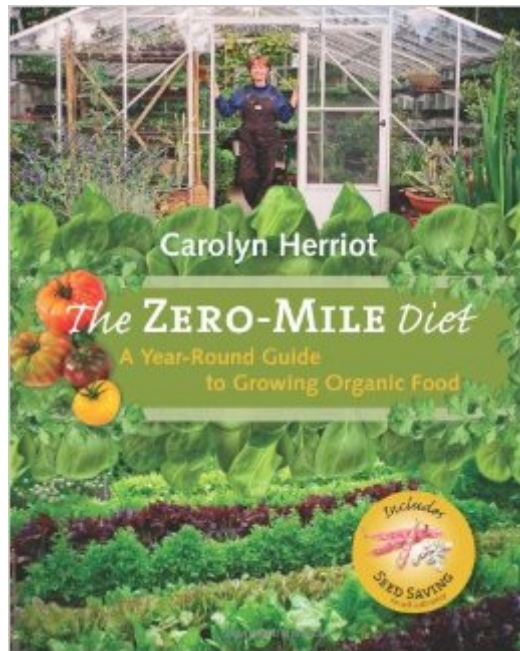


The book was found

# The Zero-Mile Diet: A Year-Round Guide To Growing Organic Food



## Synopsis

This definitive month-by-month guide brings gardeners into the delicious world of edible landscaping and helps take a load off the planet as we achieve greater food security. Full of illustrative colour photos and step-by-step instructions, *The Zero-Mile Diet* shares wisdom gleaned from 30 years of food growing and seed saving with comprehensive advice on:

- \* Growing organic food year-round\*
- The small fruit orchard and backyard berries\*
- Superb yet simple seasonal recipes\*
- Preserving your harvest\*
- Seed saving and plant propagation\*
- Dirt-cheap ways to nourish your soil\*
- Backyard poultry--it's less time-consuming than you think\*
- Growing vegetables in the easiest way possible\*

A-z guide to growing the best vegetables and herbs

Put organic home-grown fruits and vegetables on your table throughout the year, using the time-saving, economical and sustainable methods of gardening outlined in *The Zero-Mile Diet*. This book is about REAL food and how eating it will change our lives for the better.

## Book Information

Paperback: 256 pages

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Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (4 customer reviews)

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## Customer Reviews

Carolyn Herriot, an organic gardener of thirty years' experience, shares her wisdom in *The Zero-Mile Diet: A Year-Round Guide to Growing Organic Food*, a month-by-month guide to cultivating food right in one's own backyard. From selecting and taking proper care of gardening tools, to recycling ideas, to saving seeds, looking after a fruit orchard, putting a garden to bed for winter, and much more, *The Zero-Mile Diet* is a thorough and user-friendly resource. Full-color photography on virtually every page and even a handful of recipes enhance this extremely

accessible and practical guide. Highly recommended.

I've read this book from cover to cover since getting it from the library, and I adore it. It's a wonderful guide to Pacific Northwest climates (such as my Bellingham, WA location), but it makes great reading for other regions as well. There are many gorgeous photos, details vegetable/herb/edible flower profiles, and plenty of info on seed starting, seed saving, as well as recipes and remedies. The story of her ducks was adorable, and makes me want to get a pal for my two chickens. Highly recommended book.

One of the best books I've read in awhile! I initially checked this book out from the library thinking I would learn some useful tips for my simple backyard garden. I ended up reading this book from cover to cover it was surprisingly entertaining and I learned A LOT! I learned so much there was no way I was going to be able to retain all that useful information in my head so I bought it on so I can have it forever.

good book to have in your home get one to really appreciate what i am saying

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The Zero-Mile Diet: A Year-Round Guide to Growing Organic Food Negative Calorie Diet: Calorie Zero to Size Zero!: (Negative Calorie, Negative Calorie Diet, The Negative Calorie Diet, Negative Calorie Foods, Negative Calorie ... in a week, the negative calorie diet book) Zero Belly Fat: Smoothies, Juices, Salads and Many Other Healthy Recipes to Lose Weight and Maintain Flat Belly (Weight Loss, Zero Belly Diet, Flat Belly Diet, Healthy Diet) ZONE DIET: Zone Diet Cookbook (Includes 50 Zone Diet Recipes For Every Meal) (Antioxidants & Phytochemicals, Food Allergies, Macrobiotics, Food Allergies, ... Zone diet food, Zone diet for beginners 1) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, diabetes diet, paleo diet, anti inflammatory diet) Ketogenic Diet: 30 Day Ketogenic Rapid Fat Loss Anti Inflammatory Diet Plan (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, ... diet, paleo diet, anti inflammatory diet) Raw Food Diet: 50+ Raw Food Recipes Inside This Raw Food Cookbook. Raw Food Diet For Beginners In This Step By Step Guide To Successfully Transitioning ... Vegan Cookbook, Vegan Diet, Vegan Recipes) Raw Food: Lazy Man's Guide To Raw Food Success (raw food, raw vegan, raw food diet, raw vegan diet,

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