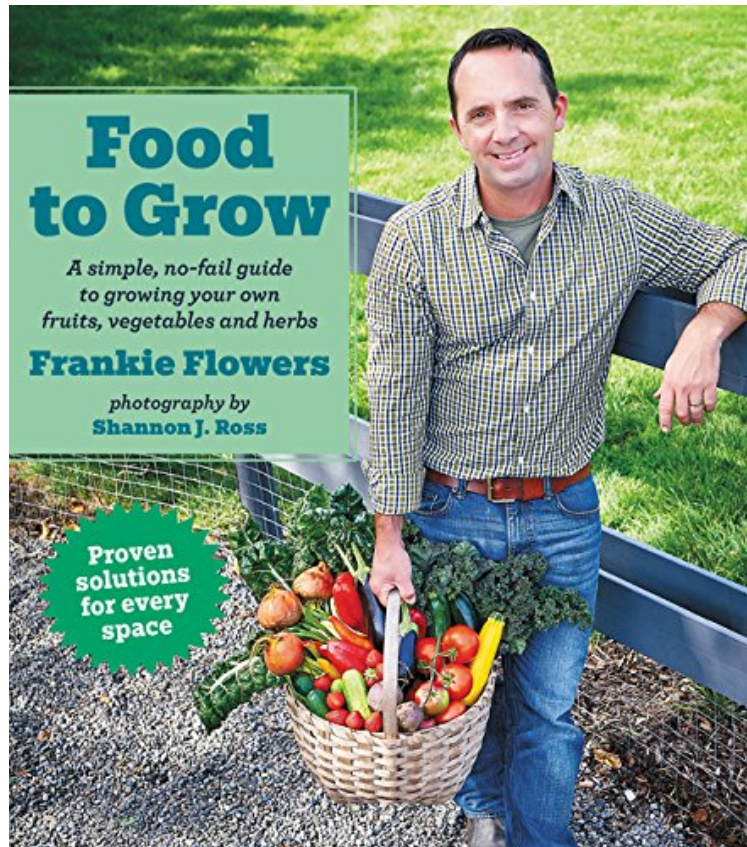


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## Food to Grow: A simple, no-fail guide to growing your own vegetables, fruits and herbs

Frankie Flowers

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**Frankie Flowers : Food to Grow: A simple, no-fail guide to growing your own vegetables, fruits and herbs**  
before purchasing it in order to gauge whether or not it would be worth my time, and all praised Food to Grow: A simple, no-fail guide to growing your own vegetables, fruits and herbs:

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From Canada's #1 garden team, a guide that makes growing your own fruits, vegetables and herbs simple, bountiful and fun. Nothing beats the taste and smell of a tomato freshly picked from your own garden. And there's a certain pride in knowing that the salad you just served—fresh strawberries and all—was harvested entirely from your backyard. But growing your own fruits, vegetables and herbs can be time-consuming and feel overwhelmingly complicated. Your eagerness to get growing in the spring can be rained out by seemingly endless seedlings and seed packs at your garden centre, all with cryptic planting instructions that leave you with withered plants rather than crunchy carrots. But it doesn't need to be that way! Frankie Flowers has decades of experience helping thumbs of all colours turn barren patches and empty pots into bountiful harvests—and he can help you do the same. Food to Grow simplifies every

growing decision you'll need to make. Frankie helps you evaluate your space, decide just how much time you want to invest and then make the smartest choices about which plants will give you the best bang for your buck. He guides you through the entire growing season from prepping and planning, to planting, weeding and harvesting (the best part!), and he shares not just which veggies, fruits and herbs have become Frankies Favourites, but also which plants just aren't worth the effort. Loaded with gorgeous photography that will have you desperate to get digging, Food to Grow includes a detailed AZ index of over fifty of Canada's most popular home crops. Whether you have space for a few pots or a back forty, Frankie Flowers will help you make your dream of home-grown treats a fun and tasty reality.

From the Back Cover From Canada's #1 garden team, a guide that makes growing your own simple, bountiful, and fun Nothing beats a tomato freshly picked from your own garden. And there's a certain pride in enjoying a salad with just-picked strawberries that was harvested entirely from your backyard. But growing your own fruits, vegetables, and herbs can be time-consuming and feel overwhelmingly complicated. Your eagerness to get growing can easily be rained out by endless seedlings and seed packs, all accompanied by cryptic planting instructions that leave you with withered plants rather than crunchy carrots. But it doesn't need to be that way! Frankie Flowers has decades of experience helping thumbs of all colours turn barren patches and empty pots into bountiful harvests and he can help you do the same. Food to Grow simplifies every growing decision you'll need to make. Frankie helps you figure out how much time you can invest and which plants will give you the best bang for your buck in the space you have whether it be a full plot or a few containers. He guides you through the entire growing season, from prepping and planning to planting, weeding, and harvesting (the best part!). He shares not just which veggies, fruits, and herbs have become Frankies Favourites, but also which plants just aren't worth the effort. And he demystifies exactly how many plants you need for each eater in your family no more bushels of leftover zucchini! Loaded with gorgeous photography that will have you desperate to get digging, Food to Grow includes a detailed A to Z index of over fifty of Canada's most popular home crops. Whether you have space for a few pots or a back forty, Frankie Flowers will help you make your dream of home-grown treats a fun and tasty reality. About the Author FRANK FERRAGINE reaches over one million Canadians each week as the gardening expert and weather specialist for BT Toronto, CityLine and City TV News, and he also writes for the Toronto Sun, Chatelaine and Today's Parent. His family business, Bradford Greenhouses, is one of Canada's largest combined greenhouse/garden businesses. He lives with his family in Bradford, Ontario. He is Canada's most followed garden expert online. SHANNON J. ROSS is the photographer behind Food to Grow and is a regular contributor to Canadian lifestyle magazines. After graduating from McGill University, he opened Shannon Ross Photography in 1999 and since then has photographed for a wide range of editorial, advertising and corporate clients. Shannon lives with his wife and their two cats in Toronto, Ontario.