



# **The Year-Round Vegetable Gardener: How to Grow Your Own Food 365 Days a Year, No Matter Where You Live**

*Niki Jabbour , Joseph De Sciose (Photographer)*

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## **The Year-Round Vegetable Gardener: How to Grow Your Own Food 365 Days a Year, No Matter Where You Live** Niki Jabbour , Joseph De Sciose (Photographer)

The first frost used to be the end of the vegetable gardening season -- but not anymore In "The Year-Round Vegetable Gardener," Nova Scotia-based gardener and writer Niki Jabbour shares her secrets for growing food during every month of the year. Her season-defying techniques, developed in her own home garden where short summers and low levels of winter sunlight create the ultimate challenge, are doable, affordable, and rewarding for gardeners in any location where frost has traditionally ended the growing season. Jabbour explains how to make every month a vegetable-gardening month. She provides in-depth instruction for all of her time-tested techniques, including selecting the best varieties for each season, mastering the art of succession planting, and maximizing the use of space throughout the year to increase production. She also offers complete instructions for making affordable protective structures that keep vegetables viable and delicious throughout the colder months. What could be more amazing than harvesting fresh greens in February? Jabbour's proven, accessible methods make this dream possible for food gardeners everywhere.

## **The Year-Round Vegetable Gardener: How to Grow Your Own Food 365 Days a Year, No Matter Where You Live Details**

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# From Reader Review The Year-Round Vegetable Gardener: How to Grow Your Own Food 365 Days a Year, No Matter Where You Live for online ebook

## Erica says

I checked this out from the library three times and finally ended up just buying it. That's how much I like it.

Also, I've already built a hoop house, thanks to this book. I don't know, yet, if it works, but I made it and that makes me happy.

Update:

Yes. My hoop house worked and will work again this winter!

<http://006point7ekgo.wordpress.com/20...>

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## Justin says

More than just information on cold frames, contains a decent sized section on cold climate crops

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## Lauria2 says

-this book got rave reviews. however, i fail to see how cold frames and hoop tunnels that **only add a few degrees of temperature protection** will allow you to continue to harvest food straight thru a minnesota winter when temperatures frequently get below 0°F (-18°C) and occasionally -20°F (-29°C). even my unheated greenhouse only offers a few degrees of temperature protection in winter when its that cold.

- and buying me a couple more weeks of harvest in the fall and early winter does NOT equate year round gardening! and at winter temps, nothing GROWS. at best, if well insulated, it only stays alive. and barely that. so you're not GROWING food 365 days a year, you're merely extending the harvest of already grown food. its a matter of how long you can extend that harvest into the cold. and the truth is, in minnesota winters, its not that long. so the book is a lie.

"the heavyweight row covers can protect crops down to 24°F (-4°C), but only 30-50 percent of light can get thru." -so how useful is that really? 24°F is a long ways off from our 0°F winters. and winter sunlight is super-weak up here. to block half of it... how can that even work? they're showing simple hoop houses in january as being able to keep stuff alive. that is absolutely not enough protection for a minnesota january.

"in the fall, a cloche can be placed over clumps of salad greens to keep the harvest going for a few more weeks." - again, a few weeks of extra harvest is NOT year round gardening!!!

"some sources say that a water-filled cloche will actually protect a plant down to 12°F (-11°C)." - they dont seem very certain on this, and the 'wall-o-water' thats shown is very small. only useful perhaps in spring on baby seedlings. so again, not year round gardening.

"using a cold frame will do the equivalent of moving a garden plot about one zone to the south."

"adding several cold frames to the interior of an unheated greenhouse will enable you to garden as if you were two zones to the south."

-well thats an interestingly-phrased claim. but a bit of googling shows that one usda hardiness zone is only 5 degrees F difference, and two zones is only 10 degrees F difference. and 10 degrees of added protection still doesnt get us from freezing 32°F to 0°F. (0°C to -18°C)! so again, not year round gardening!

-it does give nice plans for building cold frames, hoop houses, and polytunnels.

"simple ways to maximize heat retention:

- \* bags of leaves piled around the cold frame, and on top overnight.
  - \* straw bales piled around and on top overnight. loose straw inside.
  - \* row covers over the cold frames
  - \* pile up soil around the cold frame box
  - \* place cold frame against nearby structures or windbreaks
  - \* throw blankets or carpet over the cold frames
  - \* adding 2" thick layer of styrofoam to inside of cold frame or outside
  - \* thermal collectors, capture solar energy by filling black painted water jugs and tucking them inside the cold frame.
  - \* paint the outside of the cold frame black, and the inside white to collect sun from the outside, and reflect limited winter sun inside."
- i'm thinking maybe if i did **EVERY** single one of these things at the same time, it might work to extend the fall harvest further thru winter.
- but then it would be a royal pain in the ass to GET to anything to harvest it.
- and removing the stuff covering the top of the cold frame during daylight hours so the plants can get any of the desperately needed super-weak winter sun, might freeze/kill them from the loss of insulation.

so yeah. just overall not impressed with this books promises. not this far north.

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## Megan says

So, I still liked Eliot Coleman's The Winter Harvest Handbook over this. Coleman really digs into the science and into the history of winter growing, which let me wrap my brain around the "why" of how things work.

This book reads very much like a home gardener who took Coleman's work and applied it to her backyard (she mentions him in the beginning, so this is likely true). But that really isn't a bad thing. Probably the most helpful part of this book is her section on crops where she profiles popular vegetables, how early you can start growing them (under cover or not) and how long they can last into the winter (or not). Early starting dates for crops under protection isn't hard to find online; fall starting dates are a little more tricky -- but it's all neatly laid out here in an easy-to-reference, attractive book.

Like I said, I loved Coleman's work and the science and history, but I imagine this book might appeal more to gardens who just want a straight forward "Plant this on X date, care for in X fashion, expect delicious crops on X date."

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### **Trace says**

Another gardening book I think I need to own. Written by a Canadian gardener...

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### **Erica says**

This is the cold-climate gardener's go-to guide for everything. I wish I had this book years ago! I will continue to reference it for design, cold frame choice, and detailed vegetable and herb advice.

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### **Laura says**

My dear friend, Sherri, picked this book out for herself, and I mooched off of her suggestion and got one for myself. I've always wanted to have a vegetable garden, but I don't have any experience. I don't know where to start, and I don't know how to proceed. This book was like living with a professional gardener for a year. It is so easy to read and well laid out. There are lots of pictures and clear explanations. Whether you're doing a year-round garden or not, this book is a terrific resource for how to have a successful garden. I actually read this book like a novel every night before going to bed for about two weeks, and I would fall asleep dreaming about mache and butterhead lettuce and cold frames.... I can't wait to have my own garden, and now I feel like I have enough background knowledge to actually do it.

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### **Cumberland Public Libraries says**

A wealth of information, The Year-Round Vegetable Gardner is an invaluable resource for almost any Nova Scotian intent on expanding their gardening knowledge or their growing season. It's perfect for novice gardeners who enjoy learning about a variety of greens they might not have considered attempting to grow before. With an easy to read style and flexibility that lends to reading either the entire book or just the parts you're interested in, this book makes a great resource.  
Recommended by Eden, Parrsboro Library

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### **Steve says**

This book is focused on extending the gardening season. A great resource on explaining how to use row covers, mini hoop tunnels, cold-frames, etc. Also very helpful in explaining which vegetables to grow early and late to extend the season (even through the winter if one is careful). I have already made a list of things to try as fall approaches - hopefully I will have some garden goodness well into the first snows of the year.

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### **SoManyBooks SoLittleTime (Aven Shore) says**

When a book is written from the region you live, it has a lot more credibility than when a Floridian tells you what's possible in Canada. She and others are growing lots of fresh veg through bona-fide Nova Scotian winters. Whoohoo. Very inspiring; immediately expanded our intentions and expectations for growing food for ourselves.

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### **Kelly Weisner says**

I go back to this book time and again all year round. This is a fantastic comprehensive guide to gardening year round. Great information about individual crops, succession planting, planning, everything you need to get started having fresh veggies from your garden, even in January!

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### **Grace says**

When I saw *The Year-Round Vegetable Gardener* on the library's "new" shelf, I snagged it up without hesitation. I love gardening, and I would very much like to see how I can grow my own food all year round - despite being in the middle of zone 5 and living in the city.

Jabbour does a fairly good job of glossing over a wide variety of the science topics such as timing, temperature, and light needs of the plants. I was most surprised, however, at the depth on which she talks about keeping a decently healthy soil with a combination of organic methods like crop rotation, cover crops, and organic fertilisers. As a soil scientist, I approved heartily of this, and applaud her spending more than a page or two on the topic.

I really liked the introduction Jabbour makes for intensive farming in small spaces, which will be very useful for urban and rural farmers alike when it comes to growing a lot in a small space. While there are whole volumes of books written on the subject, as well as experimentation as to what works best together, Jabbour does a really good job of explaining the basics and giving the beginner a good head start.

The reader should be warned, though, that this book focuses heavily on winter farming with cold frames and tunnels. It gives you tips on how to plant, when to plant, and what to plant. In the back of the book it also gives the blueprints for building the same cold frame she uses. This is not a bad thing -- unless you really don't know a whole lot about gardening the rest of the year.

The best part of the book for intermediate level gardeners is the second half of the book. This second half goes over the various type of vegetables, when to plant them (usually from seed), how to take care of them, and how to harvest. There are lots of helpful tips for many different types of vegetables and even some herbs.

All in all, this was a pretty good book for beginners to gardening, and even had a few tips for urbanites to get their patio gardens thriving in a small space. The cons of this book were that it didn't go into a whole lot of science about why crops need what they need, how cover crops work, and why you really want them for increase the nutrient of the soil. So, if you are looking for more advanced gardening books infused with the background logic behind things, this is not for you. (And that's why I only gave it 3 stars -- I crave to know why things work the way they do so I can alter them for my own circumstances.)

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## **Mrs Susan Farrington says**

### **Great vegetable growers read**

Very easy to read and full of good advice. Very inspirational for beginners. How to grow vegetables and herbs in your garden all year round. Can't wait to get started.

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## **Anita says**

This is the best gardening guide I have read. She gives explicit instructions, great pictures illustrating her techniques, and step-by-step how to do year round gardening. She also highlights her favorite varieties. I like that she gives plans for small to large gardens with guides on successive and year round planting. This is a great reference book that I will be using year round.

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## **Jami says**

Great book for learning about cold season technique. The author has included plans for a few year round growing friendly gardens as well as some tunnels and cold boxes. Since I already know what vegetables I am going to be using for the most part I didn't get much use out of the vegetable and herb information provided in later chapters. However, for beginning gardeners they are great introductions to a wide variety of garden fare.

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