



DEL BALCÓN A LA COCINA (Spanish Edition)

D.J. HERDA

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¿Te gustaría tener siempre a mano alimentos más nutritivos, más sanos y más baratos? Lamentablemente los alimentos biológicos pueden ser caros y los que no ofrece el supermercado a veces dejan muchos que desear. Este libro te mostrará paso a paso y con todo detalle cómo ahorrar más de un 70% de tu gasto anual en frutas y verduras. Con él aprenderás a: seleccionar la maceta adecuada, su tamaño y su ubicación; optimizar la composición de la tierra y los nutrientes; administrar el agua, la luz y la humedad; escoger las frutas y hortalizas más adecuadas; eliminar plagas y enfermedades de forma natural; lograr una cosecha abundante. Descubre la gran satisfacción de ver crecer día a día tu propia cosecha, al tiempo que consumes alimentos mucho más sanos y ricos en nutrientes.

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