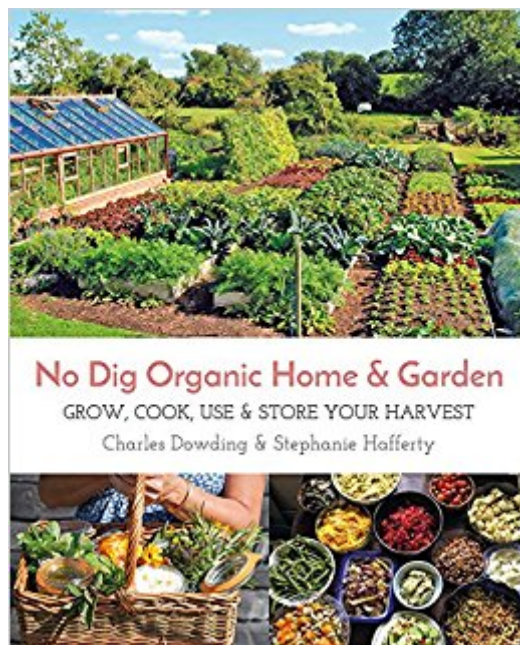




**The book was found**

# **No Dig Organic Home & Garden: Grow, Cook, Use, And Store Your Harvest**



## Synopsis

No dig organic gardening saves time and work. It requires an annual dressing of compost to help accelerate the improvement in soil structure and leads to higher fertility and less weeds. No dig experts Charles Dowding and Stephanie Hafferty, explain how to set up a no dig garden, including how to:

- Make compost and enrich soil
- Learn skills you need to sow and grow annual and perennial veg
- Harvest and prepare food year round
- Make natural cosmetics, cleaning products, and garden preparations

The no dig approach works as well in small spaces as in large gardens. The authors' combined experience covers methods of growing, preparing and storing the plants you grow for many uses, and includes recipes and ideas for increasing self-reliance, saving money, living sustainably, and enjoying the pleasure of growing your own food, year round. An acknowledged expert in no dig and author of a half-dozen books on the subject, Charles' advice is distilled from 35 years of growing vegetables intensively and efficiently. Stephanie, a kitchen gardener, grows in her small, productive home garden and allotment, and creates no dig gardens for restaurants and private estates. She creates delicious seasonal recipes made from the vegetables anyone can grow. She also explains how to use common plants you can grow and forage for to make handmade preparations for the home and garden.

## Book Information

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## Customer Reviews

Charles is a pioneer of organic and no dig growing since 1983, and is increasingly famous for the

outputs and beauty of his gardens. He has created and cropped four no dig, organic market gardens, on stony, silt and clay soils. His growing methods are as applicable in small areas as in large ones. Currently he crops an intensive quarter-acre in Somerset, SW England, for local sales of salad leaves and vegetables. He has written nine books, runs a busy You Tube channel, appears on BBC gardening programmes and teaches extensively at home and abroad. Stephanie Hafferty is an organic no dig kitchen gardener, writer and chef, specializing in seasonal plant based food. She is passionate about sharing her knowledge of growing and cooking to feed families and communities.

This is the book on no dig gardening that we have all been waiting for. Not only does it have over 200 pages with all the information you were hoping to find, it is also one of the best presented books I have handled in a long time. The writing is clear with no hype or waffle and is laid out beautifully making full use of the photographs to create an easy to follow instruction guide that you will come back to again and again. The authors have a wealth of experience in various climates and will guide you to the most appropriate techniques to use in your own garden. They also took almost all the photographs themselves, in their own gardens and homes, ensuring that the words and pictures work together in perfect balance and harmony. This book will inspire and enable anyone with a garden or access to enough land to create a no dig organic vegetable garden that will supply abundant produce to their homes. But I think one of the best things about it is that having taught you how to create your garden and grow your produce, it then switches to how to store and use it, not only in the kitchen but all around your home, making this a book that will become a firm favorite that is likely to spend its time living on the kitchen table rather than on the bookshelf. Here's the contents list to give you an idea of the book's scope.

- 1 Growing Skills
- 2 Where to Grow, Size of Plot, Deciding Inputs
- 3 No Dig, Clearing Weeds and Ongoing Soil Care
- 4 Sow, Plant, Space, Water
- 5 Prevent, Deal with Pests and Diseases
- 6 DIY Potions for your Garden, Home and Body
- 7 Transforming Waste into Compost
- 8 Longer Seasons
- 9 Storing Produce after Harvest
- 10 Storing and Preserving your Harvest
- 11 Saving Seeds
- 12 Food and Recipes
- 13 Top Perennial Vegetables
- 14 Top Vegetables for Roots and Leaves
- 15 Top Vegetables for Pods and Fruit
- 16 Salad Leaves all Year
- 17 Growing and using Herbs
- 18 Growing and using Edible Flowers
- 19 Some Different Plants to Grow
- 20 Selling, Trading

So who is this book for? As a wonderful guide to tested and proven no-dig techniques it would be the perfect choice for experienced gardeners who wish to broaden their horizons and experiment with the no dig concept. It would also be the right choice for those of us who have physical health problems and want to find ways to continue to raise our own produce without having

to dig. But I think the main audience for this book is new gardeners. If I was just setting up my first garden, this is the book I would want by my side. If friends of mine were moving into their first property with a garden, this is the book I would buy for them as a house-warming gift. I can see it becoming my go-to wedding gift. In short, this is a superb book and is as beautiful as it is practical. It is an absolute credit to the publishers and authors who have worked together to create a book that is a pleasure to read and a joy to behold. In the time it's taken me to write this review, this book has become the best selling book about organic gardening at .co.uk and it deserves to stay that way for a long time and reach the hands of a whole new generation of budding gardeners.

Great educational book. No dig is the way to garden!

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