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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Web Based Educational Resources For The Organic Vegetable Gardener

By James Brown

More and more men and women across the globe are learning that there truly is a great deal of

truth to the old adage that we are what we eat. To this end, more and more people — again, all across the planet — are electing to consume organic foods products. To this end, many people are also electing to grow their own organic vegetables. If you are a person who is interested in growing his or her own organic vegetables, you likely would like to identify educational resources that can aid you in learning more about growing wholesome organic vegetables now and into the future.

First of all, in the brick and mortar world, there are now a number of wonderful books on the market that deal with organic gardening and organic home gardens. If you are interested in finding these types of texts, you will want to pay a visit to your local bookseller. For the most part, most local book stores across the globe maintain a selection of books on gardening on their shelves. More and more often, these booksellers include books on organic gardening within their inventories as well.

In addition to what is available at booksellers in the brick and mortar world, many libraries in local communities over the globe carry at least a minimal selection of books that can be helpful in training a person about the ins and out of organic gardening.

However, with all that is available in the brick and mortar world, there is a plethora of information on the Internet and World Wide Web through which a person can obtain in depth information about organic vegetable gardening. There are specific websites that deal with organic vegetable gardening. These different websites offer a wide array of different types of services to people interested in organic gardening.

First of all, many of these sites offer a resource library through which a person can obtain definitive information about growing certain types of organic vegetable and fruit products. The resource libraries can be invaluable to an organic gardener in the 21st century.

In addition to informational resources on the Net, there are also websites that offer organic gardeners community forums. Through these online forums, a person can share organic gardening experiences with thousands and thousand of other people from all corners of the globe — a truly helpful resource for

people in this day and age.

James Brown writes about

<http://www.HomeGardenCoupons.com>

, How to Save on Gardening and

<http://www.homegardencoupons.com/Categories/Animal%20Control.aspx>

Grow Your Own Organic Vegetable Garden

By Davis Green

Organic systems recognize that our health is directly connected to the health of the food we eat and, ultimately, the health of the soil.

Here are some of the main features of organic growing:

– Organic growing severely restricts the use of artificial chemical fertilizers and pesticides. – Instead, organic growers rely on developing a healthy, fertile soil and growing a mixture of crops. – Genetically modified (GM) crops and ingredients are not allowed under organic standards.

Going organic may mean that you have to make a trade-off between glossy, same same supermarket looks with better tasting crops that aren't perfect in shape or size, but many gardeners think this is a price worth paying. You'll be able to grow different crops that are always relatively expensive to buy in supermarkets and at farmers markets and, growing your own vegetables is both fun and rewarding.

Among the many things an organic vegetable garden may offer towards a satisfying experience are fresh air, exercise, sunshine, knowledge, supplemental income, mental therapy, and fresh food, rich in vitamins and minerals, harvested at the best stage of maturity.

You can easily make compost from garden and kitchen waste, although this is a bit more time consuming, you will also make cost savings, because you do not need to buy costly chemical fertilizers and pesticides with organic gardening.

Where animal manures are available, they are probably the best source of fertilizer and organic matter for the organic gardener. Use manure which has been aged for at least 30 days if possible, or composted. I am often out in the road if any horses have gone past gathering the manure for the garden. Its looks a bit odd to the teenagers on the street but the dung is worth it!

If you have space for a few pots, or a small space in the garden or even an allotment, it is a wise decision to grow your own organic vegetable garden. To better care for your health, grow your own organic vegetables –and a few pots is all you need at a minimum.

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If you have a surplus you can sell these and you will be contributing to the 'go local' food movement which is flourishing - over 15% of people buy organic food locally and this number continues to rise as the number of farmer's markets, box schemes, cafes and restaurants serving organic food increase. GuideMeGreen helps you to find locally produced foods which are fresher, healthier and more economical. It cuts down on transport costs and 'food miles' where an average shopping basket can include fruit and vegetables transported from all over the world. Even in the UK or USA food is transported from the farm, to the packing centre, then to distribution centre before arriving at the supermarket to be bought which is then transported by car home!

David Oglaza is the founder of the Green and Ethical business

<http://www.guidemegreen.com>

This

growing green resource lists 100s of Organic, Fairtrade, Eco and Ethical companies. We even have Green jobs and a Green Forum!



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