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# STAND UP AND GARDEN: THE NO-DIGGING, NO-TILLING, NO-STOOPING APPROACH TO GROWING VEGETABLES AND HERBS



Countryman Press Inc. Paperback. Book Condition: new. BRAND NEW, Stand Up and Garden: The No-Digging, No-Tilling, No-Stooping Approach to Growing Vegetables and Herbs, Mary Moss-Sprague, Kathren Moss, Greg Aspinall, Knowing where our food comes from is a huge issue; food safety and costs seem to figure more prominently in our lives all the time. Many people would like to grow their own vegetables but don't know how to begin-digging, plowing, planting, weeding, and watering a large plot can be daunting....

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- Authored by Mary Moss-Sprague, Kathren Moss, Greg Aspinall
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