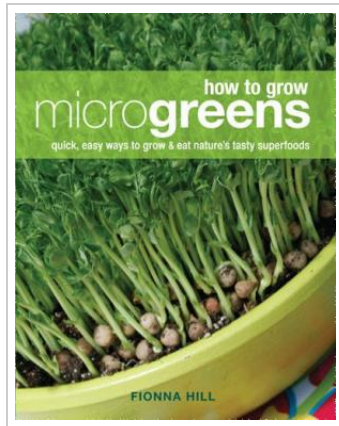



[DOWNLOAD](#)


How to Grow Microgreens: Quick, Easy Ways to Grow and Eat Nature's Tasty Superfoods

By Fionna Hill

Frances Lincoln Publishers Ltd. Paperback. Book Condition: new. BRAND NEW, How to Grow Microgreens: Quick, Easy Ways to Grow and Eat Nature's Tasty Superfoods, Fionna Hill, How to Grow Microgreens - the tiny seedlings of herbs and vegetables - are today's hottest gourmet garnish, offering a multitude of colours, textures and distinct flavours, ranging from mild and subtle to spicy, hot or nutty. Larger than sprouts and smaller than 'baby' salad greens, microgreens are fantastic for those with limited garden space, as they are great to grow in containers on a terrace or windowsill. Immediate and practical, most varieties are ready in a week or so, and you can grow them in winter. As a bonus, as well as tasting great, nutritionally microgreens pack a powerful punch; they contain higher levels of active plant compounds than mature plants or seeds. How to Grow Microgreens provides detailed information - from planting to harvesting - for 25 popular vegetables and herbs, along with recipes and ideas on how to use them. There are also chapters on troubleshooting, the nutritional value of microgreens and how to encourage children to grow and enjoy them.



[READ ONLINE](#)
[1.35 MB]

Reviews

Absolutely essential go through publication. It is filled with knowledge and wisdom Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Dr. Sierra Lowe Sr.**

Extensive information! Its this type of excellent study. I have read and i am sure that i will gonna go through yet again once more down the road. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Aliyah Mayer**