



green books

Press Release

Praise for **Grow Your Food for Free - well, almost**

"Absolutely perfect for anyone concerned about both their pocket and the planet that sustains them... will empower you to simultaneously save a lot of money and walk more gently on the Earth. Fantastic." *Mark Boyle, author of The Moneyless Man and founder of Freeconomy*

"A real treasure trove of ingenious ideas that anyone can put together for pennies." *Benedict Van Heems, Editor of Grow It!*

"Packed with brilliant, money-saving tips are perfect for the thrifty gardener." *Lucy Halsall, Editor of Grow Your Own*

"Providing ingenious gardening solutions for all seasons and problems, it's sure to satisfy both your bank balance and inner eco-warrior." *Kitchen Garden Magazine*

"It's the best book on allotments (apart from my own, of course) that I've read for many a year." *Oxford Times*

"Clear illustrations and photos on almost every page - but, whether dipping in and out, or reading straight through, it's like having a knowledgeable gardening neighbour chatting over the fence, fast-tracking you to the good stuff." *Urban Veg Patch*

"**Grow Your Food for Free - well, almost** provides step-by-step instructions and easy-to-follow diagrams as well as being packed with ingenious ideas and money-saving tips. This book is great fun." *Positive News*

"It's fun to read and quirky step-by-step diagrams, the projects achievable, the almost-free food possible." *Love Reading*

"Packed with useful nuggets of advice; Dave Hamilton's tome has everything you need to kick start a more self-sufficient way of life." *The Ecologist*

"This rather clever guide includes chapters on assessing your growing space, finding materials that have been discarded by others and encouraging a healthy ecosystem." *Country & Border Life*

"Dave uses anecdotes and humour to get his message across and has created a very entertaining, yet comprehensive read. A good choice for a novice gardener with a limited budget." *Emma Cooper, author of The Alternative Kitchen Garden: An A to Z*

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