

A photograph of Michelle Obama smiling and holding a large wicker basket filled with fresh vegetables, including corn, tomatoes, and eggplants. She is standing in front of a dense green leafy background. The title 'American Grown' is overlaid in a large, white, serif font.

# American Grown

The Story of the White House Kitchen Garden  
and Gardens Across America

Michelle Obama

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**American Grown: The Story of the White House Kitchen Garden and  
Gardens Across America**



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In April 2009, First Lady Michelle Obama planted a kitchen garden on the White House's South Yard.s journey continues over the nation seeing that she shares the tales of other gardens that have moved and inspired her: Houston office workers who make the sidewalk bloom; As more fresh vegetables, fruit, and herbal remedies sprouted from the bottom, this White Home Kitchen Backyard inspired a new conversation all across the united states about the meals we feed our family members and the effect it has on medical and well-being of our children. Right now, in her first-ever book, Hear about her worries as a novice gardener – Obtain an unprecedented behind-the-moments look at every season of the garden's growth, with striking original photos that bring its tale to life. and other tales of communities that are transforming the lives and wellness of their residents. Try the initial recipes produced by White Home chefs and made with ingredients just picked from the White House garden. Obama invites you inside the White House Kitchen Backyard and shares its inspiring tale, from the first planting to the latest harvest. And learn from the White House Garden team about how you can help plant your personal backyard, college or community garden.American Grown, Mrs. would the new plants also grow? Mrs. a North Carolina backyard that devotes its entire harvest to those in want; a fresh York City College that produced a scented backyard for the visually impaired; Obama' Find out about her struggles and her joys as lettuce, corn, tomatoes, collards and kale, sweet potatoes and rhubarb flourished in the freshly tilled soil. In American Grown, Mrs. Obama tells the story of the White House Kitchen Garden, celebrates the bounty of gardens across our country, and reminds people of what we are able to grow together.



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It's Everything I Hoped For and More!! I was pleased with the Obama family for bringing nourishment, and CLASS to the White House. I provide credit to First Lady Michelle Obama for using the guts stage of the White colored House Kitchen Backyard to improve the dietary and physical health of people who learn by knowledge what must be done to grow colorful, tasty food in a garden. The photos in this publication are inspirational and the Springtime, Summer, Fall, Winter design make this a useful companion year round. This reserve uses the voices--and photos--of many experienced gardeners from around the country who are a part of the community gardening motion that notes well organized community gardens "develop community" along with produce. Many thanks, Mrs. Obama! I am thrilled to see additional benefit from the garden as I do. The language is very down to earth and you actually hear her speak as you read the text message. Obama had the eyesight to create a garden and inspire her family members and country to consume better. This book can give hope and pleasure to individuals, families, and gardening organizations who want to change lives in how we can all develop organically cultivated crops for the desk and revel in the harvest of our attempts. Obama supports the initiatives of developing gardens across America and the methods she has participated in shows she is ready to put her mouth area where her heart is. THANKS----- White House Vegetables and Great Recipes! I adored that Mrs. Very beautiful pictures. I'll actually miss our FLOTUS. I've truly enjoyed this publication. I enjoy gardening and I was thrilled to learn how this backyard was started, how the kids were engaged in the garden and the annals of gardening at the Light House and in areas around the country. As quite a while gardener, an associate of the PA Horticultural Culture and having been a judge in the Philadelphia City Gardens contest for near 20 years there are few things I enjoy more than reading about gardens. Easy for me to choodr Love the first woman and collect cookbooks My Mom demonstrated myself the wonders of my Grandfather's garden when I was a little girl and I am still in awe of what occurs whenever a seed is planted in the proper place beneath the right conditions. Loved this book! GET THIS!!! It is wonderful Mrs." However my gardening passions have grown over many years to add marketing children's gardens in schoolyards, at summer months camps, and offering workshops in libraries and in community gardens to demonstrate greatest environmental practices also to answer questions....all the information about planting, caring for and picking Fresh vegatables from the garden also sharing w/others, is proof of what could be achieved w/quality leadership. This book is packed w/education for ALL ages.....no descrimination what-so-ever!! As a veggie/fruit/flower gardener for three dozen years right now who has accumulated nearly as many garden books, my family reminded me that people hardly needed another "backyard book. Encouraging children to get going and try vegetables they possess not really previously seen, the 1st lady made great improvement in childhood health.! Thank you! Organized by months of plants and blooms, background of the gardens interweave with Mrs. And Personally i think that house gardeners will like it too. fantastic picture taking and tales from Michelle Obama's knowledge in the Light House's gardens. I appreciated looking back at some previous gardens and the history that goes along with it. I'm grateful I bought this book. I REALLY LIKE THIS BOOK I REALLY LIKE THIS BOOK. Beautiful photos and beautifully created! I like this book, in fact it is a good story taking you in the White house and providing you some nice quality recipes from their backyard and how Michele wants to help transformation the world a little at a time by getting children involved in helping build the gardens and making the healthy recipes. I wouldn't buy once again. American Grown, The story of the White house kitchen Garden and Gardens. D- Poor quality book Poorly written, without substance. Five Stars Love this book! Absolute crap Masturbatory drivel - not even written by her Good price Good book View into White Home Gardens American Grown... Very impressed with the graphics, the garden plans and the range of vegetation grown.! Obama's youth and adult trip with produce. Sketches of the gardens mingle with seasonally suitable recipes refreshing from the backyard.! I was inspired to garden by my Mother who was simply inspired by her Dad.



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