



**Indoor Kitchen Gardening. 33 Secrets For Self  
Sufficient Living: (growing vegetables, herbs  
indoors, Indoor rowing, indoor rowing training,  
growing vegetables indoors, growing fruits and  
vegetables,**

*Catherine Adkins*

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*Catherine Adkins*

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## **Indoor Kitchen Gardening. 33 Secrets For Self Sufficient Living**

### **33 Secrets For Self Sufficient Living**

The plant world is a beautiful place. Vegetation looks good, smells good and sometimes even tastes good. So why would we not wish to be a part of it? By bringing plant life into your home, not only will it improve the overall appearance of your home, but you will soon start to feel, and eat, healthier.

#### **This book will instruct you how to:**

- Grow indoor plants, not only for their beauty but also discover what they can do for your health.
- Grow vegetables and fruit indoors, enjoy some of your favourite produce, home grown, they taste much better than shop bought. We will show you which fruit and vegetables can be grown indoors
- Grow your own herbs indoors, fresh herbs at hand to improve the flavors of your cooking. From basil to oregano, the classics such as parsley, sage, rosemary and thyme. We will show you how to easily grow all of these in your own home.

With just 33 tips, this book will teach you how to bring the outdoors inside, and give you a feel-good factor

lifestyle.

We invite you to bring these natural resources into your home and utilize them to your benefit.

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