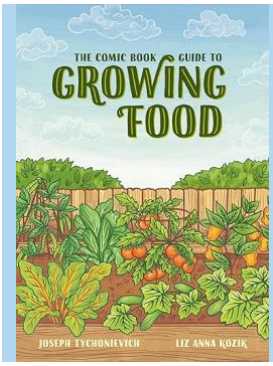
Discussion Guide




*The Comic Book Guide to Growing Food*
Joseph Tychonievich (writer) and Liz Anna Kozik (illustrator)

Penguin Random House
2021
176 pages
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Food and Nutrition

## Summary

*The Comic Book Guide to Growing Food* is the story of Mia, an eager young professional who wants to grow her own vegetables but doesn't know where to start, and George, her retired neighbor who loves gardening and walks her through each step of the process. Throughout the book, "cheat sheets" sum up George's key facts and techniques, providing a quick reference for anyone starting their first vegetable garden, including how to find the best location, which vegetables are easiest to grow, how to pick out the healthiest plants at the store, when (and when not) to water, how to protect your plants from pests, and what to do with extra produce if you grow too much.

## Questions

1. How can this book help readers add whole foods to their diet (rather than processed foods)?
2. How did the illustrations in this graphic novel contribute to your enjoyment and understanding of the topic of gardening?
3. Is this book geared towards beginning gardeners, or could it be useful for people who have more experience with growing their own food?
4. How does this book address challenges related to gardening, such as availability of outdoor space or limited time?
5. How does technology, like smart phones, interplay with gardening? Can technology be a help, a hindrance, or both?
6. Besides the nutritional benefits of growing your own food, in what other ways does gardening contribute to wellness? Are there, for example, social or psychological benefits?
7. What are some useful tips and tricks that you learned from this book and its "cheat sheets"?
8. Does the author consider how to make gardening accessible to people of all abilities? How could that be improved to expand access to gardening to everyone?

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