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No Dig Year Round Harvests

Grow food all year in your garden,
allotment or homestead

by Stephanie Hafferty

From the best-selling, award winning author of *No Dig Organic Home and Garden*, Stephanie Hafferty explains how to grow your own fresh and organic fruit, herbs and vegetables in any sized garden, whilst creating healthy, carbon-sequestering soil and a biodiverse and happy space.

She shares:

- Tips on small space growing, using intercropping and module sowing
- Ideas for indoor growing for those with small/no gardens
- Step-by-step plans and timings from sowing to harvesting
- Advice on setting up your own no dig garden
- Key fruits, herbs and veggies to grow for ease, taste and nutrition
- Composting systems, water conservation and plant propagation
- Gardening for food and wildlife biodiversity
- Natural pest controls

ABOUT THE AUTHOR

Stephanie Hafferty is a professional 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 good food to feed families and communities. She specialises in making organic, biodegradable, zero plastic, zero waste beautiful products for the home and garden.

Her first book, *No Dig Organic Home and Garden*, co-authored with Charles Dowding, sold over 10,000 copies in under a year and won Practical Book of the Year Award at the prestigious Garden Writer's Guild in 2017.

Her second book, *The Creative Kitchen*, was released in 2018 to great acclaim.

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ALLOTMENT OR HOMESTEAD
STEPHANIE HAFFERTY



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