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Perennial Vegetables: Grow More Food With Less Work

Combine permaculture gardening techniques and edible landscaping ingenuity in your garden by growing perennial vegetables. You'll be surprised by how little work garden perennials require when compared with the work you expend growing annuals. Plus, our list of best perennials and resources guide will get you started with this sustainable, practical gardening technique.

By Vicki Mattern
April/May 2012

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Growing edible perennials along with annuals in your garden adds diversity and beauty.

PHOTO: BETHANN WEICK

Suppose a new agricultural breakthrough promised higher yields, a longer growing season and much less work. These claims can become real benefits for those willing to make a change to a way of gardening that more closely mimics nature.

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Nature's ecosystems always include not only annual vegetables, but also perennials — edible roots, shoots, leaves, flowers

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The screenshot shows a web browser window with the address bar displaying www.motherearthnews.com/print-article.aspx?id=2147499824. The page title is "Perennial Vegetables: Grow More Food With Less Work" by Vicki Metcalf, dated April/May 2012. The article features a photograph of a garden with various perennial plants and a caption: "Growing edible perennials along with annuals in your garden adds diversity and beauty. PHOTO: BETHANN WEICK". The text discusses the benefits of perennial vegetables, such as higher yields and less work, and provides three ways to incorporate them into a garden: 1. Push the Envelope, 2. Dive into Edible Landscaping, and 3. Pioneer a Plant Community. The article also lists 10 best perennials, including Ramps or Wild Leeks (*Allium tripedunculatum*).