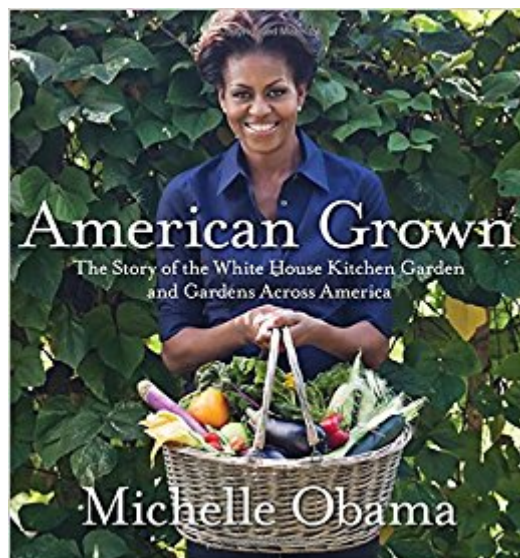




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# American Grown: The Story Of The White House Kitchen Garden And Gardens Across America



## Synopsis

In April 2009, First Lady Michelle Obama planted a kitchen garden on the White House's South Lawn. 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 White House chefs and made with ingredients just 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 as she shares the stories of other gardens that have moved and inspired her: Houston office workers who make the sidewalk bloom; a New York City School that created a scented garden for the visually impaired; a North Carolina garden that devotes its entire harvest to those in need; and other stories of communities that are transforming the lives and health of their citizens. In *American Grown*, Mrs. Obama tells the story of the White House Kitchen Garden, celebrates the bounty of gardens across our nation, and reminds us all of what we can grow together.

## Book Information

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## Customer Reviews

Michelle Obama is the First Lady of the United States and the mother of two daughters. In February 2010, she launched Let's Move!, a nationwide initiative to address the epidemic of childhood obesity by bringing healthier food into schools and communities, and encouraging kids to be more active. American Grown is her first book.

This was a gift to my daughter. She and her family have an extensive garden, they are vegan, and most of their meals come from their garden. She appreciated this book.

Michelle I miss your beautiful smile, your kind wise words. I love to garden and I love to cook (the spinach pie to die for). What a fabulous book. The gardening tips and the recipes are wonderful and so is all the historic info about the White House grounds. I loved the photo's of Michelle growing up and darling you look just like your mother. I received this book for a song secondhand in great condition and will treasure it. Thank you Michelle and .

As a vegetable/fruit/flower gardener for three dozen years now who has accumulated nearly as many garden books, my family reminded me that we hardly needed another "garden book." Yet my gardening interests have grown over many years to include promoting children's gardens in schoolyards, at summer camps, and giving workshops in libraries and in community gardens to demonstrate best environmental practices and to answer questions. This book can give hope and joy to individuals, families, and gardening groups who want to make a difference in how we can all grow organically cultivated crops for the table and enjoy the harvest of our efforts. I give credit to First Lady Michelle Obama for using the center stage of the White House Kitchen Garden to improve the nutritional and physical health of individuals who learn by experience what it takes to grow colorful, tasty food in a garden. The photos in this book are inspirational and the Spring, Summer, Fall, Winter layout make this a useful companion year round. This book uses the voices--and photos--of many experienced gardeners from around the country who are a part of the community gardening movement that notes well organized community gardens "grow community" as well as produce.

Lovely book, wonderful remembrance of the Obama years.

Great book, a must have. American Grown is very easy to read and understand. Mrs. Obama did a wonderful job writing her first book and I hope there will be more to follow. I learned a lot from her book and want to try making gardens of my own. There are delicious recipes with matching pictures so you know what the end result will look like. Besides all the great information in the book it is a collectors item due to the First Lady writing this book, and the info being from inside the White House Kitchen Garden. American Grown is a perfect book to buy for yourself as well as give as a gift.

What a delightful experience it was to read this book. I recommend it for inspiration, to examine possibilities for the future of our communities and our food system, and for experiencing Michelle's joy and grace in action. A great book to give as a gift, especially if someone in your life could use some hope for the future,

#### MY DAUGHTER LOVED IT

Beautiful book, and nice to see the First Lady in a more informal setting. She is soooo cute. I was astonished by the large size of the garden, one didn't get that sense from the news photos when it was first initiated. Beautifully maintained, of course, she gets a lot of help from the National Park Service.

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