

For the at home gardener, the growing season hums with productivity, life and nourishment. Basic to human nature, yet absent in mainstream society, the garden is a place where self-sufficiency and independence reign. Growing your own food allows you to exist outside the confines of the grocery store, giving you choices you otherwise would be missing. Wanting to create a year round lifestyle of at home food production and consumption is a natural next step for those who relish the rhythm and health of the growing season. *The Year-Round Harvest* is designed to facilitate the steps necessary to extend the enjoyment of homegrown food well beyond the summer harvest. By learning how to grow earlier and for longer, the methods and options of growing indoors, and how to preserve and store your harvest, you are on your way to enjoying the fruits of your labor year-round.

*The Year Round Harvest* is a practical guide that approaches at home gardening with a respect for and understanding of traditional and time proven practices, while also embracing new technologies and developments in agriculture and food preservation. The beauty and simplicity of food production is preserved here, as well as providing you with access to new ideas and methods. This combination of a traditional and modern approach to at home food production allows you to design a year round system practical for your individual lifestyle. Whether you live in an urban, suburban or rural area, have no budget constraints or are growing your own food in an effort to be as thrifty as possible, *The Year Round Harvest* provides the information necessary to create and implement a home food system that meets all your needs.

In this step by step walk through of each component of the home food system, you have the freedom to decide which methods appeal to you and exactly how you can adapt them to your own garden. With easy to read illustrations, recipes and instructions, you will learn how to properly assess your growing site, make soil amendments and protect your crops from cold weather. Keeping the diversity of homes and growing space in mind, *The Year Round Harvest* includes creative approaches to maximize your food production no matter what size or what unique challenges you are faced with. You will learn when and how to use trellises, raised beds, terraces and container gardens, as well as the ins and outs of drying, canning, pickling, freezing and underground food storage. How you decide to grow and store your food is up to you, and with *The Year Round Harvest* as your guide, you will be able to make the best decisions for you and your family.

As the gardener and food enthusiast knows, the satisfaction of shared meals and bountiful harvests is a joy worth extending throughout the year. From *The Year Round Harvest* you will learn how to maximize your food production and preservation in the best way possible for your home and garden. Perhaps even more tangible than the practicality of producing your own food year round, is the ability to extend the rhythm that we find from our gardens into the colder months. Our gardens and what we eat connect us to life's most meaningful ingredients- the land that sustains us, and the people around our table. With *The Year Round Harvest* as your guide, you are soon to be enjoying the fruits of your labor throughout the year.