



The Tao of Vegetable Gardening

Cultivating Tomatoes, Greens, Peas, Beans, Squash, Joy, and Serenity

Carol Deppe

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“ Explore the practical methods and deeper essence of gardening. ”

In her latest book, *The Tao of Vegetable Gardening*, groundbreaking garden writer Carol Deppe (*The Resilient Gardener*, *Breed Your Own Vegetable Varieties*) focuses on some of the most popular home garden vegetables—tomatoes, green beans, peas, and leafy greens—and through them illustrates the key principles and practices that gardeners need to know to successfully plant and grow just about any food crop.

Deppe's work has long been inspired and informed by the philosophy and wisdom of Tao Te Ching, and *The Tao of Vegetable Gardening* is organized into chapters that echo fundamental Taoist concepts: Balance, Flexibility, Honoring the Essential Nature (your own and that of your plants), Effortless Effort, Non-Doing, and even Non-Knowing. Yet, the book also offers a wealth of specific and valuable garden advice on topics as diverse as:

- The growing problem of late blight and the future of heirloom tomatoes—and what gardeners can do to avoid problems, and even create new resistant varieties, what Deppe calls “the heirloom tomatoes of tomorrow.”
- Establishing a Do-It-Yourself Seed Bank, including information on preparing seeds for long-term storage and how to “dehybridize” hybrids.
- Twenty-four good places to not plant a tree, and thirty-seven good reasons for not planting various vegetables.

Deppe also introduces what could be the easiest and most space-saving and labor-efficient way of growing greens, called the “Eat-All Greens Garden.” With this method, a family can raise all their summer greens as well as freeze and dry enough greens for winter with even a tiny garden, which makes this approach perfect for small-scale and urban gardeners.

An Oregon-based plant breeder who holds a PhD in biology from Harvard University, Deppe specializes in developing public-domain crops for organic growing conditions, sustainable agriculture, and human survival for the next thousand years.

Designed for gardeners of all levels, from beginners to experienced growers, *The Tao of Vegetable Gardening* provides a unique frame of reference—a window to the world of nature, in the garden and in ourselves.



Carol Deppe holds a PhD in biology from Harvard University and specializes in developing public-domain crops for organic growing conditions, sustainable agriculture, and human survival for the next thousand years. Carol is an Oregon plant breeder and author of several books including *The Resilient Gardener: Food Production and Self-Reliance in Uncertain Times* (Chelsea Green, 2010), *Breed Your Own Vegetable Varieties*, 2nd ed. (Chelsea Green, 2000), *Tao Te Ching: A Window to the Tao through the Words of Lao Tzu* (Fertile Valley Publishing, 2010), and *Taoist Stories* (Fertile Valley Publishing, 2014).

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