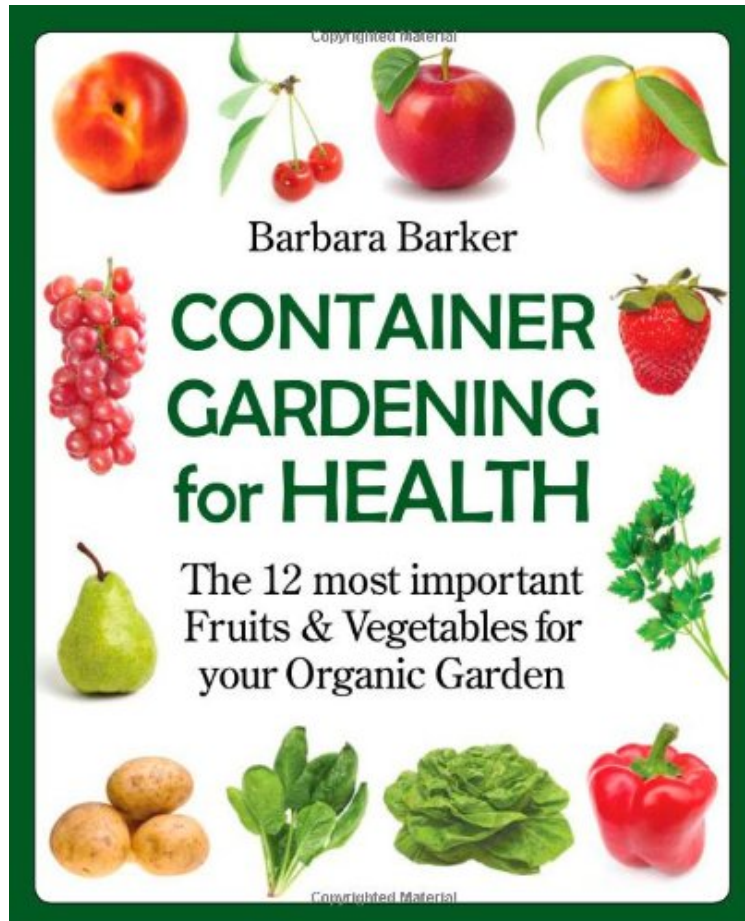


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Container Gardening for Health: The 12 Most Important Fruits and Vegetables for your Organic Garden

Barbara Barker

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Barbara Barker : Container Gardening for Health: The 12 Most Important Fruits and Vegetables for your Organic Garden before purchasing it in order to gage whether or not it would be worth my time, and all praised Container Gardening for Health: The 12 Most Important Fruits and Vegetables for your Organic Garden:

7 of 8 people found the following review helpful. Great bookBy Paul VMy wife and I recently built a home in the Sierra Nevada mountains and wanted to grow our own fruit and vegetables organically. However, the climate here is hot in the summer (90's) and very cold (-15 to 0) in the winter. Keeping all that in mind we decided to see if we could not only have an outdoor garden, but an indoor one as well using pots to allow us to have "pesticide free" fresh produce all year round. Master Gardener Barbara Bark goes in to great detail to help you understand pesticides, diseases, nutritional information and so much more.We are by no means experts in indoor or outdoor gardening and this book really helped to bring us up to speed. I would strongly recommend "Container Gardening for Health by

certified master gardener, Barbara Barker for both experienced and novice gardeners indoors or out. I thoroughly enjoyed reading this book and will continue to keep it on my bookshelf for future reference. 0 of 1 people found the following review helpful. Excellent ideas suggestions from the book Container Gardening for Health By Eastern Dawn Excellent ideas suggestions from the book Container Gardening for Health ... I just don't have a green thumb, ugh! 1 of 6 people found the following review helpful. Container gardening By Customer This book arrived faster than I thought it would. It was in great shape. Thank you!

Container Gardening for Health is your complete guide to growing the twelve fruits and vegetables with the most pesticide residues according to USDA testing. From Apples and Celery to Strawberries and Spinach, pick a few of your favorites from the list. Make a big difference in your family's pesticide exposure with a small organic garden. "After talking with other parents, I realized we all wanted an inexpensive way to feed our children more foods with less pesticide residue. None of us had time and few of us had the space to grow large gardens. I began researching the problem and soon realized a family's intake of pesticides could be substantially reduced by selecting their favorite foods from the EWG's Dirty Dozen list and growing these in containers or small space gardens." - Barbara Barker, from the first chapter

The Environmental Working Group (EWG) analyzed USDA pesticide residue data and compiled this list of the "top twelve most contaminated fruits and vegetables": Peaches, Apples, Sweet Bell Peppers, Celery, Nectarines, Strawberries, Cherries, Lettuce, Grapes (imported), Pears, Spinach, and Potatoes.

About The Author A certified master gardener, Barbara Barker traces her love for gardening back to fifth grade when she started a business rejuvenating her mother's ailing plants and selling them back to her for a small profit Barker expanded her knowledge of plants by working in garden centers in high school and college. After obtaining a BA in English from the University of Florida, she started an internet company selling gourmet varieties of vegetable and herb plants.

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