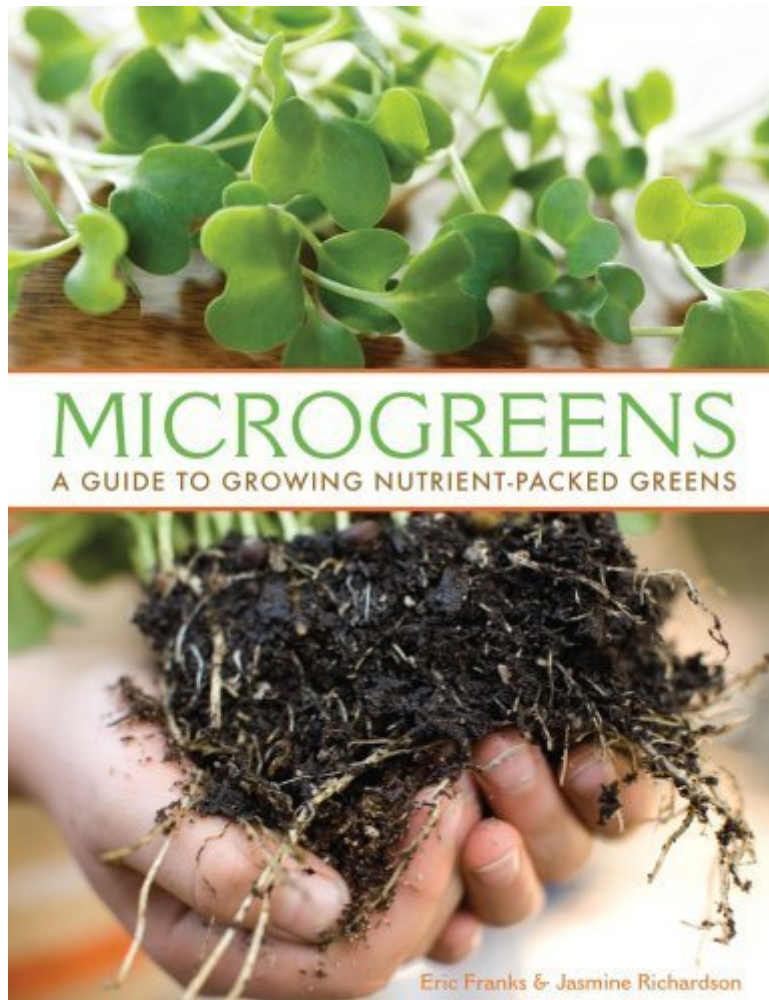


The book was found

Microgreens: A Guide To Growing Nutrient-Packed Greens



Synopsis

MICROGREENS: A Guide to Growing Nutrient-Packed Greens DUBBED A CULINARY BUZZWORD by National Public Radio, microgreens-vegetables harvested soon after sprouting-are expected to be one of 2009's hottest food trends. With simple instruction, Microgreens teaches how to plant, grow, and harvest microgreens from one's own garden. The small amount of space needed to grow microgreens-a porch, patio, deck, or balcony will do-allows anyone to easily incorporate them into their daily meals, and the greens' nutritional potency make them a must-eat in a healthy diet. INCLUDES THESE

MICROGREENS: Amaranth Arugula Basil Beet Broccoli Celery Chard Cilantro Cress Endive Mustard Pac Choi Pea Purple Cabbage Radish Tokyo Bekana

Book Information

File Size: 4953 KB

Print Length: 192 pages

Publisher: Gibbs Smith (February 17, 2009)

Publication Date: February 17, 2009

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B0028085J8

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #373,167 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #59

in Kindle Store > Kindle eBooks > Crafts, Hobbies & Home > Gardening & Horticulture >

Techniques > Container Gardening #105 in Kindle Store > Kindle eBooks > Crafts, Hobbies &

Home > Gardening & Horticulture > Vegetables #137 in Kindle Store > Books > Crafts, Hobbies & Home >

Gardening & Landscape Design > By Technique > Container Gardening

Customer Reviews

This is a really important book with key advice on starting to grow microgreens. I had been growing microgreens for about a year before buying the book and I found many points in the guide of which I was unaware and improvements to make in what I have experienced. It is thorough and to

the point.

How to raise most (if not all) the nutrients we need in a small space without much expense? There are few living conditions that cannot support the type of gardening or farming taught by this author. I have a friend who has 40 acres, but her chickens eat her garden, so she can't grow outside. So she's got the recommended containers in her home in front of windows and under skylights. Granted, her dog occasionally steps in the dandelion tray, but she made a killer salad for me from the greens growing by the back door, all grown as instructed by this great book.

Excellent information and great pictures. This is a Very solid book. I have ordered it for others. Anyone can grow greens year around and this book will show you how. the best place to buy seeds in bulk is:Kitazawa Seed Company: Asian Vegetable Seeds, Oriental ...www.kitazawaseed.comThe book doesn't tell you this. I like to buy the a lb. at a time. Email them for shipping charges. I found the 1020 trays at Mega Greenhouse online 100 shipped were about \$90 if you only need a few Wal-Mart, or a nursery.

Most useful and resourceful book about microgreens. Suited for home growers, professionals and cooks. Great depth of details, great pics and valuable links.Highly recommended.

This is a good book to have as a reference for anyone wanting to have more information about growing microgreens. It has some nice color pictures as well. The recipes in it are a bit too exotic for my taste, as I prefer more simple but delicious recipes and I don't thing you need to get exotic for those. It is a good addition to my nutritional library.

This is the best book I recommend for getting started growing microgreens at home. I have given multiple copies to family and friends.

It's a beautiful book, but there is not enough solid information on growing microgreens. There is no coverage at all on hydroponic growing methods and too much general background. I think that the definitive reference on microgreens is yet to be written.

Great book, lots of information. Questions you wanted to ask and never thought about they knew the answers and more.

[Download to continue reading...](#)

Microgreens: A Guide To Growing Nutrient-Packed Greens How to Grow Herbs and Microgreens for Health or Profit: Make Money Growing Herbs and Microgreens Indoors Growing Marijuana: Box Set - Growing Marijuana For Beginners & Advanced Marijuana Growing Techniques (Growing Marijuana, Marijuana Growing, Growing Marijuana Indoors) Growing Mushrooms for Profit: The Definitive Step-By-Step Guide to Growing Mushrooms at Home for Profit (Growing Mushrooms for Profit, Growing Mushrooms ... Mushrooms, Growing Oyster Mushrooms) Growing Marijuana: Marijuana Growing Tips and Tricks to Get Big Yields For Beginners! (Growing Marijuana For Beginners, Growing Marijuana Indoors & Outdoors, Growing Marijuana Tips and Tricks) Leafy Greens: An A-to-Z Guide to 30 Types of Greens Plus More than 120 Delicious Recipes Fields of Greens: New Vegetarian Recipes From The Celebrated Greens Restaurant Best Green Eats Ever: Delicious Recipes for Nutrient-Rich Leafy Greens, High in Antioxidants and More (Best Ever) Year-Round Indoor Salad Gardening: How to Grow Nutrient-Dense, Soil-Sprouted Greens in Less Than 10 days Nutrient Requirements of Dogs and Cats (Nutrient Requirements of Domestic Animals) Foods that Fight Fibromyalgia: Nutrient-Packed Meals That Increase Energy, Ease Pain, and Move You Towards Recovery Color Me Vegan: Maximize Your Nutrient Intake and Optimize Your Health by Eating Antioxidant-Rich, Fiber-Packed, Col Color Me Vegan: Maximize Your Nutrient Intake and Optimize Your Health by Eating Antioxidant-Rich, Fiber-Packed, Color-Intense Meals That Taste Great Vegetarian Food for Healthy Kids: Over 100 Quick and Easy Nutrient Packed Recipes Ketogenic Pressure Cooker: 100 Quick and Easy Recipes for Delicious Nutrient-Packed Low-Carb Meals Smoothie Bowls: 50 Beautiful, Nutrient-Packed & Satisfying Recipes Weed: The Ultimate Quick Guide To Growing Great Marijuana (How To Grow Your Own Weed, Growing Marijuana for Beginners, Big Buds, High Yields, Growing Marijuana Indoors, Weed Growing Book 1) Growing Marijuana: Big Buds, Growing Marijuana In Soil For Beginners (Growing Marijuana, Marijuana Cultivation, Marijuana Growing, Medical Marijuana, Marijuana Horticulture) How to Sprout Raw Food: Grow an Indoor Organic Garden with Wheatgrass, Bean Sprouts, Grain Sprouts, Microgreens, and More Indoor Kitchen Gardening: Turn Your Home Into a Year-round Vegetable Garden - Microgreens - Sprouts - Herbs - Mushrooms - Tomatoes, Peppers & More

[Contact Us](#)

[DMCA](#)

[Privacy](#)

