

## **BOOK REVIEW – FOOD TO GROW**

-by Laura Foreshew

If you are eager to grow your own fruits, vegetables, and herbs, this book called “Food to Grow” is ideal for a beginner or experienced gardener. You may desire to maximize your vegetable yield for the season, or build a raised bed with easy to follow instructions. Even the no till method is discussed.

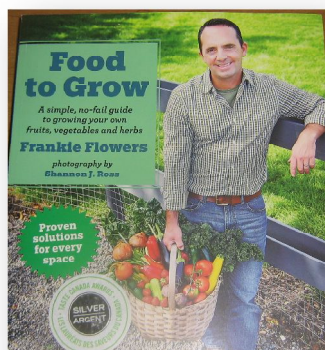
A suggested garden plan, well-illustrated, will guide a gardener to success...it includes rotating vegetable yield, high yield favourites, shade crops, how to stagger crops, varieties of plants, multi-cropping, and certain crop types.

Seed versus seedling information is discussed in this book. How to reduce weeds, fertilizing basics, and seed storage is given detailed explanation.

How to deal with various insect problems and diseases is quite helpful to any gardener. Suggested homemade remedies will save you money. An SOS (HELP) grid on garden symptoms and solutions is pictured in detail to help you trouble shoot any problems.

Of course, the best part is how to harvest and store your vegetables, fruits, and herbs. Don't forget to explore how to protect herbs and fruit-bearing trees in the fall season. You will find specific challenges with various vegetables, fruits, and berry bushes solved in the latter part of this valuable and resourceful book.

Experience the challenge of growing a profitable garden this coming year, or next. With this book in hand from our local library, you cannot go wrong with this gardening pleasure.



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A soft, painterly illustration of a landscape featuring a large, rounded tree in the foreground, a body of water in the middle ground, and rolling hills in the background under a light sky.

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