(PDF Book) The Green Gardening Handbook: Grow, Eat and Enjoy by Nancy Birtwhistle

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Going green in the garden has never been easier with Nancy Birtwhistles sustainable, eco-friendly tips that will help you make the most of your space, and what it can grow. Whether you have a sprawling garden, a modest patch of grass or just a spare windowsill, The Green Gardening Handbook has over 100 tips will help you embrace the joy of growing and eating

from your own garden. This beautifully illustrated guide is packed with advice on everything from composting, clothing and		
basic equipment to seasonal recipes and guides to freezing, storing and preserving that will help you save money and reduce waste. This practical book from the former Great British Baking Show winner and Sunday Times bestselling author		
of Cleanve grown themselves. Getting out in the garden helps us stay healthy and it helps our planet too. Mother Nature		
wants you to succeed, plants actually want to grow those seeds are there patiently ready and waiting. All we need to do is		
just have a go. Nancy x		
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