



No Dig Organic Home & Garden: Grow, Cook, Use, and Store Your Harvest

Charles Dowding, Stephanie Hafferty

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No dig organic gardening saves time and work. It requires an annual dressing of compost to help accelerate the improvement in soil structure and leads to higher fertility and less weeds. No dig experts Charles Dowding and Stephanie Hafferty, explain how to set up a no dig garden, including how to:

- Make compost and enrich soil
- Learn skills you need to sow and grow annual and perennial veg
- Harvest and prepare food year round
- Make natural cosmetics, cleaning products, and garden preparations

The no dig approach works as well in small spaces as in large gardens. The authors' combined experience covers methods of growing, preparing and storing the plants you grow for many uses, and includes recipes and ideas for increasing self-reliance, saving money, living sustainably, and enjoying the pleasure of growing your own food, year round. An acknowledged expert in no dig and author of a half-dozen books on the subject, Charles' advice is distilled from 35 years of growing vegetables intensively and efficiently. Stephanie, a kitchen gardener, grows in her small, productive home garden and allotment, and creates no dig gardens for restaurants and private estates. She creates delicious seasonal recipes made from the vegetables anyone can grow. She also explains how to use common plants you can grow and forage for to make handmade preparations for the home and garden.

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