

Grow Your Own Food *Made Easy*

by C. Forrest McDowell, PhD & Tricia Clark-McDowell

Learn how to save up to \$200 a month in food costs by growing highly nutritious produce in as little as 100 square feet!

An Amazing 68-page Guide! Inexpensive, accurate, and practical — **Grow Your Own Food Made Easy** promotes money-saving, space-efficient, Earth-friendly gardening dedicated to growing and harvesting optimally nutritious produce for personal health and food security.

Earth Friendly

This color-illustrated guide gives expert, concise and easy step-by-step instructions on over 25 Earth-friendly gardening subjects, including soil preparation, raised-beds, natural fertilizers, cover crops, companion planting, , mulching, natural pest control, *and more.*

Nutrition Connection

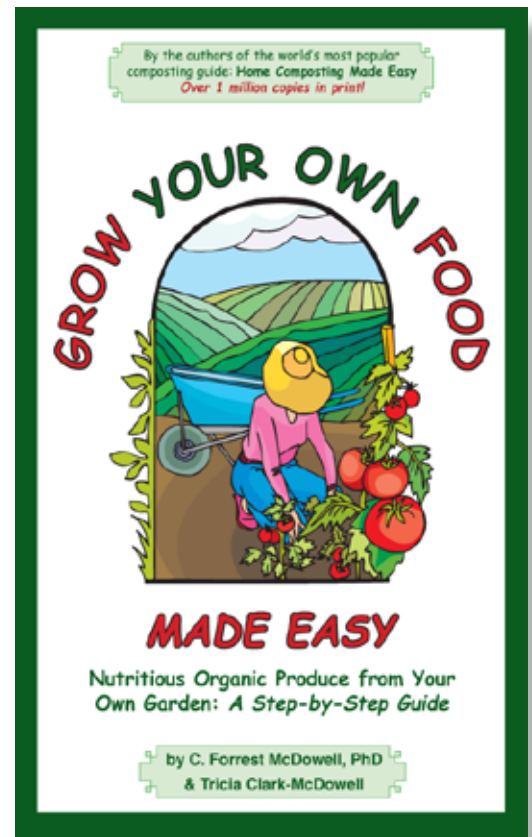
Included are sample food garden designs and 16 pages of health, nutrition, harvesting, storage and eating tips for over 40 fruits and vegetables. The featured *Nutrition Connection* offers invaluable strategies to reduce cancer risk, aid in weight control, and increase ingestion of protein, calcium, iron, vitamins A & C *and more!*

About the Authors

Professional garden & wellness educators, Dr. C. Forrest McDowell and Tricia Clark-McDowell have tended their own garden patch for over 25 years. Their 32-page **Home Composting Made Easy** (Cortesia Press) is the world's most popular guide for the home gardener, with *over 1,000,000 copies in print!*

Suggested Retail: \$6.95 - 7.95

Bulk pricing available



Grow Your Own Food *Made Easy* **Nutritious Organic Produce from Your Own Garden: A Step-by-Step Guide**

By C. Forrest McDowell, PhD
Tricia Clark-McDowell

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Phone: 1-866-837-5854

Email: info@onesanctuary.com

Website: www.onesanctuary.com

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Nutrition Connection

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