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Book Information

The Alternative Kitchen Garden An A-Z

By Emma Cooper

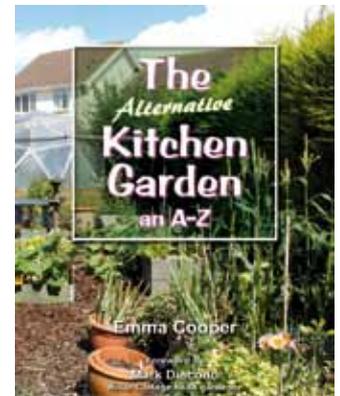
“An indispensable compendium for a new generation of eco-conscious kitchen gardeners.” Elspeth Thompson, *The Sunday Telegraph* gardening columnist

The Alternative Kitchen Garden is an evolving idea of what a kitchen garden could be in the twenty first century – organic, environmentally sustainable, resilient and localising at least some of our food production. It’s also a place not only for learning and practising growing skills, but for enjoying ourselves and having fun. This is an ideal companion for anyone getting dirt under their fingernails for the first time, as well as being full of fascinating ideas and experiments for the adventurous gardener.

A self confessed ‘cyber geek’, Emma began to document the transformation of her ‘ropey old lawn with potholes and brambles’ into a fertile and abundant permaculture plot via internet radio and a popular blog site. Eight years on her postings and stories have been collected in here, illustrated with beautiful colour photographs and arranged into easily accessible alphabetical order, covering subjects as diverse as growing achocha (a lost Inca crop) to aiming for zero waste.

This book is informative yet friendly – you feel you could actually be sitting in the garden chatting face to face as she shares her knowledge and experience, especially when she veers off into non directly garden related tangents such as osteopathy and freecycling. A concise and valuable practical guide, and a lovely read that you can also dip in and out of.

“Emma Cooper is an unstoppable force, one of life’s positive people, and *The Alternative Kitchen Garden* sets out her inspiring personal vision of how to grow your own.” Emma Townshend, *The Independent on Sunday* gardening columnist



Published: 2009

ISBN: 978-1-85623-046-9

205mm x 160mm

Paperback

376pp

190 colour photographs

£14.95

File:
Gardening
Green Living
Environment
Home
Lifestyle

The Publisher:
Permanent Publications
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Winners of The Queen’s Award for
Enterprise in the Sustainable
Development category (2008)

PUBLISHERS

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Email: info@permaculture.co.uk
Web: www.permanentpublications.co.uk
Magazine: www.permaculture.co.uk

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What people are saying about THE ALTERNATIVE KITCHEN GARDEN AN A-Z

An indispensable compendium for a new generation of eco-conscious kitchen gardeners. *Elspeth Thompson, The Sunday Telegraph gardening columnist*

An ideal companion for anyone getting dirt under their fingernails for the first time. *Tracey Smith, The Book of Rubbish Ideas*

Emma Cooper is an unstoppable force, one of life's positive people, and *The Alternative Kitchen Garden* sets out her inspiring personal vision of how to grow your own. *Emma Townsend, Independent on Sunday gardening columnist*

Hallelujah – a kitchen garden handbook for the genuine newbie. Instead of dry facts and statistics, here you have a description of the life and soul of a garden. *Corrina Gordon-Barnes, award-winning writer of The World Needs Your Passion*

An inspirational tour of an edible garden that can be recreated in the smallest of backyards. An essential guide for a new generation of gardeners who are keen to join the kitchen garden revolution. *Karen Cannard author of The Rubbish Diet*

Growing your own food is not just about sustainability; it is a state of mind. As anyone who grows their own veg knows, you only have to start simple and before you know it you're hooked. *The Alternative Kitchen Garden* shows that there isn't really a start, just an experiment. *Alex McDonald, The Ecologist*

Would it be a book I would recommend to a more experienced gardener? Yes, there are angles and experiments that Emma has recorded which would interest those that are further down the gardening path than I am. However, it is the perfect book for those starting out, or for those of us who are procrastinating or rather sitting on the fence dithering. She shows us how she has planted and grown her own food for many years now - recording her successes as well as her failures - and makes me, at least, want to have a go. *Val Harris, www.permaculture-wales.org.uk*

A neat little handbook of ideas for kitchen gardening. In a quest to reduce her food miles Emma has developed a real passion for growing edible plants. *Eden Magazine*

A delightful book, informative and entertaining ... a valuable addition to any gardener's collection. It conveys Emma's infectious enthusiasm for the whole business of cultivating your own fruit and veg. *Richard Barnett, Ethical Junction*

An A-Z of enthusiasm, ideas and experiments, where Freecycling, Osteopathy and Zero Waste cheerfully rub shoulders with Peas and Strawberries. A book, which has relevance for anyone growing their own in the 21st century, irrespective of whether they're a beginner or have some experience.
www.vegplotting.blogspot.com

ABOUT THE AUTHOR:

If she's not out in the garden, making compost and growing odd plants, or writing books, Emma will be updating her garden blog and recording the *Alternative Kitchen Garden* podcast. She also writes gardening and green living articles, and has been published in the *Guardian*, the *Ecologist* and *Permaculture Magazine* (among others) as well as appearing on the BBC *Gardening* and *Reader's Digest Gardening* blogs.

