

Take a journey through a year of sustainable backyard food production with Carolyn Herriot, one of BC's top organic gardening gurus.

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—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.

CAROLYN HERRIOT is a passionate organic gardener, photographer, lecturer and a cook who loves to eat. She is also the author of the best selling *A Year On The Garden Path: a 52-Week Organic Gardening Guide*. After 20 years of operating the nursery, Carolyn continues to grow "Seeds of Victoria" at The Garden Path Centre in Victoria, British Columbia, earthfuture.com/gardenpath.

Contributing editor **CAROL POPE** brings 25 years of experience in editing and gardening, including a decade as the editor of *GardenWise* magazine, focused on organic growing in British Columbia.

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Herriot
The ZERO-MILE Diet

A Year-Round Guide to
Growing Organic Food

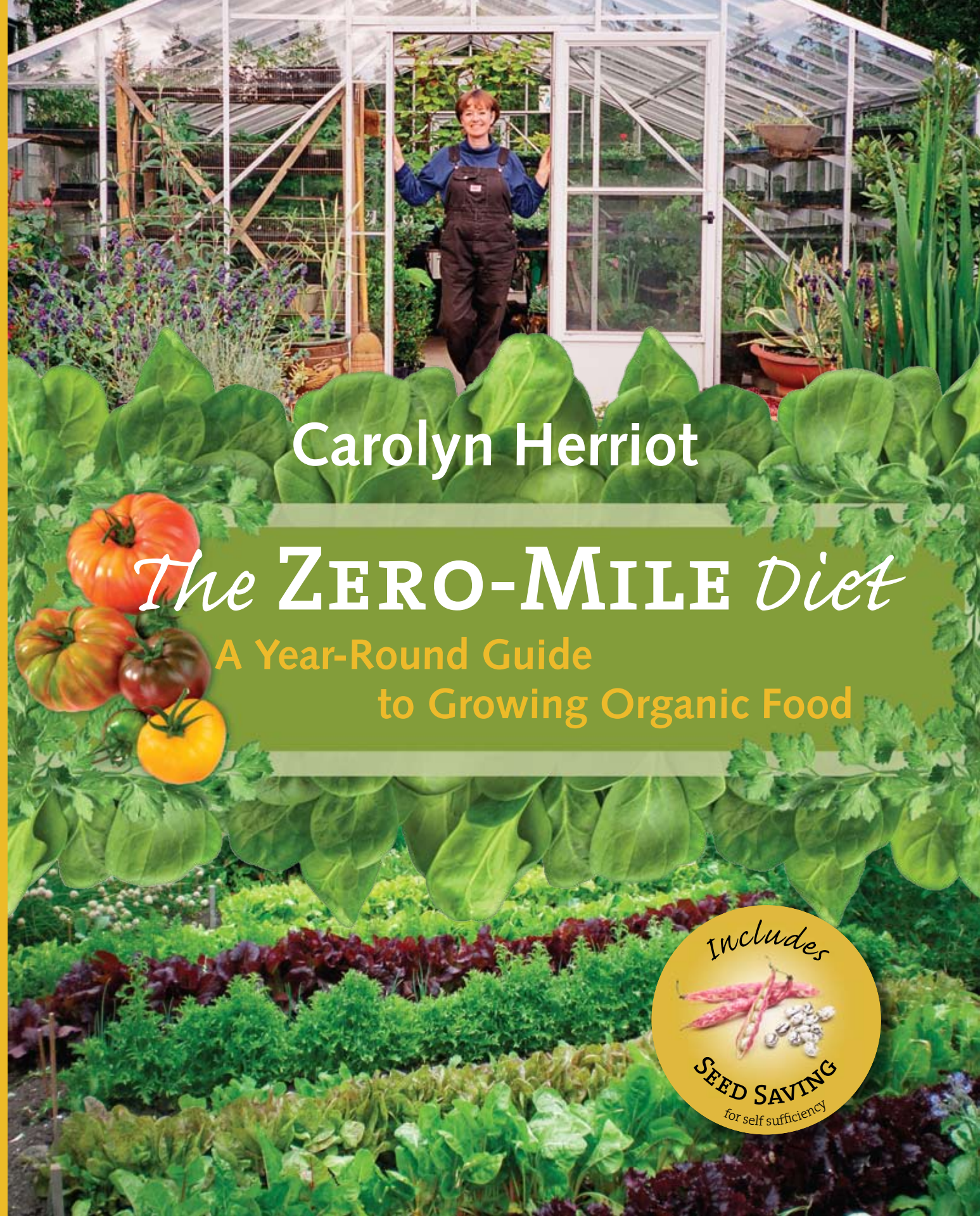
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