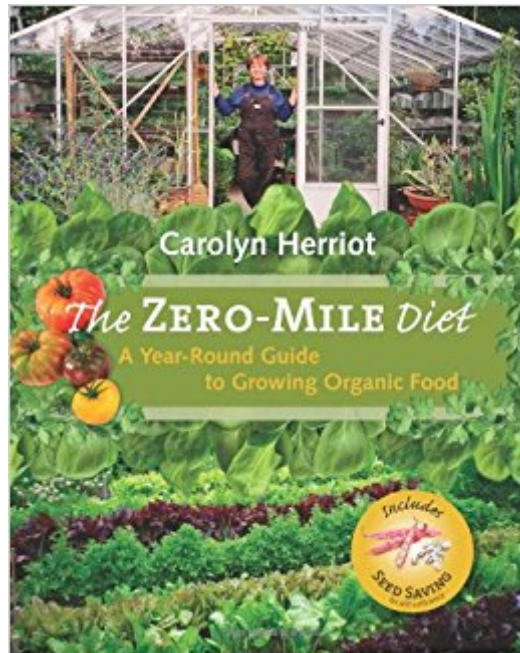




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# The Zero-Mile Diet: A Year-Round Guide To Growing Organic Food



## Synopsis

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.

## Book Information

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## Customer Reviews

"Last year's Intergovernmental Panel on Climate Change (IPCC) assessment stated that up to two billion people world-wide will face water shortages, and up to 30 per-cent of plant and animal species would be put at risk of extinction, if the average rise in temperature stabilises between 1.5 and 2.5 degrees. Ladies and Gentlemen, millions of people throughout the world are deeply concerned about what is happening to our planet, but they feel utterly powerless. So they look to national governments, the European Union and international agencies to act on their behalf, but too

often they see nothing but argument, disagreement and prevarication. The point is that the solutions do not lie with just the private sector or just the public sector. Climate change presents such a threat that, uniquely in history, it will surely require the effort of every nation and every person to find and implement a solution before it is too late." --HRH The Prince of Wales, 14th February 2008

Carolyn Herriot is the author of the bestselling *A Year on the Garden Path: A 52-Week Organic Gardening Guide*, *The Zero-Mile Diet: A Year-Round Guide to Growing Organic Food* and, most recently, *The Zero-Mile Diet Cookbook: Seasonal Recipes for Delicious Homegrown Food*. She is much in demand as a speaker and workshop leader on organic gardening in the Pacific Northwest, with regular columns in *BC Living* and *Common Ground* magazines. Carolyn grows her certified-organic seed business, *Seeds of Victoria*, at the Garden Path Centre for Organic Gardening in Victoria, BC.

One of the best books I've read in awhile! I initially checked this book out from the library thinking I would learn some useful tips for my simple backyard garden. I ended up reading this book from cover to cover it was surprisingly entertaining and I learned A LOT! I learned so much there was no way I was going to be able to retain all that useful information in my head so I bought it on so I can have it forever.

good book to have in your home get one to really appreciate what i am saying

Carolyn Herriot, an organic gardener of thirty years' experience, shares her wisdom in *The Zero-Mile Diet: A Year-Round Guide to Growing Organic Food*, a month-by-month guide to cultivating food right in one's own backyard. From selecting and taking proper care of gardening tools, to recycling ideas, to saving seeds, looking after a fruit orchard, putting a garden to bed for winter, and much more, *The Zero-Mile Diet* is a thorough and user-friendly resource. Full-color photography on virtually every page and even a handful of recipes enhance this extremely accessible and practical guide. Highly recommended.

I've read this book from cover to cover since getting it from the library, and I adore it. It's a wonderful guide to Pacific Northwest climates (such as my Bellingham, WA location), but it makes great reading for other regions as well. There are many gorgeous photos, details vegetable/herb/edible flower profiles, and plenty of info on seed starting, seed saving, as well as recipes and remedies.

The story of her ducks was adorable, and makes me want to get a pal for my two chickens. Highly recommended book.

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