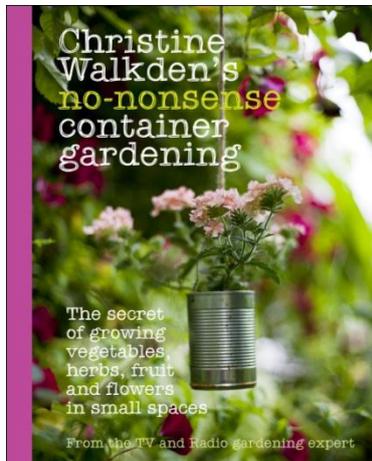




PRESS RELEASE

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CHRISTINE WALKDEN'S NO-NONSENSE CONTAINER GARDENING

**The Secret of Growing Vegetables, Herbs, Fruit and
Flowers in Small Spaces**

Published by Simon & Schuster, 1 March, £20.00, Hb

Whether a window box, a hanging basket or a pot on the doorstep we can all find space to grow something in a container. It's ideal for adding a splash of colour where it's needed, and an easy and practical way of growing your own fruit and veg, and saving some money, too. And, who better to show you how to make the most of the space you have than TV and radio gardening expert, Christine Walkden?

In her new book, **NO-NONSENSE CONTAINER GARDENING**, Christine Walkden provides practical tips and advice for all your container projects, from choosing the right pots and where to site them, to what compost to use and correct sowing and planting techniques. She recommends the best varieties of vegetables to grow in pots, gives ideas for which herbs to plant, and shows you how easy it is to grow your own fresh fruit in a container.

Christine demonstrates the power of flowers and how they can transform spaces with colour and wonderful fragrances. She explains how to grow unusual plants for dramatic effect, and which ones to plant to attract butterflies, bees and other wildlife to your outdoor space. There is even a section on fun planting ideas for children.

Packed with full colour photographs **Christine Walkden's NO-NONSENSE CONTAINER GARDENING** is a practical and attractive manual that will appeal to beginners and more experienced gardeners alike.

About the author: *Christine Walkden is a writer, broadcaster and lecturer on gardening. She appears regularly on BBC TV's The One Show and Radio 4's Gardeners' Question Time, and presents both the Chelsea Flower Show and the Hampton Court Flower Show. She lives in Hertfordshire.*

To arrange an interview with Christine or for a review copy please contact Jane Beaton on 07802 433471, or email janebeaton@tiscali.co.uk.