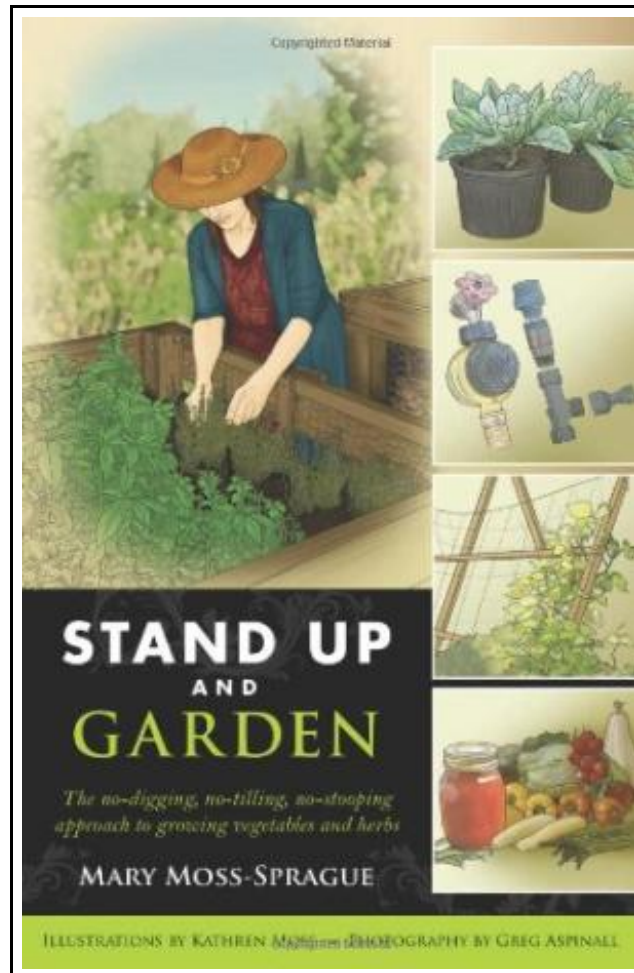


Stand Up and Garden: The No-Digging, No-Tilling, No-Stooping Approach to Growing Vegetables and Herbs



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Reviews

Simply no terms to clarify. It is actually loaded with knowledge and wisdom I am just delighted to let you know that this is the very best publication i have got read through during my individual lifestyle and could be he very best pdf for actually.

(Mr. Caleb Quigley MD)

STAND UP AND GARDEN: THE NO-DIGGING, NO-TILLING, NO-STOOPING APPROACH TO GROWING VEGETABLES AND HERBS

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Countryman Press Inc. Paperback. Book Condition: new. BRAND NEW, Stand Up and Garden: The No-Digging, No-Tilling, No-Stooping Approach to Growing Vegetables and Herbs, Mary Moss-Sprague, Kathren Moss, Greg Aspinall, Knowing where our food comes from is a huge issue; food safety and costs seem to figure more prominently in our lives all the time. Many people would like to grow their own vegetables but don't know how to begin-digging, plowing, planting, weeding, and watering a large plot can be daunting. Stand Up and Garden shows how everyone can garden, including those with physical limitations like arthritis or location limitations like apartment-dwellers without backyards. Imagine harvesting radishes, carrots, and strawberries in the spring; herbs, tomatoes, and cucumbers all through the summer; beets, spinach, and even potatoes in autumn. By focusing on containers, trellises, and raised beds, Master Gardener Mary Moss-Sprague has improved upon traditional gardening by developing ways to grow plants that produce large amounts of food-enough for canning and other preservation-in small vertical spaces. New gardeners will find basic planting and growing information for a wide range of vegetables and herbs. Experienced growers will find economical, space- and energy-saving ideas. In addition to vertical gardening techniques, there are tips on overwintering plants and details on sustainable and eco-friendly gardening practices. Step-by-step illustrations and supply lists of inexpensive materials make projects like building a trellis or constructing a raised bed using straw bales accessible to everyone, regardless of ability or skill. There's even a chapter on installing a micro-drip irrigation system-a very helpful innovation that eliminates the need for heavy hand-held watering devices. Use this great reference for inspiration and instruction on sustainable and economical gardening practices and techniques.



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