



Grow Your Own Fruit and Vegetables

Lawrence D. Hills

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Grow Your Own Fruit and Vegetables is Lawrence D. Hills's ground-breaking book on all aspects of fruit and vegetable growing. It was widely praised on its publication and remains a classic text in the world of organic gardening.

Its great merit is that one feels that every operation described has been personally carried out by the author and selected as the most satisfactory after due consideration of traditional methods. The treatment of each plant is described from start to finish with sense, relish and humour; there are many fascinating analyses of vitamin and mineral contents and nutritional values, of different vegetables and fruits; and there is excellent advice on picking, harvesting, as well as on cooking ... it is the best practical guide to the subject that has appeared for years, and the author is not concerned with argument or philosophy, only with growing produce well.' *Country Life*

'There is no better guide to non-chemical gardening than Lawrence D. Hills ... He is exceptionally well read and a good practical gardener into the bargain, not a very common combination, and no doubt because of his wide-ranging knowledge he is more balanced in his views than some advocates of all-organic gardening ... Where I find Mr Hills most stimulating is in his highly personal approach to fruit and vegetable varieties and his recommendations based on such commercially unfashionable criteria as flavour and food value. There is a wealth of information here which would be difficult to find in any other single book.' A. G. L. Hellyer in the *Financial Times*



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