



# Grow For Flavor: Tips and Tricks to Supercharge the Flavor of Homegrown Harvests

*James Wong*

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Gardeners can be disappointed by the insipid flavor of the vegetables and fruit that they have so carefully nurtured. The problem, according to botanist James Wong, is that many conventional gardening practices are based on pure myth or faulty science. They create bumper crops at the expense of flavor and nutrition. It doesn't have to be that way.

After trial and error of cutting-edge horticultural techniques and extensive review of more than 2,000 journal papers from around the globe, Wong turns the tables on old-school advice with a radical new system that transforms the flavor and nutrition of homegrown produce.

*Grow for Flavor* shows the simple steps and innovative methods that yield tasty harvests beyond dreams and, best of all, the methods involve less effort, are strictly organic and can be mastered easily by newbie gardeners. The goal is maximum flavor with minimum labor.

Consider these examples:

- For tomatoes 150 percent sweeter with 50 percent more vitamin C, ditch the tomato food and use molasses, aspirin sprays, and a bit of salt water.
- For strawberries 20 percent bigger with 100 times the aroma, plant in acidic soil in full sun with a skirt of red plastic mulch.
- For super-healthy berries with 300 percent more antioxidants than grocery store varieties, plant Rubel blueberries.
- For maximum flavor and sweetness, harvest beets early and carrots late.

*Grow for Flavor* is more than tips from a gardening expert. It overflows with practical information and inspirational advice -- an essential for all gardeners.

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