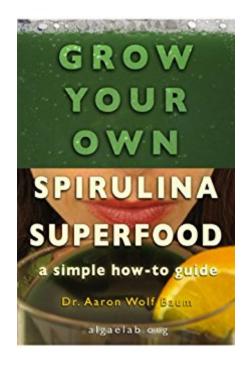


# The book was found

# Grow Your Own Spirulina Superfood: A Simple How-To Guide





# Synopsis

For home-grow Spirulina kits, supplies, and workshops come to ALGAELAB.ORG!Spirulina is a well-known and popular superfood, but did you know you can grow it in your own home, in a space no bigger than a window? Its high growth rate makes it easy to harvest every day, getting a unique, fresh, and nutrient-dense food that is easy to eat. Join NASA algae scientist Dr. Aaron Wolf Baum of AlgaeLab.org in exploring this exciting new way to farm: everything you need to know about growing, harvesting, and maintain your own Spirulina is inside! Every step is described in detail and illustrated in color. Includes recipes, growth and maintenance tips, ideas for expanding your setup, a troubleshooting guide, instructions on growing up from small culture samples, and references for further reading. Written by NASA algae scientist and AlgaeLab founder, Dr. Aaron Wolf Baum.

## **Book Information**

File Size: 733 KB Print Length: 106 pages Publisher: AlgaeLab LLC; 1.0 edition (February 5, 2013) Publication Date: February 5, 2013 Sold by: Â Digital Services LLC Language: English ASIN: B00DZUSXCO Text-to-Speech: Enabled X-Ray: Not Enabled Word Wise: Enabled Lending: Not Enabled Screen Reader: Supported Enhanced Typesetting: Enabled Best Sellers Rank: #451,040 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #46 in Kindle Store > Kindle eBooks > Crafts, Hobbies & Home > Gardening & Horticulture > Techniques > Urban #123 in Books > Crafts, Hobbies & Home > Gardening & Landscape Design > By Technique > Urban #9197 in Books > Health, Fitness & Dieting > Diets & Weight Loss

## **Customer Reviews**

Dr. Baum is very well trained on the subject matter. This becomes obvious when you read the book. Being well trained or educated is one skill set. Being able to make this sometimes technical information easy to understand for the diverse population who are interested in this subject is another skill set. Dr. Baum has both of these skill sets in spades. He is a natural born teacher. I can't wait for his next book. Paul Nagle, Taylor, Texas.

Excellent introductory guide to "farming" your own superfood in your living space. I sincerely appreciate that Dr. Baum tells you precisely how to mix your own growth medium. It shows me that he is more interested in the widespread dissemination of this knowledge, than he is in simply making a buck.

If you know nothing about spirulina and are interested in growing some for yourself and family, this is the right book. If you are looking for information on organic growing or a larger scale setup, this book lacks. Good information to add in the future or create another book for.

Easy, straight, forward language. Great guide to start growing your own algae. Good discussion on the health benefits of algae and why everyone should be doing this to protect their health.

Very good guide to grow and harvest your own spirulina, inexpensively and very efficiently. The author provides stop by step details.

very useful...Grate book

#### very informative

Practical, informative, great photos and a nice personal touch.

#### Download to continue reading...

Grow Your Own Spirulina Superfood: A Simple How-To Guide Superfood Cookbook: Delicious Vegetarian Superfood Salads for Easy Weight Loss and Detox: Healthy Clean Eating Recipes on a Budget (Superfood Kitchen) Superfood Cookbook: Delicious Vegetarian Superfood Salads for Easy Weight Loss and Detox: Healthy Clean Eating Recipes on a Budget (Superfood Kitchen Book 1) Superfood Lover's Hemp Cookbook: Empower Your Body With One of Nature's Most Nutritious Plants (Superfood Cookbooks) (Volume 4) The Beginner's Gardening Guide for Creating Your Own Kitchen Garden: Everything You Need to Know on How to Grow Vegetables in Your Own Home Grow Great Weed: The Complete Guide on How to Grow Marijuana Indoors, From The Best LED Grow Lights of 2016, to the Best Growing Medium Cannabis: grow cannabis Indoor and outdoor, your complete guide for medical and personal marijuana cultivation, learn how to grow, benefit from Marijuana, simple formula to g How Does A Pumpkin Grow?: Discover the secrets about how pumpkins grow! Be inspired to plant a seed and watch the beauty unfold in your own backyard. (Country Garden Book 2) Event Planning: Plan Events Like a Professional, Impress Your Clients and be Your Own Boss in 12 Simple Steps (event planning, experience, organise, manage, ... be your own boss, work from home Book 4) My Oster Pro Blender Smoothie Book: 101 Superfood Smoothie Recipes for Your 1200, MyBlend, 6811, or Simple Blend Blender! (Oster Blender Recipes) (Volume 1) Oster Pro Blender Smoothie Book: 101 Superfood Smoothie Recipes for Your 1200, MyBlend, 6811, or Simple Blend Blender! (Oster Blender Recipes) Growing Cannabis Indoors: Grow your Own Marijuana Indoors with this Simple and Easy Guide Food to Grow: A simple, no-fail guide to growing your own vegetables, fruits and herbs 365 Days Of Homesteading: Grow Your Food, Provide Own Energy, Set Up Own Internet Connection, Protect And Heal Yourself While Living Self-Sufficient Life Crafting with Nature: Grow or Gather Your Own Supplies for Simple Handmade Crafts, Gifts & Recipes Aquaponics: How To Build Your Own Simple & Low-Cost System And Grow Organic Food 4 Times Faster Start Your Own Corporation: Why the Rich Own Their Own Companies and Everyone Else Works for Them (Rich Dad Advisors) The Beginners Guide to Making Your Own Essential Oils: Complete Guide to Making Your Own Essential Oils from Scratch & To Improve Your Health and Well-Being ... Health, Healing, Weight Loss, Coconut Oil) Vertical Gardening for Beginners: How to grow organic food at home without a yard: grow unlimited delicious fruits, vegetables, and herbs in your urban homestead (survival guide for healthy living) Build Your Own AR-15 Rifle: In Less Than 3 Hours You Too, Can Build Your Own Fully Customized AR-15 Rifle From Scratch... Even If You Have Never Touched A Gun In Your Life!

Contact Us

DMCA

Privacy

FAQ & Help