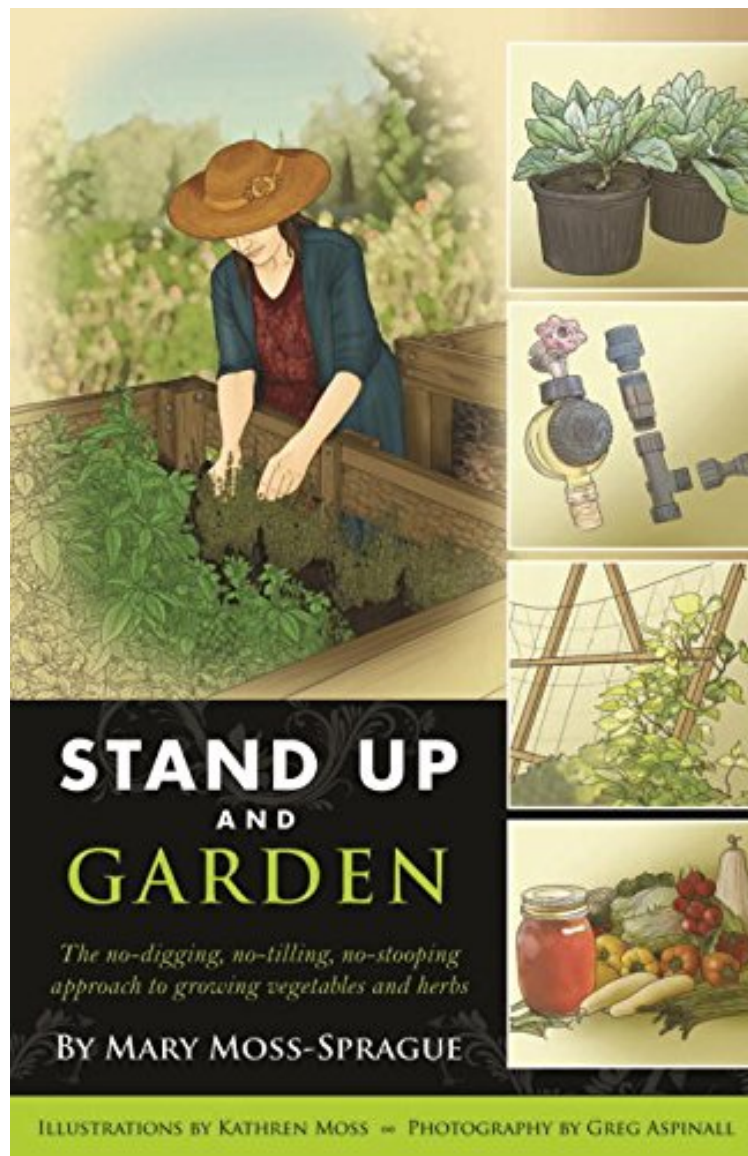


(Mobile book) Stand Up and Garden: The no-digging, no-tilling, no-stooping approach to growing vegetables and herbs

Stand Up and Garden: The no-digging, no-tilling, no-stooping approach to growing vegetables and herbs

Mary Moss-Sprague

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Mary Moss-Sprague : Stand Up and Garden: The no-digging, no-tilling, no-stooping approach to growing vegetables and herbs before purchasing it in order to gage whether or not it would be worth my time, and all praised Stand Up and Garden: The no-digging, no-tilling, no-stooping approach to growing vegetables and herbs:

27 of 28 people found the following review helpful. Amazing!!!!!! You Should See my Garden!!By CustomerI 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.0 of 0 people found the following review helpful. Very useful.By SusanVery 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.2 of 2 people found the following review helpful. By far one of the best raised bed gardening books out thereBy CustomerBy 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.

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 dont know how to begindigging, 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 foodenough for canning and other preservationin 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. There's even a chapter on installing a micro-drip irrigation systema 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

About the AuthorMary 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-Spragues own home garden was featured recently in the Great Gardens of Wayne County Tour.