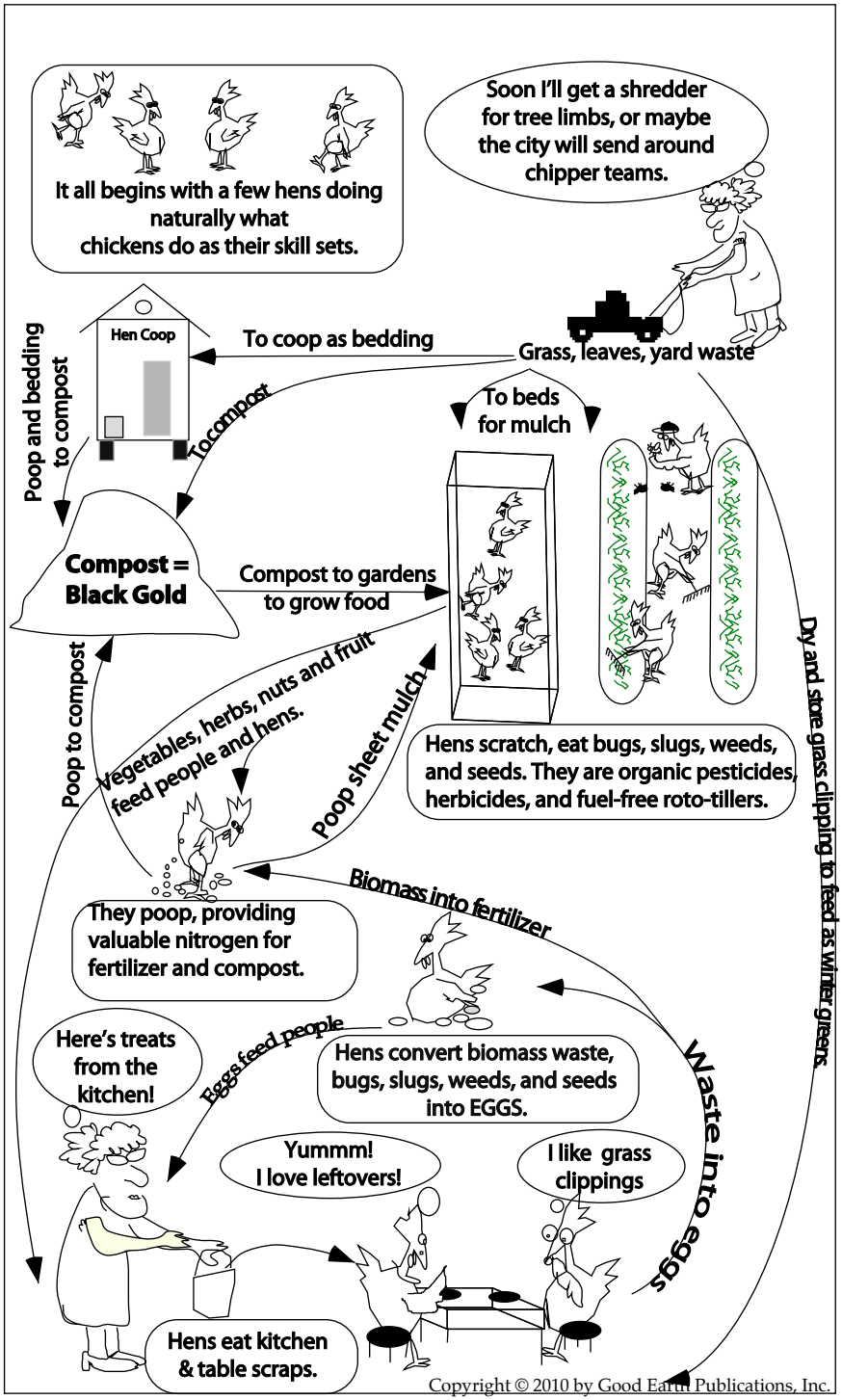

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From *City Chicks: Keeping Micro-flocks of Chickens as Garden Helpers, Compost Makers, Bio-recyclers and Local Food Suppliers, page 23.*