

**Stand Up And Garden: The No-digging, No-tilling, No-stooping Approach To Growing Vegetables And Herbs**

**By Kathren Moss, Mary Moss-Sprague**



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Editorial Reviews. About the Author. Mary Moss-Sprague is a certified Master Gardener and Stand Up and Garden: The no-digging, no-tilling, no-stooping approach to no-tilling, no-stooping approach to growing vegetables and

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Occupation: Writer and author of Stand Up and Garden  
Mary Moss Sprague writes and teaches people how to grow vegetables and herbs easily and of micro-drip irrigation – the "no-digging, no-tilling, no-stooping approach to gardening.

<https://www.motherearthnews.com/biographies/mary-moss-sprague-expert-gardener>

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