

# CONTENTS

Introduction 6

## IT ALL BEGINS WITH THE SOIL 10

No dig: achieve so much more by doing less 12

*Delve deeper* Universe under our feet 16

The importance of compost 18

*Delve deeper* Natural nutrition 24

Understanding weeds 26

The benefits of no dig beds 28

*Delve deeper* Soil carbon and structure 30

## GETTING STARTED 32

Deciding what to grow 34

Planning your beds 38

Controlling weeds 40

Building, planting, and maintaining  
a no dig bed 42

Sowing for success 48

*Delve deeper* Sourcing successful seeds 50

Making your own compost 52

Tools 58

## THE PRINCIPLES OF GROWING VEGETABLES 62

Timing sowings 64

Succession planting 66

Propagation 74

How to sow 76

Caring for seedlings 81

Transplanting 84

Spacing 86

Watering 88

Using crop covers 92

Controlling slugs and snails 95

Growing under cover 96

Harvesting 98

*Delve deeper* How growing conditions  
influence flavor 100

Storage 101

Saving seed 104

## VEGETABLE AND HERB DIRECTORY 108

Legumes—pea and bean family 110

Brassicas—cabbage family 126

Alliums—onion family 152

Cucurbits—cucumber family 166

Umbellifers—carrot family 182

Beet family 202

Leafy salad crops 214

Solanums, basil, and corn 240

Perennials 264

Index 280

Resources 286

Acknowledgments 288

