



Organic Gardening The natural no-dig way

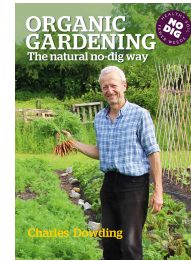
By Charles Dowding

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The Author

Charles Dowding has been growing organic vegetables commercially for 30 years, without soil cultivation. His most recent garden was an intensive acre of surface-composted beds, now raised and revealed in a range of techniques that have enabled him to grow healthy and vibrant crops for 23 years. Charles has been growing no-dig organic growing for over 30 years. In this new, full-colour edition of *Organic Gardening* he shares the wealth of his local shops and restaurants. Since 2006 he has distilled his experience into four books on vegetable growing. He also writes articles for several gardening publications, gives talks and runs courses on how best to look after soil and plants; see www.charlesdowding.co.uk



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