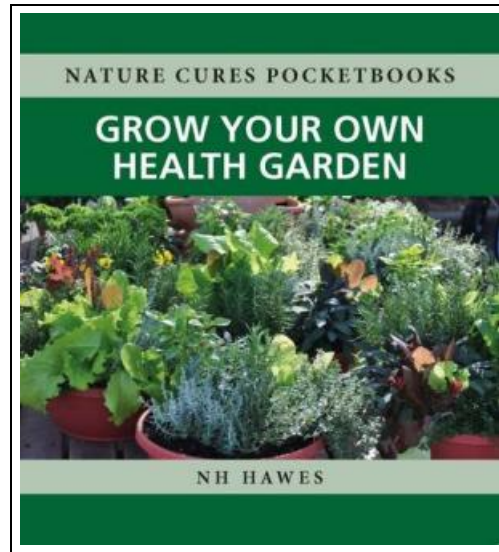


Grow Your Own Health Garden (Paperback)



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Reviews

I actually started out reading this article publication. It is loaded with knowledge and wisdom Your way of life span is going to be transform as soon as you total reading this article pdf.

(Mrs. Felicia Windler)

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Hammersmith Health Books, United Kingdom, 2017. Paperback. Condition: New. Language: English . Brand New Book. The best way to ensure you and your family consume only organic, untainted and nutrient-rich foods is to grow your own herbs, fruits and vegetables. This can be done in the smallest of plots or even on a balcony, roof garden or windowsill, with a raised box or pots and other types of planters. In *Grow Your Own Health Garden*, Nat Hawes tells you how to work with nature to produce a rich crop of healthy and delicious food, and which foods are best to grow nutritionally and as remedies for common ailments. This includes an A to Z of healing vegetables together with natural pest control, feeding the health garden naturally and a guide to plants that are poisonous to children and animals.



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