



# The Winter Harvest Handbook: Year Round Vegetable Production Using Deep-Organic Techniques and Unheated Greenhouses

By Eliot Coleman

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## **The Winter Harvest Handbook: Year Round Vegetable Production Using Deep-Organic Techniques and Unheated Greenhouses** By Eliot Coleman

Choosing locally grown organic food is a sustainable living trend that's taken hold throughout North America. Celebrated farming expert Eliot Coleman helped start this movement with *The New Organic Grower* published 20 years ago. He continues to lead the way, pushing the limits of the harvest season while working his world-renowned organic farm in Harborside, Maine.

Now, with his long-awaited new book, *The Winter Harvest Handbook*, anyone can have access to his hard-won experience. Gardeners and farmers can use the innovative, highly successful methods Coleman describes in this comprehensive handbook to raise crops throughout the coldest of winters.

Building on the techniques that hundreds of thousands of farmers and gardeners adopted from *The New Organic Grower* and *Four-Season Harvest*, this new book focuses on growing produce of unparalleled freshness and quality in customized unheated or, in some cases, minimally heated, movable plastic greenhouses.

Coleman offers clear, concise details on greenhouse construction and maintenance, planting schedules, crop management, harvesting practices, and even marketing methods in this complete, meticulous, and illustrated guide. Readers have access to all the techniques that have proven to produce higher-quality crops on Coleman's own farm.

His painstaking research and experimentation with more than 30 different crops will be valuable to small farmers, homesteaders, and experienced home gardeners who seek to expand their production seasons.

A passionate advocate for the revival of small-scale sustainable farming, Coleman provides a practical model for supplying fresh, locally grown produce during the winter season, even in climates where conventional wisdom says it "just can't be done."

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## **Editorial Review**

### **Review**

"When does gardening become farming? When are you no longer having dinner parties and running a restaurant instead? For those who are ready to graduate beyond coffee-can retail, the incomparable Eliot Coleman is back with *THE WINTER HARVEST HANDBOOK: Year-Round Vegetable Production Using Deep-Organic Techniques and Unheated Greenhouses* (Chelsea Green, paper, \$29.95). I'm not one to quibble over the details of a "T-post anchor and homemade attaching bracket for securing the corners of a new rolling greenhouse design." Suffice it to say that this serious, meticulous, inspiring farmer and writer solves the problem of growing lettuce in Maine -- in January. Anyone living near Coleman's Four Season Farm is thrice blessed -- 1) to live in intense denial of the back-breaking effort he or she is 2) being spared in order to acquire what is surely 3) the tastiest, most wholesome and pure food available. Coleman's opus is as much a call to action for town planners to embrace local farms as it is a bible for small farmers. This book is for people who know what they're doing."-- **The New York Times Book Review**

"I just finished picking my first carrots, beets, and radishes from my new 'cold house' in Bedford, New York. It is so rewarding to harvest fresh vegetables and salads in the middle of winter and I grow them following the techniques of Eliot Coleman. I have been a devotee of Eliot's for years, fully agreeing with his methods for growing in winter, spring, summer, and fall, tasty, nutritious produce with a minimum consumption of fossil fuels. Congratulations on another volume of useful, practical, sensible, and enlightening information for the home gardener."--**Martha Stewart**

"Eliot Coleman's books have been called Bibles for small farmers and home gardeners. I suspect that's because he writes about not just gardening but about everything that connects to good food and pleasure; a Renaissance man for a new generation, he'll quote Goethe in the same breath as Ghandi, and as a result, you'll dig, weed, eat, think, and live more fully."--**Dan Barber, Chef, Blue Hill and Blue Hill Stone Barns**

"Attention to detail is the major secret to success in any endeavor,' writes Eliot Coleman on page 156 of this absorbing and happily detailed report on his ongoing efforts to grow flawless vegetables without hothouses

on the frozen 'back side' of the year. In chapters covering everything from The Yearly Schedule and Greenhouse Design to Weed Control and Marketing, Coleman tracks his own constant search for perfection, a quality that has led more than one young farmer to exclaim 'I'd follow him anywhere.' Well worth reading even if you don't grow vegetables, just to watch a master's mind at work."--**Joan Dye Gussow, author of *This Organic Life***

"*The Winter Harvest Handbook* is a treasure trove of practical, proven techniques for producing crops on a year-round basis in any climate. Based on decades of on-farm research, this book is packed with useful ideas, tips and practices that anyone can use in pursuing the increasingly vital dream of local, organic food production using a minimum of precious resources. A masterful book from a master organic farmer. I wish I had had a copy 35 years ago!"--**Amigo Bob Cantisano, President, Organic Ag Advisors**

"How do you produce first-rate food all year-round in northern places? This is the big question facing the local food movement, and Eliot Coleman, one of America's most innovative farmers, has come up with excellent answers. Brimming with ingenuity, hope, and eminently practical advice, *The Winter Harvest Handbook* is an indispensable contribution."--**Michael Pollan**

"If we are going to create a good, clean, fair food system, we've got to learn how to grow affordable, local food year-round and make a living at it. Eliot Coleman knows more about this than anyone I've met. Here he gives the detailed information needed to make it work. The only way to learn it better would be to follow him around for a few seasons. And he won't let you."--**Josh Viertel, President, Slow Food USA**

"Eliot Coleman is widely recognized as the 'master' of the master gardeners. His new book, *The Winter Harvest Handbook*--which tells us how to produce local food even in winter in cold climates like Maine, without a lot of energy--now joins his other delightful books as another lovely read, packed with powerful and practical ideas that every gardener will treasure."--**Frederick Kirschenmann, Distinguished Fellow, Leopold Center for Sustainable Agriculture, and President of Stone Barns Center for Food and Agriculture**

## About the Author

Eliot Coleman has over thirty years' experience in all aspects of organic farming, including field vegetables, greenhouse vegetables, rotational grazing of cattle and sheep, and range poultry. He is the author of *The New Organic Grower*, *Four-Season Harvest*, and *The Winter Harvest Handbook*, as well as the instructional workshop DVD *Year-Round Vegetable Production with Eliot Coleman*. Coleman and his wife, Barbara Damrosch, presently operate a commercial year-round market garden, in addition to horticultural research projects, at Four Season Farm in Harborside, Maine.

## Users Review

### From reader reviews:

#### James Rogers:

Book is to be different for every grade. Book for children right up until adult are different content. To be sure that book is very important for people. The book *The Winter Harvest Handbook: Year Round Vegetable Production Using Deep-Organic Techniques and Unheated Greenhouses* was making you to know about other understanding and of course you can take more information. It is extremely advantages for you. The e-book *The Winter Harvest Handbook: Year Round Vegetable Production Using Deep-Organic Techniques and Unheated Greenhouses* is not only giving you considerably more new information but also being your friend when you feel bored. You can spend your personal spend time to read your guide. Try to make relationship using the book *The Winter Harvest Handbook: Year Round Vegetable Production Using Deep-Organic Techniques and Unheated Greenhouses*. You never feel lose out for everything in the event you read some books.

#### Tammy Medina:

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#### Ernest Bryan:

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**Benita Newton:**

Playing with family inside a park, coming to see the coastal world or hanging out with friends is thing that usually you have done when you have spare time, in that case why you don't try point that really opposite from that. A single activity that make you not sense tired but still relaxing, trilling like on roller coaster you are ride on and with addition associated with. Even you love The Winter Harvest Handbook: Year Round Vegetable Production Using Deep-Organic Techniques and Unheated Greenhouses, you are able to enjoy both. It is very good combination right, you still would like to miss it? What kind of hang-out type is it? Oh occur its mind hangout men. What? Still don't understand it, oh come on its named reading friends.

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