

A photograph of Michelle Obama smiling and holding a large woven basket filled with fresh vegetables, including corn, eggplants, and tomatoes. She is standing in front of a dense green leafy background, likely a garden.

American Grown

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

Read by Michelle Obama,
Sam Adams, Charles Peckitt,
Cherissa Greenfield,
Joni Kram, Will Swenson,
and a full cast

Michelle Obama

Michelle Obama

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



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Mrs. Get an unprecedented behind-the-moments look at every time of year of the garden's development, with striking original photos that bring its story to life. Here are the tales of a modern-day vegetable vehicle that brings fresh produce to underserved communities in Chicago, of Houston office workers who make the sidewalk bloom, of a fresh York City College that created a scented backyard for the visually impaired, of a North Carolina backyard that devotes its entire harvest to those less fortunate, and other tales of communities that are transforming the lives and health of their residents. And learn from the White House Garden team about how you can help plant your very own backyard, school, or community backyard. Obama invites you inside the White Home Kitchen Garden and shares its inspiring story, from the first planting to the most recent harvest. Listen to about her worries as a novice gardener: Would the new plants also grow? 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. It is a garden with roots in the American past, stretching back again to George Washington, John Adams, and Thomas Jefferson, but it is also a garden very much designed for America's upcoming. Try the initial recipes created by best White Home chefs and made with substances freshly picked from the Light House garden. Now, in her first-ever publication, *American Grown*, Mrs. In April 2009, First Lady Michelle Obama planted a kitchen garden on the White House's South Lawn. Obama's trip continues across the country, sharing the tales of other gardens which have moved and motivated her. As more fresh vegetables, fruit, and herbal remedies sprouted from the ground, this White Home Kitchen Garden inspired a new conversation all across the united states about the meals we feed our households and the effect it has on the health and well-becoming of our children. With *American Grown*, Mrs. Obama tells the story of the White House Kitchen Backyard, celebrates the bounty of our country, and reminds us all of what we are able to grow together.



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I enjoy gardening and I was thrilled to learn how this garden was started, how the kids were involved in the garden and the history of gardening at the White colored Home and in areas around the united states. As a veggie/fruit/flower gardener for three dozen years today who has accumulated nearly as many garden books, my family reminded me that people hardly needed another "garden book." However my gardening interests have become over many years to include promoting children's gardens in schoolyards, at summertime camps, and offering workshops in libraries and in community gardens to demonstrate greatest environmental practices also to answer queries. This book can give hope and joy to individuals, families, and gardening groupings who want to make a difference in how we can all grow organically cultivated crops for the table and enjoy the harvest of our attempts. I provide credit to First Woman Michelle Obama for using the center stage of the White House Kitchen Garden to improve the dietary and physical health of people who learn by encounter what must be done to grow vibrant, tasty meals in a backyard. I am thrilled to observe other enjoy the garden as I really do. This reserve uses the voices--and photos--of many experienced gardeners from around the united states who are a portion of the community gardening movement that notes well-organized community gardens "develop community" and also produce. Thank you, Mrs. Obama had the vision to produce a backyard and inspire her family members and country to eat better. Loved this book! Obama supports the efforts of growing gardens across America and the measures she has participated in displays she is ready to put her mouth area where her heart is certainly. Obama! I'm grateful I purchased this publication. Organized by seasons of vegetation and blooms, history of the gardens interweave with Mrs. And I feel that house gardeners will like it too..! I will actually miss our FLOTUS. I have truly enjoyed this book. As a long time 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.It's Everything I Hoped For and More! I was inspired to backyard by my Mom who was simply inspired by her Dad.! The photos in this reserve are inspirational and the Springtime, Summer, Fall, Winter layout get this to a useful companion year round. GET THIS!! Many thanks! I was proud of the Obama family for bringing diet, and Course to the White Home.!... I wouldn't buy once again. This book is packed w/education for ALL age range... fantastic photography and tales from Michelle Obama's encounter in the White colored House's gardens..zero descrimination what-so-ever!! Very impressed with the graphics, the garden programs and the assortment of vegetation grown. My Mom showed me the miracles of my Grandfather's garden when I was a little gal and I am still in awe of what occurs when a seed is certainly planted in the proper place under the right conditions. Very beautiful photos.. Obama's youth and adult journey with produce. THANKS----- White Home Vegetables and Great Quality recipes!! I enjoyed searching back at some earlier gardens and the annals that goes alongside it. It is amazing Mrs. I cherished that Mrs. American Grown, The story of the White home kitchen Garden and Gardens. I love this book, in fact it is a good story taking you in the White house and providing you some nice dishes from their garden and how Michele really wants to help switch the world a little at the same time by getting children involved in helping build the gardens and making the healthy recipes. Five Stars Love this book! Gorgeous photos and beautifully created! D- Low quality book Poorly written, without substance.all the information about planting, looking after and picking FRESH veggies from the garden also sharing w/others, can be proof of what could be accomplished w/quality leadership. Absolute crap Masturbatory drivel - not even written by her Good price Good book View into White Home Gardens American Grown.. The language is

quite down to earth and you also actually hear her speak as you read the text.. I LOVE THIS BOOK I LOVE THIS BOOK.! Sketches of the gardens mingle with seasonally suitable recipes new from the backyard. Encouraging children to get going and try vegetables they have not previously seen, the initial lady made great improvement in childhood health. Easy for me to choodr Love the first lady and collect cookbooks



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