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The Edible Garden: How To Have Your Garden And Eat It, Too



Synopsis

In this timely new book, BBC star and Gardening World's thrifty and resourceful Alys Fowler shows that there is a way to take the good life and re-fashion it to fit in with life in the city. Abandoning the limitations of traditional gardening methods, she has created a beautifully productive garden where tomatoes sit happily next to roses, carrots are woven between the lavenders and potatoes grow in pots on the patio. And all of this is produced in a way that mimics natural systems, producing delicious homegrown food for her table. And she shares her favorite recipes for the hearty dishes, pickles and jams she makes to use up her bountiful harvest, proving that no-one need go hungry on her grow-your-own regime. Good for the pocket, good for the environment and hugely rewarding for the soul, The Edible Garden urges urbanites everywhere to chuck out the old gardening rules and create their own haven that's as good to look at as it is to eat.

Book Information

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Customer Reviews

I had to give this book a one-star rating in spite of the good advice about planning and planting a garden. Those parts appear to be useful. Portions of the section dealing with preserving your harvest were not only bad but criminally bad. Ms. Fowler has apparently had astonishingly good luck making jam and jellies if her idea of "sealing" is to fill up a jar, press a disk of greaseproof paper on top and screw on the lid. (Either good luck or a string of involuntary manslaughter charges that she's not telling us about.) If you want to preserve fruits and vegetables, PLEASE get a reliable resource that tells you in detail how to go about it safely. I've been canning for years and I still pull

out "The Complete Book of Home Preserving" by the Ball Company every single time and review the step by step instructions. Hopefully we'll be able to avoid an awkward conversation with the nice man from the Health Department about that unfortunate outbreak of botulism in our neighborhoods.

I've always been intimidated by a vegetable garden, my experience has just been with a handful of flowers around my yard. I don't have much space so I assumed it was pointless to even attempt a vegetable garden. This book has broken down all the myths and assumptions I had about such a garden and I now feel free to play with choices, varieties and locations. I'm not planning on planting enough plants to feed me every meal for every day, but I am going to start planting a slew of veggies that I've been too scared to attempt because I never knew what to do before now. The author breaks down each type of veggie and goes into great specifics about how to grow it, where and when to row it, how to harvest it, etc. I never knew you could plant veggies all mixed up with flowers, I thought they had to be planted like those ugly garden plots I see scattered around. I'm excited about using the plants as part of my pretty flower garden and actually planting more than I thought was possible - without fear!

I did not know of Alys Fowler before this book but now I am a die-hard fan of her writing and her style of gardening which is easy, inviting, effective and very edible, too. Her wisdom comes from a pure love of gardening and her excellent advice is helpful to any level of expertise. I am going to do exactly as Alys Fowler suggests and have my garden and eat it and share the bounty with my neighbors friends and loved ones!

Add a little Spring to your Winter and join our blog tour for Fowler's The edible Garden. This book has it all, from getting your garden started, to how to save seeds and so much more. I totally fell in love with this book and its beautiful illustrations. The edible Garden gives you a full view of how Fowler enjoys her own garden and how to create your own "Garden of Eden." • Whether you are a do it yourself who likes to do all your garden by hand or you just like to grow some edibles out on your deck, you will find this book informative and enjoyable. There is something in The edible Garden for every one, whatever the age. Chapter 1, Things to Know, includes information on getting your garden started and growing healthy plants. Chapter 2, Things to Grow, covers all of Fowler's tips on growing vegetables and flowers, with an edible directory including edible flowers and great tips on seed saving. In Chapter 3, Reaping Your Harvest, you will learn the harvesting of your edibles, cooking and Fowler has included some great recipes. The edible Garden makes a

great gift for that gardener in your life, who like me, will fall in love with this highly informative book and its beautiful photos and illustrations. As a gift, I highly recommend the paperback the photo are beautiful and the look and feel of the book is gift that will always be remembered.

This is a very ecotastic book for those who want to get started or want further reading on growing your own food. The pictures are gorgeous and the information is great. It'll teach you how to grow, harvest, preserve, and compost. Seriously, everyone who is interested in healthier eating should get this book!

It's so pretty. Every page is so pretty. Esthetics out of the way... I found this book really useful. I'm a small garden gardener. My 'garden' is a balcony in an apartment. I found Fowler's book geared towards getting the most produce out of a very small space, or those with a small plot. The follow through with chutney recipes, etc was also really good. I plan on using some of my meagre crop for that next year.

Wonderful. My mouth waters while I'm learning to create my own edible garden. Beautiful full color photography and solid advice A must for anyone who wants to learn how to eat fresh foods and live sustainably!

Author Alys Fowler has an unconventional approach to gardening: not only is everything organically grown, but in her bounteous, beautiful, abundant garden, plants grow in tumbled and profuse variety, tucked into every inch, both horizontal and vertical, growing in excellent harmony. Her book explains the many benefits of such a technique, including a staggered growing season for just the right amount of harvest every day. Readers don't have to have a huge garden plot; any small space can be converted and the author gives suggestions for how to do it. She covers composting, starting seeds and plants, and basic plant care; moves to her principles of design (looking for color, contrast, and garden microclimates), a list of suggestions for plants to grow, and tips for seed saving; then finishes with tips for harvesting, including several delicious recipes. ||The book was written for readers in the United Kingdom, so many of the plant varieties will be unfamiliar or unavailable to readers elsewhere; also, the author benefits from a cool, mild, year-round climate; the specificity of the book for its place was my only frustration (I wish there was one just like it for //my// area!). However, it was a delight to read, and the philosophy of loving your place and growing what you love in a sustainable, beautiful way transfers to anyone, anywhere who has the heart of a gardener. I

received a copy from the San Francisco Book Review in exchange for an honest review. The opinions are my own.

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