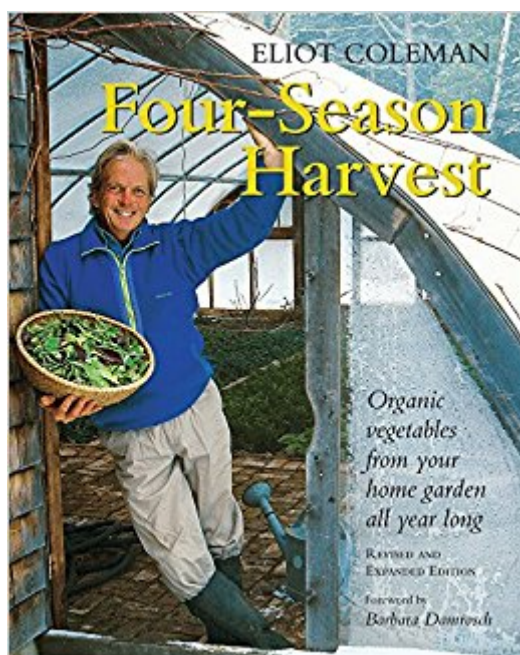


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# Four-Season Harvest: Organic Vegetables From Your Home Garden All Year Long, 2nd Edition



## Synopsis

If you love the joys of eating home-garden vegetables but always thought those joys had to stop at the end of summer, this book is for you. Eliot Coleman introduces the surprising fact that most of the United States has more winter sunshine than the south of France. He shows how North American gardeners can successfully use that sun to raise a wide variety of traditional winter vegetables in backyard cold frames and plastic covered tunnel greenhouses without supplementary heat. Coleman expands upon his own experiences with new ideas learned on a winter-vegetable pilgrimage across the ocean to the acknowledged kingdom of vegetable cuisine, the southern part of France, which lies on the 44th parallel, the same latitude as his farm in Maine. This story of sunshine, weather patterns, old limitations and expectations, and new realities is delightfully innovative in the best gardening tradition. Four-Season Harvest will have you feasting on fresh produce from your garden all through the winter. To learn more about the possibility of a four-season farm, please visit Coleman's website [www.fourseasonfarm.com](http://www.fourseasonfarm.com).

## Book Information

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## Customer Reviews

Publishers Weekly-From first sentence to last, Coleman's ( *The New Organic Gardener* ) book is a delight--an earnest guide written with an impish sense of humor. It will refresh anyone who wants to get the most from a vegetable garden yet doesn't want to devote too much time and energy to the process. Apparently Coleman thoroughly enjoys every phase of gardening--from planting crops to weeding. Who else has ever suggested, only half in jest, dancing with a hoe? Or keeping a pair of

ducks for pest patrol? This is that kind of book. It's also a book full of valuable information on how to harvest fresh vegetables and salad ingredients literally year-round--yet without an expensive greenhouse or indoor light garden set-up. Coleman combines succession planting (small sowings three or more times, rather than one big endeavor) with cold-frame growing in the winter months. He includes how-tos for building simple cold-frames. Given the fact that he lives in Maine, his advice seems all the more reliable. He believes in simplicity ("If what I am doing in the garden seems complicated, it is probably wrong"), seasonality (tomatoes in summer, broccoli in fall, mache in February) and diplomacy in the garden (which "has more to teach us than just how to grow food"). Here, his philosophy of organic growing is shared easily. The book concludes with an extensive chapter on the vegetables that comprise his "cast of characters." Illustrated. --This text refers to an out of print or unavailable edition of this title."Four-Season Harvest is a magnificent work. It's enticing, inspiring, sensible, and it opens a whole new world for the home grower."--Peter Fossel, Country Journal

Eliot Coleman has over thirty years' experience in all aspects of organic farming, including field vegetables, greenhouse vegetables, rotational grazing of cattle and sheep, and range poultry. He is the author of *The New Organic Grower*, *Four-Season Harvest*, and *The Winter Harvest Handbook*, as well as the instructional workshop DVD *Year-Round Vegetable Production with Eliot Coleman*. Coleman and his wife, Barbara Damrosch, presently operate a commercial year-round market garden, in addition to horticultural research projects, at Four Season Farm in Harborside, Maine.

I bought this book a few years ago as a present for my spouse, and should have written a review ages ago. But it may be just as well, since I can say that this book survives the test of time and seasons. This book inspired our first hoop house, and it was planted in our zone 6 location in January. We thought it would be impossible to get things going that late in the season, but I have pictures of us with a green bowl of salad with a March snow covering the outside of the hoop house, sort of like Mr. Coleman's photo on the cover. This method of gardening really does work. It truly does extend the harvest period to a four season harvest. His advice is sound as you will end up with healthy, viable seedlings and plants, and you truly will be able to fill your table without spending fossil fuels going to the grocery store for something that's been flown in from California or overseas. There is nothing like eating fresh rainbow chard, beets, and salad from your own garden in DECEMBER. And it is so much more fun to weed the garden when it's not 90+ degrees outside:) Mr. Coleman gives charts and graphs, showing which vegetables can survive the colder temperatures,

and he also provides suggestions on when to plant these items so that you have successive harvests. Some of the seeds may be harder to locate from mainstream seed houses, but I always find that Gourmetseed has them. In reading the book, his stories about tours in Europe and more, show that he has a tremendous sense of humor and a positive approach. I suspect he and his wife are the kind of people that it would be fun to sit and have a glass of wine with - good natured sorts. The world needs more of them:) I commend Mr Coleman heartily. This method puts food on the table, provides enjoyment for year around gardening, and is organic to boot. WOW. edit to add this thoughtful quote from Mr. Coleman's book: "We live in a world that has practiced violence for generations - violence to other creatures, violence to the planet, violence to ourselves. Yet in our garden, where we have nurtured a healthy soil-plant community, we see a model of a highly successful, non-violent system where we participate in gentle biological diplomacy rather than war. The garden has more to teach us than just how to grow food.

I'm having a hard time classifying this book - gardening resource / personal philosophy / travel diary (France) ??? It does have good information in it, but does not stay focused on the topic and theme. Very different from "Garden Primer". Don't get me wrong, there is good content on cold frames, tools, etc, but probably not what you need if you want a resource to guide you through a task.

I love this book! It has taught me many things I did not already know. I have a patio garden behind a condo on a 14X8 concrete slab. This book talks about working with greenhouses and planter boxes throughout the winter in the North where Eliot is from & having great success. I live in the South East where it is much warmer so I am looking forward to having many green veggies over the winter. This book has given me many ideas which I am adapting to my patio on a smaller scale.

I always want to be able to harvest something from my garden and this book is very informative for that reason exactly.

My husband and I both are still reading this book and enjoying every bit! The best advice we have gotten so far is don't let your garden boss you around, you will enjoy it so much more! We are currently growing kohlrabi, kale, collards, swiss chard, mixed salad, radishes, beets and rutabagas. We have enjoyed beets the best. When you thin them you make a salad with the plants instead of throwing them out with a broken heart. My chickens and goats have enjoyed our garden too! Get this book. If you only read it you will have enjoyed it enough to pay for itself! But you will plant too!

He explains the why and how to do it, so you understand what your doing.

This book got me hooked on winter gardening! Even the stories about the Colemans' trip to France to study the growing systems there was informative. I've marked the pages on planting times and varieties to grow, and have had two winters' success so far with his methods, even here in southern New England and after a very cold winter. You don't need a fancy double walled greenhouse to do it either. We started with a row of cold frames; single glazed the first year, and added a layer of heavy row cover plastic the next. Even the lettuces are going strong!

I've built a few cold frames in north-eastern Massachusetts based on all the latest theories of maximizing and storing solar heat. They didn't work so well. Then I tried Elliott's simple cold-frame design and it was in every way superior! He's not making stuff up to sell a book, this is time-tested and personally tested advice from a master grower. This, and "The New Organic Grower" were my favorite books before I moved South.

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