

## BOOK NOTICE

ROBERT KOURIK. 2021. **Sustainable Food Gardens: Myths & Solutions.** (ISBN-13: 978-0-96158-8-7, pbk). Metamorphic Press, 634 Scotland Dr., Santa Rosa, California 95409, U.S.A. Distributed in North America by Chelsea Green Publishing, Inc., 85 N Main St., Suite 120, White River Jct., Vermont 05001, U.S.A. (**Orders:** www.robertkourik.com; www.chelseagreen.com; orders-800-639-4099). \$24.95 US, 486 pp., color illustrations, references, index, 8½" × 11".

*From the publisher:* Would you like to garden without digging, composting, buying fertilizers, spraying with pesticides, or lamenting low yields?

If so, *Sustainable Food Gardening* is the book you've been waiting for, with over 450 pages, 13 chapters, and 487 color photos, illustrations, charts, and graphs. Author Robert Kourik began his career in natural landscape design and maintenance in 1974, with one of the first sustainably oriented organic gardening businesses in the country.

In *Sustainable Food Gardening*, you'll learn to:

Design your own "edible landscapes."

Use no-till techniques to preserve the integrity of your soil

Adapt your growing space to fit into a wide range of USDA garden zones

Review alternative ways to change "guilds" (well-intended clusters of trees and shrubs jumbled together) to more effective and labor-saving plantings.

Grow new kinds of beautiful and productive Victory gardens

Plant Native American "Three-Sisters" gardens that actually work

Learn many myths about roots, and what to do to help them thrive

Attract many beneficial insects to your garden with strategic flower plantings

Here are some of the other topics covered in depth:

Rainwater catchment/cisterns.

Hügelkulturs (do you really need raised garden beds filled with rotten wood?).

Options for better, faster ways to maximize and improve soil.

"Dynamic accumulation"—a myth with some useful guidelines.

Avoiding hours of tree-pruning and encouraging fruiting with a few dozen clothespins.

Clever ways to install and simplify drip irrigation

Using plants to lure good insects that prey upon pests.

Promoting beneficial soil life.

Adding food crops to a native-looking landscape.

In *Sustainable Food Gardening* you'll learn how to achieve that Holy Grail of gardening—productivity, tasty food, and a beautiful, sustainable garden, yard, or landscape.

*About the author:* **Robert Kourik** has published 18 books that focus on organic, natural, sustainable, integrated systems; permaculture; drip irrigation; and edible landscaping.

This is a comprehensive and detailed book about *Sustainable Food Gardens*, a specific type of gardening. *Your Edible Landscape* book has 13 diversified chapters: **1)** The Basics of Sustainable Gardening; **2)** Food Gardens; **3)** Diversity, Stability, and Invasives; **4)** Nurturing Soil; **5)** Conserving Resources; **6)** Forest Gardens; **7)** Container Plants; **8)** Free Fertilizers; **9)** Root Dynamics; **10)** Companion Planting & Three Sisters Gardens; **11)** Attracting Beneficial Insects; **12)** Designing Sustainable Gardens; and **13)** Sustainable Garden Play. Three appendices round out the book: **1)** Comfrey; **2)** Vegan Gardening; and **3)** Perennial Foods. With 486 pages and 453 illustrations on the subject matter, this book is encyclopedic. You will want to have it in your gardening library even if you only use it like dictionary.

—Barney Lipscomb, Fort Worth Botanic Garden | Botanical Research Institute of Texas  
1700 University Dr., Fort Worth, Texas 76107-3400, U.S.A.