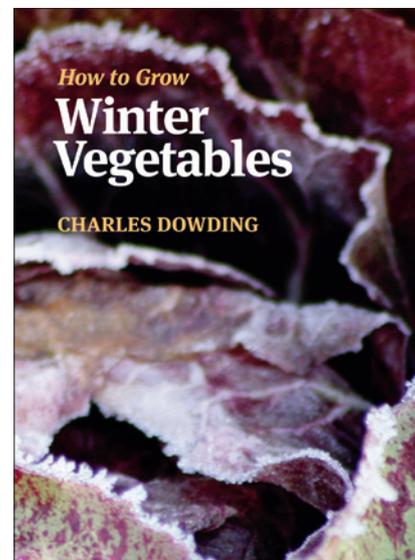


HOW TO GROW WINTER VEGETABLES

Charles Dowding

- How to grow your own food for the 'hungry gap'
- How to store food for eating in winter
- Includes a monthly sowing, planting and growing calendar
- Harvesting advice, from garlic in July to spring cabbage and pea shoots in May
- Stunning photographs from the author's garden



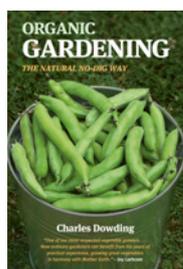
"One of our most respected vegetable growers." – Joy Larkcom

Winter and early spring require a different kind of gardening to the summer months: not a lot grows at this time, but a well-planned plot may nonetheless be quite full.

This book explains how to have plenty of vegetables to eat during the winter months, both stored and fresh. Through winter, soil is cool and transforms the plot into a large outdoor larder where many vegetables keep healthy and alive, ready for harvesting when needed.



The Author: An early pioneer of veg boxes, **Charles Dowding** has been growing organic vegetables for nearly 30 years. He runs organic gardening courses from his farm in Somerset where he grows vegetables and salads for local shops and restaurants. Author of *Organic Gardening: the natural no dig way* and *Salad Leaves for all Seasons*, he is a regular contributor to the gardening press. www.charlesdowding.co.uk.



By the same author:

21st April 2011

Green Books

ISBN 978 | 900322 88 |

234 mm x 170 mm

192 pp in full colour

£14.95 pb

Contents:

A forgotten season
 The winter's scene
 Vegetables for winter
 The plot in winter
 Looking after soil
 Making compost
 What to grow for winter
 Seasonal sowing, planting and growing calendars
 Winter harvest calendar
 Stored harvests
 Winter vegetables under cover

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