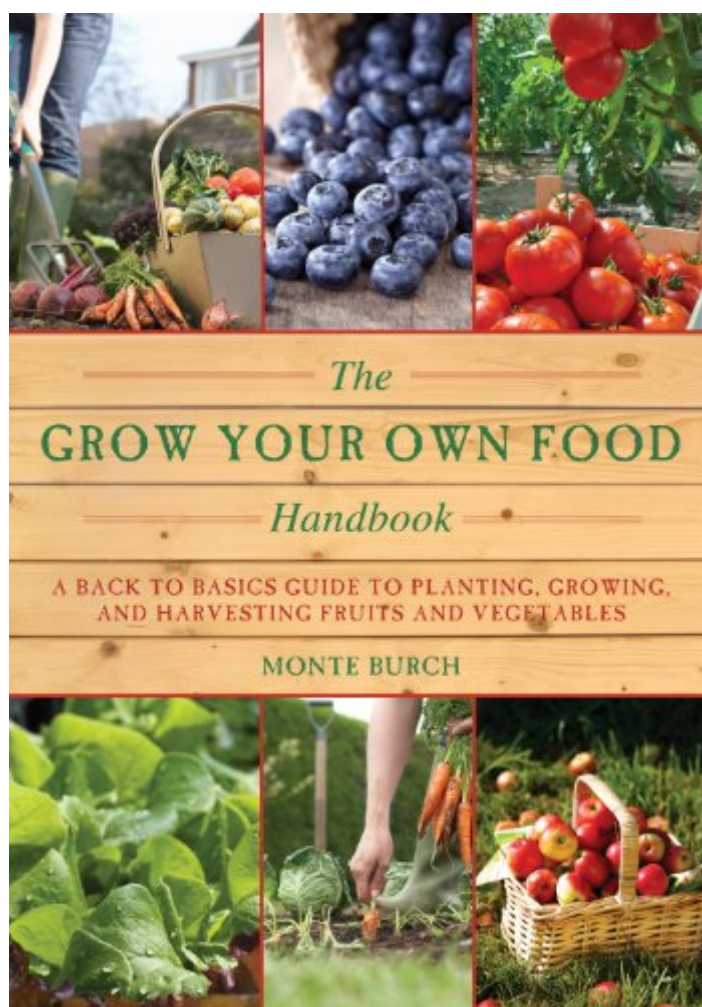


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# The Grow Your Own Food Handbook: A Back To Basics Guide To Planting, Growing, And Harvesting Fruits And Vegetables (The Handbook Series)



## Synopsis

Growing your own food is a hot topic today because of the high cost of transporting food long distances, the heightened problem of diseases caused by commercially grown foods, concerns of the overuse of chemicals in mass food production, and the uncertain health effects of GMOs. Many people—from White House executives to inner-city kids—have recently discovered the benefits of homegrown vegetables and fruits. Community gardens, and even community canning centers, are increasingly popular and have turned roof-top gardening into a great and healthy food source. And on a smaller scale, some plants can even be grown in containers for the smallest backyard or patio. The possibilities for growing your own food are endless! The Grow Your Own Food Handbook informs you how to grow all types of vegetables, fruits, and even grains on your own land or in any small space available to you and your family. Also included is information on specific health benefits, vitamins, and minerals for each food, as well as detailed instructions for fall and winter food growing. Learn how to grow for your family, harvest and store all types of home-grown produce, and find joy in eating foods planted with your own hands.

## Book Information

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Horticulture > Vegetables

## Customer Reviews

This is a useful handbook for gardening that deals with practical realities --how to thin beets, all the planting basics that are sometimes left out of other manuals because it is assumed the gardener knows.

This is a MUST HAVE for any gardener, whether novice or experienced. Book is full of great information and in an easy-to-read format- very user friendly. This is my first year having a garden in an urban setting and this book really helped me plan, organize and harvest my vegetables and herbs.

I bought this at a local store but want to leave a review because it was so well written! I am a fairly new gardener and have always failed at any attempt to grow a productive vegetable garden. I am determined to get a lot of vegetables this year! After reading this book cover to cover I realize I have been doing a lot of things wrong down to not fertilizing and watering the wrong way and at the wrong times. I am sure I will be going back to this book all summer for reference.

Very good knowledge to have. As a guy with no experience before this book, I can at least say I can take care of the basics and learn the rest on my own.

Informative

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