



Eat Your Greens: The Surprising Power of Homegrown Leaf Crops

David Kennedy

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Our industrialized food system is failing us, and as individuals we must take more responsibility for our own health and food security. Leaf crops produce more nutrients per square foot of growing space and per day of growing season than any other crops and are especially high in vitamins and minerals commonly lacking in the North American diet. As hardy as they are versatile, these beautiful leafy vegetables range from the familiar to the exotic. Some part of this largely untapped food resource can thrive in almost any situation.

Eat Your Greens provides complete instructions for incorporating these nutritional powerhouses into any kitchen garden. This innovative guide:

- Shows how familiar garden plants such as sweet potato, okra, beans, peas, and pumpkin can be grown to provide both nourishing leaves and other calorie- and protein-rich foods
- Introduces a variety of non-traditional, readily adaptable alternatives such as chaya, moringa, toon, and wolfberry
- Explains how to improve your soil while getting plenty of vegetables by growing edible cover crops

Beginning with a comprehensive overview of modern commercial agriculture and rounded out by a selection of advanced techniques to maximize, preserve, and prepare your harvest, *Eat Your Greens* is an invaluable addition to the library of any gardening enthusiast.

David Kennedy is the founder and director of Leaf for Life, a nonprofit organization dedicated to the elimination of global malnutrition through the optimum use of leaf crops, and is the author of *21st Century Greens* and the *Leaf for Life Handbook*.



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