

# So You Want to Grow Pie: Growing Your Own Food



## So You Want to Grow a Pie? (Grow Your Food)

by Bridget Heos

★★★★★ 5 out of 5

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By Dr. Sarah Wernick

Growing your own food is a great way to save money, eat healthier, and reduce your environmental impact. But it can seem like a daunting task, especially if you've never gardened before.

In her new book, "So You Want to Grow Pie: Growing Your Own Food," Registered Dietitian and gardening expert Dr. Sarah Wernick shares her wisdom on how to start growing your own food, even if you don't have a lot of space or experience.

In this excerpt from the book, Dr. Wernick shares her top tips for getting started:

### **1. Start small**

Don't try to grow too much food all at once. Start with a few easy-to-grow plants, such as tomatoes, peppers, or cucumbers.

## **2. Choose the right location**

Your plants need sunlight, water, and good soil. Choose a location that gets at least six hours of sunlight per day and has well-drained soil.

## **3. Prepare the soil**

Before you plant your seeds or seedlings, till the soil and add compost or manure. This will help to improve the soil's fertility and drainage.

## **4. Plant at the right time**

The best time to plant your seeds or seedlings will vary depending on your climate. Consult with your local nursery or extension office to find out the best planting times for your area.

## **5. Water regularly**

Your plants need water to grow, but don't overwater them. Water deeply and less frequently, rather than shallowly and more often.

## **6. Fertilize regularly**

Your plants need nutrients to grow healthy and strong. Fertilize them according to the directions on the fertilizer package.

## **7. Protect your plants from pests and diseases**

Pests and diseases can damage your plants and reduce your harvest. Use organic pest and disease control methods to keep your plants healthy.

## **8. Harvest your food**

When your food is ripe, harvest it and enjoy it! Eating fresh, homegrown food is one of the most rewarding parts of gardening.

Growing your own food is a great way to improve your health, save money, and reduce your environmental impact. With a little planning and effort, you can grow a delicious and nutritious harvest in your own backyard.

## About the Author

Dr. Sarah Wernick is a Registered Dietitian and gardening expert. She is the author of the book "So You Want to Grow Pie: Growing Your Own Food." Dr. Wernick has been featured in numerous media outlets, including The New York Times, The Wall Street Journal, and The Today Show.

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