











































VEGETABLE CALENDAR

12 MONTH SOWING PLANNER

		J	F	M	A	M	J	J	A	S	O	N	D
	BROAD BEANS												
	PEAS												
	CARROTS												
	PARSNIPS												
	BROCCOLI												
	BEETROOT												
	BRUSSEL SPROUTS												
	LEEK												
	LETTUCE												
	SPRING ONIONS												
	COURGETTE												
	PUMPKIN												
	SPINACH												
	CABBAGE												
	RADISH												
	PAK CHOI												
	GARLIC												
	ASPARAGUS												
	POTATOES												
	TOMATOES												

 SPRING
 SUMMER
 AUTUMN
 WINTER

EASY &
GARDEN
 IRRIGATION



Louises Leaves Around The Calendar With Local Garden Vegetable Produce

Didier Musso



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Farms of Tomorrow Revisited Trauger Groh, Steven McFadden, 1998-04 This timely sequel to the popular inspirational blueprint for Community Supported Agriculture CSA is set to guide this rapidly growing movement to the next stage of its development The authors provide very practical examples and information that will be of service to growers and shareholders alike without losing sight of the heart and excitement that makes CSA central to the renewal of agriculture Added to the material from the original edition are two new essays by Trauger Groh dealing with the economic legal and spiritual questions surrounding the CSA movement and the role of domestic animals on CSA farms while Steven McFadden contributes several new pieces on the context and scope of community farms New profiles of five farms are included and the farm biographies from the 1990 first edition are reprinted and updated with reports on their present situations and lessons learned during the intervening years Expanded appendices provide suggestions for starting CSA farms look at the issues surrounding the acquisition and holding of land illustrate sample farm prospects and budgets and offer lengthy lists of resources and suggestions for additional reading

Louise's Leaves Louise Frazier, 1995-11 This book makes a wonderful complement to a CSA share It celebrates harvest and the four seasons it is your guide for good nutrition and flavor The author draws from years of experience of running a gourmet vegetarian restaurant With space provided for your own notes this book is surprisingly inspiring and beautiful its warmly written text recycled paper and vegetable drawings provide cooks with a down to earth friendly experience and years of help in the kitchen Louise Frazier s advice will guide and inspire you toward new culinary adventures with local produce

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