

## HOW TO GROW YOUR FOOD

A guide for complete beginners

Jon Clift & Amanda Cuthbert

- All the basic info for those who want to grow their own food
- Advice about growing on balconies, patios or in your back garden
- Lists over 40 easy-to-grow crops

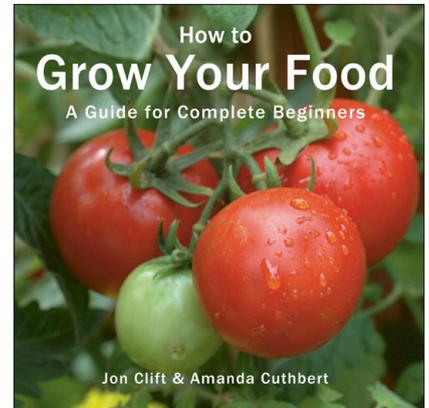
Perplexed by potatoes? Baffled by beans? Confused by courgettes?

Home grown food means fresh, organic, tasty meals, less money spent in a supermarket, lower carbon footprint and best of all, fun! But how do you do it?

If you've never opened a seed packet before, and want to grow your food but don't know where or when to start, this book is for you. With advice for the new gardener, covering everything from how to plant seeds, when to pull up the carrot and how to harvest potatoes, this book will sort you out - whether you have a balcony, bare concrete, a patio or a larger patch of ground.



**The Authors:** Amanda and Jon are both keen gardeners and have been growing vegetables and fruit for many years in their gardens and on their allotments and windowsills. They have written six Green Books' titles on environmental issues together and are still speaking to each other.



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### Contents:

What do you need?

How do you start?

Easy to grow crops: Vegetables

Easy to grow crops: Fruit

Easy to grow crops: Herbs

Bugs and other Problems

Gardening terms

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