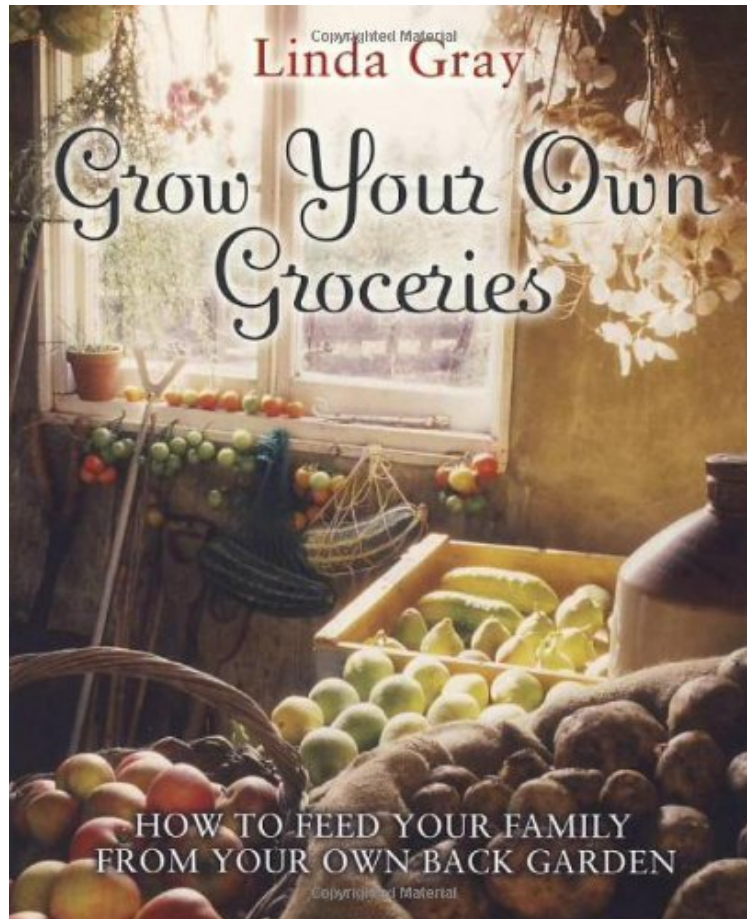


(Free download) Grow Your Own Groceries: How to Feed Your Family from Your Own Back Garden

Grow Your Own Groceries: How to Feed Your Family from Your Own Back Garden

Linda Gray

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Linda Gray : Grow Your Own Groceries: How to Feed Your Family from Your Own Back Garden before purchasing it in order to gage whether or not it would be worth my time, and all praised Grow Your Own Groceries: How to Feed Your Family from Your Own Back Garden:

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Producing your own food is not only rewarding but - in times of economic and environmental changes - increasingly a

must! Nature provides everything the human body requires to thrive, and cultivating some of those natural products in your own back garden will not only produce the best food on the planet for you and your loved ones, it is also economical, environmentally friendly and more fun than shopping. Many crops, such as herbs for example, can be produced in a relatively small space with a little pre-planning and organising, and they are perfect for enhancing the flavour of cooking, treating minor ailments, and preventing colds and flu. This book provides all the information you need to keep your family and friends healthy, fit and enjoying life to the full. Gardening is more than a hobby; it's a way of life. Even without a garden, many plants can be grown in containers, on a balcony, and indoors.

'The book covers the commoner veg, fruit and herbs very well. Not only how to grow them but also how to use them in the kitchen. All in all, this is an excellent book for the novice gardener who wants to start growing their own groceries.' gardenaction.co.uk. 'I love this book. It includes everything and is very easy to read. I would recommend it to anybody that was thinking of growing anything.' Great! I now know why my cucumbers didn't survive and how to keep the slugs off my lettuces. Great book - I will be referring to this a lot!' thebabywebsite.com readers. 'In a lively style Linda provides all you need to know for growing herbs and vegetables.' Good Life Book Club. 'A real cut-and-come again book which is both informative and entertaining, with comprehensive sections on everything from herbs to home freezing.' Scotland's New Homebuyer Magazine. --Goodlife Book Club, Scotland's New Home Buyer Magazine, gardenaction.com About the Author Linda Gray has many years' gardening and housekeeping experience. After reclaiming an acre of forgotten land, her priority was to feed her family from that. She and her children produced organic food and kept hens. Linda runs a gardening website and has written a number of books and articles focusing on health, good food and gardening.