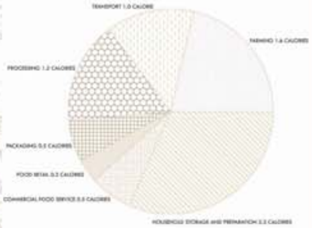
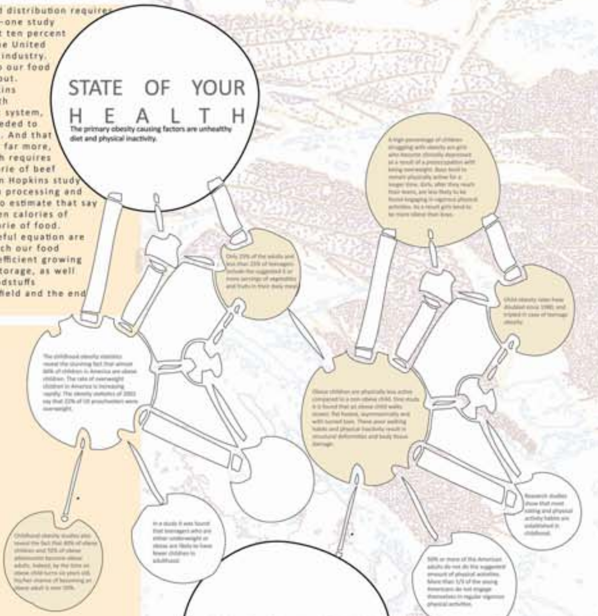
WASTED CALORIES



Conventional food production and distribution requires a tremendous amount of energy—one study conducted in 2000 estimated that ten percent of the energy used annually in the United Stateswas consumed by the food industry. Yet for all the energy we put into our food system, we don't get very much out.
A 2002 study from the John Hopkins Bloomberg School of Public Health estimated that, using our current system, three calories of energy were needed to create one calorie of edible food. And that was on average. Some foods take far more, for instance grain-fed beef, which requires thirty-five calories for every calorie of beef produced. What's more, the John Hopkins study didn't include the energy used in processing and transporting food. Studies that do estimate that say it takes an average of seven to ten calories of input energy to produce one calorie of food. Accounting for most of this wasteful equation are the industrial practices upon which our food system is built. These include inefficient growing practices, food processing, and storage, as well as our system of transporting foodstuffs thousands of miles between the field and the end consumer.



COST OF HEALTHY

NOT ALL CALORIES ARE PRICE THE SAME THANKS IN PART TO SKEWED SUBSIDIES OUR FOOD SYSTEM HAS MADE IT INEXPENSIVE TO EAT BADLY AMERICAN JOURNAL OF CLINICAL NUTRITION

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CHILDREN AND NATURE NETWORK

CENTERS FOR DISEASE CONTROL AND PREVENTION

CLIMATE & FRUIT

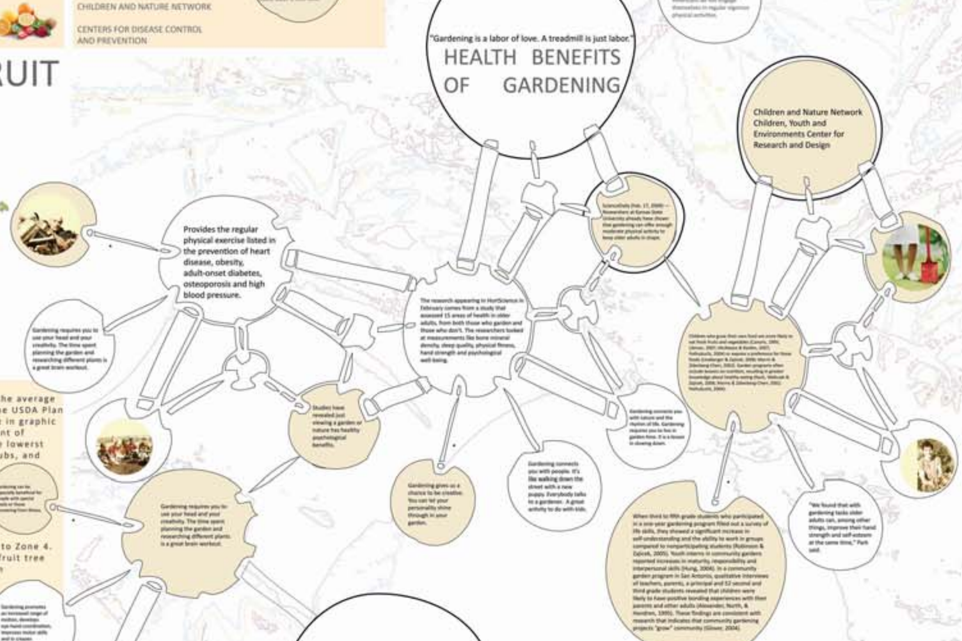
With fruit trees and fruting shrubs the first consideration is whether the plant can tolerate the average winter minimum temperature where you live. The USDA Plan Hardiness Zone Map plots out these temperature in graphic form. Developed by the United States Department of Agriculture, these zones are baed on the average lowerst recorded temperatures. Fruit trees, fruiting shrubs, and perennial herbs are rated according to the colderst zone they can endure because cold is the most common factor limiting their growth. Note that in many cases there is great varioation among varieties of one crop. Among apricots for example, planting a "Moorpark" north of Zone 6 is inviting failure, while a "Harogem" is likely to thrive all the way to Zone 4. Late Spring frosts that nip the tender buds of a fruit tree won't kill the tree but will prevent the crop from developing.

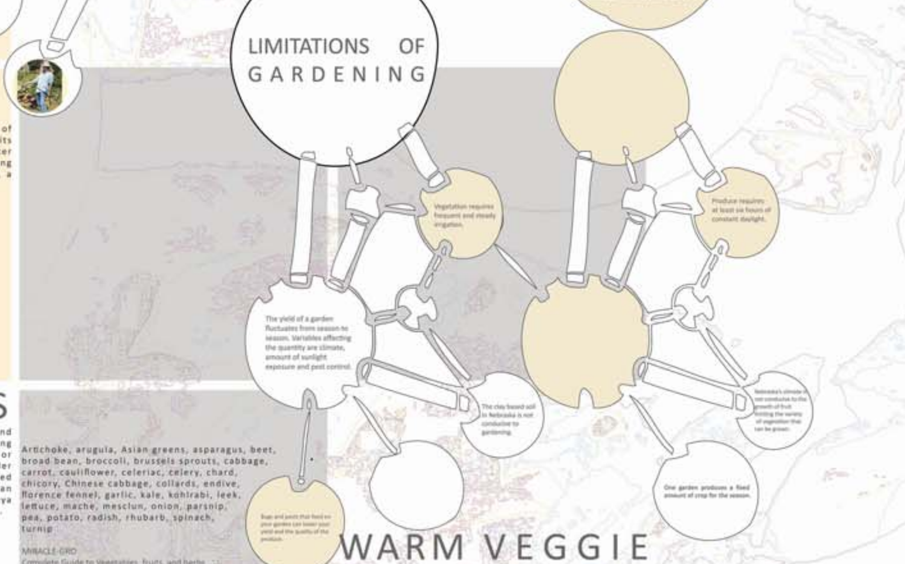
Most fruit trees also have both a requirement for heat accumulation and a limited toleranceto high temperatures. Peaches and nectarines generally require log hot summers to produce high quality fruit. Apricots, on the other hand, prefer cooler summers and do not reach peak flavor where the heat would be ideal for peaches.

Most fruit trees have a wide enough adaptation to temperatures so that they produce acceptable fruit in all but extremely hot- or cold- summer areas.

In addition to winter minimum temperature ad timing of spring frosts, one more significant climate element limits successful growth of some crops, namely insufficient winter chill (hours of temperature bellow 45F). The cost of cheating too much on a plant's recommended zone is dead plant, a failed crop, or higher maintenance.

MIRACLE-GRO
Complete Guide to Vegetables, fruits, and herbs


"Gardening is a labor of love. A treadmill is just labor."
HEALTH BENEFITS OF GARDENING
Children and Nature Network
Children, Youth and Environments Center for Research and Design
Provides the regular physical exercise listed in the prevention of heart disease, obesity, adult-onset diabetes, osteoporosis and high blood pressure.
Gardening requires you to use your head and your creativity. The time spent planning the garden and researching different plants is a great brain workout.
"We found that with gardening tasks older adults can, among other things, improve their hand strength and self-esteem at the same time," Park said.



MICROCLIMATES

Slopes, buildings, depressions, trees, ponds, driveways, and other landscape features affect frowing coditions, creating microclimates- small areas that are naturally warmer or cooler than would be expected based on your zone. A colder than typical microclimate exists, for example, in a shaded depressin at the base of a slope where cool night air pools; an example of a warm microclimate is a paved patio backed bya southwest-facing masonry wall that traps and reflects heat.

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COOL VEGGIE

Artichoke, arugula, Asian greens, asparagus, beet, broad bean, broccoli, brussels sprouts, cabbage, carrot, cauliflower, celeriac, celery, chard, chicory, Chinese cabbage, collards, endive, florence fennel, garlic, kale, kohlrabi, leek, lettuce, mache, mesclun, onion, parsnip, pea, potato, radish, rhubarb, spinach, turnip

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WARM VEGGIE

Amaranth, cowpea, cucumber, eggplant, Jerusalem artichoke, lima bean, malabar spinach, muskmelon, New Zealand spinach, okra, peanut, pepper, pumpkin, snap bean, soybean, squash, sweet corn, sweet potato, tomatillo, tomato, watermelon

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ALL GARDENING IS LANDSCAPE PAINTING
ALEXANDER POPE

WHY GARDENING?