

By the authors of the world's most popular
composting guide: **Home Composting Made Easy**
Over 1 million copies in print!



MADE EASY

**Nutritious Organic Produce from Your
Own Garden: A Step-by-Step Guide**

by C. Forrest McDowell, PhD
& Tricia Clark-McDowell

From the Publishers of *Home Composting Made Easy*
Over 1 million copies in print!

Save \$30-100+ a Month in Food Costs!*

This guide promotes an exciting new way of looking at gardening *and* nutrition: making conscious choices to garden so that Mother Earth is not harmed and the vegetables and fruits you grow & harvest are ripe with optimal nutritious value and taste. (**based on a 100 square foot garden patch*)

- **Earth-friendly Ideas:** least harmful, natural & organic gardening methods; garden designs; nutrition, harvesting, storage & eating tips for over 40 vegetables & fruits
- **Natural Garden Pyramid:** 13 key principles in maintaining mineral-rich soil & growing nutrient-rich plants — vital to optimal nutrition
- **Nutrition Connection:** healthwise & practical ideas for designing a nutritious garden to reduce cancer risk, aid in weight control, increase ingestion of protein, calcium, iron, vitamins A & C, among numerous other health benefits
- **Over 25 Gardening Topics:** Easy step-by-step, illustrated instructions on raised-beds, soil preparation, natural fertilizers, companion planting, Spring planting, planting starts & seeds, sidedressing, composting, cover crops, mulching, beneficial insects, natural pest control, weeding, watering, wildlife stewardship, *and more!*



Accurate • Concise • Easy



About the Authors

Since the 1970's, educators, speakers and gardeners, Dr. C. Forrest McDowell and Tricia Clark-McDowell have taught thousands of people how to garden and compost, both naturally and easily. They have tended their own 2-acre garden for 25 years, amidst a forested 22-acre nature refuge (Cortesia Sanctuary) in Eugene, Oregon, USA.

Their 32-page **Home Composting Made Easy** (Cortesia Press, 1998; 5th edition 2008), is the world's most popular guide for the home gardener, with over 1 million copies in print. It is used by hundreds of governmental agencies, organizations and businesses throughout North America.

Their bestselling book, **The Sanctuary Garden** (Fireside Books, 1998, out-of-print), launched an international movement around spiritual, healing, quiet and sanctuary gardens/gardening. The gardens at Cortesia Sanctuary have been featured in numerous magazines and periodicals.

Cortesia Press

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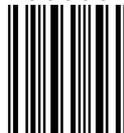
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Step-by-Step Guide for the Gardening Season

SPRING

At least 2-3 weeks before planting seeds and starts, do **SOIL PREPARATION** (Steps 1-3)

Step 1 COVER CROP — Turn into soil any that may have been planted last fall

Step 2 COMPOST (or other organic matter, i.e. garden planting mix) — add about 2-3 inches (5-7cm) yearly; mix into soil

Step 3 NATURAL FERTILIZERS — add appropriate amount; mix well into soil 4-6 inches deep

Step 4 PLANT SEEDS & STARTS
Note: when soil is above 50F/12C

Tip #1: Try to use highest quality hybrid or open-pollinated, non-GMO seeds/starts. Why? Regional and native species have high tolerance to adverse conditions (heat, humidity, cold, pests, etc), and any harvested produce tends to store better

Tip #2: Crop Rotation — every 1-2 years rotate plants into different locations in your garden beds (wards off pests & diseases)

Tip #3: Companion Plant — different types of plants can help each other grow and ward off pests and diseases

Step 5 PROTECT & WATER PLANTS — especially seeds & young starts, at least until established

Step 6 COMPOST SYSTEM — create one if you don't have it.

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You can create a garden based on nutritional needs, taste, favorites, storage, etc.

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Summer & Fall/Winter Guide: Inside back cover!

SUMMER

- Step 1 WEED** unwanted plants/vegetation before they go to seed
- Step 2 WATER** deeply & regularly — at least 1-inch (2.5cm) or more weekly (especially if dry or windy)
- Step 3 MULCH** around plants to control weeds and to keep soil moist
- Step 4 SIDEDRESS** with Natural Fertilizer — put around plants for nutrient boost, as needed
- Step 5 WILDLIFE STEWARDSHIP** — create and maintain plants & places in the garden to attract butterflies, bees, birds and other good critters
- Step 6 BENEFICIAL INSECTS** — plant vegetation that attracts good insects for pest control
- Step 7 PLANT OVERWINTERING CROPS** (July, August)
- Step 8 COMPOST** — keep making it!

FALL & WINTER

- Step 1 HARVEST PLANTS & SEEDS** to use, store & save
- Step 2 GARDEN CLEAN-UP & SANITATION**
- Step 3 PLANT COVER CROPS** (early Fall)
- Step 4 MULCH** beds with straw/leaves to prevent excessive leaching of nutrients due to rain & snow
- Step 5 COMPOST** — keep making it!
- Step 6 REVIEW & REFLECT** on your gardening efforts; plan for next season

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