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# How To Eat From Your Garden Year Round In South Florida - Book 1

HOW TO EAT FROM YOUR  
GARDEN YEAR ROUND IN  
SOUTH FLORIDA - BOOK 1



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M. CHRISTOU



## Synopsis

Would you like to become more self-sufficient? Do you want to walk out your door any day of the year and harvest nutritious, chemical-free food? Food you didn't have to spend lots of time and effort to grow? Would you like your garden to help improve the environment rather than harming it? We've been there. We know the struggle to grow food in our hot, humid climate, and the hamster-wheel of annual vegetable gardening here. Many homeowners do it with constant applications of fertilizers and pesticides. There are more sustainable ways, but they require a lot of work. Even then, most of the vegetable garden shuts down when the heat gets going again. What did the Seminoles do? How did indigenous people in subtropical climates all over the world sustain themselves for generations? The answer is simple. These people were surrounded by food. They lived in what we now call a food forest, or forest garden. And you can, too. We're going to show you how.

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## Customer Reviews

Excellent material for anyone wishing to learn how to grow edible plants in tropical and semi tropical

climates like south Florida. Easy to understand and apply. Looking forward to the next module!

Excellent information for anyone wanting to grow edible plants especially in warmer climates. Easy to read and apply! Can't wait for the next module!

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