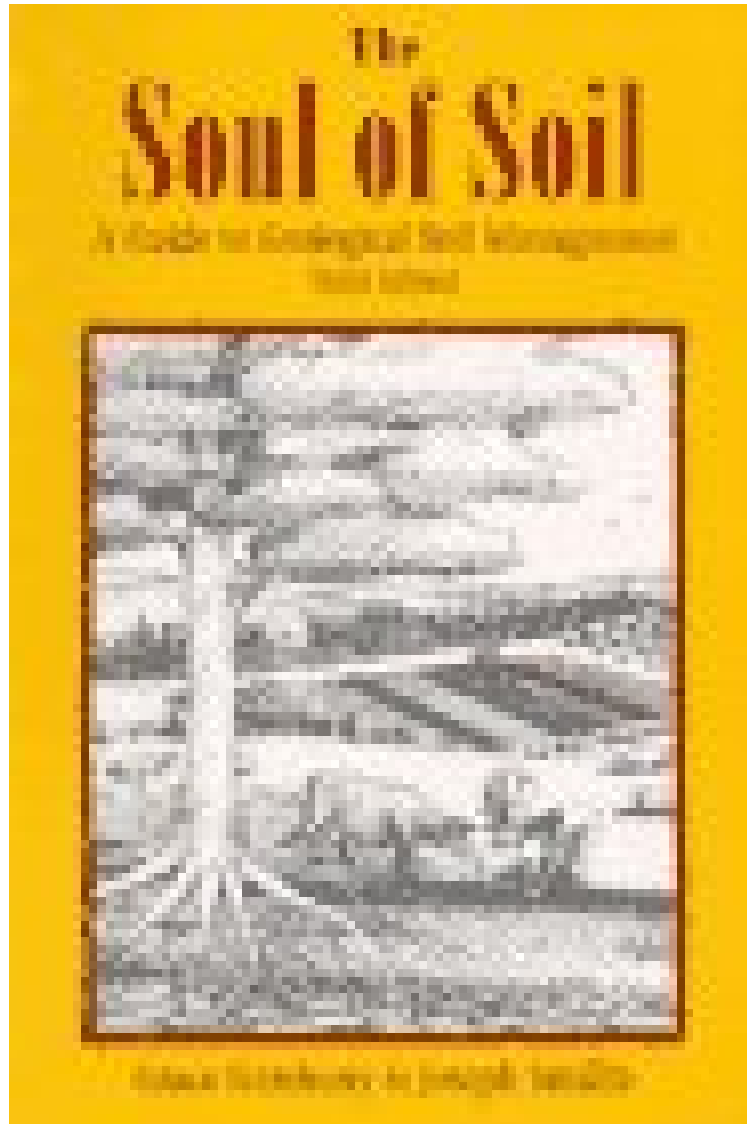


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The Soul of Soil: A Guide to Ecological Soil Management

Grace Gershuny, Joseph Smillie

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.com OK, so you put some seeds in some dirt after the last frost, water them, and they grow into food, right? Wrong! The composition of the "dirt" in which nutritious and healthy foods will grow is a complex interaction of organisms and nutrients. Healthy soil for growing healthy food is like a living, breathing organism, and, just as preparation is 90 percent of most home projects, preparing the soil is an essential step if you want to grow your own food. Preparing it well to produce the best, most nutritious food is what this soulful book is all about. *The Soul of Soil*, now in its third edition, has become a classic for lovers of natural foods.