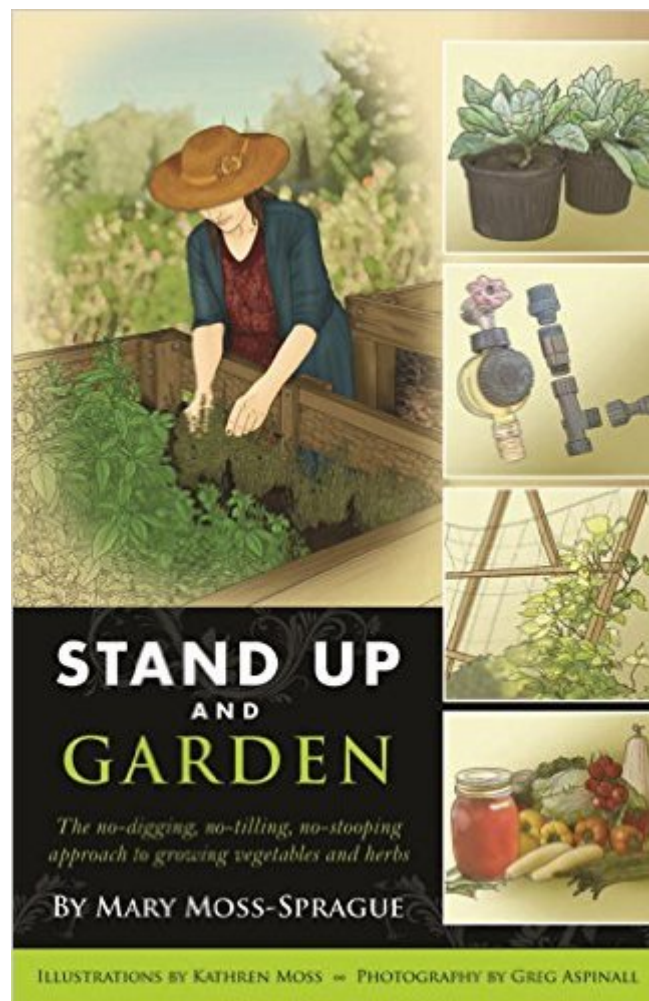


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# Stand Up And Garden: The No-digging, No-tilling, No-stooping Approach To Growing Vegetables And Herbs



## Synopsis

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 don't know how to begin. Digging, 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 food enough for canning and other preservation in 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 system a 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

## Book Information

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## Customer Reviews

I 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.

I got this book from the library and now I am buying it! I only gave it 4 stars because 1) I am a conservative reviewer, 2) Although I find it informative, I have not done any of the things in the book yet. My impressions: Very useful because it talks to me, not down to me. It also doesn't assume I know a million things about gardening (which I don't). We moved to a farmette of types and the garden area is fairly spent, full of weeds (THISTLE!!!) and clay like. This book will help me have a more productive garden without the craziness that I have now (poor spacing and annoying weeds). She tells in great detail the type of soils to use to start plants and to plant outdoors. She tells in great detail how to build a trellis for plants (without screws or even a saw (ok, maybe a little saw action at the bottom so it comes to a point to stick in the ground)). She tells how to build the super raised bed (not a 6 inch raised bed, but a 3 foot raised bed!) She does tell us to be creative (which often stresses me out in other books because I am sooo not creative) but shows pictures of how other people she has seen do it and how we can adapt to whatever plan we want with confidence.

I love this book! I got it to help make my garden a little easier to work on because my grandpa lives with me, and has a hard time bending over to pull weeds. This book is quick, easy, and fun to read. Although it's informational, the author writes in a way that makes reading seem like a casual and informative conversation with a helpful, garden-wise neighbor. There is no stone unturned regarding instructions, supplies, and helpful hints (perfectly timed) for creating your own raised garden. The author takes in to consideration budget as well, and gives viable options for those with limited resources. I can't wait to get started!

This paperback is going to be beneficial for me the next few gardening seasons. There are drawings which are very clear and good insight on changing my gardening ways to make gardening easier for my aging body.

This book has been an eye opener and I am anxious to try more of the methods presented. This year, the drip system in buckets was what I tried and it did well, better than I would have projected. The complete "stand up" bin method is next.

We're just finishing this book. DH and I both love to garden but our backs don't. There's also the problem of bugs and weeds when you garden in the earth so we've decided to make our own elevated raised garden beds. This book gives great info on all you need and even gives resources for supplies. Definitely happy we bought it and we highly recommend it. We're building our elevated garden beds this weekend; can't wait to get the wonderful organic vegetables, herbs and other goodies we'll be harvesting! Happy gardening!

By 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.

this book has lots of different information than I thought would be in it. We are thinking of putting in raised beds and all information is welcome. It has more information than the books I have ordered before and am very pleased with it.

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