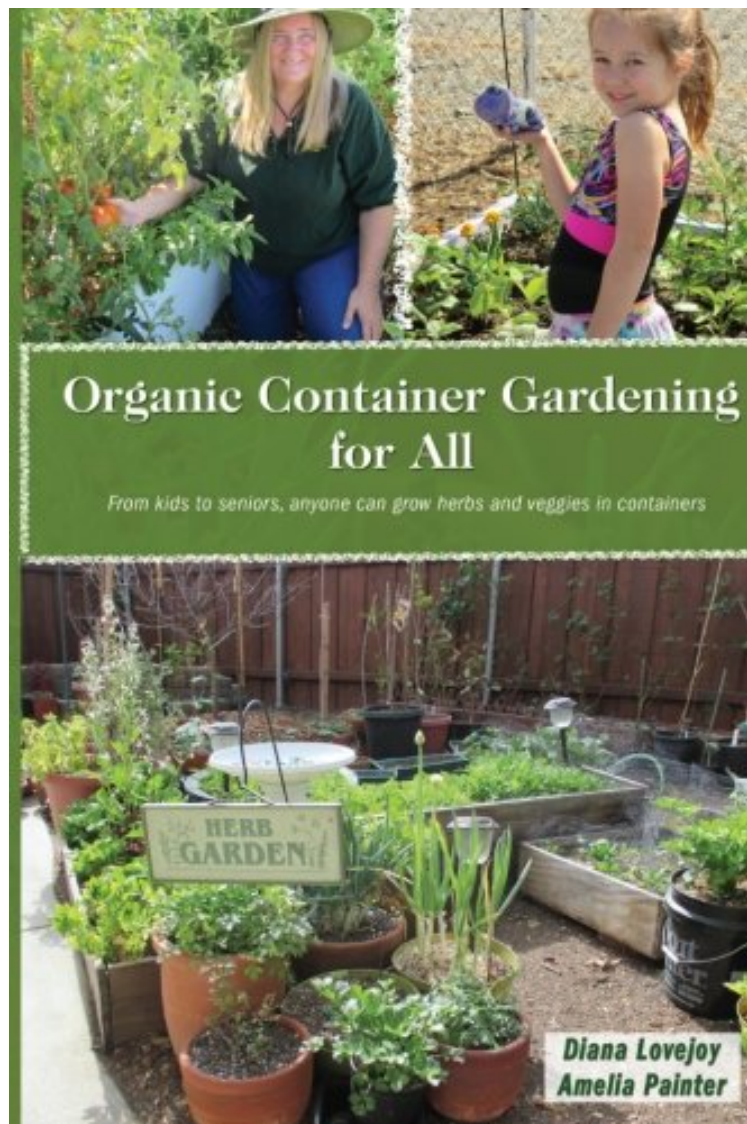


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Organic Container Gardening for All: From Kids to Seniors, Anyone Can Grow Herbs and Veggies in Containers

Amelia Painter, Diana Lovejoy

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Amelia Painter, Diana Lovejoy : Organic Container Gardening for All: From Kids to Seniors, Anyone Can Grow Herbs and Veggies in Containers before purchasing it in order to gauge whether or not it would be worth my time, and all praised Organic Container Gardening for All: From Kids to Seniors, Anyone Can Grow Herbs and

Veggies in Containers:

Create a beautiful space that restores you and your family mentally, physically, and emotionally. Put food on the table, improve your health and environment, and boost morale by growing an organic garden. This enlightening how-to book will help you create an abundant, cost effective organic snack bowl of veggies and herbs on a small patio, balcony or porch. Eating fruits and veggies is the number one habit for healthy living and is most delicious and nutritious when eaten fresh, local, in season, and organic. By replacing processed food with super food from the organic garden, families can turn the tide on the alarming rise in diabetes, obesity, and life threatening food allergies. More people want to know where their food is grown, who's growing it, and how is it grown. Feeding America, the US national network of food banks, released a report in mid-April 2014, showing that there are dozens of counties throughout the US where a third of children do not get enough to eat. Food self-sufficiency can start with learning how to grow an organic container garden for daily harvesting at home or in a community garden and creating a sustainable future for the next generation. Organic gardening in containers is accessible to all ages and abilities, and has been shown in therapy studies to promote a happy mood, an active mind, and better health for the gardener.

About the Author Diana Lovejoy was born in Hawaii and her first organic garden was in Honolulu at her grandmother's fruit tree surrounded home, learning to crawl among the fresh tropical foods. Moving to California as a child, she would walk with her grandmother to the Hollywood Health Food Store, where they met famous movie muscle men, nature boys, Indian gurus, and health product experts. Growing a large backyard garden, she discovered the joys of gardening at a young age. A vegetarian since a teen, she studied nutrition, yoga, and meditation. Traveling in Europe and Turkey on Occidental College History Study Tour after graduation excited her to experiment in foods of many cultures. She never ate a fast food burger. She's been organically growing her herbs in pots and her veggies in planter boxes for forty years. She found that they grew abundantly in containers that could provide the perfect sunlight and balanced soil. She raised three sons, making them healthy meals from veggies she grew and bought from local farmers. In Diana Lovejoy's life long quest for healthy living, she took graduate classes, seminars, master classes, and workshops at colleges and universities. Owning a health food store, it was a natural progression to search for organic labels on products. She packed her sons healthy balanced food every day for school lunches and car trips. Today, her sons are great vegetarian cooks for their families, growing their own organic veggies in the backyard. She wants to share her passion for organic container gardening, because anyone can grow healthy food in any type of container. Her passion is to uplift, enlighten, and entertain, making the world a healthier place by inspiring kids to grow an organic backyard garden and learn to cook. Amelia Painter's mom was raised on a farm in Alabama, so her passion for gardening came early in life as well. She recalls the amazing vegetable garden her mother's sister Margie grew and fed her large family from the task of collecting vegetables, cleaning and preparing them for the stove took only minutes. And, if an additional veggie was needed to complete a meal, there was always a kid around to run out the back door and harvest it. However, it was health issues that pointed Amelia toward organic gardening. While living in Iowa, her education as an organic herb and vegetable gardener began. Today her entire organic herb and veggie garden exists in containers of all shapes and sizes.