



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

Carolyn Herriot

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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.



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