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## **Cmo cultivar una lechuga y comer sano: Gua prctica del cultivo de hortalizas para tener ensaladas frescas todo el ao (Cuadriltero de libros) (Spanish Edition)**

*Hortensia Lamaitre, Jos T. Gllego*  
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**Hortensia Lemaître  
y José T. Gállego**

# **CÓMO CULTIVAR UNA LECHUGA Y COMER SANO**

**Guía práctica de cultivo de hortalizas  
para tener ensaladas frescas todo el año**



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**Hortensia Lamaitre, Jos T. Glego : Cmo cultivar una lechuga y comer sano: Gua prctica del cultivo de hortalizas para tener ensaladas frescas todo el ao (Cuadriltero de libros) (Spanish Edition)** before purchasing it in order to gage whether or not it would be worth my time, and all praised Cmo cultivar una lechuga y comer sano: Gua prctica del cultivo de hortalizas para tener ensaladas frescas todo el ao (Cuadriltero de libros) (Spanish Edition):

With information on planting, watering, spacing, and harvesting fruits and vegetables, as well as variables such as tools, soil type, fertilizers, and sun exposure, this gardening manual is the perfect reference for anyone looking to tend their own home garden and rediscover the joy of truly fresh produce. Twenty-nine fruits and vegetables including artichokes, carrots, lettuces, onions, tomatoes, strawberries, and melons are presented with detailed information on the ideal growing conditions and tips for avoiding common plagues and diseases. Quick-reference tables are also provided so that readers can easily check the nutritional requirements, cold-resistance, and optimal planting and harvesting seasons for each plant. Readers with a large yard as well as those with only a small balcony will find in this book all of the information theyll need to bring the farm to their home.

About the Author Hortensia Lematre and Jos T. Gallego live on a farm in the Spanish countryside where they grow vegetables and raise animals sustainably.