



# Grow the Good Life: Why a Vegetable Garden Will Make You Happy, Healthy, Wealthy, and Wise

*Michele Owens*

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## **Grow the Good Life: Why a Vegetable Garden Will Make You Happy, Healthy, Wealthy, and Wise**

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A lively, passionate argument for the backyard vegetable garden, drawing on science, history, and stories from the author's garden.

Our parents saw supermarkets and processed foods as the height of convenience. But nothing is more convenient than grocery shopping in the backyard. A vegetable garden offers the best defense against rising food prices, the most environmentally sound way to eat, and better exercise than any gym. It will turn anyone into a wonderful cook, since nothing tastes more vibrant than homegrown. And it can take less time every week than a trip to the supermarket.

In *Grow the Good Life*, Michele Owens, an amateur gardener for almost two decades, makes an entertaining and persuasive case for vegetable gardens. She starts with two simple but radical ideas: Growing food on a small scale is easy, and it is absurdly rewarding.

With her wry, funny, and accessible approach, Owens helps beginning gardeners overcome obstacles that keep them from planting a few seedlings every spring. She explains why dirt isn't dirty; the health benefits of growing one's own food; and that vegetable gardens are not antithetical to the frantic pace of modern life, but simple and undemanding if intelligently managed.

*Grow the Good Life* is not just another how-to. Instead, it will teach you the true fundamentals of vegetable growing: how to fit a garden into your life and why it's worth the trouble.



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What is your hobby? Have you heard this question when you got students? We believe that that query was given by teacher on their students. Many kinds of hobby, Everybody has different hobby. And also you know that little person such as reading or as reading become their hobby. You need to understand that reading is

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