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Microgreens: A Guide To Growing Nutrient-Packed Greens



MICROGREENS
A GUIDE TO GROWING NUTRIENT-PACKED GREENS



Synopsis

MICROGREENSA Guide to GrowingNutrient-Packed GreensDUBBED 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:AmaranthArugulaBasilBeetBroccoliCeleryChardCilantroCressEndiveMustardPac ChoiPeaPurple CabbageRadishTokyo Bekana

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Customer Reviews

This is a really important book with key advice on starting to grow microgreens. I had been 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.

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