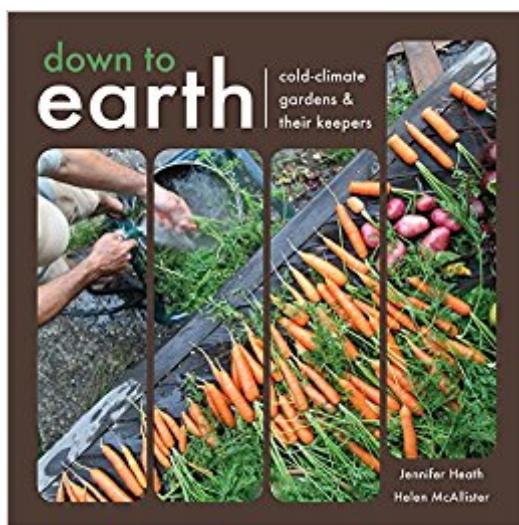


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# Down To Earth: Cold-Climate Gardens And Their Keepers



## Synopsis

Two friends began peeking over fences to find out how people in cold climates grow their own food. Throughout the beautiful Elk Valley, in the southeastern corner of British Columbia, they found generous gardeners who taught them simple ways to grow more productive and sustainable gardens. In vivid colour, *Down to Earth* celebrates the viability of cold-climate gardening. Stories, tips, and recipes inspire you to plant a few seeds and create your own food security. No matter where you live, this book will help you meet the challenges of a short growing season. Due to a cold climate and a short growing season, gardening is a challenge for many people in Canada. Despite these hurdles, there are many inspiring gardeners who grow their own food and enjoy it year-round. Their harvest makes the zero-mile diet tangible to more than just those living in a warm, temperate climate. This book is a celebration of the beauty and diversity possible in cold-climate vegetable gardens. It is designed to guide and inspire you on a seasonal basis. We begin with winter planning, then progress to spring planting, the abundance of summer, and culminate in the rewards of a fall harvest. You will also find personal stories throughout the book that provide successful examples of cold-climate gardens. No matter where you live, we hope to inspire you to plant a few seeds, regardless of how large or small your garden space. If you are a seasoned gardener, perhaps you will learn some new tips. Overall, we hope to get you talking about how you, too, can grow some of your own food.

## Book Information

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## Customer Reviews

Jennifer's passion for gardening developed after spending a year studying organic farming at Linnaea Farm on Cortes Island, BC. A life-long learner--who has in the past worked as a massage therapist, a graphic designer, and now a school teacher--she is constantly looking for new learning opportunities. Originally from St. John's, Newfoundland, she has lived in Fernie, BC with her partner Steve, since 2005. Helen moved from the warmer climes of Ontario to Fernie, BC, in 2002. She thrives in the mountain air with her loved ones, Dave and Ella. The challenges of food production are greatly off-set by the incredible rewards of pushing the gardening boundaries and feasting on the harvested goods. Outside of her professional work as a paediatric physiotherapist, she enjoys many outdoor pursuits and dabbling in artistic endeavours.

Very good educational tool for those who care to look at it. If not the complete answer will help you narrow the field of things to continue to seek after. Well done.

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