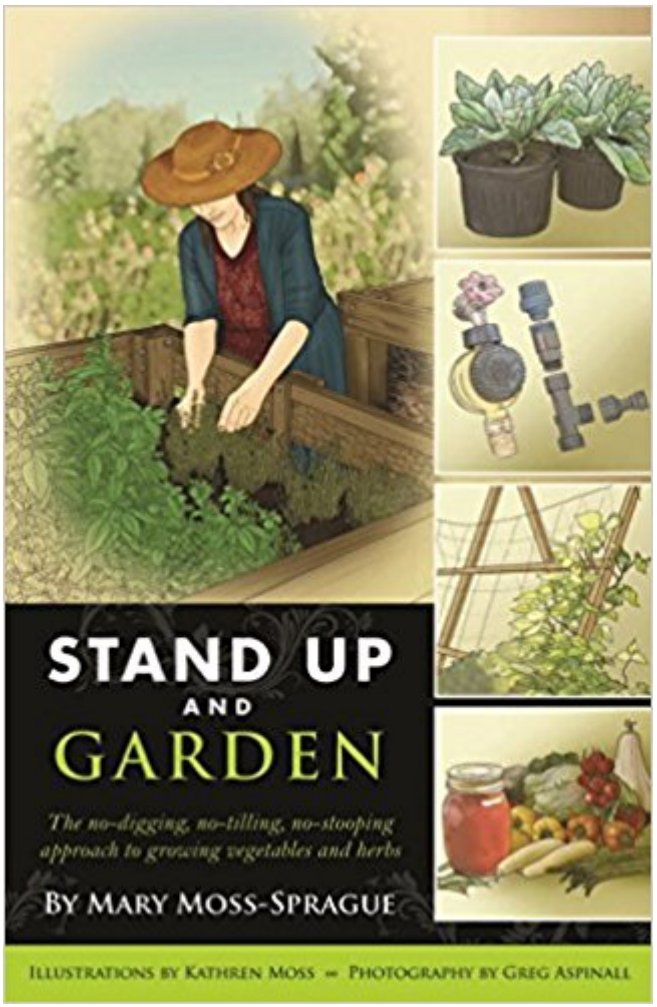
Ebook Directory
the best source of ebook

The book was found

# Stand Up And Garden: The No-digging, No-tilling, No-stooping Approach To Growing Vegetables And Herbs




PDF
Adobe
DOWNLOAD EBOOK

## Synopsis

Focusing on containers, trellises, and raised beds, this book shows how everyone can garden, including those with physical limitations like arthritis or location limitations like apartment-dwellers without backyards. Knowing where our food comes from is a huge issue; food safety and costs seem to figure more prominently in our lives all the time. Many people would like to grow their own vegetables but donÃ¢â ¬â„¢t know how to beginÃ¢â ¬â ¢digging, plowing, planting, weeding, and watering a large plot can be daunting. Stand Up and Garden shows how everyone can garden, including those with physical limitations like arthritis or location limitations like apartment-dwellers without backyards. Imagine harvesting radishes, carrots, and strawberries in the spring; herbs, tomatoes, and cucumbers all through the summer; beets, spinach, and even potatoes in autumn. By focusing on containers, trellises, and raised beds, Master Gardener Mary Moss-Sprague has improved upon traditional gardening by developing ways to grow plants that produce large amounts of foodÃ¢â ¬â ¢enough for canning and other preservationÃ¢â ¬â ¢in small vertical spaces. New gardeners will find basic planting and growing information for a wide range of vegetables and herbs. Experienced growers will find economical, space- and energy-saving ideas. In addition to vertical gardening techniques, there are tips on overwintering plants and details on sustainable and eco-friendly gardening practices. Step-by-step illustrations and supply lists of inexpensive materials make projects like building a trellis or constructing a raised bed using straw bales accessible to everyone, regardless of ability or skill. ThereÃ¢â ¬â„¢s even a chapter on installing a micro-drip irrigation systemÃ¢â ¬â ¢a very helpful innovation that eliminates the need for heavy hand-held watering devices. Use this great reference for inspiration and instruction on sustainable and economical gardening practices and techniques. 66

## Book Information

Paperback: 208 pages
Publisher: Countryman Press; 1 edition (April 16, 2012)
Language: English
ISBN-10: 0881509833
ISBN-13: 978-0881509830
Product Dimensions: 5.6 x 0.6 x 8.5 inches
Shipping Weight: 4.8 ounces (View shipping rates and policies)
Average Customer Review: 4.3 out of 5 stars 31 customer reviews
Best Sellers Rank: #568,462 in Books (See Top 100 in Books) #92 inÃ Â Books > Crafts, Hobbies

& Home > Gardening & Landscape Design > By Technique > Urban  #136 inÃ  Â Books > Crafts, Hobbies & Home > Gardening & Landscape Design > By Technique > Container Gardening  #370 inÃ  Â Books > Crafts, Hobbies & Home > Gardening & Landscape Design > By Technique > Organic

## Customer Reviews

Mary Moss-Sprague is a certified Master Gardener and Master Food Preserver and has written about gardening and beekeeping for numerous publications, including the Finger Lake Times, Ruralite, and BackHome magazines. She has worked with the Cornell Cooperative Extension Service of Wayne County (NY) to give public presentations and garden tours demonstrating her user-friendly vertical gardening techniques. Moss-SpragueÃ¢â ¬â„¢s own home garden was featured recently in the Great Gardens of Wayne County Tour.

I bought this and another book on straw bale gardening, and between the two we had an amazing garden with great yields. This is by far the more informative of the two books we purchased. I wish I could attach pictures. They offer step by step instructions for several methods.

Very useful book for senior gardeners. I liked mine so much that I purchased one for a friend. I've been gardening in two foot high raised beds for the last 4 years. Wish I had seen this book first, as I would have done a different setup.One caveat: the author's system it is based on using straw bales. That's great if you live in or near the country, but not much help in the interior of the Chicago Metropolitan Area.

By far one of the best raised bed gardening books out there. They are raised to the point of not having to sit or squat to work in them. We were wondering how much longer we would be able to garden with a bad back, but this will bring us many more fun years to come. Also, has ideas that won't cost you a fortune. Highly recommend this added to your gardening library.

We're just finishing this book. DH and I both love to garden but our backs don't. There's also the problem of bugs and weeds when you garden in the earth so we've decided to make our own elevated raised garden beds. This book gives great info on all you need and even gives resources for supplies. Definitely happy we bought it and we highly recommend it. We're building our elevated garden beds this weekend; can't wait to get the wonderful organic vegetables, herbs and other

goodies we'll be harvesting! Happy gardening!

This paperback is going to be beneficial for me the next few gardening seasons. There are drawings which are very clear and good insight on changing my gardening ways to make gardening easier for my aging body.

I enjoyed the book and it helped me with planning my garden and being able to use my wheel chair in it.

A friend and I with the help of our husbands are converting our gardens. I have torn a tendon in shoulder and can't hoe and she has rheumatoid arthritis. Great ideas.

I read through this book at the library over a span of two weeks. It had enough content to justify adding it to our new gardening library. We taking the simple approach to gardening and we don't want to make all of the classic new-gardener mistakes. This book will help us get good results without the stumbles.

Download to continue reading...

Stand Up and Garden: The no-digging, no-tilling, no-stooping approach to growing vegetables and herbs Lasagna Gardening: A New Layering System for Bountiful Gardens: No Digging, No Tilling, No Weeding, No Kidding! Growing Marijuana: Box Set - Growing Marijuana For Beginners & Advanced Marijuana Growing Techniques (Growing Marijuana, Marijuana Growing, Growing Marijuana Indoors) How To Dry Herbs At Home: The Ultimate Guide To Drying Herbs (Herb Gardening, Herbs And Spices, Condiment Recipes, Condiment Cookbook, Herbal Recipes, ... Mixing Herbs, Spices, Sauces, Barbecue) Drying Garden Herbs: The Ultimate Guide To Drying Herbs - Amazing Tips And Tricks On How To Easily Dry Fresh Herbs Growing Marijuana: Marijuana Growing Tips and Tricks to Get Big Yields For Beginners! (Growing Marijuana For Beginners, Growing Marijuana Indoors & Outdoors, Growing Marijuana Tips and Tricks) Growing Mushrooms for Profit: The Definitive Step-By-Step Guide to Growing Mushrooms at Home for Profit (Growing Mushrooms for Profit, Growing Mushrooms ... Mushrooms, Growing Oyster Mushrooms) Growing Herbs: A BeginnerÃ¢â ¬â„¢s Guide on Growing the Most Useful Culinary Herbs at Home The Complete Guide to Growing Vegetables, Flowers, Fruits, and Herbs from Containers: Everything You Need to Know Explained Simply (Back to Basics Growing) Western Garden Book of Edibles: The Complete A-Z Guide to Growing Your Own Vegetables, Herbs, and Fruits Fresh from the

Garden: An Organic Guide to Growing Vegetables, Berries, and Herbs in Cold Climates Container Gardening Made Easy: Beginners Guide to Growing Organic Herbs and Vegetables in Your Indoor Garden Herbs:How To Dry And Prepare Your Herbs - A Herbal Beginners Guide: :: Easy To Follow And Learn How To Dry And Store Your Herbs ONLY! American Medicinal Leaves And Herbs; Guide To Collecting Herbs and Using Medicinal Herbs and Leaves Medicinal Herbs: Aromatherapy, Essential Oils and Medicinal Herbs To Improve Your Health (Medicinal Herbs For Beginners Book 1) Gardening: Hydroponics for Self Sufficiency - Vegetables, Herbs, and Berries (Herbs, Berries, Organic Gardening, Canning, Homesteading, Tomatoes, Food Preservation) Gardening: Hydroponics for Self Sufficiency - Vegetables, Herbs, & Berries (Herbs, Berries, Organic Gardening, Canning, Homesteading, Tomatoes, Food Preservation) Fermented Vegetables: Creative Recipes for Fermenting 64 Vegetables & Herbs in Krauts, Kimchis, Brined Pickles, Chutneys, Relishes & Pastes Digging Up the Past (Set) (Digging Up the Past (Hardcover)) Weed: The Ultimate Quick Guide To Growing Great Marijuana (How To Grow Your Own Weed, Growing Marijuana for Beginners, Big Buds, High Yields, Growing Marijuana Indoors, Weed Growing Book 1)

Contact Us

DMCA

Privacy

FAQ & Help