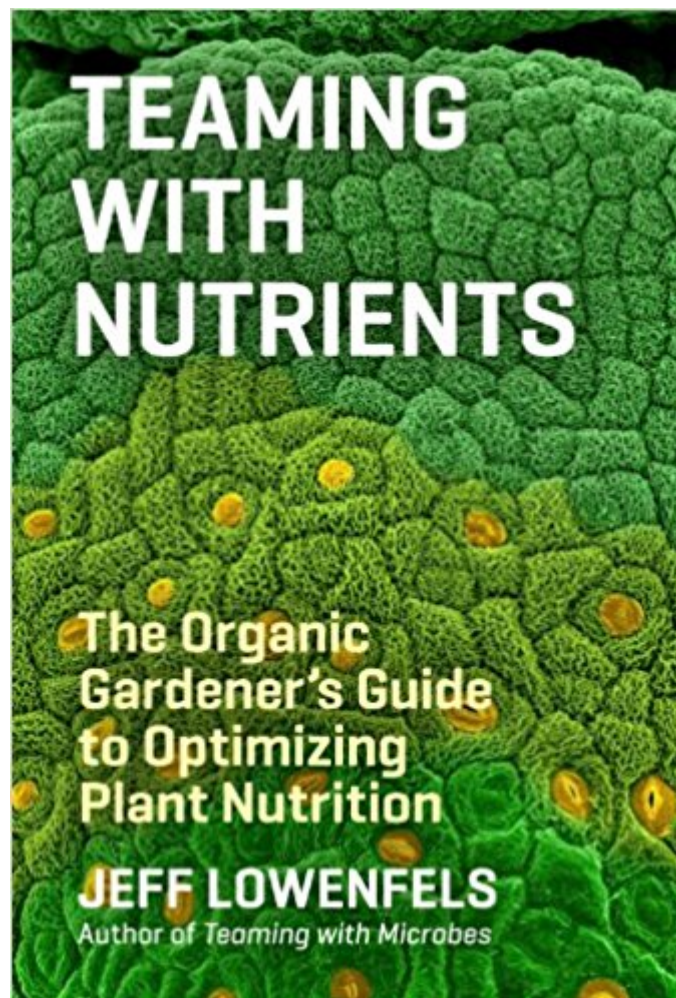




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# Teaming With Nutrients: The Organic Gardener's Guide To Optimizing Plant Nutrition



## 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

“A breakthrough book. . . well worth owning and reading. No comprehensive horticultural library should be without it.”  
• American Gardener “For years, we’ve thought of the food chains in our environment. Lowenfels and Lewis explain an even more wonderful idea: the soil food web.” Read *Teaming with Microbes* and

keep it or give it to the library so others may learn of this astounding way to grow vegetables, trees, lawns. • Washington Gardener • “Exceptional. . . . A brief, clear overview of scientific information with which every gardener should be familiar. • Monterey Herald • “Digs into soil in a most enlightening and entertaining way. • Dallas Morning News • “Required reading for all serious gardeners. • Miami Herald • “This intense little book may well change the way you garden. • St. Louis Post-Dispatch • “All good gardeners know healthy plants start with healthy soil. But why? And how? In *Teaming with Microbes* Lowenfels and Lewis reveal the new research in the most practical and accessible way. • The Oregonian • “For years, we’ve thought of the food chains in our environment. Lowenfels and Lewis explain an even more wonderful idea: the soil food web. Read *Teaming with Microbes* and keep it or give it to the library so others may learn of this astounding way to grow vegetables, trees, lawns. • Detroit News • “Sure, it’s a gardening book, but it has all the drama and suspense of an extraterrestrial thriller. . . . Read this book and you’ll never look at soil the same way. • B&B Magazine • “[This book] is a must read for any gardener looking to create a sustainable, healthy garden without chemicals. • Virginian-Pilot • “It takes readers underground to meet the critters that live if you let them under the garden. • Rockland Courier-Gazette • “All good gardeners know healthy plants start with healthy soil. But why? And how? In *Teaming with Microbes* Lowenfels and Lewis reveal the new research in the most practical and accessible way. • Anchorage Daily News •

*Teaming With Nutrients*...how plants eat and what to feed them. We all learn about cation exchange capacity, CEC, but that always ends up as a discussion of how the soil particle holds nutrients. It never really explains how plants actually take up nutrients, ie how they eat. And, what about these nutrients once they get inside the plant? What happens to them? This second *Teaming* book is a trip that delves into the cellular biology of plants in the same way *Teaming With Microbes* was a book that starred microbiology. This is, at least to me, a fascinating voyage that requires some chemistry and botany, too, but stars cellular biology. Don’t worry, the learning is fun and fascinating and I make it easy. In the end you will know how plants eat and, of course, what to feed them. It is not all biology and botany. *Teaming* contains the practical advice you need feed your plants properly and organically. *Teaming with Nutrients* should change the way you farm and garden, for sure, but hopefully you will never look at plants the same way again. You will appreciate the 18

trillion cells in an apple tree and know how they work. And it all happens with just 17 nutrients!

Skip the first two chapters of the book if you come from a science background or completed one semester of bio and chem in college. I should have done this it might have made the book more enjoyable to read. I was blown away reading *Teaming With Microbes* and disappointed reading *teaming with nutrients*.

I wish this book had been around when I was growing up! It has opened up a whole new vision of the way that life works to me. I have been reading a little everyday just to grock the fundamentals but then I keep getting turned on to new concepts that make me want to never put it down! Thank you Jeff Lowenfels for renewing my fascination for nature and her beautiful intricacies.

Great writer, I bought this because I liked the way he makes reading about soil fun and interesting. His previous book *Teaming with microbes* he made a difficult subject easy to understand. You can tell he is passionate about what he is teaching you I would most definatly recommend this and *Teaming with microbes* as a must read for any Gardner or people interested in healthy food and soil.

Very well written tons of information but still has a good flow to get you through some of the meatier areas. He dose a great job of taking something complicated and breaking it down to smaller easier to digest sections that all build upon each other. I recommend this book if your serious about agriculture demystify what the fertilizer companies try to keep under wraps for there own gain. My favorite part was discovering the 17 essential elements for plant to live and reproduce, worth the time!

This book is fabulous. I got this one after reading "teaming with microbes", and loved that one, and wanted to get more information about soil food webs. I truly believe growing soil vs growing plants takes alot of research and trials, but in the end, the soil is thriving and in turn the plants. There is alot of sort of technical information, but like the way he simply says, don't worry so much over this part, just let in sink in.

This book had a lot of information in it. Most of the information I already knew or did not make a difference either way to me. I would have preferred more information like he had in the back of the

book.

A lot on biology but did not address how to encourage the vegetables to increase their nutrient content. Good read, just not what I was looking for nor consistent with the title.

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.

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