



Skald forlag 2020
196 pages
Original title: *Dyrk enkelt*
ISBN: 9788279593195

FOREIGN RIGHTS

Skald forlag
P. O. Box 61
NO-6861 Leikanger
Tel: +47 57 65 41 55
simone@skald.no
www.skald.no

Maria Berg Hestad

Easy cultivation

How to create a super simple kitchen garden!

Garden blogger and mother of three Maria Berg Hestad has run the blog mariaberghestad.no for several years. She is passionate about the fact that a kitchen garden is the way to the good life, and gives lectures on self-cultivation in a busy everyday life.

In this book, she has collected her best tips on how to easily get started. Whether you have a small piece of lawn or an unusable slope, Maria has good advice on how to create a simple kitchen garden without becoming a garden expert first.

Be inspired to use what you have around you. Read about how to prepare soil in a quick and effective way, with local and free resources, or how you can extend the season without a greenhouse. The book also contains a simple month-by-month to-do list and tips on simple sowing and harvesting methods.

The book is suitable for both beginners and experienced gardeners who want to create an effective and affordable kitchen garden with simple means.

Maria Berg Hestad

Maria Berg Hestad (b. 1981) is a garden blogger, civil engineer and mother of three. She is an avid vegetable grower and runs the blog *Det grønne skaferi*. Maria lives with her family in Molde and is self-sufficient with vegetables from her own garden for much of the year. She is passionate about the idea that a vegetable garden is the way to the good life and gives lectures about self-cultivation in a busy everyday life.

Skald forlag
