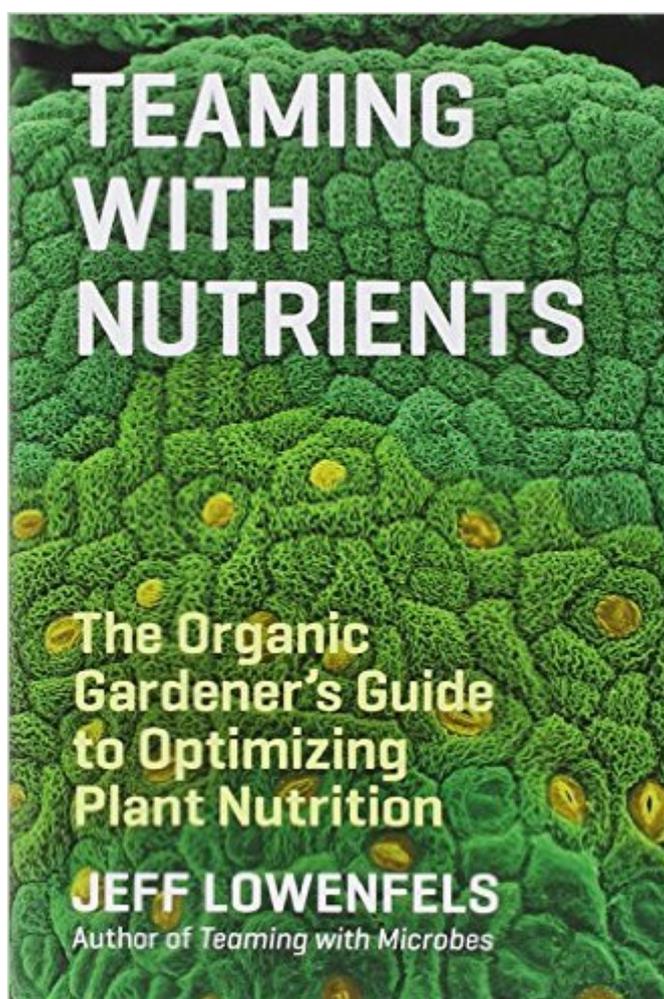


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# Teaming With Nutrients: The Organic Gardener's Guide To Optimizing Plant Nutrition (Science For Gardeners)



## Synopsis

Just as he demystified the soil food web in his ground-breaking book *Teaming with Microbes*, in this new work Jeff Lowenfels explains the basics of plant nutrition from an organic gardener's perspective. Where *Teaming with Microbes* used adeptly used microbiology; *Teaming with Nutrients* employs cellular biology. Most gardeners realize that plants need to be fed but know little or nothing about the nature of the nutrients involved or how they get into plants. *Teaming with Nutrients* explains how nutrients move into plants and what both macro-nutrients and micro-nutrients do once inside. It shows organic gardeners how to provide these essentials. To fully understand how plants eat, Lowenfels uses his ability to make science accessible with lessons in the biology, chemistry, and botany all gardeners need to understand how nutrients get to the plant and what they do once they're inside the plant. *Teaming with Nutrients* will open your eyes to the importance of understanding the role of nutrients in healthy, productive organic gardens and it will show you how these nutrients do their jobs. In short, it will make you a better informed, more successful and more environmentally responsible gardener.

## Book Information

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## Customer Reviews

"Just read it" is Lowenfels advice in the Introduction to "Teaming with Nutrients" and I second that. Any gardener who has thought about how their plants actually eat the food we presume we are providing, will want to make time to read and think about "Teaming with Nutrients." Not to ruin the

ending for you, but here's a spoiler alert: We don't provide their food. Just as they have done for millions of years, plants can and do feed themselves. However, we gardeners can interfere with their ability to feed themselves by causing problems for them. Understanding their complexities is like gaining a deeper understanding of the people we want to know - we can give them more of what they need and avoid the practices that can do them harm. Topics covered include: Plant cell parts, the basic chemistry involved in plant nutrients, the botany of nutrient-usage by plant tissues/organs, the 17-essential elements (macronutrients and micronutrients), how water moves through the soil and into the plant stems and leaves, nutrient movement within plants, how to apply the science you just learned to your gardening practices, and, recommended fertilizer recipes. As a non-science major, I found the book challenging to read. As a gardener who is fascinated by the wonder of plants, I found the challenge worth my effort. If you, like me, are not a scientist and are not up-to-date on the latest cellular biology discoveries, you will thank Lowenfels many times for the useful 5-page Glossary in the back. Your awe of plants and the lives they lead will increase if you "just read it" and you'll never garden the same old way again.

This is PhD level information. This is not a gardeners quick read. Purchase Jeff's other book instead. I love "Teaming with Microbes" It is a must read for EVERYONE, not just gardeners. I purchased this book because microbes was such a great read. This book is a significantly slower read, but provides you with more information than you can handle. Microbes was a fascinating book that I have read cover to cover 2x and constantly refer to. I recommend Microbes to all my friends. This one is just too slow and difficult to read and there isn't enough practical information for the common gardener. Microbes should be distributed throughout America and on every dirt worshipping friends gift list.

Love love love it!!!! Must-have for serious gardeners (buy Teeming with Microbes too--the sheer savings in fertilizer costs will pay for both books). It really does simplify very complex concepts. Understanding these concepts really teaches you WHY you do things in gardening, demystifying why things go wrong and why they go right. I gardened my whole life but felt that I had hit a wall--sometimes things grew, sometimes they didn't, and I didn't know why. His books have helped me push beyond and my garden results have been nothing short of spectacular. On another note, I had a burning soil-related question and googled Jeff Lowenfels' email address (cheeky, I know). He responded within a day and thoroughly explained the concept. Great guy, great author! I wish he would have been my high school science teacher!

I highly recommend both *Teaming with Nutrients* and *Teaming with Microbes* as I gained so much from each book and refer to Jeff's first book often and likely will do the same with this most recent book! Well done and thank you!!

The author did a really good job explaining fundamental Plant biology in such an easy-to-follow style. If I owned no other Garden book but THIS one, people would be well on their way to growing bounteous Nutritious harvests. And if every child was mentored by their parents as good examples, plus taught in school science classes these basic matters, we'd have more healthy populations. Thank you!

If you want to begin learning the hows and the whys of soil and earth without having to take a soil biology course, this is the book for you. All aspects of basic soil microbial biology are covered here, without going too far in depth so as to not lose or overwhelm the reader. You can read this book and immediately begin using the information found within.

As a professional horticulturist I was seeking some updated information on "organic" sources of nutrition and found it in this text. A very good read which earned my appreciation for the fact that the writing allows for the novice to gain access to what might otherwise be a bit too technical information for the layperson. A timely release, excellent presentation and useful reference material serve to make my professional life appropriately informed which certainly has translated into my being able to explain the nuances of plant nutrition via the use of "organic" amendments so as to intelligently direct my customer base into making smarter choices for their landscape, garden and home environment. For you serious gardeners and reactionary "organic" die-hards this book will keep you better informed. Hugely recommended.

Jeff is an excellent author and makes a tough subject more readable to the average person. That being said, this is not a casual read by any stretch of the imagination. This reads much more like a textbook and is a lot harder to understand than his other book, *Teaming with Microbes*. This is due to all the vocabulary and complicated nature of plant physiology. If you are into learning about the science behind how plants uptake nutrients, then this is the best book out there in my opinion. However, if you are a beginning gardener or just learning about soils, I would start with *Teaming with Microbes* and go from there. Side note, if you ever get the opportunity to hear Jeff speak, I

highly suggest you check it out. He is by far the best garden speaker I've ever seen and very inspiring!

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