



Charles Dowding's Veg Journal: Expert no-dig advice, month by month

Charles Dowding

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This book uses the seasonal checklists, advice and hard-won experience of the UK's best-known no-dig gardener to plan a year's worth of vegetable growing. The information is taken from the author's successful *Charles Dowding Vegetable Course* and arranged in a useful monthly journal so that no activity is overlooked and readers can follow his mantra of "little and often." In this book, **Charles Dowding** proves the efficacy of no-dig gardening and, using step by step guidance with photos, shows how to plan a vegetable garden, construct a raised bed, sow seed indoors and outdoors in spring, protect plants from the weather and pests through the season until the joy of harvesting is celebrated. The information is organized monthly from January to December, with key crops, key activities and essential reminders so nothing is missed.

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Warren Bowers:

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