



Advance Information

Salad Leaves for All Seasons Organic Growing from pot to plot

Charles Dowding

Endorsements:

“An essential book for every kitchen and garden” – Nigel Slater, author & TV presenter

“The number one book for anyone who loves salads” – Anna Pavord, gardening writer

Key selling points:

- A new, full-colour hardback edition of the definitive book on indoor and outdoor salad growing. Over 10,000 copies of the previous edition sold
- A compendium of practical methods for growing a wide variety of salads throughout the year
- The German rights for the book have been sold to Verlag Herder

Description:

Charles Dowding inspires his readers to grow their own healthy and tasty salads, whether on a windowsill, on a patio, in a garden or on an allotment. Also included are delicious and imaginative recipes that exploit the fantastic flavours, colour and vitality of home-grown salad.

Audience

Gardeners and food-lovers who are interested in growing their own salad and anyone with an interest in no-dig and vegetable gardening

- *The Complete Gardener*, Monty Don
- *Creating a Forest Garden*, Martin Crawford
- *Organic Gardening*, Charles Dowding

Contents

Part 1 Growing Leaves

1. High Yields, Small Spaces, Special Methods
2. Vital Knowledge for Successful Harvests
3. Sowing, Planting and Harvesting through the Year
4. Small Spaces and Micro Leaves
5. Leaf Flavours
6. Sowing, Raising, Sustaining
7. Cosmic Leaves
8. The Unwanted

Part 2 Salad Leaf Seasons of Harvest

9. Leafing through the Seasons
10. Recipes for All Seasons

Part 3 A Celebration of Outdoor Leaves

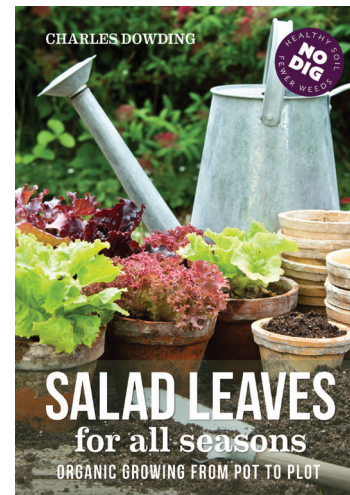
11. Lettuce Chapter
12. Endives and Chicories
13. Leaves of the Cabbage Family
14. Spinach, Chard and Beet
15. Exotic Tastes and Colours
16. Herbs and Flowers
17. Outdoor Winter Salads

Part 4 Indoor Sowing and Growing

18. Indoor Sowing
19. Salad leaves through the winter

The Author:

Charles Dowding is an organic grower who has written several books on vegetable gardening. He contributes articles to *Gardeners' World*, *Gardens Illustrated* and *Grow It!*, and gives regular talks and courses. He is an internationally recognised organic gardening expert and the leading authority on the 'no-dig'/'no-till' method. He appears regularly on radio and television, including BBC Radio 4's *The Long View* and BBC's *Gardeners' World*.



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sales@greenbooks.co.uk

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sales@signaturebooksuk.com

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