Sustainable Gardening is my first guide on organic gardening as a newbie gardener. I must say I was not disappointed at all. The book started off with the good advice - Plant what you eat! So simple yet true. I really liked the suggestion on cool season and warm season vegetables and when to plant them and how to take care which makes sense, as a lot depends on climatic and soil conditions in your place which is unique for every region. The recipe for organic compost is really a useful one which should not be missed. What is sustainable gardening? Can my garden be sustainable? This practical book sets out to answer these questions by explaining how it is possible to garden in a way that has a positive environmental impact upon the way we live. Its main focus is on established horticultural practices, showing that it is possible to be environmentally responsible, and yet still have a stunning garden display. Customer Reviews. Review this book. Biography. The Shambhalla Institute's book, SHAMANIC GARDENING: TIMELESS TECHNIQUES FOR THE MODERN SUSTAINABLE GARDEN is in stores now. Follow. The grove of "candelabra" redwoods, known as the Enchanted Forest, is one of the primary reasons San Francisco's Save the Redwoods League purchased the spectacular 957-acre piece of coastline known as Shady Dell, where the gnarled old trees live. Starting a home garden doesn't have to be complicated, expensive or time-consuming. This... There's no better way to perpetuate the eating local, sustainable foods trend than by growing your own fruits, vegetables, herbs and beans either in your own yard or at a community garden. Just like cooking from scratch at home, maintaining a fruitful, sustainable home garden provides a sense of empowerment because you're in complete control of what you'll consume.