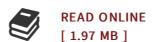




The Intelligent Gardener: Growing Nutrient-Dense Food

By Steve Solomon

New Society Publishers. Paperback. Book Condition: New. Paperback. 336 pages. Dimensions: 8.9in. x 5.9in. x 0.8in. Vegetables, fruits, and grains are a major source of vital nutrients, but centuries of intensive agriculture have depleted our soils to historic lows. As a result, the broccoli you consume today may have less than half of the vitamins and minerals that the equivalent serving would have contained a hundred years ago. This is a matter for serious concern, since poor nutrition has been linked to myriad health problems including cancer, heart disease, obesity, high blood pressure, and diabetes. For optimum health we must increase the nutrient density of our foods to the levels enjoyed by previous generations. To grow produce of the highest nutritional quality the essential minerals lacking in our soil must be replaced, but this re-mineralization calls for far more attention to detail than the simple addition of composted manure or NPK fertilizers. The Intelligent Gardener demystifies the process while simultaneously debunking much of the false and misleading information perpetuated by both the conventional and organic agricultural movements. In doing so, it conclusively establishes the link between healthy soil, healthy food, and healthy people. This practical step-by-step guide and the accompanying customizable...



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