

# Grow Your Own Winter Food: How to Harvest, Store and Use Produce for the Winter Months

Linda Gray

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## Grow your own Winter Food

How to harvest, store and use produce for the winter months



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**Linda Gray : Grow Your Own Winter Food: How to Harvest, Store and Use Produce for the Winter Months** before purchasing it in order to gage whether or not it would be worth my time, and all praised Grow Your Own Winter Food: How to Harvest, Store and Use Produce for the Winter Months:

Grow your own during the chilly days of winter--and you'll be sure of putting the freshest, tastiest produce, packed with goodness, on your kitchen table. This easy-to-follow book covers all the basic techniques, from preparing soil to using cloches and containers to dealing with pests and diseases. Four chapters focus on roots, legumes, green vegetables, and herbs and fruits, and include a monthly sowing and harvesting chart, nutritional information, recipes, storage ideas, and more.

About the AuthorLinda Gray is a home and garden expert and runs her own very successful gardening website and

publishes a monthly e-zine.