



# Advance Information

## How to Grow Perennial Vegetables

Low maintenance, low-impact vegetable gardening

**Martin Crawford**

### Keynote

The first hardback edition of the practical guide to growing perennial vegetables by the guru of forest gardening. 9,000 copies of previous edition sold.

### Endorsements

*"I admire tremendously the first-hand experience which informs Martin Crawford's writing. This book leads us down the path to a wealth of perennial vegetables and tells us how to combine them successfully"* **Anne Swithinbank, gardening writer, BBC Gardener's World presenter**

*"A really useful book... Let us start freeing ourselves from the tyranny of the annual sowing, thinning and planting regime"* **Bob Flowerdew, BBC Radio 4, Gardeners' Question Time**

*"This lovely book makes it clear that we are not just missing a trick, we are missing a feast"* **Hugh Fearnley-Whittingstall, River Cottage TV presenter, environmental campaigner**

### Sales and Marketing Highlights

- Written by the author of *Creating A Forest Garden* (over 15,000 copies sold)
- 116 edible perennials, with a harvesting guide and beautiful color photographs
- How to grow tasty vegetables and protect the ecosystem at the same time

### Description

*How to Grow Perennial Vegetables* provides comprehensive advice on all types of perennial vegetable – from rhubarb to skirret, Jerusalem artichoke to nodding onions. It explains why and how to grow these crops and how to cook them. Perennials:

- Require a lot less time and effort than annuals.
- Extend the harvesting season, especially in early spring.
- Are often better than annual vegetables for beneficial insects in the garden.
- Contain more mineral nutrients than annuals.

This book is an essential source of information and inspiration for every gardener.

### Audience

Similar titles include:

- *Creating a Forest Garden*, Martin Crawford
- *Forest Gardening*, Robert Hart
- *Perennial Vegetables*, Eric Toensmeier

### Contents

Foreword by Hugh Fearnley-Whittingstall

#### Part 1 An introduction to perennial vegetables

1. Why grow perennial vegetables?
2. Growing perennial vegetables

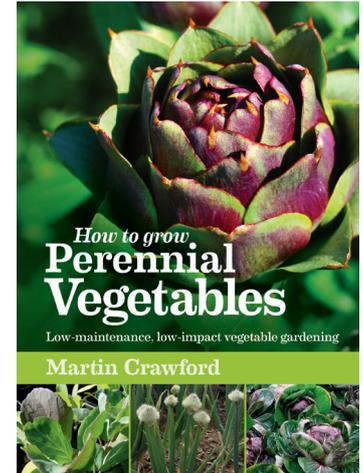
3. Maintenance of perennial vegetables

#### Part 2 Perennial vegetables

A–Z Appendix: Common and Latin names  
Resources

### The Author:

Martin Crawford is the founder of the Agroforestry Research Trust, where he grows fruit trees, nut trees, and perennial vegetables in a forest garden. He is best known as author of *Creating a Forest Garden*, *Food From Your Forest Garden* and *How to Grow Your Own Nuts*.



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