

Contents

Chapter 1: Introduction	1
The coming hard times.....	3
Getting land.....	4
Becoming a vegetablearian.....	9
Chapter 2: Basics	13
What is a vegetable?	13
Helping plants grow	17
Increasing soil fertility.....	29
Summary.....	39
Chapter 3: Tools and tasks	41
The basic three and a file.....	41
How to start a new garden.....	48
Raised beds and raised rows	56
The bow rake.....	62
Restoring a raised bed for planting again.....	66
The hoe	69
Miscellaneous tools	75
Care of tools	78
Chapter 4: Garden centers	81
Transplants: Buyer beware	83
Growing your own seedlings the easy way	88
The garden center seedrack.....	97

Chapter 5: Seeds	105
The mail-order seed business	106
Who to buy from	111
Making seeds come up.....	119
Saving on seed purchases	131
Growing your own	134
Chapter 6: Watering ... and not	145
Four spacing systems.....	147
Not suffering drought.....	152
A gardener's textbook of sprinkler irrigation	161
Chapter 7: Compost	179
Why compost?	181
Making low-grade compost.....	194
Medium-quality compost: The once-a-year heap.....	197
Humanure	208
Green manure and cover crops.....	209
Chapter 8: Insects and diseases	217
Avoiding trouble	217
Insects and their remedies.....	224
Diseases and their remedies.....	236
Chapter 9: What to grow ... and how to grow it	239
Some general tips.....	239
Crops that are easiest to grow	243
Crops that are harder to grow	287
Difficult vegetables	307
Chapter 10: Bibliography	325
Books	325
Online resources	327
Index	329
About the Author	341