



Organic Gardening: The Natural No-dig Way

Charles Dowding

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In this book, Charles Dowding shares the wealth of his experience, explaining his approach to soil and plants and revealing the range of techniques that have enabled him to grow healthy and vibrant crops for decades. His success is based on a key principle of “no dig”—not digging. This enhances soil structure and encourages healthy growth, especially when soil life is encouraged and multiplied through the addition of good compost and manure. Based on this approach and his use of a system of permanent, slightly raised beds, Dowding shows, in this book, how to grow a delicious variety of fruit and vegetables: what to choose; when to sow, plant, and harvest; and how best to avoid pests and diseases.

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