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Maria Berg Hestad

Self-sufficient *Simple steps to self-sufficiency*

Imagine if we could transform the many green garden spots in Norwegian neighborhoods from lawns to kitchen gardens, growing our own self-growing emergency supplies!

In *Self-sufficient*, the popular gardening expert Maria Berg Hestad gives you the recipe for how you can grow a lot of vegetables in a small space in your own garden. You will get practical tips on how to quickly establish a full-fledged kitchen garden with simple steps and using pallet frames, and how you can get multiple crops in one season. The tips are adapted to both small and large garden plots. You will get step-by-step tasks for each week, vegetable portraits, tips for planting together and storing, top ten lists and much more.

The book is suitable for both those who want to grow your very first potatoes and carrots and for those who want to become more self-sufficient with their own vegetables. Did you know that 12 pallet frames can actually provide up to 100 kg of food in one season? And there is little that tastes better than home-grown vegetables harvested right outside your door.

“The truly original thing about this book is how to achieve multiple crops in one season by combining different plants in the same pallet frame. [...] This book is full of information and good advice, which will be useful for both new and experienced plant growers.”

- Arne Øgaard, Pengervirke 1/2023

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.

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