



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

Charles Dowding

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The book uses the seasonal checklists, advice and hard-won experience of the UK's best-known no-dig gardener to plan a year's veg 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 steps guidance with photos shows how to plan a veg garden, construct a raised bed, sow seed indoors and outdoors in spring, grow on young crops, protect his plants from the weather and pests through the season until he celebrates the joy of harvesting. The information is organised monthly from January to December, with key crops, key activities and essential reminders so nothing is missed.

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