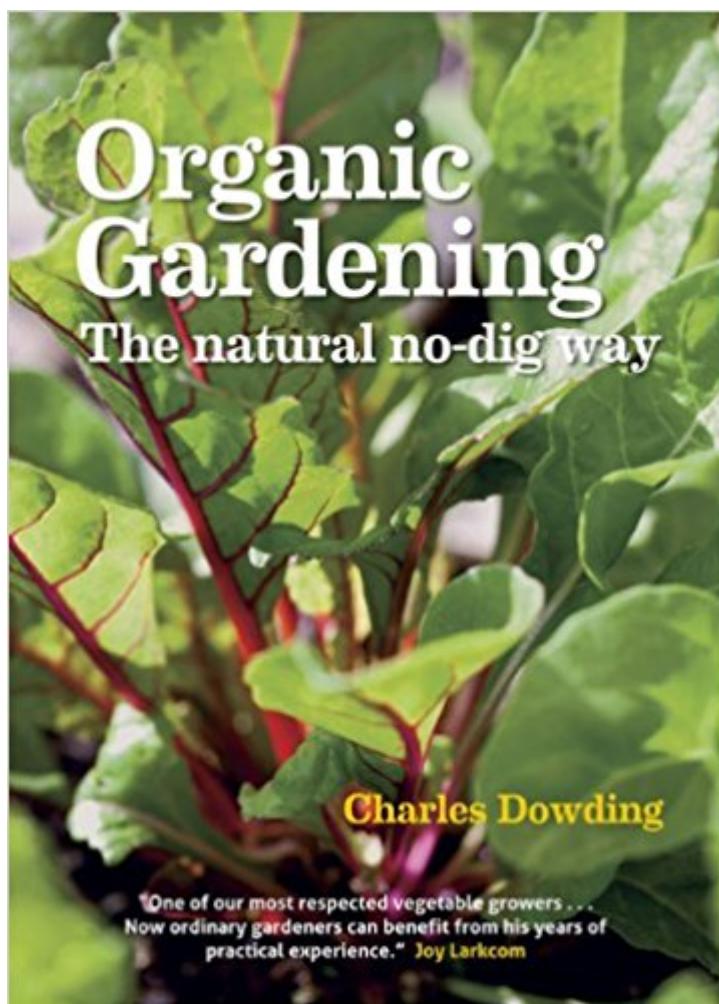


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# Organic Gardening: The Natural No-dig Way



## **Synopsis**

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.

## **Book Information**

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## **Customer Reviews**

The latest scientific research into the soil food web tells us that we should respect and take care of the microbes in the soil, which are the source of the soil's fertility. This means minimal soil disturbance and application of compost to the surface. Charles Dowding has been doing no-dig gardening for 30 years. He is my hero!

Pictures os the nicest greens and help in planning.

This book was a disappointment. From the description you think you are going to really get some new information and have details on how to gardening organically etc. However, this book turned out to be more shallow and there was nothing much new to learn. I returned the book. Maybe if you are an absolute beginner you might learn something.

Was fairly informative.

Prompt service - Opened the mail box to find exactly what I had ordered. Very pleased.

I have been an organic gardener and organic farmer since 1971. In my humble opinion, Mr Dowding has written a book that is useful to the beginner and to anyone who has truly been an organophile gardener for any length of time. It seems in reading both of the author's books that he is oft troubled with slugs in his garden and in some of his reviewers. The no dig approach refers to the garden, not the book. The information that is in his book does require a bit of digging as the style is written to inform a beginner as well as an experienced organic gardener. The deeper information is there, but you will require a modicum of digging in the book. For those too lazy to mine that information, well... there are slugs and then there are slugs. Mr. Dowding has been a commercial organic farmer and gardener or over 25 years. He knows his stuff and he shares his mistakes so you do not have to repeat them. And I can testify his methods work not only in England, but everywhere. I farmed in North Florida for six years and it freezes in the winter. I grow much of my own food here in South Florida where it is subtropical. Dowding has written a book that has application and depth anywhere his method is used. I do not know the man, but I have read his books. He is most successful in his venture because he follows nature's ways. He plants by the moon, and that doesn't mean New Age for any "know it alls" that dismiss before examination. You can share in his success if you read his book, but only if you apply his methods. Those who are seeking some magic wand would best save their money and read seed catalogs rather than do actual organic gardening. Mr. Dowding takes the work out of the experience, but not the exercise. Lazy people too, would best not buy the book and use their money for doctors. For there will need for that from lack of exercise and eating chemically grown foods without life. Burton Dale, West Palm Beach, Florida

After the first few chapters, I found little that was useful to me as a gardener in the mid-Atlantic region. His recommendations, particularly for timing of planting and winter gardening may be relevant for the mild UK, but definitely not for my part of the United States. I did appreciate his take on no-dig gardening, but I'm not sure that chapter is worth the price of the book. The book does have some lovely full-color photographs of beautiful vegetables, most of which were varieties I've never heard of. Again, probably varieties that you can find in the UK. Were he to revise the book for gardeners in a continental climate, I'd say have another look.

Charles Dowding is one of those rare people who lives what he writes about. And he writes about growing food in a clean, wholesome way. Small or large, you can't beat a home garden if you want to eat fresh and healthy. The book arrived in perfect condition. I can't wait to learn from a master gardener.

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