

# Grow the Dirty Dozen: Stop Buying Produce with Pesticides and Start Growing Your Own Organic Fruits & Vegetables (Fruit and Vegetable

## **Gardening**)

Kristina Seleshanko



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## Grow the Dirty Dozen: Stop Buying Produce with Pesticides and Start Growing Your Own Organic Fruits & Vegetables (Fruit and Vegetable Gardening)

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**Grow the Dirty Dozen: Stop Buying Produce with Pesticides and Start Growing Your Own Organic Fruits & Vegetables (Fruit and Vegetable Gardening)** Kristina Seleshanko By An Amazon #1 Bestselling Author.

The Dirty Dozen is a list of the top 12 fruits and vegetables most laced with pesticide residue. Sure, you can avoid pesticides by spending a fortune buying organic produce at the grocery store or farmer's market, but here's a little secret: You can save a ton of money, feel better, and know exactly what's going into your food by growing vegetables and fruits in your own yard! It's so simple, even the kids can help.

Grow the Dirty Dozen: Stop Buying Produce with Pesticides and Start Growing Your Own Organic Fruits & Vegetables offers step by step advice for novice and expert gardeners alike. You'll learn which produce is most pesticide-laden, and exactly how to grow it yourself, organically.

You'll also find the best tips for preserving your harvest through freezing, canning, drying, and cold storage. There's even a special section on genetically modified (GMO) produce, how to avoid it, and how to grow it organically.

Save money. (Studies show the average family saves well over \$1,000 by growing their own food.)

Get healthy by eating organic produce and spending a little time in the garden. (Freshly picked food is higher in nutrients and improves physical health.)

Know exactly what is – and is not – in your food.

Read Grow the Dirty Dozen.

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Playing with family within a park, coming to see the coastal world or hanging out with good friends is thing that usually you will have done when you have spare time, and then why you don't try point that really opposite from that. Just one activity that make you not sense tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of knowledge. Even you love Grow the Dirty Dozen: Stop Buying Produce with Pesticides and Start Growing Your Own Organic Fruits & Vegetables (Fruit and Vegetable Gardening), you can enjoy both. It is fine combination right, you still want to miss it? What kind of hang type is it? Oh can happen its mind hangout guys. What? Still don't understand it, oh come on its called reading friends.

#### Jarred Chisolm:

Grow the Dirty Dozen: Stop Buying Produce with Pesticides and Start Growing Your Own Organic Fruits & Vegetables (Fruit and Vegetable Gardening) can be one of your beginner books that are good idea. Many of us recommend that straight away because this e-book has good vocabulary that will increase your knowledge in language, easy to understand, bit entertaining but nevertheless delivering the information. The article author giving his/her effort to set every word into satisfaction arrangement in writing Grow the Dirty Dozen: Stop Buying Produce with Pesticides and Start Growing Your Own Organic Fruits & Vegetables (Fruit and Vegetable Gardening) nevertheless doesn't forget the main position, giving the reader the hottest as well as based confirm resource details that maybe you can be one of it. This great information can easily drawn you into new stage of crucial considering.

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