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The Zero-Mile Diet: A Year-Round Guide to Growing Organic Food

Carolyn Herriot

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The Zero-Mile Diet: A Year-Round Guide to Growing Organic Food Carolyn Herriot
This definitive month-by-month guide brings gardeners into the delicious world of edible landscaping and helps take a load off the planet as we achieve greater food security. Full of illustrative colour photos and step-by-step instructions, *The Zero-Mile Diet* shares wisdom gleaned from 30 years of food growing and seed saving with comprehensive advice on:
* Growing organic food year-round
* The small fruit orchard and backyard berries
* Superb yet simple seasonal recipes
* Preserving your harvest
* Seed saving and plant propagation
* Dirt-cheap ways to nourish your soil
* Backyard poultry--it's less time-consuming than you
think
* Growing vegetables in the easiest way possible
* A-z guide to growing the best vegetables and herbs

Put organic home-grown fruits and vegetables on your table throughout the year, using the time-saving, economical and sustainable methods of gardening outlined in *The Zero-Mile Diet*. This book is about REAL food and how eating it will change our lives for the better.

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The book untitled The Zero-Mile Diet: A Year-Round Guide to Growing Organic Food is the guide that recommended to you to read. You can see the quality of the guide content that will be shown to an individual. The language that writer use to explained their way of doing something is easily to understand. The author was did a lot of study when write the book, therefore the information that they share to you is absolutely accurate. You also can get the e-book of The Zero-Mile Diet: A Year-Round Guide to Growing Organic Food from the publisher to make you much more enjoy free time.

Gail Boutwell:

People live in this new day of lifestyle always try to and must have the spare time or they will get great deal of stress from both daily life and work. So , whenever we ask do people have time, we will say absolutely without a doubt. People is human not a robot. Then we ask again, what kind of activity have you got when the spare time coming to an individual of course your answer will unlimited right. Then do you try this one, reading guides. It can be your alternative within spending your spare time, often the book you have read will be The Zero-Mile Diet: A Year-Round Guide to Growing Organic Food.

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