writer of Practical Self Reliance. She lives on 30 acres in a solar powered homestead in Vermont with her husband and two children.



As a family, they grow, forage and preserve as much of their own food as possible. They also produce their own power, herbal medicines and just about any thing else that is practical on a small homestead.

Practical self reliance is a blog where they share advice, recipes and how to instructions to help empower others toward a more resilient, healthy and self reliant lifestyle.

Blog Stats

Monthly Pageviews

40K +

Unique Visitors

25K +

Social Followers

Facebook

1.3 K +

Pinterest

1.6K +

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Partnership Opportunities

My standard rate for a sponsored post is \$250
and includes the following:

- Dedicated blog post (800 - 1000 words)
- Original photography featuring your product
- A minimum of 3 social media shares (Facebook and Twitter), and ongoing pinterest promotion
- Product Giveaways (optional)

I am also available for:
(Fees vary, please inquire)

- Freelance Writing & Guest Posts
- Product Giveaways
- Recipe Development
- Product and Book Reviews

To discuss partnership opportunities,
contact Ashley at Ashley.Adamant@gmail.com

Popular Posts

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Tips for finding, harvesting, preserving & using



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The Basics



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Buying the Farm

Finding Our Off-Grid Homestead



PracticalSelfReliance.com



How to Make Blackcurrant Mead



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How to Make Herbal Infused Oil

Home Made Medicine



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