



# The Intelligent Gardener: Growing Nutrient Dense Food

*Steve Solomon, Erica Reinheimer*

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Vegetables, fruits, and grains are a major source of vital nutrients, but centuries of intensive agriculture have depleted our soils to historic lows. As a result, the broccoli you consume today may have less than half of the vitamins and minerals that the equivalent serving would have contained a hundred years ago. This is a matter for serious concern, since poor nutrition has been linked to myriad health problems including cancer, heart disease, obesity, high blood pressure, and diabetes. For optimum health we must increase the nutrient density of our foods to the levels enjoyed by previous generations.

To grow produce of the highest nutritional quality the essential minerals lacking in our soil must be replaced, but this re-mineralization calls for far more attention to detail than the simple addition of composted manure or NPK fertilizers. *The Intelligent Gardener* demystifies the process while simultaneously debunking much of the false and misleading information perpetuated by both the conventional and organic agricultural movements. In doing so, it conclusively establishes the link between healthy soil, healthy food, and healthy people.

This practical step-by-step guide and the accompanying customizable web-based spreadsheets go beyond organic and are essential tools for any serious gardener who cares about the quality of the produce they grow.

**Steve Solomon** is the author of several landmark gardening books including *Gardening When it Counts* and *Growing Vegetables West of the Cascades*. The founder of the Territorial Seed Company, he has been growing most of his family's food for over thirty-five years.

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