



# Advance Book Information

## No Dig Organic Home & Garden Grow, cook, use & store your harvest

by Charles Dowding & Stephanie Hafferty

No dig organic gardening saves time and work. It requires an annual dressing of compost to help accelerate the improvement in soil structure and leads to higher fertility and less weeds. No dig experts, Charles Dowding and Stephanie Hafferty, explain how to set up a no dig garden. They describe how to:

- make compost and enrich soil
- learn skills you need to sow and grow annual and perennial veg
- harvest and prepare food year round
- make natural cosmetics, cleaning products and garden preparations

These approaches work as well in small spaces as in large gardens. The Authors' combined experience gives you ways of growing, preparing and storing the plants you grow for many uses, including delicious vegetable feasts and many recipes and ideas for increasing self reliance, saving money, living sustainably and enjoying the pleasure of growing your own food, year round.

Charles' advice is distilled from 35 years of growing vegetables intensively and efficiently; he is the acknowledged no dig guru and salad expert both in the UK and internationally. Stephanie, a kitchen gardener, grows in her small, productive home garden and allotment, and creates no dig gardens for restaurants and private estates. She creates delicious seasonal recipes made from the vegetables anyone can grow. She also explains how to use common plants you can grow and forage for to make handmade preparations for the home and garden.

### ABOUT THE AUTHORS

Charles is a pioneer of organic and no dig growing since 1983, creating and cropping four market gardens, the largest of seven acres. He has written seven books, runs a busy You Tube channel and teaches extensively at home and abroad.

Stephanie Hafferty is an organic no dig kitchen gardener, writer and chef, specialising in seasonal plant based food. She is passionate about sharing her knowledge of growing and cooking to feed families and communities.

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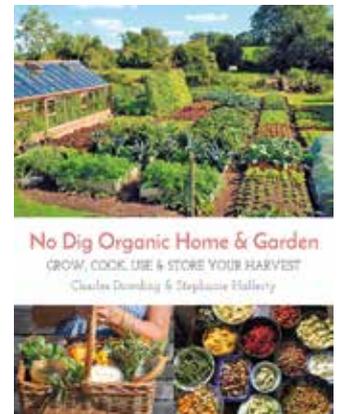
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