



# Get to know Andrea Bellamy!

Author of *Sugar Snaps and Strawberries*



Andrea Bellamy is a professional writer and the creator of Heavy Petal, an acclaimed blog that focuses on urban, organic vegetable gardening. Heavy Petal has been featured in *Sunset* and *Canadian Gardening* and has been profiled on Apartment Therapy and Design Sponge. Check out [heavypetal.ca](http://heavypetal.ca) to learn more about Andrea.

## Q: WHY DID YOU WANT TO WRITE A BOOK ON GROWING FOOD?

**A:** For so many reasons. Over the past several years I've watched the explosion of interest and involvement in food gardening. People are so excited about growing their own food—with good reason!—but often they run into roadblocks that cause them to become discouraged and give up. I saw a need for a book that would be a one-stop resource for aspiring urban farmers; one that would inspire and embolden even those with the smallest of spaces to dig in and give food gardening a shot, and for those who've already taken the plunge into

growing edibles, provide detailed instructions on how to take their gardens to the next level. On a more personal note, I just really love growing food, and I want everyone to experience the act of tending a little piece of earth (even if it is in a container); of planting a seed, nurturing a seedling, and finally, eating the results!

## Q: WHY DO YOU THINK GROWING EDIBLES HAS BECOME SO POPULAR?

**A:** We're undergoing this huge cultural shift surrounding our relationship with food. People are moving away from processed foods, and becoming more aware of where their food comes from. I think people try growing food for any number of reasons. Foodies want to enhance the dishes they're preparing; locavores want to eat more sustainably; the thrifty DIY set wants to take matters into their own hands. Growing your own edibles allows you to know exactly what went into producing them, far more so than any "organic" label on your produce. And of course, you can't get much more local than your own backyard or balcony. But the bottom line is that growing food is satisfying. It can be challenging, but it's also a lot of fun.

## Q: WHAT IS YOUR OWN GARDEN LIKE?

**A:** Dispersed! I don't have a lot of outdoor space at home, so to satisfy my growing needs I had to look elsewhere. I have a bed in my community garden where I grow lower-maintenance and larger edibles and another bed in a communal garden shared with neighbors where I grow greens. At home I have a small patio, plus any even smaller balcony. I grow food in large containers on the balcony and by my front door, while my patio has been designated a food-free zone by my husband. He's trying to save it for lounging and barbecuing!

