

# Gardening as a passionate lifestyle: musings from the allotment

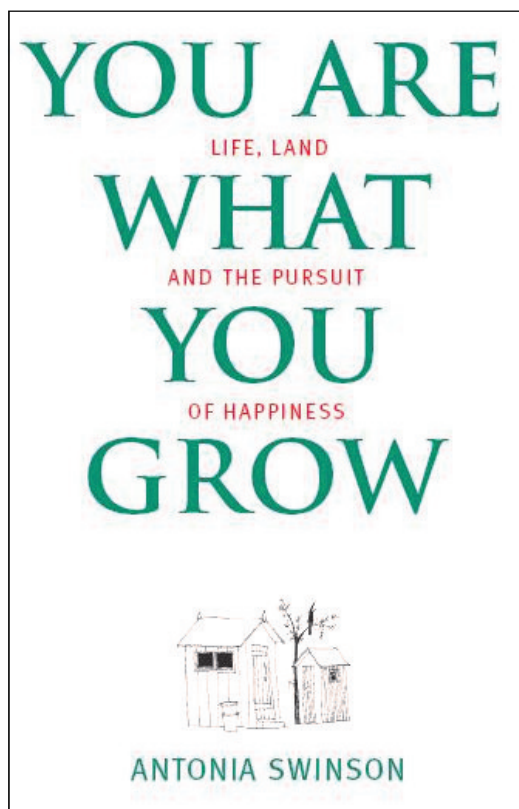
Based on Antonia Swinson's **popular** *Allotment Tales* columns in *The Scotsman* and *New Consumer Magazine*

**From gardening tips to self-sufficiency in the 21st century** – this is far more than just a guide to when you should plant your seeds

**The perfect gift** for die-hard gardeners and for those of us who don't even have a window box

**High-profile author guarantees acres of review and feature coverage**, from specialist gardening magazines to broadsheet lifestyle supplements

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**'This is a book about growing. In a stressed out age we are a pretty neglected lot and so, though this book shares a lot of good gardening advice, it is most of all about nurturing ourselves and understanding how the world works.'** Antonia Swinson

## SYNOPSIS

Written with humour and vim, **You Are What You Grow** is Antonia Swinson's extraordinary vision of how the world ticks as seen from the allotment. Sharing gardening tips as well as the deeper benefits of spending time in mud, this is a gardening book which will inspire well beyond the vegetable patch. From the issues of land ownership to how to grow organic produce, this is a uniquely wonderful collection of musings which captures the spirit of gardening.

## COMPETING AND COMPLEMENTARY TITLES

*The Tulip* by Anna Pavord

*Nature Cure* by Richard Mabey

**Also by Antonia Swinson:** *Root of All Evil*

## ABOUT THE AUTHOR

**Antonia Swinson** is chief executive of the Scottish Social Enterprise Coalition, an ex Fleet Street entertainment writer and business journalist. Swinson is a critically acclaimed author of both fiction and non fiction, as well as an award winning journalist.

## PRAISE FOR ANTONIA SWINSON

'Fascinating reading.' Alexander McCall Smith

'What a fantastic talent.' Julia Langdon

'Swinson is different — almost a new Balzac.' Libby Purves

**Title:** You Are What You Grow: Life, Land and the Pursuit of Happiness

**Author:** Antonia Swinson

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