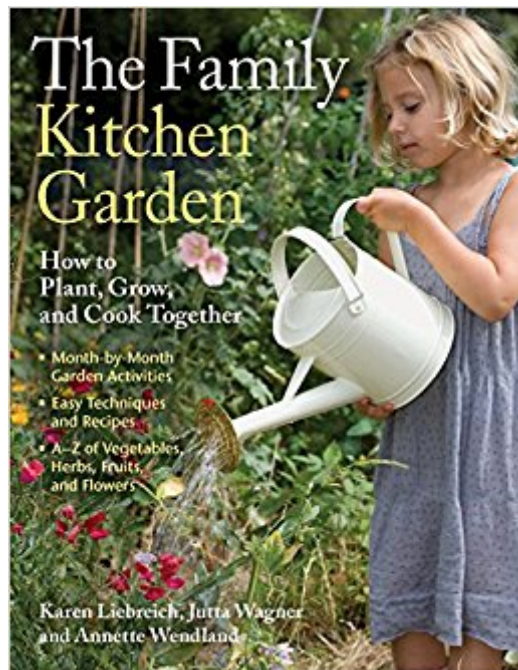




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# The Family Kitchen Garden: How To Plant, Grow, And Cook Together



## Synopsis

Everyone wants healthy children who choose potatoes over chips and oranges over Oreos, but it isn't always easy to convince a picky child to try something new. The Family Kitchen Garden integrates the garden and kitchen in a simple, fun way that parents and children can enjoy together. By teaching kids how to garden, they will be more likely to eat what they grow -- what a rewarding way to encourage healthy foods! Unlike other guides to gardening with children, these are not simple projects just for kids. Rather, the authors believe that kids can do -- and will enjoy -- the same type of gardening that adults do. Part One focuses on the nitty-gritty of gardening with kids: how to keep sessions short, tips on how much to grow, and important safety precautions. Part Two is a month-by-month guide on what to sow, plant, harvest, and eat. Seasonal recipes include nutritious, kid-friendly foods like parsnip chips, rhubarb cake, and homemade ketchup. Part Three is an A-Z guide to vegetables, fruit, herbs, and flowers. Icons note which are plants particularly easy to grow and suitable for young children. The Family Kitchen Garden is for parents who want to get their kids outside and for families looking for simple ways to lead a healthier life. Grab your kids and get gardening!

## Book Information

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## Customer Reviews

“There are no frivolous kiddy projects, though there are many creative activities and healthy recipes in the month-by-month section.” —Library Journal

“An introduction to productive gardening that any novice could benefit from

reading. •Gardens Illustrated “Monthly tasks and an encyclopedia of vegetables, as well as recipes like a luscious rhubarb cake, make this book as useful as it is irresistible. •The Seattle Times “This book is an excellent starting point for families who want to get into vegetable gardening. •Vancouver Sun “The last half of the book is an A-to-Z vegetable, fruit, herb, and edible flower guide that would be helpful to any gardener who isn’t satisfied with the amount of information crammed on the back of a seed packet. •Austin American-Statesman “A lovely, invaluable resource, which, if implemented, could transform the way we as families spend our time, eat our food and live our lives. Only good can come of this. •Plant Whatever Brings You Joy “Knowing that picky kids are more likely to eat what they grow, this book integrates garden and kitchen in a simple way that parents and children can enjoy together. •Michigan Gardener “The new garden guide takes you and your kids or grandkids through the garden, month by month, with help figuring out what to plant when and how to eat it up. •Denver Post

Karen Liebreich is the founder and co-ordinator of the Chiswick House Kitchen Garden in West London. Her other books include *The Letter in the Bottle* and *Fallen Order*. She has a history doctorate from Cambridge University and basic horticultural qualifications from Capel Manor. Jutta Wagner is the crop planner and designer for the Chiswick House Kitchen Garden. She started her career as a horticulturist in Bavaria, and went on to study landscape architecture at the University of Applied Science in Berlin. From 1995 until 2004 she worked for a Berlin design practice specializing in garden history and family housing projects. Annette Wendland runs the teenage sessions at the Chiswick House Kitchen Garden. She works as a freelance photographer and studied at the London College of Printing. She specializes in architecture, food and nature photography.

This book was amazing. We were beginning gardeners when we bought it, but we weren’t completely void of any gardening knowledge. We had planted small gardens before, but I bought this when we decided to expand into our big plot. It was perfect for us. It covered everything from designing your layout to storing your harvest. It’s not geared toward kids, but it’s geared toward FAMILIES. There were a lot of notes in the book pointing out which jobs would be easiest for kids to do, plants that kids would enjoy harvesting, which seeds would be best for children involved in the planting process. After buying this, it became my gardening bible. There was rarely ever a question I

had that I couldn't find the answer for in this book. I think Google missed me tremendously. :) I would recommend this to any person who is taking the plunge into gardening big without or without children.

beautiful

Great book

very educational

The Family Kitchen Garden is a well thought out, well organized gardening book. The book is organized by month-by-month gardening and also organized A-Z, making it easy to find what you are looking for. The book covers vegetables, herbs, fruits, and some flowers. The flower section is not very intensive, since this is primarily a kitchen garden book but some of your favorites are listed. The book is supposed to be aimed at families by mentioning how children can help in gardening but the mentions are only a small part so the book is a good pick for anyone, not just those with children. The book is not region specific so you won't find in this book what is best to grow in your particular climate and soil but is just general gardening. If there had been more on that, I would have given the book 5 stars. That all being said, I really like this book, it's my favorite gardening book. The book has glossy, thick pages with colorful pictures and some of the best tips I've seen. Each page gives advice for soil and position, sowing, planting and spacing, aftercare, companion planting, problems, harvesting and uses, and the different varieties of each plant. The first of the book is a section on the basics of gardening that includes sections on soil, compost, pest control, and other helpful topics. These are particularly helpful if you are new at gardening. My favorite parts are the suggestions for companion planting where if you plant certain plants with other certain plants, each does better. I also really like the rotation chart, where it tells you what to plant in a section of soil this year, then what to plant the next year based on what condition the soil will be in after the last plant. We have raised beds so that is particularly helpful for us, now we know not to just keep planting the tomatoes in the same spot every year. This book is not an encyclopedia of gardening and does not include every vegetable or flower that you may want to grow but it is a very organized, handy reference for those interested in gardening. I definitely recommend.

This is one of the most succinct and well-organized gardening books I have seen in a long time.

From primers in making beds, crop rotation, seed starting, composting and pest control to the month by month detailed scenarios of what to start, plant, harvest and do, any beginning gardener will feel well-prepared to get a successful start. The photos are beautiful and inspiring. The fact that each month comes with a recipe and a "craft" project make the book fun for kids, too. With the exception of a mediocre plant label project, the recipes and projects are not "dumbed down" for a younger set but include things of real value that can be used by the family or given as gifts. The A-Z of Plants section covers vegetables, fruits, herbs and cutting flowers. Each plant is covered in detail on a one page spread with a photo. Unless you are going for the most unusual items imaginable, this book will cover the basic categories for you and help you keep your garden healthy while it grows. The appendix includes planting charts and charts to determine how easy things are to grow. The book is also indexed to make its reference very easy. I am surprised at the reviewers complaining about this being adapted for the US market - there is nothing in here that most folks who have ever heard of England won't be able to figure out. They call zucchini "courgettes" and "marrows

If you've ever wanted to get your children involved in seeing where food actually comes from, or wanted a project you could do as a family during these tough economic times, this is a great how-to guide for that. The author breaks down month by month lists of what to do when, and shows you step by step how to interest the young ones in their own home garden. The pictures are amazing, and they are enough to get you excited to grow your own. You will learn about a wide variety of vegetables, how to care for the plants from seed to harvest, and different varieties. The only downside was there was not much in the way of adjusting for different regions of the country, but I think you could adjust that yourself depending on your growing season. With the price of food rising, using your own backyard to produce your own is a wise investment. Plus it's a great lesson for the children. This would be excellent for the homeschooling family, also.

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