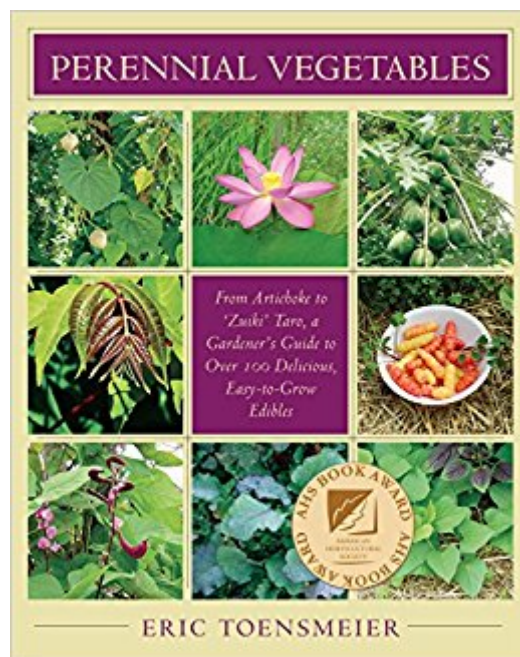




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# Perennial Vegetables: From Artichokes To Zuiki Taro, A Gardener's Guide To Over 100 Delicious And Edibles



## Synopsis

There is a fantastic array of vegetables you can grow in your garden, and not all of them are annuals. In *Perennial Vegetables* the adventurous gardener will find information, tips, and sound advice on less common edibles that will make any garden a perpetual, low-maintenance source of food. Imagine growing vegetables that require just about the same amount of care as the flowers in your perennial beds and borders—no annual tilling and potting and planting. They thrive and produce abundant and nutritious crops throughout the season. It sounds too good to be true, but in *Perennial Vegetables* author and plant specialist Eric Toensmeier (*Edible Forest Gardens*) introduces gardeners to a world of little-known and wholly underappreciated plants. Ranging beyond the usual suspects (asparagus, rhubarb, and artichoke) to include such "minor" crops as ground cherry and ramps (both of which have found their way onto exclusive restaurant menus) and the much sought after, anti-oxidant-rich wolfberry (also known as goji berries), Toensmeier explains how to raise, tend, harvest, and cook with plants that yield great crops and satisfaction. Perennial vegetables are perfect as part of an edible landscape plan or permaculture garden. Profiling more than 100 species, illustrated with dozens of color photographs and illustrations, and filled with valuable growing tips, recipes, and resources, *Perennial Vegetables* is a groundbreaking and ground-healing book that will open the eyes of gardeners everywhere to the exciting world of edible perennials.

## Book Information

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## Customer Reviews

Part of the allure of perennial gardening is the fact that a gardener can plant something once and enjoy it for several years, a benefit that has rarely been extended to vegetable gardeners. Save for such stalwarts as asparagus and rhubarb, most edible crops can be used only annually. Thanks to Toensmeier, gardeners need no longer be frustrated by such limitations. From air potatoes to water celery, Turkish rocket to Malabar gourd, there are more than 100 new species of edible plants. After addressing such cultural basics as site selection and preparation, Toensmeier explains why each plant is an excellent perennial vegetable crop. Now that such items are making their way onto trendy restaurant menus and health-store shelves, Toensmeier's groundbreaking guide is destined to become the bible for this new class of edible gardening. Carol HaggasCopyright © American Library Association. All rights reserved

Booklist-Part of the allure of perennial gardening is the fact that a gardener can plant something once and enjoy it for several years, a benefit that has rarely been extended to vegetable gardeners. Save for such stalwarts as asparagus and rhubarb, most edible crops can be used only annually. Thanks to Toensmeier, gardeners need no longer be frustrated by such limitations. From air potatoes to water celery, Turkish rocket to Malabar gourd, there are more than 100 new species of edible plants. After addressing such cultural basics as site selection and preparation, Toensmeier explains why each plant is an excellent perennial vegetable crop. Now that such items are making their way onto trendy restaurant menus and health-store shelves, Toensmeier's groundbreaking guide is destined to become the bible for this new class of edible gardening. (Carol Haggas)"This book is itself a perennial polyculture of multipurpose plants. Toensmeier's adventurous yet sober palate blends with his observant eye and plant-geek mind to yield a varied harvest that should produce for years to come. He is an enthusiastic and knowledgeable guide for explorations of this largely unmapped territory. Let's hope gardeners everywhere follow his lead and join the fun!"--Dave Jacke, coauthor *Edible Forest Gardens*"That there are more perennial vegetables than asparagus is no surprise, but that there are more than 100 species we North American gardeners can choose from is news. Toensmeier's *Perennial Vegetables*, the first comprehensive guide to growing them, will have all of us reexamining our plans for next year's vegetable plot." --Karan Davis Cutler, author of *Burpee's The Complete Flower Garden*"Eric Toensmeier has comprehensively filled a huge gap in the sustainable landscape. *Perennial Vegetables* lets you put away your tiller, and covers everything you need to grow, harvest, and eat vegetables and greens that will keep coming back year after year."--Toby Hemenway, author of *Gaia's Garden*"Toensmeier's knowledge of edible plants is impressive and inspiring. His excitement for a

sustainable landscape helps us focus away from buying food to harvesting it naturally. Perennial Vegetables offers an excellent range of edible plants for long-term cultivation and enjoyment."--Ellen Ecker Ogden,co-founder of The Cook's Garden seed catalog, author of From the Cook's Garden"Growing perennial vegetables is a true pleasure. This fine book gives the knowledge to successfully add variety to both the garden and the table while also enhancing the home environment."--Miranda Smith, author of The Plant Propagator's Bible and Complete Home Gardening

This book is both a great guide to getting started with perennial gardening for beginners, and a great resource book on where, when and how to plant and care for all manner of perennial fruits and vegetables for gardeners of any skill level. Toensmeier's style is easy to read, and the book is full of interesting anecdotes about the author's experience with many of the plants discussed, which helps to keep the book engaging and interesting. The book explains how to set up an edible perennial garden, and starts with basic explanations on various families of vegetables, such as melons, tubers, aquatics, etc, then goes into a detailed explanation of planting and caring for individual species from each group. Each plant description includes beautiful glossy pictures of the plant in question, and a diagram of its geographic range in North America. Plants appropriate to all regions are covered, meaning this book is useful whether you're looking to start a garden in South Florida, or looking for hardy perennials that will survive a Canadian winter. This book has given me a lot of great ideas, some of which I've already successfully put into practice here in upstate New York this growing season, and I've thoroughly enjoyed reading it.

This was all new information to me and very welcomed. As I have gotten older, I am finding it very tiresome to keep planting annual vegies every year. The idea that I can plant perennial vegies once and have a harvest that lasts for years is very appealing to me, AND, the ability to build them into a permaculture approach to the landscaping in my backyard is wonderful! This book places each plant into that context and provides a wealth of information about it's growth habits, needs for light and water, best location in the US for using it, and brings enough information to you that it doesn't feel strange considering new plants that we may never have heard about for addition to our diet. I am soooooo thrilled to have this book, and expect to use it for many years to come.

Although I am still just beginning to read this book, I can say what I have read so far is a wonderful resource. He names sources for materials that don't come up in a standard Google search. I can tell

I will be using this book a LOT! Thank you Eric Toensmeier for writing this!

I bought the kindle version and the images are easy to see. The information is useful, well organized and inspiring. Absolutely worth the money. Even the references he lists are interesting and definitely worth exploring further. The only annoyance I have is that there were multiple spelling and grammar errors. The book seemed professional otherwise. Note: Some people up North may find they can use less of the species listed. I live in the deep South, so 98% of the species listed were relevant to me.

In the cold years that lie ahead, perennial vegetables will become more important.

If you are a gardener who doesn't like weeding, irrigating, etc. then I'd highly recommend this book. Growing perennial vegetables makes so much sense in so many ways. It doesn't mean don't grow annuals, but grow both and reap the benefits of each. This book has a broad range of vegetables (and only vegetables, no fruits, nuts, etc.) for the whole of North America. There aren't many of these books out there, so I for one would recommend it!

Since I'm in the deep south, this book was ideal for me! I could grow most of the vegetables included. There are strategies for the Northern gardeners, so they shouldn't feel excluded. The layout of the book is easy to read, with very good pictures. This book will appeal to a wide range of gardeners looking for perennial garden ideas.

As a new gardener, I know that this book will become a great resource in the future. Currently, it's a bit complex for me, but seems to be a great resource!

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