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Advanced Information

Edible Paradise

How to grow herbs, flowers, and vegetables in any space

by Vera Greutink

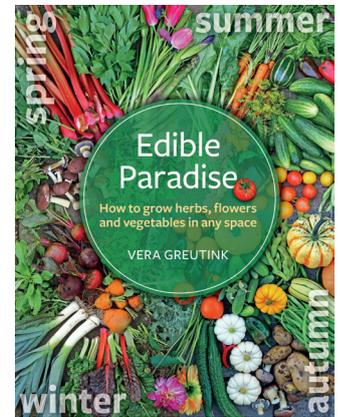
Learn how to create your own no dig, organic garden with permaculture design and techniques. Vera's 15 years of experience as a no dig gardener provides a vast amount of knowledge on growing fruit, vegetables, herbs and flowers. The book is divided into two sections, container gardening and permaculture kitchen gardening. Part One shares knowledge especially useful to urban gardeners and those with little space. Part Two advises on starting and maintaining a garden.

Vera's speciality is creating beautiful and delicious polycultures and she offers a range of examples to get you started and the knowledge to experiment. She also includes recipes for your fresh harvests. Chapters on making compost, building raised beds, and a monthly job guide make this useful for all levels of gardener.

Vera demonstrates that gardens can look beautiful and be productive, and her advice and examples encourage us to look at our own growing spaces in a different light. We no longer need to hide our veggie patches; they can take centre stage. Why not incorporate cut flowers with herbs, brassicas and peas? Or plant a pottager garden? These examples will help people create edible paradises everywhere, like patios, balconies, windowsills, allotments, community and school gardens, front and back gardens and anywhere else we can grow.

ABOUT THE AUTHOR:

Vera Greutink lives in Hengelo, Netherlands with her husband and two children. She has been a no dig gardener for over 15 years, and has grown food and flowers on a range of plots from allotments to community gardens. She currently grows on a 1/10th hectare (966 square metre) plot, with fruit trees, greenhouse, pond and raised beds, aiming to be as self-sufficient as possible. She shares her tips and recipes on her website: www.growntocook.com and also has a YouTube channel called 'GrownToCook' and a large Instagram following @growntocook



Published: April 2019

ISBN: 978 1 85623 325 5

246 x 189mm

colour photographs

throughout

240 pages

Paperback

£16.00

File

Gardening

Environment

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Permanent Publications
The Sustainability Centre
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Magazine: www.permaculture.co.uk

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