

## HOW TO GROW PERENNIAL VEGETABLES

Low maintenance, low-impact vegetable gardening

Martin Crawford

Foreword by Hugh Fearnley-Whittingstall

- Highly respected author of *Creating a Forest Garden*
- Lists 116 edible perennials, including a harvesting guide
- No other book covering this subject area for the UK
- Full colour photographs and illustrations

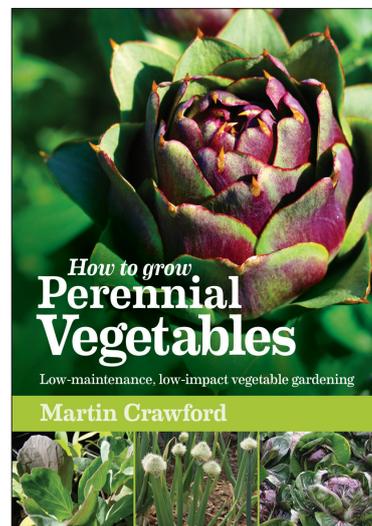
Perennial vegetables (edible plants that live longer than three years) are a joy to grow, and require a lot less time and effort than annuals. In this book Martin Crawford gives comprehensive advice on all types of perennial vegetables, from ground cover plants, coppiced trees, grain crops and tubers to aquatic perennials, bog gardens and woodland plants.

Growing perennial vegetables has many advantages: they need less tillage than conventional vegetables and therefore encourage sequestration of carbon in the soil; the infrastructure of the soil is not disturbed in their cultivation; and they extend the harvesting season, especially in early spring. In Part One, Martin looks at why and how to grow these crops, and how to look after them for maximum health. Part Two of this book features over 100 common and unusual perennial edibles in detail. Whether it's rhubarb or skirret, Jerusalem artichoke or nodding onion, there is inspiration and information for all gardeners, experienced or beginner. *Perennial Vegetables* includes over 100 beautiful full colour photographs and illustrations.



**The Author:** Martin Crawford, is director of the Agroforestry Research Trust, and has two acres of perennial plants and trees in his Forest Garden. He has worked in organic agriculture and horticulture for over 20 years and is author of the bestselling *Creating a Forest Garden*, also published by Green Books.

Praise for *Creating a Forest Garden* "A seminal piece of work on truly sustainable gardening." – Alys Fowler



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### Contents:

Part I

Why grow perennial vegetables?

Growing systems

Maintenance of perennials

Part II

List of Species, ordered by common name. Each includes origins, description, how to grow it (recommended growing systems), how to use it.

**PUBLISHERS**  
Bee West, Green Books,  
Dartington Space, Dartington Hall,  
Totnes, Devon, TQ9 6EN  
Tel: 01803 863260  
Fax: 01803 863843  
sales@greenbooks.co.uk  
www.greenbooks.co.uk

**PUBLICITY**  
Stacey Hedge, Green Books,  
Dartington Space, Dartington Hall,  
Totnes, Devon, TQ9 6EN  
Tel: 01803 863260  
Fax: 01803 863843  
publicity@greenbooks.co.uk  
www.greenbooks.co.uk

**SALES REPRESENTATION**  
Signature Books Representation UK  
20 Castlegate, York, YO1 9RP  
Tel: 0845 862 1730  
Fax: 0161 683 5270  
sales@signaturebooksuk.com  
www.signaturebooksuk.com

**UK TRADE DISTRIBUTION**  
Central Books, 99 Wallis Road,  
London, E9 5LN  
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info@centralbooks.com  
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