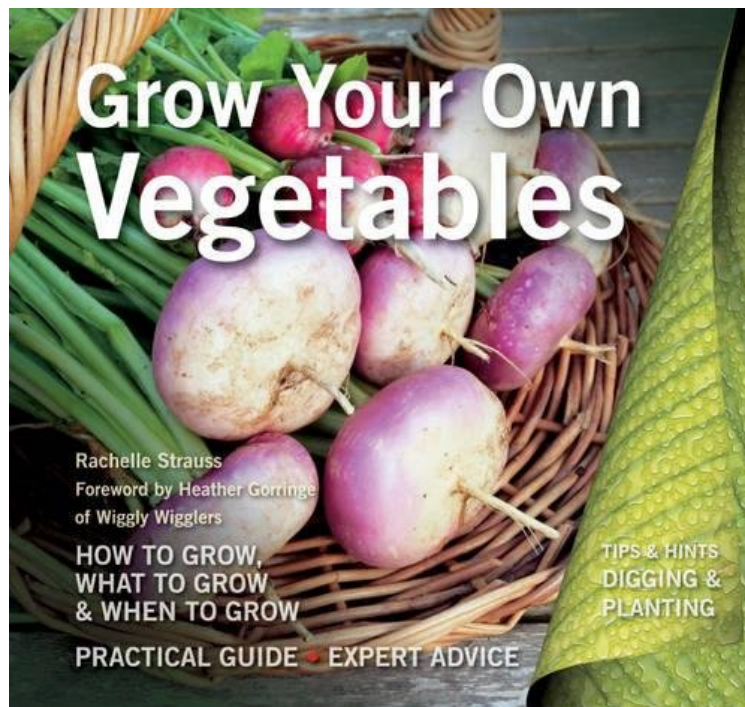


[Free] Grow Your Own Vegetables: How to Grow, What to Grow, When to Grow (Digging and Planting)

Grow Your Own Vegetables: How to Grow, What to Grow, When to Grow (Digging and Planting)

Rachelle Strauss

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Like the idea of the self-sufficient good life? "Grow Your Own Vegetables" presents an informative and user-friendly guide to realizing your garden's potential. Opening with the persuasive case for growing your own vegetables - from reducing your carbon footprint to improving your health and bank balance - the book goes on to present concise instructions on how to cultivate a successful and satisfying vegetable garden, ending with a comprehensive directory of vegetables, including how and when to grow and harvest, storage advice and serving suggestions.

About the AuthorHeather Gorringe founded her natural gardening company Wiggly Wigglers (www.wigglywigglers.co.uk) 20 years ago. Today they sell many products and offer advice on sustainable living. The company has produced a series of How to videos, runs a Facebook group and broadcasts an award-winning weekly podcast. Wiggly Wigglers was the UK's Small Business Champion of 2005 and in 2008 won the Dell Global Small Business Excellence award for using technology.Rachelle Strauss has been writing about gardening, environmental and green issues for a number of years. She is the author of Self Sufficiency: Household Cleaning and writes for

various magazines about ecological issues. Rachelle lives with her husband and their daughter in rural England. Check out her blog and website <http://myzerowaste.com>