



# My Life In The Dirt: Adventures Of A Suburban Organic Farmer

*J. Don Bell*

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*How long has that limp, pale-looking lettuce been sitting on the grocery shelf?*

*Why is my medicine cabinet full of little brown prescription pill bottles?*

*Why am I growing grass, when I could be growing food?*

These are the types of questions that led me to my life in the dirt. I wanted better food for my family. And I wanted to stop spending hard earned dollars for manufactured pills and potions that were supposed to make me healthier.

**I decided to take control.**

Over the last 10 years, we have dedicated ever growing portions of our suburban yard to the cultivation of organic fruits, vegetables and medicinal herbs. And I can tell you, the taste of fresh from the garden fruits and veggies is better than anything you will find at your local market. I can also tell you that health boosting plants are all around us. I've learned how to cultivate them, and now I don't have all those little brown prescription pill bottles in my medicine cabinet anymore.

**I wanted a healthier lifestyle and it all starts with what we eat. But it wasn't going to be easy.**

**My Life In The Dirt: Adventures Of A Suburban Organic Farmer** is a collection of articles that I wrote as I was learning about organic growing practices and the benefits of growing our own food and medicine. Backyard farming can be tricky due to soil, sun and irrigation challenges. And, as I detail in the book, I made mistakes.

But in learning from those mistakes, I have developed our suburban garden into a season after season source of organic fruits, vegetables and healthy herbs that have improved the quality of our lives through better nutrition and healthier sources of the vitamins, minerals and other medicinal substances our bodies thrive on. In this book you will learn about:

- Why Store Bought Produce Just Isn't Measuring Up
- My Seven Most Important Soil Amendments
- The Benefits of Raised Bed Gardening
- Why the N-P-K is D-U-M(B)
- To Till or Not to Till
- Growing Medicinal Herbs That Are Truly Medicinal
- Making Herbal Medicine
- ...and a lot more

Click on the 'Look Inside' button above the book cover to see a full list of the topics covered

.

I have had a lot of fun in my journey to becoming a suburban farmer. I hope that comes across in the book.

But most importantly, I hope you get excited enough about improving the quality of your family's life, that you also embrace the "grow food, not lawn" message and start backyard farming.

Pick up this book and I'll tell you how **I** did it. How I became an organic suburban farmer.

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