



## Secrets of Culinary Cultivation: How to Increase Your Health and Happiness with Home Grown Produce (Paperback)

By Laura Van Dussen

Createspace, United States, 2010. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.With an efficient plan you can easily grow a mouth-watering produce garden in a small suburban lot and save hundreds of dollars from your food budget - all while feeding your family (and some lucky friends) the most nutritious, tasty food you've ever eaten. This book is specifically written with the beginning gardener in mind and will give you an organized, easy-to-understand guide to growing fruits, vegetables and herbs in your own backyard. Join the millions of proud Americans, past and present, and plant an earth-friendly produce garden in your yard. Follow the lead of Eleanor Roosevelt and Michelle Obama and convert your unused garden space or lawn into a year-round produce garden. You'll know exactly how the food was grown and you'll have the satisfaction of knowing you've made a positive difference in the world and have done your part to create a better tomorrow for us all. Imagine walking out your back door to take your pick of what's currently ripe in the garden: sun-warmed tomatoes, crisp cucumbers, fresh basil and lettuce leaves for a salad,...



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