



# Edible Gardening for the Midwest: Vegetables, Herbs, Fruits & Seeds

*Colleen Canderlinden, Alison Beck*

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Food plants have their own ornamental value, adding harmony to existing landscapes without creating a separate vegetable garden. They also provide a fresh, healthy alternative to the tasteless and woody fruits and vegetables bred for long-distance transportation and shipped to our grocery stores from all over the world. In this book, we show how, with just a little effort, you can augment your landscape with edibles of every description in an environmentally sustainable manner:

- \* Veggie favorites: tomatoes, lettuce, carrots, beans and onions
- \* Berries: blueberries, raspberries, blackberries and strawberries
- \* The superhealthy: flax, broccoli, kale and garlic
- \* The oddly beautiful: Brussels sprouts, kohlrabi, asparagus and artichokes
- \* The ancient and exotic: quinoa, amaranth and fennel
- \* Plus starting, maintaining and harvesting an edible garden
- \* Propagation and winter care
- \* Solutions to common garden problems.

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