



# The Regenerative Grower's Guide to Garden Amendments

Using Locally Sourced Materials to Make Mineral and Biological Extracts and Ferments

Nigel Palmer

Foreword by John Kempf

Gardening / Farming & Homesteading

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“Using this book as a guide. . . You have the opportunity to participate in the next revolution in plant nutrition.”

—JOHN KEMPF, from the foreword

Revitalize your garden—and go beyond compost—by making your own biologically diverse inoculants and mineral-rich amendments using leaf mold, weeds, eggshells, bones, and other materials available for little or no cost. In *The Regenerative Grower's Guide to Garden Amendments*, experimental gardener and author Nigel Palmer provides practical, detailed instructions that are accessible and exciting to every grower who wants to achieve a truly sustainable garden ecosystem. These recipes go beyond fertilizer replacement, resulting in greater soil biological activity and mineral availability. They also increase pest and disease resistance, yields, and nutrient density.

Recipes include:

- Extracting nutrients from plant residues using simple rainwater techniques
- Extracting minerals from bones and shells using vinegar
- Fermenting plant juices and fish
- Culturing indigenous microorganisms (IMO) to supply a broad spectrum of minerals and complex organic compounds

Inspired by the work of many innovative traditional agricultural pioneers, especially Cho Ju-Young (founder of the Korean Natural Farming method), *The Regenerative Grower's Guide to Garden Amendments* also includes a primer on plant-soil interaction, instructions for conducting a soil test, and guidance on composting, cover cropping, mulching, measuring the quality of fruits and vegetables using a refractometer, and other aspects of sustainable gardening—making it a must-have resource for any serious grower.

To request a review copy or author interview, please contact: Christina Butt (802) 295-6300 ext. 127, or cbutt@chelseagreen.com

Author Availability: Connecticut, or by phone or arrangement



**Nigel Palmer** has been a lifelong gardener in New England, relying on the amazing complexity of nature to inspire his gardening philosophy. He also works as an aerospace engineer, sorting, organizing, and resolving complex technical issues. He is the instructor and curriculum developer of the Sustainable Regenerative Gardening program at The Institute of Sustainable Nutrition (TIOSN).

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