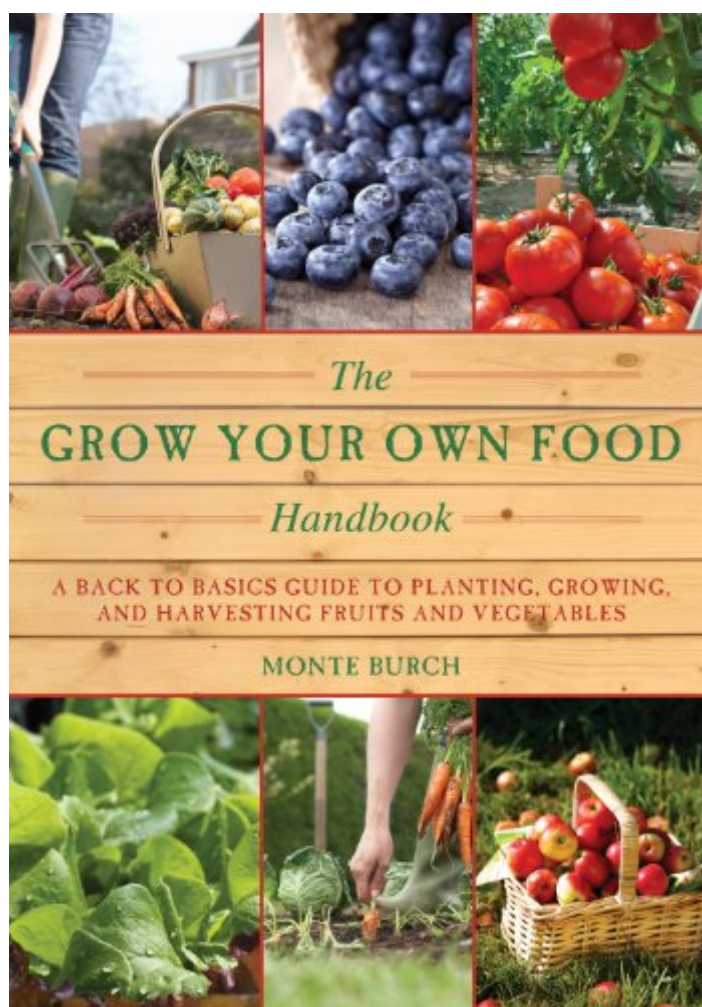


The book was found

The Grow Your Own Food Handbook: A Back To Basics Guide To Planting, Growing, And Harvesting Fruits And Vegetables (The Handbook Series)



Synopsis

Growing your own food is a hot topic today because of the high cost of transporting food long distances, the heightened problem of diseases caused by commercially grown foods, concerns of the overuse of chemicals in mass food production, and the uncertain health effects of GMOs. Many people—from White House executives to inner-city kids—have recently discovered the benefits of homegrown vegetables and fruits. Community gardens, and even community canning centers, are increasingly popular and have turned roof-top gardening into a great and healthy food source. And on a smaller scale, some plants can even be grown in containers for the smallest backyard or patio. The possibilities for growing your own food are endless! The Grow Your Own Food Handbook informs you how to grow all types of vegetables, fruits, and even grains on your own land or in any small space available to you and your family. Also included is information on specific health benefits, vitamins, and minerals for each food, as well as detailed instructions for fall and winter food growing. Learn how to grow for your family, harvest and store all types of home-grown produce, and find joy in eating foods planted with your own hands.

Book Information

File Size: 35675 KB

Print Length: 240 pages

Publisher: Skyhorse Publishing (April 1, 2014)

Publication Date: April 1, 2014

Sold by: Digital Services LLC

Language: English

ASIN: B00I2G764W

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #1,094,426 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #176

in Kindle Store > Kindle eBooks > Crafts, Hobbies & Home > Gardening & Horticulture > Fruit

#247 in Kindle Store > Kindle eBooks > Crafts, Hobbies & Home > How-to & Home Improvements

> Reference #487 in Kindle Store > Kindle eBooks > Crafts, Hobbies & Home > Gardening &

Horticulture > Vegetables

Customer Reviews

This is a useful handbook for gardening that deals with practical realities --how to thin beets, all the planting basics that are sometimes left out of other manuals because it is assumed the gardener knows.

This is a MUST HAVE for any gardener, whether novice or experienced. Book is full of great information and in an easy-to-read format- very user friendly. This is my first year having a garden in an urban setting and this book really helped me plan, organize and harvest my vegetables and herbs.

I bought this at a local store but want to leave a review because it was so well written! I am a fairly new gardener and have always failed at any attempt to grow a productive vegetable garden. I am determined to get a lot of vegetables this year! After reading this book cover to cover I realize I have been doing a lot of things wrong down to not fertilizing and watering the wrong way and at the wrong times. I am sure I will be going back to this book all summer for reference.

Very good knowledge to have. As a guy with no experience before this book, I can at least say I can take care of the basics and learn the rest on my own.

Informative

[Download to continue reading...](#)

The Grow Your Own Food Handbook: A Back to Basics Guide to Planting, Growing, and Harvesting Fruits and Vegetables (The Handbook Series) Storey's Guide to Growing Organic Vegetables & Herbs for Market: Site & Crop Selection * Planting, Care & Harvesting * Business Basics The Complete Guide to Growing Your Own Hops, Malts, and Brewing Herbs: Everything You Need to Know Explained Simply (Back-To-Basics) (Back to Basics Growing) The Homesteading Handbook: A Back to Basics Guide to Growing Your Own Food, Canning, Keeping Chickens, Generating Your Own Energy, Crafting, Herbal Medicine, and More (The Handbook Series) Greenhouse Gardening for Beginners 2nd Edition: How to Grow Flowers and Vegetables Year-Round In Your Greenhouse (Gardening, Planting, Companion Gardening, ... Gardening Guide, Planting Guide) Grow Fruit Indoors Box Set: 22 Cultivating Tips to Make Your Own Garden With Extra Gardening Tips To Grow Your Favorite Exotic Fruits Plus Tips How to ... Set, Grow Fruit Indoors, Gardening Tips)

Greenhouse Gardening: How To Effectively Grow Fruits, Vegetables, And Plants All Year In A Greenhouse Efficiently (Gardening, Planting, Companion Gardening, Gardening Guide, Greenhouse Gardening) How to Grow More Vegetables, Eighth Edition: (and Fruits, Nuts, Berries, Grains, and Other Crops) Than You Ever Thought Possible on Less Land Than You ... (And Fruits, Nuts, Berries, Grains,) How to Grow Potatoes: Planting and Harvesting Organic Food From Your Patio, Rooftop, Balcony, or Backyard Garden (Booklet) Perennial Vegetables: Vegetable Gardening: 21 Vegetables to Plant Once and Harvest Forever (Perennial Vegetables, Perennial Plants, Gardening, Gardening ... Garden Vegetables, and Vegetable Gardening) Preserving Food Box Set: 33 Easy to Follow Steps For Canning, Freezing and Dehydrating Your Favorite Fruits and Vegetables plus The Ultimate Guide to Food ... food without freezing or canning) Western Garden Book of Edibles: The Complete A-Z Guide to Growing Your Own Vegetables, Herbs, and Fruits Homesteading for Beginners: Self-sufficiency guide, Grow your own food, Repair your own home, Raising Livestock and Generating your own Energy (Homesteading, ... Square Foot Gardening - How To Grow Healthy Organic Vegetables The Easy Way: Including Companion Planting & Intensive Vegetable Growing Methods (Gardening Techniques Book 6) Winter Gardening for Beginners 2nd Edition: The Ultimate Guide to Planning, Planting & Growing Your Winter Flowers and Vegetables (Companion Gardening, ... Gardening, Gardening, Raised Bed Gardening) Texas Organic Vegetable Gardening: The Total Guide to Growing Vegetables, Fruits, Herbs, and Other Edible Plants the Natural Way Homesteading for Beginners: How to Grow Your Own Food, Raise Livestock, Repair Your Home Yourself and Generate Your Own Power Growing Marijuana: Beginner's Guide for Big Buds - step by step (How to Grow Weed, Growing Marijuana Outdoors, Growing Marijuana Indoors, Marijuana Bible) Marijuana: Growing Marijuana, Beginner's Guide for Big Buds - Step by Step (How to Grow Weed, Growing Marijuana Outdoors, Growing Marijuana Indoors, Marijuana Bible) GROWING HERBS: How to Grow Low cost Indoor and Outdoor Herbs in containers, for Profit or for health benefits at home, Simple Basic Recipes (How to grow herbs, growing herbs for beginners)

[Dmca](#)