

# Index

## A

achira 81  
achocha 15, **18**, 155, 307  
acidic 55, 103, 312  
*Actinidia arguta* 169  
*Actinidia deliciosa* 168  
activator 57, 252, 253, 309  
addict 154  
African horned cucumber (see *jelly melon*)  
air quality 140  
aliens 170  
All Fruits Eve 23  
alliaceae 267  
alliums 181, 267  
Allotment Chic 101  
allotments **20**, 117, 156, 157, 164  
almond 209  
aloe vera 141  
alternative 13  
amaranth 111  
Andes 18  
animal 314, 315  
annual **24**, 275  
Antarctic 53  
anthocyanin 341  
antioxidants 116  
aphids 27, 41, 79, 174, 175, 205, 209, 211, 237  
apiaceae 267, 301  
Apple Day 23  
apples **22**, 103  
apricot 209  
Arctic 53  
armchair gardening 154  
asparagus kale 165  
Association Kokopelli 133

asteraceae 267  
aubergine **26**, 87, 141  
autumn 108, 178

## B

bacteria 69, 72, 95, 121, 242  
bananas 81, 163  
barley 111  
barriers 143, 279  
basil **30**, 141  
bean **32**, 94  
    broad 33  
    French 32  
    lab lab 33, 225  
    runner 25, 32  
    yard long 33, 225  
bean booster 95, 315 (see also *rhizobia*)  
bees 33, **34**, 41, 47, 57, 63, 207, 332  
beetroot 177  
*Bellis perennis* 63  
beneficial insects 41, 47, 79, 205  
biennial 25, 177, 231, 275, 300  
bindweed 14, 256  
biological control 143, 209, 279, 323  
biome 81  
birds **36**, 49, 103, 109, 111, 219  
    feeding 37, 111  
birdsong 36  
blackbirds 36  
blackcurrants 103, 158  
blackfly 205, 217  
blanch 65  
blight 245, 295  
blog 15  
bloggers 149  
blossom end rot 295, 345  
blue 351  
blueberries 103, 312, 351

Bocking 14 56 (see also *comfrey*)  
 Bokashi **38**  
 Bokashi bucket 39, 87  
 bolt 25  
 bonemeal 243  
 bonfire 127  
 books 148, 149  
 borage **40**  
 botanical garden 55  
 box scheme 23, 42  
 brambles 14, 256, 330  
 brassicas 43, 115, 171, 224, 225, 307  
 breeding 91  
 British 22  
 British Hedgehog Preservation Society 127  
 broccoli **42**, 115, 116, 225  
 browns 59, 179, 211  
 bulb 109, 251, 296  
 bulbils 109  
 burdock 65

**C**

cabbage white butterflies 43, 115, 205  
 cactus 141, 149  
 Calamondin 220  
 calcicole 241  
 calcifuge 241  
 calendula **46**  
*Calendula officinalis* 46  
 camassia 250  
*Camassia quamash* 250  
*Camellia sinensis* 286  
 canopy 99  
 Cape gooseberries 103  
 carbon 58, 213  
     dioxide 53, 83, 85, 97  
     footprint 57, 153  
 cardboard 56, 197  
 carnivorous 235  
 carotene 341  
 carrot root fly 49  
 carrots **48**, 337  
 catch cropping 144  
 cats 15, **50**  
 chamomile 73  
 (chamomile) tea 273  
 chard 177  
 charity 106, 107, 290, 291  
 chemicals 37, 77, 93, 117, 136, 142, 179,  
 213, 223  
 chenopodiaceae 267  
 cherry 23, 103  
 chickens 15, 23, 57, 103, 117, 121, 131, 153,  
 176, 177, 187, 197, 279, 294, 323, 333  
 chickpeas 33, 87, 95  
 Chilean guava 265  
 Chinese artichokes 225  
 Chinese cabbage 225  
 chives, garlic 224  
 chlorophyll 340  
 chocolate 81, 351  
 chores  
 citrus 50, 141, 184  
 clamp 153  
 clay 77, 80, 115  
 clementine 221  
 climate change **52**, 85, 93, 167, 179  
 climbing 18, 32, 99, 168, 204  
 cloche 125, 279  
 clover 305  
 cloves 109  
 club root 73, 201  
 coast 117  
 coffee **54**, 81, 141  
     grounds 50, 51, 55  
     substitute 65

coir 235  
cold composting 59  
cold frame 123, 125  
comfrey 35, 39, **56**, 163, 243, 295, 315  
Common Ground 23  
community 23, 101, 137, 239  
compaction 71, 114, 137  
companion 47, 73, 143, 190  
compost 35, 38, 55, 56, **58**, 93, 95, 97, 115,  
179, 193, 211, 213, 234, 235, 252, 263, 315,  
359  
    bins 101  
concrete blocks 257  
consumerism 100, 133, 167  
cordon 295  
coriander 41, 130  
Cornwall 80, 125, 286  
courgette **362**  
cranberries 103, 312  
Credit Crunch 167  
creepy crawlies 37  
cress 272  
crimson-flowered 33  
crocus 270  
crop rotation **266**  
cross-pollination 139, 275  
cucumber 40, 155  
*Cucumis metuliferus* 155  
Cucurbitaceae 19, 267  
cull 126  
cut-and-come-again 187  
cuttings 317  
*Cyperus esculentus* 292

## D

daisies **62**, 331  
damping off 273  
dandelions **64**

dead heading **66**, 191  
decomposers 58, **68**, 199  
determinate 295  
detritivores 58, 69  
dibber 109  
Dig for Victory 20  
digging **70**  
disease **72**, 200, 201, 219 266, 273, 341  
    resistance 23, 201  
division 195, 317  
double cropping 144  
dragon fruit 141  
drought 327  
ducks 279  
dwarf 32, 102, 103, 141, 191, 204, 209

## E

earth **76**  
Earth 84, 97  
earthing up 244  
earthworms 69  
earwigs **78**  
eBay 100, 101  
Ecological Footprint 96, 97  
ecological niche 98  
ecosystem 53, 142, 179, 196, 197, 334,  
edamame 248, 249  
Eden Project **80**  
Eden Sessions 81  
edible **82**, 140, 306  
    flowers 47, 62-65, 67, 204-205  
Effective Microorganisms 39  
eggs 128  
eglu 15, 129  
EM 39  
embodied energy 97  
environment 14, **84**, 97, 167, 192, 213  
ericaceous 312

*Erinaceus europaeus* 127

erosion 114

ethylene 65

Ewelme **328**

exercise 120, 227

experiment 33, 41, **86**, 109, 139

extreme weather 53

## **F**

F1 **90**

F2 91

Fabaceae 267

families 266

feed

foliar 73, 93, 243

liquid (see *liquid feeds*)

fennel 41

fertilisers **92**, 315

fertilization 139

field beans 115

fig 103, 141

first filial 90

fixation **94**

flatulence 157

flavonoids 116

fleas 127

flooding 53

florets 43

flowers 35, 41, 47, 67, 175, 190, 204

food

chains 37, 59, 68

Miles 82, 167

waste 38, 167

webs 68

footprints **96**

garden 97

foraging 65

forest garden 15, 25, **98**, 264

fossil fuels 52, 83, 167

Freecycle **100**

freeze 153

frost 71, 123, 124

dates 125

pocket 125

frugal 167

fruit **102**

fun 14

fungi 69, 72, 198, 242

fungus gnats 199, 235, 352

## **G**

Garden Organic 41, **106**, 115, 133, 155, 193

garlic **108**, 181

genetic diversity 91

geodesic 113

germination 95, 115, 221, 249

ginger 117, 141

global warming 53

globalization 85

glut 25, 43, **152**, 187

goji berries 15, **116**

goldenberries 87, 103

gooseberries 158

gourmet 109

grains **110**

grapefruit 221

grapes(see *vines*)

green manure 41, 94, **114**, 213, 315

green space 120, 121

green wash 85

greenhouse 26, 81, 97, 101, **112**, 123, 125,  
155, 209, 237, 289, 303

plastic 112, 113

greens 59

Grow Dome 15, 27, 103, 113, 155, 191, 225,  
271

guerrilla 302

## H

habitat 35, 335

happiness **120**

hard landscaping 53

hard-necked 109

hardening off **122**

hardiness zones 124

hardy **124**

haricot verts 32

Harlequin ladybird 175

health 72, 121, 355

heap 58, 69

hedgehog 14, **126**, 279

Hen Solo 15, 128, 219, 259

hens **128**

herb spiral 131, 239

herbaceous 99

herbs 31, 35, 83, **130**, 141, 182, 287

heritage 91, **132**, 155, 233, 261, 275, 281

Heritage Seed Library 133, 155

heron 37

hibernate 127, 175

*Hippophae rhamnoides* 117

horchata 293

hospitals 121

hoverflies 19, 47, 131, 175, 231

larvae 175

HSL(see *Heritage Seed Library*)

Hungarian grazing rye 115

hungry gap 43, 165

hybrid 90

vigour 91

hygiene 73

## I

Impoverished soil **136**

inbreeders 138, 275

inbreeding **138**

indeterminate 295

Indoor edibles **140**

indoors 31, 303

Industrial Revolution 84

infection 72

injury 71

inoculant 95

insecticide **142**

insectivore 127

inspiration **148**

intercropping **144**

internet **146**, 149

industrialization 85

inulin 157

## J

jam **152**

Japanese knotweed 331

Japanese onions 219

Jelly melon 87, **154**

Jerusalem artichokes 15, 87, **156**, 157, 307

jostaberry 103, **158**

juice **152**, 153

## K

K 27, **162**

kailaan 43

kale **164**

Keith Mossman 185

Ken Fern 63, 149

Ken Thompson 35

kitchen

garden 13, **166**

waste 59

kiwano(see *jelly melon*)

kiwi **168**, 307

kohl rabi **170**

## L

lacewings 175  
ladybirds 41, **174**, 211  
    larvae 41, 175  
land cress 329  
landfill 178  
Lasagna gardening 137  
layering 317  
layers 99  
leachate 193  
leaching 163, 213  
leaf beet **176**  
leaf miners 177  
leaf mould **178**  
leeks **180**  
legumes 267, 315  
lemon balm **182**  
lemons **184**  
Les Stocker 126  
lettuce **186**  
lifecycle 24  
lime 55, 241  
limes 185, 221  
liquid feeds 39, 55, 57, 87, 93, 162, 211, 243,  
309, 315  
local 85, 101, 133  
    council 21  
    varieties 23, 133  
Lost Crops of the Incas 18, 217  
low maintenance 99

## M

macronutrients 92, 162, 242  
magazines 149  
mandarin 221  
mangetout 233  
Manor Gardens allotments 21  
marigolds 41, **190**

maritime 117  
marmalade 220, 221  
marrow 280, 362  
Master Composters **192**  
medicinal 83, 99  
Mediterranean 31, 81, 217  
medlar 265  
*Melissa officinalis* 182  
*Melothria scabra* 155  
methane 179  
Mexican gherkins 155  
mice 233  
Michael Guerra 148  
microbes 33, 39  
microclimate 125  
micronutrients 93, 243, 253  
microorganisms 37  
microplants 245  
millennium 80  
minarette 23  
mint 131, **194**  
Miracle berry 117  
mizuna 224  
monoculture 73, 145  
mould **200**  
Mouse melons 87, 155  
mulch 55, 57, 59, 71, 114, 115, 196, 263  
    living 115, 197, 304, 305  
mushrooms **198**  
mustard 115  
mycelium 198, 199

## N

nasturtiums **204**  
national seed list 133  
native **206**  
Native American 145  
nectar 35  
nectarine 102, 103, **208**  
nests 35

nettles 175, **210**, 315, 330  
niche 99, 131  
nitrogen 27, 55, 58, 73, 92, 94, 114, 115, 145,  
162, 211, **212**, 309  
    fixing 33, 94, 315  
No Dig 70, 115  
nodules 95  
NPK 27, 162  
nursery bed 43  
nutrients 92, 162, 193, 341

## O

oats 111  
oca 81, 87, **216**  
office 31, 55, 140  
olives 81  
olympics 21  
onion 181, **218**, 267,  
    spring 219, 333  
    walking 219  
    Welsh 35, 332  
open-pollinated 91, 261  
oranges **220**  
orchard 22, 23  
organic 73, **222**  
Organic Gardening Catalogue 65  
organic matter 55, 58, 59, 69, 71, 77, 137  
Oriental vegetables 43, 187, **224**  
ornamental 25, 27, 67, 78, 83, 141, 169, 185  
osteopath **226**  
outbreeders 139, 275  
overwinter 237  
overwintering onions 219  
ozone layer 85

## P

pak choi 225  
papyrus 292

par-cel 231  
parsley 131, **230**  
    Hamburg 231  
*Passiflora caerulea* 83  
*Passiflora edulis* 83  
passionflower 83  
passion fruits 117  
passive infrared 51  
peach 141, 208, 209  
    leaf curl 209  
Peak Oil 167  
peanuts 87  
pear 23, 103  
peas 95, **232**  
    shoots 233  
    snap 233  
peat **234**  
pecking order 129  
pee 308  
Penelope Bennett 149  
peppercorns 141  
peppermint 195  
peppers 141, **236**, 307  
perennial 24, 25, 99, 103, 131, 183, 219,  
331, 333  
    9-star broccoli43  
permaculture 86, 131, 157, **238**, 264, 355  
Permaculture Magazine 149, 239  
perpetual spinach 176  
pests 37, 49, 50, 71, 266, 352  
pH 55, **240**, 242, 312  
phacelia 41, 115  
philosophy 13  
phloem 345  
phosphorus 92, 162, **242**  
photosynthesis 340, 345  
physalis 103  
phytochemicals 116, 117

pigeons 37, 165  
pips 15, 185, 221  
PIR 51  
pizza 351  
planning 152  
PlantforLife 121  
plantlets 317  
Plants for a Future 63, 149  
plum 23, 103  
podcast 15  
point-of-lay 128  
pollen 35, 141  
pollination 34, 313, 361  
    hand 209  
pollution 85, 93, 213  
polyembrionic 185, 221  
polytunnel 26, 303  
ponds 113, 127  
poo 50, 59, 69, 129  
pot marigold **46**  
potash 27, 162  
potassium 27, 57, 92, **162**, 237, 295  
potatoes **244**  
    sweet 157, 297  
potting compost 57, 59, 95, 179  
powdery mildew 73, 201, 363  
power tools 97  
prebiotic 157  
preserving 153  
Princess Layer 15, 128, 219  
promiscuous 139  
pumpkin 281  
purple 351  
    sprouting broccoli 42, 115

## Q

qing dou **248**  
quamash **250**

Quick Return **252**

quinoa 111

## R

raab 43  
radishes 225  
rain water 97  
rainforest 81  
raised beds 15, 71, 131, 137, **256**  
rapini 43  
raspberries 103, **258**  
    arctic 259  
rats 59  
RDA 121  
Reading 264  
Real Seeds 91, 133, **260**  
recycling 81, **262**, 358  
red 351  
    spider mite 27, 113, 209, 237, 323  
redcurrants 103  
reduce 101  
resistance 23, 73, 91, 143, 158  
resources 97  
reuse 101  
rhizobia 95, 233, 267  
rhizomes 211, 296  
rhubarb 103  
rice 81, 111  
RISC roof garden 83, 99, 159, 168, **264**, 283  
robins 37  
rocket 187  
roof garden (see *RISC roof garden*)  
roots 33, 65, 94, 297  
rootstock 23  
rosemary 131  
rotation 73, 113, 115, 143, 181, 201, 213,  
219, **266**  
rots 201



rubbish 59, 85, 178  
*Rubus tricolor* 259  
rules 111  
runners 283  
Ryton 107, 193, 195

## S

saffron **270**  
salads 40, 186, 187  
salt spray 117  
sand 77  
saponins 111  
satsuma 221  
Saturn 23  
scape 109  
sea buckthorn 117  
seasons 348  
seaweed 73, 93, 243, 253, 315  
secondhand 100  
security 117  
seed 24, **272**  
    companies 91  
    saving 15, 25, 53, 67, 91, 109, 130, 133,  
    139, 191, 205, 217, **274**, 281, 295  
    swapping 109, 133, 275  
self-fertile 237, 275  
self-pollinating 33, 138, 141  
self-seed 25, 41, 47, 67, 99, 115, 205, 332  
serotonin 121  
serpent 109  
sets 219  
shallots **276**  
sharing 153  
sheet mulch 71, 137  
shelter 37  
shows 149  
Siberian 169  
silks 361

silt 77  
Simon Hickmott 149  
slug 69, 237, 245, **278**, 282, 361  
    pellets 127, 278  
snails 69, 278, 282  
soft-necked 109  
soil 76, 136, 143  
    bare 114  
    improver 71, 179  
    organisms 59, 71, 93  
    particles 77  
    structure 71, 93, 196, 213  
Soil Association 223  
solanaceae 267  
solitary 35  
sorrel 155  
soup 156  
soy beans 33, **248**  
sparrows 36, 337  
spearmint 195  
spelt 111  
spice 130, 270  
spinach 116, 177  
    beet 176  
springtails 69  
square stems 33  
squash **280**, 363  
St. Tiggywinkles 126, 127  
starlings 36  
stem 170  
step-over 23  
stir-fry 225  
strawberry 103, **282**  
    alpine 283  
    spinach 103  
stress 25, 73, 121, 163  
subsoil 76  
successional sowing 153, 187

sun-loving 26  
sunscreen 121  
superfoods 116  
supermarket 22, 155, 156, 221  
sustainability 81, 85  
sweetcorn 15, 129, 212, **360**  
    baby 361  
symbiosis 95  
*Synsepalum dulcificum* 117

## T

*Tagetes* 190  
tangerines 185, 221  
tap roots 65, 76  
*Taraxacum officianale* 65  
tassels 361  
tatsoi 225  
tayberries 103, 259  
tea 31, 125, 183, 210, **286**  
temperate 81, 99  
tender 122  
therapy 291  
thigmomorphogenesis **288**  
thinning out 273  
thorns 117  
Three Sisters 145, 361  
Thrive **290**  
tiger nuts **292**  
tilth 71  
tisanes 287  
tomatillos 87  
tomato 191, **294**  
topsoil 76  
trace elements 93  
trailing 204  
trap 143  
    crop 205  
trefoil 115, 197, 305  
tropical 99

tropics 81, 155  
true 139  
truffles 199  
tuber 157, 217, 292, **296**, 317

## U

Uist 126  
ulluco 217, 297  
umbellifer 231, **300**  
undercover **302**  
undercropping 144  
undersowing 115, **304**  
uniformity 91  
unpredictable weather 53  
unusual **306**  
urine 213, **308**, 315  
USDA zones 124  
useful 83  
UV radiation 85

## V

vacciniums **312**  
variegated 182, 236, 341  
vegan **314**  
vegetative propagation **316**  
vermiculture **318**  
vertical 99  
vices 82  
villains 65  
vine weevil 79, **322**  
vines 81, **320**  
viruses 72  
vitamin C 117  
volunteer 192, 245

## W

walking stick 165  
waste 55, 58, 69, 84, 100, 193, 358  
    neutral 81, 359

water 37, **326**, 342, 345  
  butt 15, 101  
watercress 116, **328**  
weather 112, 122  
weeding 331  
weeds 24, 25, 55, 62, 64, 71, 73, 115, 122,  
137, 197, 219, 256, **330**  
well-being 121  
wheat 110  
  emmer 265  
white 351  
whitefly 27, 191  
wild food 65  
wildlife 35, 63, 69, 111, 115, 127, 143, 175,  
207, 211, 234, 265, 279, 323, 328, **334**  
wind 169, 288, 361  
  break 157  
window box 191, **336**  
windowsill 27, 139, 141, 167, 185, 221, 303  
winter 69, 71, 87, 108, 115, 117, 131, 141,  
163, 164, 164, 177, 180, 187  
  tares 115  
  crops 125  
wok brocc 43  
wood  
  ash 27, 163  
  lice 69  
worm composting 55, **318**  
wormery 318  
WWII 20, 163

## **X**

xanthopyll **340**  
xeriscaping **342**  
xylem **344**

## **Y**

yacon 81, 217, 297

years **348**  
yellow 351  
  plants **350**  
  sticky traps **352**  
yields **354**

## **Z**

*Zea mays* 360  
zero waste **358**  
zones 239  
zucchini **362**

*\* This is the index for "The Alternative Kitchen Garden: An A-to-Z" by Emma Cooper.*

*Last updated: April 25th, 2011.*