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Stand Up and Garden: The No-Digging, No-Tilling, No-Stooping Approach to Growing Vegetables and Herbs

By Mary Moss-Sprague, Kathren Moss, Greg Aspinall

Countryman Press Inc. Paperback. Book Condition: new. BRAND NEW, Stand Up and Garden: The No-Digging, No-Tilling, No-Stooping Approach to Growing Vegetables and Herbs, Mary Moss-Sprague, Kathren Moss, Greg Aspinall, Knowing where our food comes from is a huge issue; food safety and costs seem to figure more prominently in our lives all the time. Many people would like to grow their own vegetables but don't know how to begin-digging, plowing, planting, weeding, and watering a large plot can be daunting. Stand Up and Garden shows how everyone can garden, including those with physical limitations like arthritis or location limitations like apartment-dwellers without backyards. Imagine harvesting radishes, carrots, and strawberries in the spring; herbs, tomatoes, and cucumbers all through the summer; beets, spinach, and even potatoes in autumn. By focusing on containers, trellises, and raised beds, Master Gardener Mary Moss-Sprague has improved upon traditional gardening by developing ways to grow plants that produce large amounts of food-enough for canning and other preservation-in small vertical spaces. New gardeners will find basic planting and growing information for a wide range of vegetables and herbs. Experienced growers will find economical, space- and energy-saving ideas. In addition to vertical gardening techniques, there are tips on...



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