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THE PRINCESS ANNE INDEPENDENT NEWS ANNOUNCES THE
RELEASE OF ***FROM THE GROUND UP***, THE NEW BOOK
COLLECTING THE COLUMNS OF “FARMER JOHN” WILSON

FOR IMMEDIATE RELEASE – TUESDAY, AUGUST 2, 2022

VIRGINIA BEACH – A new book collecting the original columns of longtime Virginia Beach farmer and consultant John D. Wilson will be released this month by Pungo Publishing Co., LLC, publisher of *The Princess Anne Independent News* community newspaper.

From the Ground Up: Column from The Princess Anne Independent News takes readers on a humorous, passionate journey through topics related to healthy eating and sustainable practices, including soil health, growing strong plants, benefits of raising your own chickens and the importance of local food sources.

Wilson, known to fans as “Farmer John,” is a longtime farmer who formerly ran New Earth Farm in Pungo and Farmer John’s Market at Farmhouse Brewery in Kempsville. For five years, Wilson has written about farming, gardening and sustainable agriculture topics for *The Independent News*.

Wilson also places the spotlight on local farmers and restaurateurs who are putting sustainable ideals into practice at local farms, nurseries and restaurants. Finally, Wilson writes about his recovery this past year from a stroke – and, to the delight of thousands of locals who read his work, his return to writing.

From the Ground Up is scheduled to go on sale on Sunday, Aug. 7, 2022, exclusively through Kate’s Next Door Market, 1805 Kempsville Road, Virginia Beach, and online via katesnextdoormarket.com. A portion of the proceeds from all sales support the local journalism of *The Princess Anne Independent News*.

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From the Ground Up: Columns from The Princess Anne Independent News, ISBN: 978-0-578-29981-5; 132-page trade paperback; 2022; Pungo Publishing Co. LLC, Virginia Beach, Virginia; \$15

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