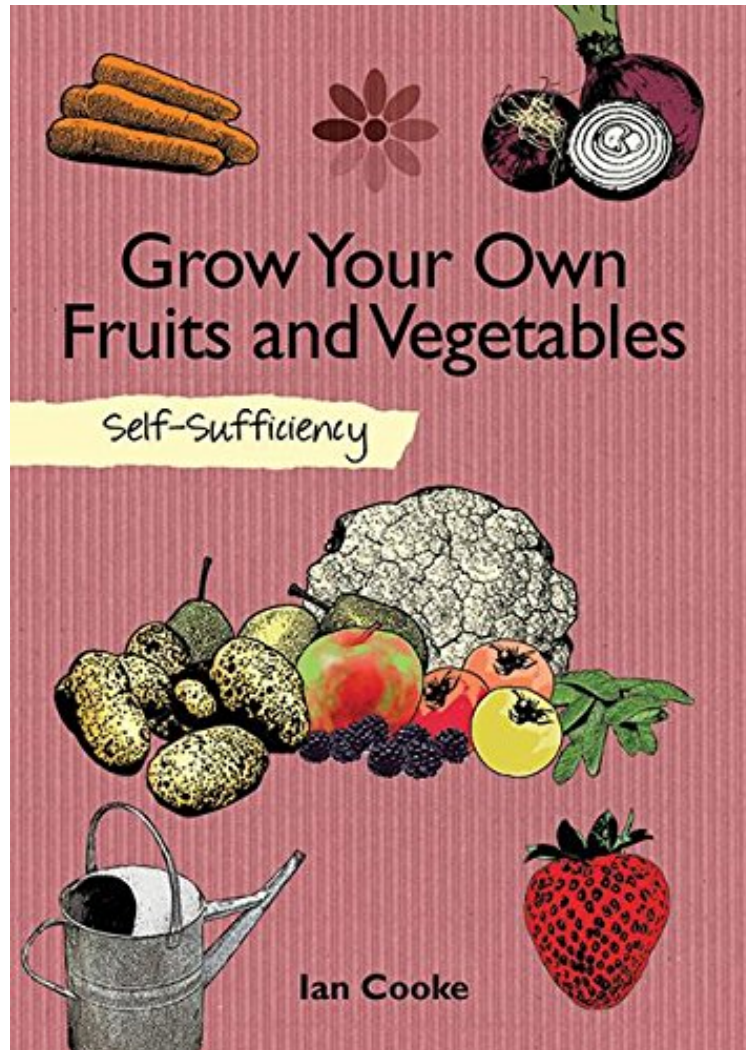


(Free) Grow Your Own Fruit and Vegetables: Self-Sufficiency (The Self-Sufficiency Series)

Grow Your Own Fruit and Vegetables: Self-Sufficiency (The Self-Sufficiency Series)

Ian Cooke

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This is a simple and systematic guide to growing a selection of the tastiest, most nutritious fruit and vegetables. Start off with easy-to-grow produce such as carrots, tomatoes, and strawberries. Once you have the confidence of the first

growing season behind you, progress to crops requiring slightly more labor, such as peas and raspberries. These days, growing your own food is the only way to ensure that everything on your plate is authentically organic.

About the Author Ian Cooke has been a professional horticulturalist for over forty years. He runs his own consultancy, advising, designing, and writing on all matters horticultural, and is the author of six gardening books. He splits his time between the U.K. and the United States.