



# **The Grow Your Own Food Handbook: A Back to Basics Guide to Planting, Growing, and Harvesting Fruits and Vegetables (The Handbook Series)**

*Monte Burch*

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Growing your own food is a hot topic today because of the high cost of transporting food long distances, the heightened problem of diseases caused by commercially grown foods, concerns of the overuse of chemicals in mass food production, and the uncertain health effects of GMOs. Many people—from White House executives to inner-city kids—have recently discovered the benefits of homegrown vegetables and fruits. Community gardens, and even community canning centers, are increasingly popular and have turned roof-top gardening into a great and healthy food source. And on a smaller scale, some plants can even be grown in containers for the smallest backyard or patio. The possibilities for growing your own food are endless!

*The Grow Your Own Food Handbook* informs you how to grow all types of vegetables, fruits, and even grains on your own land or in any small space available to you and your family. Also included is information on specific health benefits, vitamins, and minerals for each food, as well as detailed instructions for fall and winter food growing. Learn how to grow for your family, harvest and store all types of home-grown produce, and find joy in eating foods planted with your own hands.

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