



Grow Your Own Health Garden (Paperback)

By Nat Hawes

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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