

WINTER GARDENING

HARVEST IN COLD WEATHER



Contents

1. CULTIVATING DURING THE WINTER
 2. THE VEGETABLES
 3. CULTIVATING LOCATIONS
 4. PREPARING THE CULTIVATION
 5. THE BIG CHANGE OF AUTUMN
 6. FREEZING COLD WINTER
 7. SOWING IN WINTERTIME
 8. EARLY SPRING GREENS
- AFTERWORD
INDEX

Vinterodling

Sara Bäckmo

190x245, 176P

Cultivate during the winter? That's surely not possible? Oh yes! Because for Sara Bäckmo who has for a long time cultivated vegetables for selfsufficiency her enterprise is a continuous flow – the garden lives and delivers the whole year round. In the book *Winter gardening* Sara challenges traditional methods of cultivation to cultivate and harvest even during the freezing winter months. And the winter cultivation is not only important during the winter months. A good deal of the work is done during the rest of the year: in the spring cabbage and root vegetable are sown for the winter. During the summer leafy vegetables and roots are sown to grow and be ready for harvest when temperatures are freezing. And in the early spring the result of that which has been sown or stored over the winter is harvested. In other words the winter crop is ongoing throughout the year and that is also the way it shows its best qualities: woven into the rest of the cultivating year. It closes the circle and completes the cultivating year.



About the author

Sara Bäckmo is a journalist, writer and influencer who cultivates and writes about *Skillnadens trädgård* on Sweden's biggest gardening blog sarabackmo.se