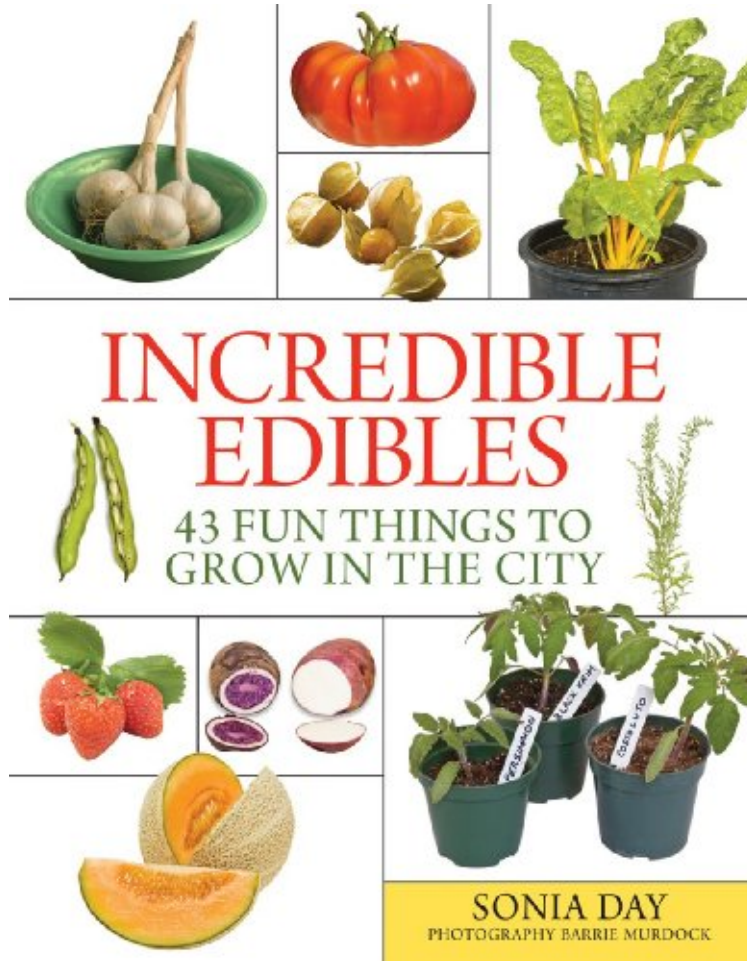


Incredible Edibles: 43 Fun Things to Grow in the City

Sonia Day

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Sonia Day : Incredible Edibles: 43 Fun Things to Grow in the City before purchasing it in order to gage whether or not it would be worth my time, and all praised Incredible Edibles: 43 Fun Things to Grow in the City:

0 of 0 people found the following review helpful. Worth a read even if you have no intention of gardening!By sophiegirlGreat book. Gave to our sons to grow gardens with the grandkids - pictures made it easy for the kids to pick, descriptions of the vegetables were interesting, instructions were clear. Recommend0 of 0 people found the following review helpful. Delightful tips on growing veggiesBy ChristoferThis book is full of really helpful information on how to select and grow veggies and in various ways, including containers. I was inspired to broaden my garden plantings based on what I learned from this book. I recommend it highly.2 of 2 people found the following review helpful. Quick and easyBy JI'm lucky to have enough space that I don't need to do much container gardening, but the book was put in front of me so I read it, and liked it.This was a very quick and very easy read. Contains recipes for most plants in addition to some basic information. This isn't an in-depth tome but does contain enough information to get people

going in the right direction if you're a newbie, or to help expand your horizons if you've been gardening a while already.

Turn an urban yard or balcony into your personal vegetable farm. Vegetable gardening is back! Concern about the environment and the desire to eat food unpolluted by chemicals, to buy local and to be thrifty are some of the reasons. Urbanites who have never grown a thing are now eager to try to cultivate vegetables, herbs and fruit in back and front yards, on rooftops and on balconies -- in any suitable space they can find. *Incredible Edibles* is for anyone who's thinking: "I'd love to try growing some herbs and vegetables. But is it too difficult? Do I have the space? Or the time?" Sonia Day focuses on edible plants that can be easily grown in a city setting, many of which are seldom featured in gardening books. Her clear, concise advice is perfect for those who don't have the time to wade through a gardening encyclopedia or to learn by trial and error. *Incredible Edibles*: Provides clear, step-by-step instructions on how to start and maintain an organic edible garden Profiles 43 specially selected "hassle-free" plants Offers simple and tasty recipes Recommends the best varieties for small spaces and suggests alternatives Lists readily available sources for seeds and seedlings Includes practical tips and personal anecdotes from Day's own gardening experiences *Incredible Edibles* is lavishly illustrated with color photographs taken expressly for this book. It will give urban gardeners everywhere the knowledge and confidence to grow and enjoy fresh vegetables, herbs and fruit.

From Publishers Weekly Starred . Just because you live in an apartment doesn't mean you can't enjoy homegrown herbs and vegetables; accordingly, urban gardener Day (*The Urban Gardener*) gives city-dwellers tips on 43 edible plants that can be grown in backyard gardens as well as on rooftops, balconies and patios. Using an eye-catching layout, Day patiently and enthusiastically guides gardeners of all experience levels through the ins and outs of raising everything from exotic asparagus peas to zucchini, offering general tips on choosing the right containers, keeping harmful critters at bay, and bringing your bounty in for the winter. Though slim, each entry is packed with information and photos, including all the particulars (when, where and how to plant, common problems, how much to grow) as well as considerate looks at worthwhile alternatives (fast-growing Thumbelina carrots, Mojito Mint) and those to avoid (Brandywine tomatoes, for instance, are particularly prone to disease, and shouldn't be planted in areas with high humidity). Though recipes are scattered throughout, this is first and foremost a gardening book; still, gourmands and green thumbs alike should appreciate this guide to space-restricted gardening. Just because you live in the city or in an apartment, that doesn't mean you need to sacrifice growing great things in a garden. Featuring 43 plants you can grow when you're strapped for space (including veggies, fruits and spices), this book is loaded with practical information like degree of difficulty, plant needs, season, recommended varieties and more so that you can select the perfect plants for your ability level and space. Plus, the information and instructions are straightforward so it's easy to get the kids involved in the growing process, too! (Jillian Melnyk *Genesee Valley Parent Magazine* 2010-04-01) While it may seem futile to think about planting in the city, Sonia Day in her *Incredible Edibles: 43 Fun Things to Grow in the City* shows us otherwise.... Years of home gardening -- a process of trial and error -- have guided her to the top 43 veggies and herbs suitable for easy growth in your backyard, balcony or even rooftop garden.... Day has made the prospect of urban gardening simple and encouraging. Even those who have been at it for years will find hidden gems sprinkled throughout.... If this book doesn't get you geared up for the season, gardening is not for you! (Michelle Singerman *Vitality Magazine* 2010-04-30) If all you have is space for a pot, you can still get an unusual flavor out of it, according to this colorful book. Day, who writes in Toronto, suggests many interesting crops for tiny plots or containers--not just the usual suspects such as herbs and tomatoes, but ground cherries, epazote and asparagus peas. (*Chicago Tribune* 2010-12-14) Lest someone think I'm biased against growing food plants, *Incredible Edibles* is a great book for the city dweller itching to grow some fresh foods. Sonia Day, a well-known Canadian gardening writer and all-around garden enthusiast, follows up on her highly entertaining *Middle Aged Spread* with this concise, easy-to-follow handbook of growing advice for "43 fun things to grow in the city." From asparagus peas to zucchini, Day provides recommendations on how to grow vegetables, herbs, and small fruits, whether in containers or in small urban plots, indoors or out. Ideal for the beginner gardener with limited space and time, and also a great way to introduce children to the joys of growing food; the book also includes recipes for using that home-grown produce. (Jodi DeLong *Halifax Chronicle Herald* 2010-12-05) Whether you live in a high-rise with a balcony a condo with a window box or an apartment with a patio, *Incredible Edibles: 43 Fun Things to Grow in the City* offers advice on hassle-free plants that adapt well to containers and small spaces. Author Sonia Day's philosophy for growing vegetables, fruits and herbs in limited areas is to plant fewer quantities and choose smaller varieties. Day lists her "Ten Commandments" of growing food in the city, including choosing the spot with the best light, supplying good soil, keeping critters away, and never expecting perfection. Each entry has a sidebar that lists the degree of difficulty in growing a given plant; requirements for cultivating it; where, when and how to grow it; common problems, plus when to harvest and where to store it The author also includes recipes using many of the featured plants. (Taylor Rose *Phoenix Home Garden* 2010-10-01) A great summary for anyone who would like to grow some of their own edibles but doesn't know where to start. (alldirtongardening.blogspot.com 2010-06-08) Whether you are a veggie-growing virgin or a seasoned pro, Day's

book can provide useful advice and interesting tips... The book's layout is clean, colourful, and easy to scan for bits of information. Barrie Murdock's photos capture each plant and illustrate Day's points for success. The slit-eyed contented cat in the catnip is perfect.... Her personal anecdotes bring the practical advice alive and make the book a pleasure to read. (Jamis Wallace Brantford Expositor 2010-05-28)This handy little resource provides concise information and inspiration for the urban gardener who doesn't have the luxury of a traditional garden plot. Helpful tips, such as how to cheat Mother Nature, why you shouldn't plant brassicas and which containers work best are scattered throughout. Sidebars help you find the essential growing information quickly and easily. What makes this book unique: I like that Sonia has included less common plants, like lime balm, stevia, celeriac and asparagus peas, with helpful recipes so you know what the heck to do with it. (Canadian Gardening 2010-04-02)Sonia Day's Incredible Edibles: 43 Fun Things to Grow in the City coaches you on the basics, from finding the right location and dealing with insect pests and critters to being "choosy" about what to grow. Profiles of the 43 vegetables and herbs she recommends include larder basics as well as the unusual, such as epazote and limebalm, and cover level of difficulty, whether to sow seeds or buy seedlings and, something books seldom address, how much to grow (basil: "lots"; potatoes: "a few as a treat"). It's obvious that each plant description springs from Day's personal experience. (GardenMaking)Incredible Edibles will give urban gardeners everywhere the knowledge and confidence to grow and enjoy fresh vegetables, herbs and fruit. (I Can Garden.com)Gardening is gaining momentum, but what are the best veggies, herbs, and fruits for small spaces? Sonia Day profiles 43 hassle-free plants in Incredible Edibles. Easy-glance sidebars describe degree of difficulty; where, when and how to grow; methods and special requirements; common problems; when to harvest; and how to store. (Jocelyn Jacobson Kansas City Star 2010-05-09)More and more people are giving up larger homes with backyards for yard-less condos, but refuse to give up the pleasure of a garden. Incredible Edibles will give urban gardeners with small space the knowledge and confidence to grow and enjoy fresh vegetables, herbs and fruit. Turn an urban yard or balcony into your personal vegetable farm. (Rob Mooy Kingston This Week 2010-07-01)A fabulous book... [I] would highly recommend it to first timers or the experienced gardener.... This little book gives you absolutely everything you need to know about successful small-space edible gardening. [Sonia Day] includes information on pests, disease, seed sources and includes a recipe with each crop she details in the book. Colour photos are true-to-life, there's no air brushing here. She rates each crop and includes the 'when, where, how, and how many' suggestions. (Karolyn Fournier Kitchener Citizen 2010-04-14)With a little effort even a novice gardener will be enjoying fava beans picked right outside their door. (Terry Peters North Shore News 2010-05-26)The book focuses on 43 plants to grow--a great summary for anyone who would like to grow some of their own edibles but doesn't know where to start. (All the Dirt on Gardening 2010-06-10)If you're a city dweller like me but think you don't have enough room for food gardening, Sonia Day's Incredible Edibles just might convince you otherwise...Combined with Barry Murdock's enticing photographs, Day's advice surely will inspire you to start cultivating some incredible edibles, and maybe you'll even have enough to share! (Courtney Capstack American Gardener)The in-depth profiles feature everything gardeners need to know. (Connie Krochmal BellaOnline 2010-07-28)Now, because my wish list of plants isn't long enough, Sonia Day's newest book is here to tantalize me with yet more choices. Bursting with photographs and her characteristic sense of humour...I appreciate her addressing growing in northern climates with shorter seasons and mentioning ways to overwinter perennials, something that is lacking in Grow Great Grub. (Nicole Chartrand Canadian Organic Grower Magazine)If you have a small area but still want to grow a garden to get the benefit of homegrown and pesticide-free produce, look no further than Incredible Edibles: 43 Fun Things to Grow in the City... It will give you the gardening knowledge and confidence to grow and enjoy fresh vegetables, herbs and fruit year-round. (Due East 2010-10-31)Sonia Day has created an inspiring and appetizing collection of easy-to-grow and tasty edibles, recipes included. This is not only a how-to for your mama's garden of peas/tomatoes/cukes, but an inducement to grow cherries, tomatillos and mojito mint...Take advantage of our short summers and start growing your own with Day's succinct and appetizing guidance. It won't be long before that first, perfect, homegrown tomato. (Susan Koswan Guelph Mercury 2010-07-17)Whether you live in a high rise with a balcony, a condo with a window box, or an apartment with a patio, Incredible Edibles: 43 Fun Things to Grow in the City offers advice on "hassle-free" plants that adapt well to containers and small spaces. (Taylor Rose Phoenix Home Garden 2010-09-30)If you're seeking a gift for the gardener on your list or wanting to grow your own herbs indoors or just get a head start on seeds for next summer's garden, you may find appealing a new book by Sonia Day entitled Incredible Edibles. Though the subtitle is 43 Fun Things to Grow in the City, it is chock full of ideas for anyone wanting to garden in limited space, indoors or out... Not only does Day tell you how and what to grow but she sprinkles the book with recipes for presenting your homegrown edibles to guests. (Joanne Saunders Stayner Sun 2010-10-27)Incredible Edibles is more of a gift item and idea book. There are recipes for many of the urban produce suggestions in this clever twist on urban vegetable gardening. Day will have you eating your nasturtiums as well as planting them as ornamental annuals next spring. The 124-page soft-cover book is a good study tool, with a wide selection of facts and information about how to grow a garden in the city. (Joel M. Lerner Washington Post 2010-09-18)If you're a city dweller like me but think you don't have enough room for food gardening Sonia Day's Incredible Edibles just might convince you otherwise. Day opens with insightful tips such as how to avoid common pests and which plants start from seed. The remainder of the book describes edible

plants to grow in limited spaces from the not-so-common asparagus pea to popular garden favorites, such as basil. Each plant profile provides helpful details such as recommended varieties, when to harvest, common problems of the plant and even the degree of difficulty to grow. Combined with Barrie Murdock's enticing photographs Day's advice surely will inspire you to start cultivating some incredible edibles and maybe you'll even have enough to share. (Courtney Capstack American Gardener 2010-07-01)An inspiring and appetizing collection of easy-to-grow and tasty edibles, recipes included. This is not only a how-to for your mama's garden of peas/tomatoes/cukes, but an inducement to grow ground cherries, tomatillos and mojito mint. And after all that hard, but satisfying work, why not try the recipe for Hemingway's Mojito? (Now I have your attention!) ... All the foodplants in this collection are city-friendly, many can be grown in pots. So, dear urban farmers, take advantage of our short but glorious summers and start growing your own with Day's succinct and appetizing guidance. It won't be long before that first, perfect, homegrown tomato. (Susan Koswan Waterloo Region Record 2010-07-17)If all you have is space for a pot, you can still get an unusual flavor out of it, according to this colorful book. Day, who writes in Toronto, suggests many interesting crops for tiny plots or containers -- not just the usual suspects such as herbs and tomatoes, but ground cherries, epazote and asparagus peas. (Beth Botts Chicago Tribune 2010-12-09)From asparagus and basil to heirloom tomatoes and zucchini, here's a lively colourful book that just might persuade a person to dip their toes into the delectable waters of food gardening. (Helen Chesnut Trail Daily Times 2011-03-21)[Starred] Just because you live in an apartment doesn't mean you can't enjoy homegrown herbs and vegetables; accordingly, urban gardener Day (The Urban Gardener) gives city-dwellers tips on 43 edible plants that can be grown in backyard gardens as well as on rooftops, balconies and patios. Using an eye-catching layout, Day patiently and enthusiastically guides gardeners of all experience levels through the ins and outs of raising everything from exotic asparagus peas to zucchini, offering general tips on choosing the right containers, keeping harmful critters at bay, and bringing your bounty in for the winter. Though slim, each entry is packed with information and photos, including all the particulars (when, where and how to plant, common problems, how much to grow) as well as considerate looks at worthwhile alternatives (fast-growing Thumbelina carrots, Mojito Mint) and those to avoid (Brandywine tomatoes, for instance, are particularly prone to disease, and shouldn't be planted in areas with high humidity). Though recipes are scattered throughout, this is first and foremost a gardening book; still, gourmands and green thumbs alike should appreciate this guide to space-restricted gardening. (Publishers Weekly)Day's focus is on providing clear, concise advice for those who do not have the time or patience to go through more complex gardening books to find those foods that can be grown in containers or window boxes. The work gives clear, step-by-step instructions that are supplemented with numerous color photographs and charts.... This book will find a niche with larger urban libraries. (Shannon Graff Hysell American Reference Books Annual 2012 2012-04-01)A how-to for urban gardeners that's perfect for beginners' level. (Elizabeth Licata Buffalo Spree, The Magazine for Western New York 2012-05-01)For folks who want to grow their own organic fruits, veggies, herbs and other hassle-free plants, but don't have time to thumb through complicated gardening books. (Karen Turner Ottawa Citizen 2010-05-22)About the AuthorMaster gardener Sonia Day is a gardening columnist for the Toronto Star and the author of several popular gardening books.