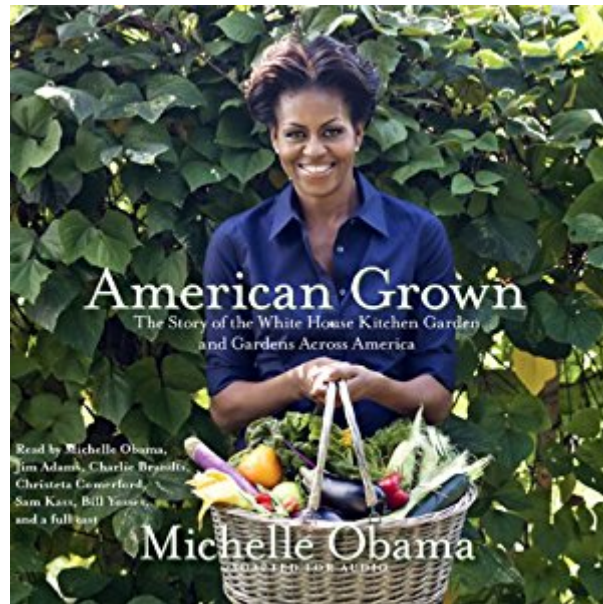


The book was found

# American Grown: The Story Of The White House Kitchen Garden And Gardens Across America



## Synopsis

In April 2009, First Lady Michelle Obama planted a kitchen garden on the White House's South Lawn. It is a garden with roots in the American past, stretching back to George Washington, John Adams, and Thomas Jefferson, but it is also a garden very much designed for America's future. As fresh vegetables, fruit, and herbs sprouted from the ground, this White House Kitchen Garden inspired a new conversation all across the country about the food we feed our families and the impact it has on the health and well-being of our children. Now, in her first-ever book, *American Grown*, Mrs. Obama invites you inside the White House Kitchen Garden and shares its inspiring story, from the first planting to the latest harvest. Hear about her worries as a novice gardener: Would the new plants even grow? Learn about her struggles and her joys as lettuce, corn, tomatoes, collards and kale, sweet potatoes and rhubarb flourished in the freshly tilled soil. Get an unprecedented behind-the-scenes look at every season of the garden's growth, with striking original photographs that bring its story to life. Try the unique recipes created by top White House chefs and made with ingredients freshly picked from the White House garden. And learn from the White House Garden team about how you can help plant your own backyard, school, or community garden. Mrs. Obama's journey continues across the nation, sharing the stories of other gardens that have moved and inspired her. Here are the tales of a modern-day vegetable truck that brings fresh produce to underserved communities in Chicago, of Houston office workers who make the sidewalk bloom, of a New York City School that created a scented garden for the visually impaired, of a North Carolina garden that devotes its entire harvest to those less fortunate, and other stories of communities that are transforming the lives and health of their citizens. With *American Grown*, Mrs. Obama tells the story of the White House Kitchen Garden, celebrates the bounty of our nation, and reminds us all of what we can grow together.

## Book Information

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## Customer Reviews

The book is beautifully presented and tries to offer information. I am shocked at the negativity it has produced. As I expected, the negative reviewers were only interested in spewing hateful words and political outbursts. I want to know what is happening to this country. At least I respect the office and the people in it, no matter their politics. Each election year brings more hatred than the last. This book was written to highlight the danger our children and grandchildren are in with regard to their health. The first lady at least is trying to do something about it.

There have been complaints about this book not being about gardening in the respect that there is no practical information or tips. If one reads the complete title of the book they could not possibly misunderstand. It is simply the story of the White House kitchen garden and others. The miscreants that use a book review to showcase the political anger and resentment that is too prevalent in this country today need to spill their vile elsewhere. This is just a book for Pete's sake, the proceeds from which will all be donated to the National Parks.

FedEx brought the book an hour ago and I whipped right through it. Wow, what a lovely book! It is coffee table sized and filled with marvelous photos. Our First Lady's charisma shimmers on these pages. This story began on March, 20, 2009, as the Obamas were finally getting settled into the White House. Mrs. Obama's mother had just moved in and Michelle was contemplating something she had never done before, planting a garden. That was the day that they broke ground for the White House vegetable garden. She takes readers back to other White House Gardens, most notably, to the Victory Gardens that helped to get our country through war. There are some wonderful old photos here. This is a real hands on gardening book. It is broken down by seasons and there are illustrations of various garden plots. Obviously this book was a team effort. We meet the WH gardening team. There are all kinds of gardening tips, recipes, and anecdotes, here. This book has so many wonderful photos and illustrations! I can't wait to try out this recipe for collard greens! This book makes me proud to be an American. Thanks to you, Mrs. Obama!

This is a book about gardens and gardening, It features gardens and garden ideas across the

country, and spanning the seasons. There are delicious looking recipes at the end of the book. We see and hear about the White House Garden, which I loved the idea of from day one. This book is about communities, generosity and nutrition. This is about children, the aging and dogs. This is a book about everything you want to think about in the summer, and what you should want to think about year round. Planning is one of the keys, sharing is another. And of course, a garden gets us moving so it is very much a book about what is important to this first lady. Children, nutrition, good healthy food and living. I will pick this up many times in the future. It makes me smile :)

I would recommend purchasing this book because of the inspiring story about doing something to improve our children's and adults health through growing nutritional fruits and vegetables in a kitchen garden. The book layout is done well and easy to read. The book will encourage everyone to get involved in making positive changes in our lives by improving our health and that of our children through healthy foods.

This book has had major input from a lot of experts, is very well rounded and has a lot of solid experiences even though the 1st Lady wrote it. For example she started the garden without boxed raised beds, and had some problems ... eventually she moved to raised beds and explains why. These simple experiences are what a lot of people need to understand that are getting into gardening. I found the historical background also very interesting, this book has been researched in detail ... pictures quality is also very high (I'd recommend getting this book as a physical copy, though I get 90% of my books on the kindle).

American Grown: The Story of the White House Kitchen Garden and Gardens Across America She has really created a treasure. This is an inspiring book of stories, pics, tips and a bit of history. I love it and my son (10 year old) is so excited that it was written with him in mind. "It feels so good to have someone so important care about us" (per my son about kids in America). My son has no political agenda, nor does this book. She makes no money on this book, but she is very proud of it none the less. I bought it along with a step-by-step how to book on gardening as this is my second year gardening and I am not very good. I knew this book was not a how to gardening book, and I knew it would inspire me. I look forward to using this beautiful book to help me create a garden that will bring my son closer to eating veggies because the only ones he eats right now are the ones I sneak in (thank you Miss Chase Lapine and Jessica Simpson for your sneaky and deceptive books The Sneaky Chef: Simple Strategies for Hiding Healthy Foods in Kids' Favorite Meals Deceptively

Delicious: Simple Secrets to Get Your Kids Eating Good Food). This book gives me hope for all of the over-weight kids out there that may decide they want a garden, hey, you never know. Benefiting from the fruits of your labor is an awesome message.

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