



How to grow an abundance of herbs,
vegetables and fruit in small spaces
MARK RIDSDILL SMITH

The Vertical Veg Guide to Container Gardening

How to Grow an Abundance of Herbs, Vegetables
and Fruit in Small Spaces

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Gardening

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From the creator of the wildly popular website and YouTube channel “Vertical Veg”, comes an easy 8-step guide to growing an abundance of fruit, vegetables and herbs in any space, from window boxes to garden yards, no matter how small!

With over half of the world’s population living in cities, and this number increasing every year, more households are looking to the small spaces available to grow food at home. In *The Vertical Veg Guide to Container Gardening* Mark Ridsdill Smith, aka the ‘Vertical Veg Man,’ shows how a few containers on a rooftop, patio, windowsill or balcony can provide not only an oasis of green but an amazing amount of fresh produce. If you’ve been longing to grow your own tomatoes, eggplants or strawberries, but thought you didn’t have enough space or simply didn’t have the knowledge, Mark will show you how.

With twelve years of experience growing in all kinds of containers and teaching people how to grow bountiful, edible crops in small spaces, Mark proves that container gardening can be more than just a hobby, but a way of creating a significant amount of delicious, low-cost, nutritious food. In just his second year growing, Mark harvested 200lb of food from his London balcony that would have cost \$1,300 to buy.

Inside *The Vertical Veg Guide to Container Gardening*, you’ll find:

- How to make the most of your space
- How to draw up a planning calendar so you can grow throughout the year
- Planting projects for beginners
- Compost recipes and wormery guide for the more experienced gardener
- Troubleshoots for the specific challenges of growing in small spaces
- Ways to support pollinators and other wildlife in urban areas
- How growing food at home can contribute to wellbeing, sustainability and the local community

About the Author

Mark Ridsdill Smith (regular contributor to *The Guardian* and featured on the BBC) founded Vertical Veg in 2009 after discovering how much food he could grow on the balcony of his apartment. His website and Facebook page inspire and support people to grow food in small urban spaces, and Mark has run workshops across the UK, including for Garden Organic and Capital Growth.