Food Gardens for a Changing World

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We are facing worldwide climatic, environmental and social changes, and food gardens are one increasingly popular strategy being explored to address these impacts. This book presents the basic biological, ecological and social aspects which influence food gardening.

Food gardening is becoming increasingly popular, as people look for new ways to live more sustainably and minimize harm to the environment. This book addresses the 21st century trends which bring new challenges to food gardening – anthropogenic climate change, environmental degradation, natural resource scarcity, and social inequity – and explains the basic biological, ecological and social concepts needed to understand and respond to them. Examples throughout the text demonstrate how to successfully use these concepts, while supporting gardeners’ values, and their goals for themselves, their communities and the world. Food Gardens for a Changing World:

- Has an open, accessible style and includes hand-drawn illustrations, graphs and text boxes to aid understanding of basic concepts.
- Contains evidence-based, well-referenced explanations and examples to enable the reader to adapt concepts to their own circumstances.
- Covers managing gardens as part of human and environmental communities, including plants, pests and pathogens, water, soil, and seeds.
- Includes worked examples to demonstrate how garden observation and experimentation can help determine best options for responding to change, and document garden benefits.

The text is suitable for students and researchers in a wide range of disciplines, including food systems, environmental studies, horticulture, urban geography, and sociology, as well as anyone with an interest in food gardening.
Contents

Part I: Starting at the beginning: gardens and the big picture

Chapter 1. What can food gardens contribute? Gardens and wellbeing. Appendix - Nutrients and energy in garden foods

Chapter 2. Changes coming to your garden

Chapter 3. Responding to change as a food gardening strategy. Appendix - Worked formal garden experiments

Part II: Starting the garden

Chapter 4. Garden placement

Chapter 5. How plants live and grow

Chapter 6. Starting and caring for garden plants

Part III: Garden management

Chapter 7. Soil, nutrients, and organic matter

Chapter 8. Water, soils, and plants

Chapter 9. Managing pests, pathogens, and beneficial organisms

Chapter 10. Saving seeds for planting and sharing

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