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introduction to the practices and planning needed to begin

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fresh or transition into to year round sustainable home gardening. Using many examples from her own experience in developing a sustainable market garden she fills the pages with insight as well as information.

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Sustainable diet: Facts, nutrition, and more

Grow a Sustainable Diet will help you develop a comprehensive, customized garden plan to produce the maximum number of calories and nutrients from any available space. Avoid arriving in August buried under a mountain of kale or zucchini (and not much else) by making thoughtful choices at the planning stage, focusing on dietary staples and key nutrients.

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