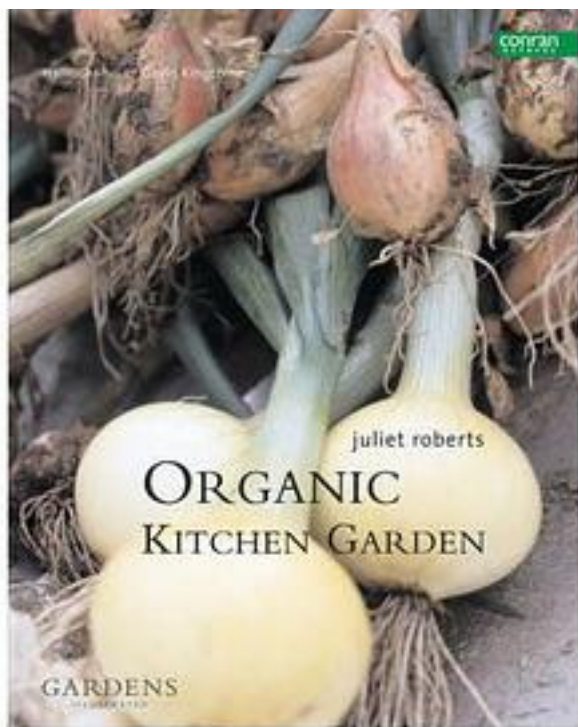


# Organic Kitchen Garden



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著者:Roberts, Juliet

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Practical, beautiful and an invaluable gardening reference, "Organic Kitchen Garden" shows you how to grow your own food and discover the taste of really fresh fruit and vegetables, and more. This book explains how to set up your vegetable patch, how to prepare the soil, choose and care for your crops and stagger your harvest across the seasons. Each chapter covers a different crop, from salads, beans and brassicas to onions, potatoes and root vegetables, as well as more unusual crops such as fennel, pak choi and seakale. It also includes helpful monthly lists to remind you which jobs

need doing when and tips on composting, weed control, plant health care, pest and disease control and watering. Photographed in the 18th-century walled kitchen garden of Audley End in Essex, stunning photography demonstrate the various techniques and processes used in organic gardening. Digging up your first ever homegrown potatoes is said to be a life-changing experience; but eating them is even more of a thrill. Once you've tasted really fresh produce, you'll never go back. And not only do really fresh fruit and vegetables taste better, but they also have greater levels of vitamins, making them one of the best ways to a healthy diet. Written by expert gardener and journalist Juliet Roberts, "Organic Kitchen Garden" contains all the information you'll need to ensure a constant stream of produce from your garden to your kitchen.

作者介绍:

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