Growing Beautiful Food: A Gardener's Guide To Cultivating Extraordinary Vegetables And Fruit
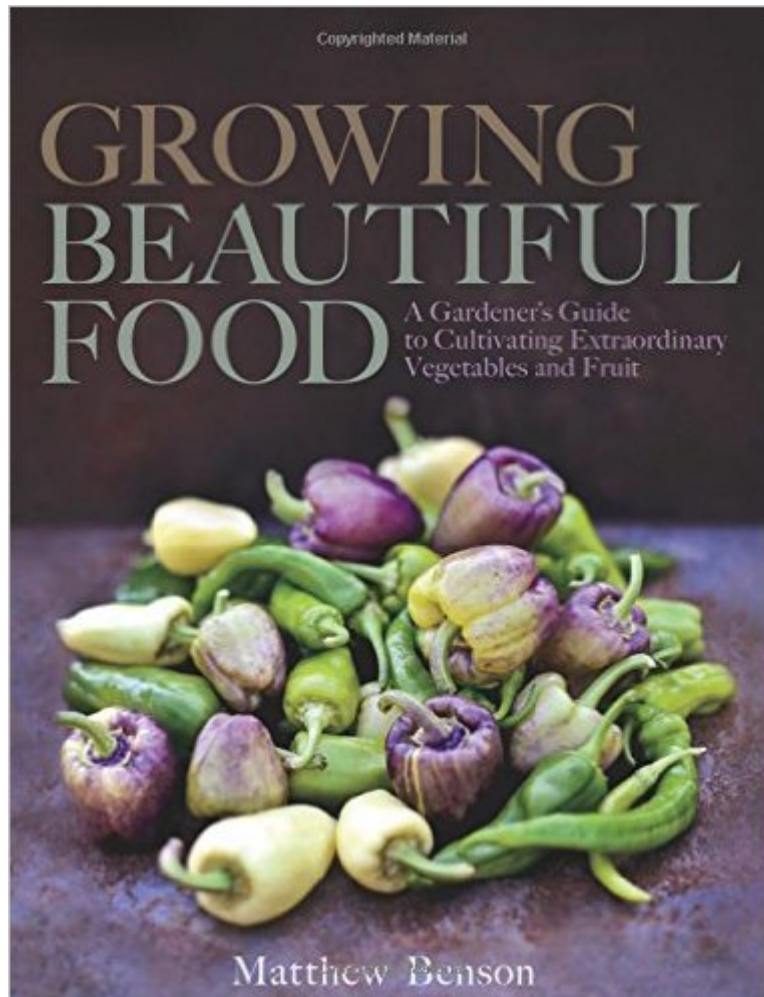
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GROWING BEAUTIFUL FOOD

A Gardener's Guide to Cultivating Extraordinary Vegetables and Fruit

Matthew Benson

Synopsis

With the paradigm shift toward local and homegrown food, gardeners and foodies have come to relish beautiful vegetable gardens and beautiful meals. Author Matthew Benson writes that beauty inspires behavior, and he believes that we can and will eat better, be healthier, and live more sustainably when we grow food that's visually enticing.Benson restored a time-worn gentleman's farm and operates a CSA on one small acre of the land, offering vegetables, orchard fruit, cut flowers, herbs, eggs, and honey from the property. His garden-to-table operation offers an edible feast of textures, colors, and aromas and has grown into a way to feed others, while pushing back against the industrial food system in a small but meaningful way.Growing Beautiful Food is both inspiration and instruction, with detailed growing advice for 50 remarkable crops, a memorable narrative, and evocative imagery. It's a photographic journey through four seasons in the garden, fueling the dream that you can connect to the land by growing your own food. Benson encourages us to start small like he did, celebrate every harvest, and understand that heartbreaking crop losses are simply part of the process. Whether gardeners, families, farmers, or chefs, readers will come to the table motivated by the flavor of homegrown, the message of self sufficiency, and the beautiful food that's as local as their backyards.

Book Information

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Customer Reviews

this is a gorgeous book, and well worth the cash laid out. and i am frugal - so don't spend money eeasily. but i buy garden, farm and cookbooks to keep for life based upon their content, beauty and usefulness - and this meets all three. this is one of those books you can sit and read in small

sittings, although you'll wish for more time to get farther along if you do. the photos are gorgeous, the personal experiences in the book make it memorable and differentiate from other gardening books, and the content includes extra categories to really round out the experience: recipes, vegetable fruit and flower descriptions, fruit tree advice, and chickens and bees! of course the book needs all of these, to give you that complete experience in the farm/garden of your dreams - but at the same time that is what makes this book different as it does provide it all,accomplishing it beautifully and with a sense of love and care.buy it to look at the photos and dream, then delve deeper into reading it and realizing you can achieve your dream one step at a time.kudos to for ability to pre-order months in advance so that this arrived on my doorstep day of release and i got a nice easter present for myself!

This book is well written and has such beautiful pictures. You can almost taste the wonderful fruits and vegetables when you look at these lovely pictures. Not only does it present growing fruits, vegetables and flowers but it discusses growing chickens and bees. It gives details on complete gardening from soil preparation to details on growing different types of fruits and vegetables to wonderful recipes.I highly recommend this book to anyone considering growing fruits and vegetables.

while the images were gorgeous and drool worthy, I did not find this a practical guide for a starting gardener. the information was not easily laid out and I felt has if this was more a book of photography than on how to grow vegetables. .

Benson's beautiful book, Growing Beautiful Food, is absolutely a must have for today's modern gardener. This is the book I continually kept drooling over at the bookstore, before taking the plunge and buying it. I am so grateful that I have this in my repertoire of gardening guides. Not only are the images gorgeous and compelling, Benson has a beautiful way of describing the passion and energy that goes into farming as well as all the simple and clear way of making decisions on having a successful garden. This would be a beautiful book for any backyard gardener!

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