

For immediate release

Grow your own food and feed your family the organic way

ORGANIC Vegetable Growing

A practical, authoritative guide
to producing nutritious and flavourful vegetables
from your garden or allotment



Organic Vegetable Growing is an authoritative guide to producing your own nutritious and flavorful vegetables by Robert Milne, a father of four who led his family in self-sufficiency for over twenty years.

In 2003, concerned by the lack of information about soil in gardening books, Robert took a degree in soil science at the University of Reading and in his new book, he shares his expert knowledge on how to keep soil fertile and pests at bay.

Responding to global trends, including Climate Change and diminishing oil resources that will adversely affect food production, Milne writes with a passion to educate anyone who lacks the necessary skills to adapt to the potential food shortages that may happen in their lifetime.

Commenting on the book, Milne says, *“One of the motivations for writing this book was the hope that it would be useful to parents and teachers wishing to do gardening with children and young people. Two generations have passed through the education system since food gardening was treated seriously in schools as part of the rural science course. It seems that those who might expect to live longest in this century are not being given the skills to adapt to its probable requirements.”*

Organic Vegetable Growing is published by Spring Hill, an imprint of **How To Books Ltd** www.howtobooks.co.uk. and is available at \$26.00 in major bookshops and online retailers across the USA and Canada. ISBN 978-1-905862-38-2

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