



Vegetables Love Flowers

by Lisa Mason Ziegler

This book will certainly change how I garden and most certainly will increase the flowers, vegetables, and herbs I grow in raised and terraced beds.

In clear, accessible language and supported by full-color photos on every page, *Vegetables Love Flowers* explicitly shows how companion planting cool-weather annual flowers with vegetables planted at the right time and in the right way enhances pollination, reduces garden pests, and increases production. Suggestions for specific flower varieties along with color pictures, growing instructions, maintenance, and harvesting information all pave the way to a more productive and ecologically sound garden.

I'm inspired by the strategies and suggestions and have completely reorganized my terraced beds which used to have a row of dahlias and loose groupings of seasonal annuals and reseeded perennials. This next growing season will feature kale with cool annuals such as bachelor buttons and love-in-a-mist, zucchini with dill and borage, lettuces with pansies and godetia, and carrots with nasturtium.

Raised beds will feature rows of other combinations, such as bee balm and tomatoes, snapdragons and celery, cosmos and bok choy. I'm going to experiment and have fun. I encourage you to do the same. And I am expecting a vegetable/flower extravaganza!

The author, who has a flower farm, encourages gardeners to plant larger numbers of the same flower together which helps pollinators locate the flowers. We learn how setting up your garden to attract pollinators provides and protects habitat while growing flowers in abundance from spring until frost. Suggestions, such as offering water sources and stakes wide enough for birds, butterflies, and other pollinators to enjoy, will increase their presence and the benefits they bring.

Garden plans with seasonal rotations are given. Lisa Mason Ziegler explains how easy it is to extend the season with seasonal and successive plantings. This allows for ongoing growing and harvesting longer in the season with stronger, healthier plants. This book, along with its companion, *Cool Flowers: How to Grow and Enjoy Long-Blooming Hardy Annual Flowers Using Cool Weather Techniques*, can be enjoyed separately or together. Either or both should spark a new season of garden planning, productivity, and enjoyment.

Reviewed by Helen Huber who hopes to change every garden bed for the better!