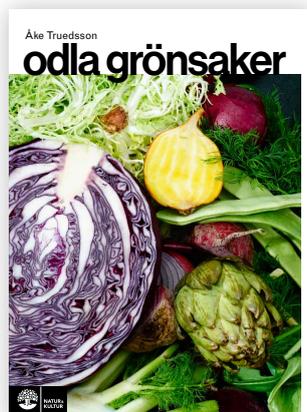


GROW VEGETABLES



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Odla grönsaker

Åke Truedsson

180x240, 176 p

It's a wonderful feeling to grow one's own vegetables.

Everyone feels great eating a lot of greens and it's even better for you when the growing is done without pesticides. Here almost 120 types of vegetables are discussed, among them many different kinds of onions, root vegetables, beans and pulses, cabbages, tomatoes, cucumbers and herbs. Both well-known and more unusual vegetables are discussed in detail with historical information and advice on how best to cultivate them.

The book is practical and easy to use and contains all the information required on seeds, planting, maintenance and harvesting for the best success in growing your own vegetables, whether it is on open land, in a greenhouse, or in pots on a balcony.



About the author

Åke Truedsson is chairman of *Riksförbundet Svensk Trädgård* with ca 32 000 members and has for many years run a tomato club which has a gene base of 600 different types. On his farm in Håslöv he cultivates vegetables, fruits and berries and he has written several books, among them *Grow Tomatoes* and *Fruits and berries*. 'Grow your own vegetables' was first published in March 2011 and won the *Garden Book prize* in 2011. Now it is published again in a revised edition.



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