



# Organic Fruits and Vegetables: Growing Healthy and Delicious Food at Home

*Teo Gómez*

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## **Organic Fruits and Vegetables: Growing Healthy and Delicious Food at Home** Teo Gómez

This book offers a clear picture of all that we need to know to make our small plot of land the most productive it can be. The authors present the information in a way that is cognizant to the people, plants, insects, and animals that live on the land. Thus, they do not recommend the use of pesticides or fertilizers or any other product that can be poisonous or unnatural. They choose organic seeds to maintain practices that promote, rather than destroy, the environment. This book contains, among other themes:

- Horticultural techniques, from irrigation practices to sowing, tending, and harvesting
- 1,001 ways to get rid of creatures that plague us, without exterminating them
- All the plants we can grow and how to do so in the best way possible
- Fruit trees, aromatic plants, and plants you can eat
- Plants you should avoid
- And much more!

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